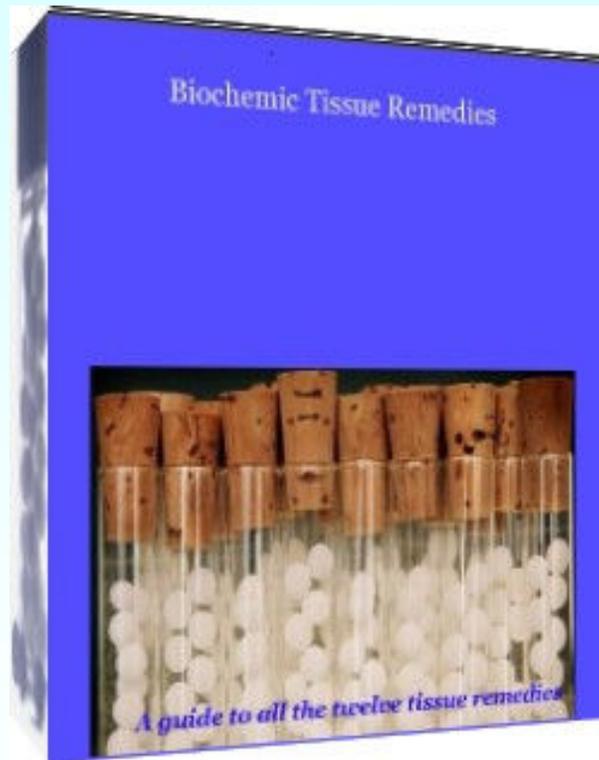


## Biochemic Tissue Remedies



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# **Biochemic Tissue Remedies**

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## **Biochemic Or Tissue Remedies: Balance In The Body**

Biochemic remedies. Tissue remedies. Cell salts. Three different names for a group of twelve remedies that has stood the test of time when it comes to health through natural healing. It all began way back towards the end of the nineteenth century when a German physician, Dr. Wilhelm Heinrich Schuessler wrote an article on his theory of biochemistry.

The human body, according to him, was made up of these twelve inorganic substances or cell salts. Each of which had very specific functions in the body. They exist – in a perfect state – in perfect balance within each body, combining with organic substances in order to maintain the body's cells and keep all the many body functions going. If there was any deficiency in any cell salt, it upset this delicate and wonderful balance and the result was ill health. What led him to this conclusion that there were twelve salts that were most important? This was because when a body was burned, what was left, when analysed were these twelve salts. Schuessler saw the inorganic salts as the body's builders and the organic substances as the building blocks. For perfect health, there had to be perfect teamwork of all the twelve builders and if any one fell behind, it had to be given a boost and brought back to its original state.

Dr. Schuessler maintained that all it needed to correct any deficiency that occurred was a micro-dose of that particular cell salt which galvanized the body to produce it and heal itself. The biochemic remedies or tissue salts or cell salts in balance is all it takes to keep the body singing in harmony as it goes about its daily chores. He was influenced to a great deal by Rudolf Virchow, the man who was called the Father of Pathology and his cell theory.

Unlike modern medicine which is engineered to destroy the foreign organisms that attack our body and cause disease, Schuessler's remedies are more in line with the homeopathic theory of 'similars' where extremely small doses are given to effect a cure. Unlike the vast offering of homeopathy however, biochemic remedies number just twelve. Coming from a homeopathy background, it was only natural that Schuessler used many of its basic tenets. However, he believed that the titrations of these twelve salts worked on the body directly and not indirectly as he believed homeopathy did. This belief was what led him to distance these tissue salts from homeopathy. Schuessler believed that these salts worked because they went right down to the cell level and stimulated the production of whatever was deficient there. Like so many other healing systems, to defeat disease called for the vital force in the body to be kept flowing freely all the time.

## *Biochemic Tissue Remedies*

Today, these tissues remedies which are usually dispensed as little sugar pills can be ordered online or bought at health stores all over the world. And best of all, they don't need a prescription. That's probably because they are so safe. The great thing about these remedies is the fact that they will only act on you if you have a deficiency of that particular salt. Otherwise, it is as safe as popping a few sugar globules in your mouth.

The biochemic remedies are usually sold in the lower potencies or strengths and they go from 3x, 6x, 12x to 30x. How these potencies are arrived at is a topic for another hub. Schuessler kept adding to his work and he published the 25<sup>th</sup> edition a little before he died and it is this edition which has been translated into English.

What are these salts? They are salts that belong to the potassium, calcium, magnesium, sodium, iron and silica range. Each one plays a vital part and together, they work in harmony to keep the wonderful mechanism that is the human body ticking to perfection.



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## **The Twelve Tissue Remedies**

The number 12 is a rather oft-used number. It makes one dozen. There were twelve apostles, twelve tribes of Israel, twelve days of Christmas. There are twelve hours on a clock or watch, twelve months in a year, twelve astrological sun signs. It has often been referred to as a sublime number with a perfect number of divisors and most religions consider it an important number.

The Biochemic or Tissue remedies number twelve as well. Separately, they each have their specific functions. Together, they work as one to ensure that the human body functions to its optimum capacity.

Here's a quick look at their main functions within the human body.

[Calc Fluor](#) or Calcarea Fluoricum (Calcium fluoride)

Keeps the muscles and skin elastic and protects bones and teeth

[Calc Sulph](#) or Calcarea Sulphuricum (Calcium sulphate)

Keeps the blood pure

[Calc Phos](#) or Calcarea Phosphoricum (Calcium phosphate)

Keeps bones and teeth healthy

[Kali Phos](#) or Kalium Phosphoricum (Potassium phosphate)

Keeps the brain and nerves healthy

[Kali Mur](#) or Kali Muriaticum (Potassium chloride)

Conditions the blood and prevents congestion

[Kali Sulph](#) or Kalium Sulphuricum (Potassium sulphate)

Exchanges the oxygen in the cells and keeps the skin clear

[Ferr Phos](#) or Ferrum Phosphoricum (Iron phosphate)

Carries oxygen to every part of the body

[Mag Phos](#) or Magnesium Phosphoricum (Magnesium phosphate)

Acts as an anti-spasmodic

## *Biochemic Tissue Remedies*

[Nat Phos](#) or Natrum Phosphoricum (Sodium phosphate)

Neutralises the acid in the stomach

[Nat Sulph](#) or Natrum Sulphuricum (Sodium sulphate)

Keeps the liver functioning well

[Nat Mur](#) or Natrum Muriaticum (Sodium chloride)

Distributes water and moisturises

[Silicea](#) (Silicon Dioxide)

Cleans the blood and prevents abscesses

You might just need one tissue remedy for a particular problem or you might need two or more at the same time. They are sold separately as well as in combination. You can order them online and treat yourself. Like we told you earlier in the last hub, they are absolutely harmless and only get absorbed if you need it.

What is great about these cell salts is that they open the door to self treatment – and there's no harm done if you mis-diagnose your symptoms. You can just try again. Where you'll find almost immediate positive results are with children and pets. They don't have preconceived notions about medicine – no 'Will it, won't it work?' No doubts like 'How can a few sugar pills work on MY complicated health problems for Pete's sake!' Sometimes, in a few seconds, you'll see a problem disappear. Colic and cramps especially get immediate relief. Every house could do with the addition of these twelve tissue remedies or cell salts in their medicine cabinets.

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## **Calc Fluor And Supple Skin**

When our body starts becoming less elastic, it could result in hard growths anywhere in the body as well as brittle bones and teeth. Calcium fluoride is the tissue remedy that takes the hard, knotty and brittle out and puts the smoothness back in. There could be no better skin care tips than this. Our skin, our bones, our teeth, our muscles are meant to be in a state of suppleness and smoothness. When there is a lack of this salt is when all the problems related to a lack of elasticity crop up so you can see why it's great for skin care.

There are physical, mental and emotional symptoms that call for the tissue salt *Calcarea Fluorica* or Calc Fluor for short.

There's no better way to get rid of the knottiness in the system than with Calc Fluor. It is when there is a deficiency in this salt that the molecules in certain parts of the body become lumpy and cysts or hard growths and crusts are formed. This could manifest itself in cataracts in the eye, in hard lumps in the breast, in boils in the gums or jawbone, or in swellings along the bones. It could also show up as piles or fissures, hernias or whitlows.

A deficiency in this biochemic tissue cell salt could result in loose teeth, glands that harden, cracked skin and chapped hands or lips. In children, it could show up as adenoids or enlarged tonsils. In adults, the uvula could lose its elasticity and hang down relaxed and this could cause sudden choking or gagging with the food going down the wrong way. Hard, yellow lumpy discharges from the nose also call for this tissue salt. It is also very helpful when you have a cough and small lumps are brought up from the chest with great difficulty. Very often, these symptoms are aggravated during the wet weather.

This cell salt is ideal for women with a displaced or a relaxed uterus and when it is used regularly, the uterus gets back its elasticity and goes back to its proper place. Dilated blood vessels need this salt too.

Besides the physical benefits, Calc Fluor is great for people who tend to get very worried about money especially when there is no reason to. This kind of a groundless fear is usually put right with a few doses of Calc Fluor.

## *Biochemic Tissue Remedies*

### *Try this!*

Try Calc Fluor for varicose veins – you'll see the improvement in a week and there have been cases where varicose veins have disappeared completely after a few months of taking this cell salt regularly.

A few doses every week make it a great skin care remedy – you'll be amazed at the supple skin it leaves you with.



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## **Calc Phos And Brittle Bones**

Calcium phosphate is one of the main constituents of the bone cells – and the bones are where the new cells for the body are produced so you can see how important it is for the body to stay healthy and fit. With enough of this salt in your body, you can say goodbye to brittle bones.

There are physical, mental and emotional symptoms that call for the tissue salt *Calcarea Phosphoricum* or Calc Phos for short.

Unhealthy bones of the body and anemia are two of the main problems that follow from a deficiency of this cell salt. In infants, it could be that the fontanelles do not join for a long time and the teeth could make their appearance very late. During teething, children could suffer from a lot of pain, even convulsions. It could take a long time for damaged or broken bones to join together again. With bone growth being slow, children who need this salt and are not given it could stay stunted or have bow legs. In bad cases, it could even affect the spine which could become curved. Children who need this salt could also suffer from *crusta lactea* or hard crusts on the scalp.

Infants benefit a lot when they are given this tissue remedy at intervals when they are growing up even if they do not suffer from any of these problems. What is even better is if every pregnant mother took doses of this remedy right through pregnancy to ensure that the baby gets enough of this valuable salt to build strong bones.

It's the tissue remedy that could make you energetic again as it is a great remedy for anemia. A deficiency of this salt could mean clammy feet and hands as well as cold sweats and numbness. It's also a remedy for cramps when *Mag Phos* takes a long time to work. *Calc Phos* is a must after fractures to make sure the bones set well and quickly. It's alleviates the pain of toothaches that come on at night.

## *Biochemic Tissue Remedies*

Calc Phos has also been used with great results to clear up a sore throat caused by having to speak a lot, flatulence and heartburn, waking up with a foul (ugh!!) taste in your mouth and a stiff neck that comes on after exposure to the cold.

Mentally, you'll find someone who needs this peevish and irritable as well as anxious. There could also be a loss of memory. People who lack this salt usually hate to do any kind of mental work.

### *Try this!*

\*Better bones means you just feel healthier and stronger – remember to take it after a fracture.

\*There's nothing better than this cell salt after you've been ill and are feeling weak and run-down. It's a great convalescence remedy and it will put you back on your feet much sooner than you expected!

\*It's also a great remedy for freckles and pimples in teenagers.



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### **Calc Sulph – The Blood Purifier**

Calcium sulphate, also called gypsum or Plaster or Paris is a great remedy when the blood in the body is not as pure as it should be. When debris collects in the blood and the cleansing organs in the body cannot perform their tasks well, the impurities in the blood cause infection in various parts of the body. A sufficient amount of Calc Sulph in the body makes sure the blood stays clean and this in turn means the healthy functioning of so many organs.

There are physical, mental and emotional symptoms that call for the tissue salt Calcarea Sulphuricum or Calc Sulph for short.

Calc Sulph is called for whenever there is pus anywhere in the body tinged with blood. There could be yellow discharges from the eyes and the discharges from the ears and nose are also yellow but tinged with blood. There's a strange thing with Calc Sulph – those who have a deficiency and have a cold will find that the discharge is from the right nostril during the daytime and the left at night. The tongue is usually clay-coloured.

Calc Sulph is also very good at clearing up boils or carbuncles on the back, especially the spine. This needs longer treatment and a dose a day of the right potency for a month often just makes the carbuncle get smaller till it disappears.

A Calc Sulph deficiency will usually be accompanied by thirst and hunger as well as a craving for wine, tea, sour fruits and green vegetables. A person with this deficiency is usually greedy and very irritable and discontented. He is also very ambitious. He feels better when he is warm and his problems are aggravated when he gets wet. Patients who suffer from typhoid fever get better much quicker when Calc Sulph is given along with any other medication that they might be taking.

## *Biochemic Tissue Remedies*

Dr. Schuessler, towards the end of his life, felt that one could leave this salt out of the necessary tissue salts but it has survived and biochemic practitioners use it with great benefits even today. There have been instances when all else has failed in advanced lung diseases especially cancers when Calc Sulph has brought about a lot of relief. Not always can a salt heal when a disease has progressed too far but it can bring relief.

### *Try this!*

\*One dose of Calc Sulph is usually enough to bring out phlegm in the chest that causes discomfort.

\*A few doses help a lot when there is pus in the urine.



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## **Ferr Phos And Fever**

Iron Phosphate is the salt that is called for at the start of any fever. If given as soon as the fever starts, it can very often bring the temperature down to normal. You usually need doses at very regular intervals – half an hour, maybe even fifteen minutes between doses when the fever is high. What Ferr Phos does essentially is to make sure that oxygen is carried to every part of the body. Ferr Phos is an essential element in the red blood corpuscles and it helps them to attract more of the oxygen from the air that we breathe in. This action is accelerated when there is an infection anywhere in the body. More oxygen means the blood is empowered to fight any outside attack and the toxins are quickly cleaned out of the system, bringing the body back into a state of balance and normalcy.

There are physical, mental and emotional symptoms that call for the tissue salt Ferrum Phosphoricum or Ferr Phos for short.

Think Ferr Phos and think ‘first’ in the fight against any illness or disease. When the red blood corpuscles of the blood are made stronger, it means the body can be better oxygenated and this in turn means any attack can be better repulsed and any weakness better attended to. Ferr Phos is rarely prescribed for ailments that are chronic or long standing. It is of great help in the first stages of any ‘itis’ – be it laryngitis, bronchitis or tonsillitis. It also helps when there is a sudden earache that comes on, a sudden fever, nosebleed or sprain. You can progress to other tissue remedies after a dose of Ferr Phos has been given. It stops any internal bleeding and prevents inflammation. A patient who needs Ferr Phos usually has a red, flushed face.

A deficiency of Ferr Phos is one of the main causes for anemia. When there is sufficient Ferr Phos in the system, there is a better metabolization and absorption of iron. It’s a great tonic for women during their periods when the loss of blood makes them feel tired and run down. People who lack Ferr Phos usually have a craving for coffee and don’t like milk.

## *Biochemic Tissue Remedies*

One of the strange things about Ferr Phos is that the lower potencies tend to keep you awake at night while the higher ones induce sleep.

### *Try this!*

\*For urinary infections and cystitis, frequent doses of Ferr Phos will get rid of the fever as well as the pain and burning.

\*Ferr Phos is a good pick-me-up when you feel lethargic and tired all the time, usually due to a lack of iron in the body.



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## **Kali Mur And Congestion**

Any discharge that is white or grayish-white calls for Kali Mur or potassium chloride. This indicates the second stage of congestion – whether in the nose, throat or lungs. The first stage is usually a clear, watery discharge and the third stage is a yellowish discharge. This salt is very useful for congestion in the chest, particularly for congestion in infants. Among the tissue salts, it's one of the primary congestion remedies. Kali Mur is essential in the formation of fibrin in the blood and when there is a lack of it, a white discharge is the result.

There are physical, mental and emotional symptoms that call for the tissue salt Kali Muriaticum or Kali Mur for short.

Kali Mur is an excellent remedy in the early stages of deafness when it is caused because of a blockage of the Eustachian tubes. This could be due to an infection or due to mucous blocking the tubes. It also helps lessen the pain of an earache which comes on due to exposure or changes in atmospheric pressure. Taken at the right time, it also clears out the sinuses and gets rid of a sick headache that comes on with a cold.

Kali Mur is the second line of attack in any fever and it is very often used with Ferr Phos to fight a fever and bring the temperature down. It is also very helpful to relieve the pain of rheumatism.

Kali Mur is a great remedy for the skin too. It helps when the skin gets very dry and there are dry, white, scaly discharges from the skin. It is of great benefit in children's eczema especially when it affects the face. The low potencies, when dissolved in water make an excellent first aid remedy for burns and blisters. It is a great 'healing' remedy and helps wounds stop bleeding and heal faster.

## *Biochemic Tissue Remedies*

Kali Mur has a strange effect on the mind. The person firmly believes he should starve if he is ill in order to get better. He also has very restless sleep and gets startled out of his light sleep at the least disturbance. Kali Mur is a good brain medicine as well and Dr. Schuessler firmly believed that without fibrin, no new brain cells could be formed.

### *Try this!*

\*When a cold is accompanied by a white coating on the tongue, Kali Mur four times a day till all the mucous comes out is very helpful and provides a lot of relief.

\*A few doses of Kali Mur relieve morning sickness when what is thrown up is a white, mucous-like substance.

\*One dose of Kali Mur taken for four days before a flight can go a long way in alleviating pain in the ears while flying.



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### **Kali Phos And Insomniacs**

Brain feeling drained out and exhausted? Reach for that Kali Phos. It's amazing how one dose of those sugar pills can make you feel perked up and want to get up and go. Brain overactive and you can't go to sleep? Reach for that Kali Phos, banish sleeplessness and you'll soon be sleeping like a baby.

So what does Kali Phos do that makes it act in two very opposite ways where the brain is concerned? All it does is to make sure the brain performs to its full capacity and as it ought to. Which means, stay active when it should and get its well deserved rest when it should. Kali Phos is a great nerve tonic and it brings the brain back to its state of equilibrium.

There are physical, mental and emotional symptoms that call for the tissue salt Kali Phosphoricum or Kali Phos for short.

Kali Phos is the remedy for brain fag or nervous exhaustion. Anyone who has to use his mental capabilities a lot and feels drained out at the end of the day needs Kali Phos to help him cope. Without this tissue remedy, there could be many symptoms that are manifested – from a failing memory to anxiety, depression, hysteria and even insanity. It helps a lot for people prone to nightmares.

Kali Phos gives relief in cases of gangrene as well as septic conditions. It also alleviates the pain of sciatica and cancer. Bad breath and receding gums get better with Kali Phos. Taken for a few days before traveling, it helps to keep you fresh with hardly any jet lag so it's great for businessmen who have to travel a lot and suffer from the ill effects of various time zones.

## *Biochemic Tissue Remedies*

This cell salt is a boon for people who are nervous and have an important event coming up. This could be a vital presentation at work, a job interview, a performance or even before an operation. Regular use of Kali Phos during the teenage years and during menopause makes the person calmer and less likely to fly off the handle for no good reason. It is essentially a nerve remedy and it is amazing how quickly you feel the results after taking it. It has proved to be invaluable in treating paralysis as well, bringing about change that might be slow but definitely for the better.

### *Try this!*

\*Can't sleep? Take a dose of Kali Phos and repeat it after ten minutes.

\*This is a great salt for students before an important exam to ease the tension.

\*It's a great remedy that can be given to ADHD children as well as people suffering from Alzheimer's to calm them down. Just one dose when you see that they are getting agitated goes a long way in pacifying them.



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## **Kali Sulph And Clear Skin**

A clear skin needs a lot of work inside the body and one of the best ways to ensure your skin is clear is by making sure your blood and through it your body stays well oxygenated. Potassium sulphate is the salt that makes sure the oxygen you inhale gets transferred into the cells. While Ferr Phos makes sure it gets to the places where the oxygen is needed, it is Kali Sulph that makes the transfer effective. This salt is essentially a 'skin' remedy and a lack of it can cause dull, sickly skin. When there's enough of the salt in the body, that's all the clear skin tips you need because the skin shows it – clear and glowing. This salt should be present in the right quantities in the epidermis of the skin in order to keep it clear and free from blemishes.

There are physical, mental and emotional symptoms that call for the tissue salt Kali Sulphuricum or Kali Sulph for short.

Kali Sulph is an excellent remedy for conjunctivitis or sore eyes when the discharge is yellow. When a person has a bad cold and loses all sense of smell, Kali Sulph will help. The skin could have eruptions like eczema or dandruff but you'll recognize the Kali Sulph skin ailments because they will be scaly and yellow.

A lack of this salt will usually result in loose motions and a constant feeling of being full. There could also be a burning sensation in the stomach. Women go through scanty periods which come late and suffer from heaviness in the abdomen. Many suffer from shifting rheumatic pains that run through the body and the legs hurt at night.

A deficiency of this salt shows up in a very fast pulse. The person drops off to sleep, then wakes up with a start because he has had a nightmare. He could suffer from dizzy spells and vertigo and is usually very shy and timid, yet jealous and suspicious. His moods keep changing without any reason.

## *Biochemic Tissue Remedies*

A lack of Kali Sulph could result in rather bad attacks of asthma with laboured wheezing. When the mucous in the lungs sounds like it is rattling, this is the salt to reach out for. Most of the symptoms get very bad when the person is shut up in a warm room and much better out in the cool, open air.

### ***Try this!***

\*Kali Sulph will bring relief if used regularly in psoriasis when very often nothing else helps.

\*Kali Sulph has been found to help in many cases of alopecia or bald spots.

\*Good to tackle dry, peeling skin on the lips.



## **Mag Phos And Cramps**

You're in the pool and suddenly you're in terrible pain. Cramps in feet are the bane of so many swimmers. Or you're fast asleep and you are jolted awake with pain in your calves – yes, cramps again. Or again, you suffer from cramps during periods month after month. And most would scoff at the idea that a few sugar pills will bring relief in minutes – sometimes even in seconds. That is the power of Mag Phos. All it takes is a bottle of these pills carried along in your swimming bag or kept at your bedside table. For women, a bottle in your handbag is a great idea.

There are physical, mental and emotional symptoms that call for the tissue salt Magnesium Phosphoricum or Mag Phos for short.

The pain that a deficiency of this tissue remedy brings with it can be sharp and acute. It isn't usually a dull, nagging pain. It is the kind of pain that is worse from a jar but better from gentle, firm pressure or from heat. Besides cramps, Mag Phos is also very useful in infants' colic where three or four doses that are given at intervals of ten minutes bring about immense relief to a suffering baby.

Mag Phos also relieves the pain of a sudden toothache or a sudden headache with shooting pains. The pain that calls for Mag Phos is sudden and lightning-like. Any dull ache needs another remedy. Where Mag Phos has proved of immense use is during labor where it eases the pain and facilitates an easy delivery.

This tissue remedy has also been used in cases of paralysis in the early stages with a lot of success. It is also used to ease the intensity of an epilepsy attack where the liquid is used to moisten the tongue of the patient in case the pills go down the wrong way and cause choking.

## *Biochemic Tissue Remedies*

Twitching in the face or shooting pains in the face are also relieved by Mag Phos. Anything that smacks of spasms and convulsions calls for this salt. However, it must be noted that very often, Mag Phos will act as a palliative – while it relieves, it might not cure. This could be due to the fact that the patient will keep needing this salt at various times and spasms and cramps are the body's way of reminding you of its needs.

### *Try this!*

\*Try Mag Phos to relieve the pain of sciatica or rheumatism.

\*It helps to stop hiccoughs.

\*It's a great remedy for musicians and people who type to relieve the pain in the joints of the fingers and the wrist.



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## **Nat Mur And Hypochondriacs**

Sodium Chloride or common salt is the one that distributes the water over the body, moisturizing as it goes. When there is a deficiency of this salt, there are a whole lot of symptoms and problems and one among them is hypochondria. A lack of this salt could make a person believe that he has every disease the world has ever known and while recounting his symptoms, he will usually be teary-eyed and sound quite hopeless. However, when you try to console him, he doesn't like it and it might just make him very angry. He pities himself but does not want any sympathy from others. He is also emotionally indifferent to anyone's problems but his own. He loves to live in the past, dredging up old insults – real or imaginary.

There are physical, mental and emotional symptoms that call for the tissue salt Natrum Muriaticum or Nat Mur for short.

A Nat Mur deficiency could witness a lot of sneezing. This is the salt for mouth sores, cracks in the corners of the lips and gums that tend to bleed easily. The saliva tends to taste salty and there is a craving for salty stuff. The lips could be swollen slightly with a crack in the middle of the bottom lip. The hands and legs very often get numb and go to sleep and the person could have a full night's sleep and still wake up unrefreshed. Most of these symptoms get worse when the person is at the seaside.

This is a great remedy for small watery blisters anywhere on the body, sneezing accompanied with eyes that keep watering. There's also puffiness around the eyes and on the face. It helps get rid of dandruff and in fact, is great for any kind of dryness all over. Dry skin benefits a lot with a few doses.

## *Biochemic Tissue Remedies*

A deficiency of Nat Mur makes a person feel very weak and very thirsty. This dryness brings on a throbbing headache that feels like hundreds of little hammers hammering away inside. Coughing during a headache makes one feel like the head were going to burst wide open. The feet feel leaden and it feels like there's a tight band around the lungs. There's a fluttery feeling around the heart with intermittent heartbeats and sometimes, you can feel the pulse all over the body. Very often, one dose brings great relief.

The tongue feels heavy and sometimes it's difficult to talk. It has been used very successfully with little children who have been slow to start talking when this has been the case.

### *Try this!*

\*After you have been out in the hot sun, take a dose of Nat Mur to deal with the headache or the possibility of sunstroke.

\*Helps ease headaches of young girls during their periods.



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## **Nat Phos And Weight Loss**

Sodium phosphate is the great pH balancer in the body and is one of the most effective natural antacids there is. Whenever there is more acid than necessary in your body, your digestion suffers and there's heartburn, flatulence, sometimes constipation, sometimes diarrhea. All this adds up to your metabolic rate not being what it should with the result of more weight than what should be your optimum weight as well as water retention – which also adds to your weight. If you are looking for fast weight loss, Nat Phos is not for you – it's a remedy that prides itself on being slow and sure. So no quick weight loss with Nat Phos but it's steady weight loss till you reach your optimum weight – and the great thing is, the weight stays off!

There are physical, mental and emotional symptoms that call for the tissue salt Natrum Phosphoricum or Nat Phos for short.

How do you know if you need Nat Phos? The signs are in your saliva and your urine. All you need to do is to get yourself some pH paper from the pharmacy and test either your urine or saliva. If the reading is over 6.4, it means your pH is acidic and it calls for this tissue remedy.

Look at some of the other signs that tell you that you could have an acidic constitution. There could be a tendency to gout – with a lot of pain in the big toe - or rheumatism of the joints, the tongue and the tonsils are covered with a creamy yellow coating which screams 'excess acid', any discharge from the nose, throat or eyes have that same creamy-yellow color and there's a certain 'sourness' in the perspiration, the saliva, the urine. When the pain in the joints grows less, there's pain in the chest and very often it is this pain caused by acidity that makes people feel they are having a heart attack. Acid reflux or GERD also benefit a lot from this cell salt.

Eczema is yet another symptom of excess acid in the body and very often, the Nat Phos eczema manifests itself at the ankles with intolerable itching. A deficiency of this salt also results in diabetes which seems to disappear when this salt is given, washing out the excess sugar in the blood as it were.

## *Biochemic Tissue Remedies*

The mental symptoms are worst at night when the person thinks there is someone in the next room and imagines he hears footsteps. And when he goes to look, his imagination makes him feel that the pieces of furniture are actually people hiding there.

### *Try this!*

\*Take one dose of Nat Phos after your main two meals every day. Weigh yourself before you start and then again after a month.

\*Great as a worm medicine for both infants and pets – without the side effects of allopathic worm medication.

\*A great morning sickness reliever.



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## **Nat Sulph And Hangovers**

Sodium sulphate is essential for the body to throw out the excess water that gets accumulated in various parts of the body. It is also the salt that regulates the bile in the body. When there is an imbalance in the secretion of bile, the liver acts up and its effects are felt all over the body. This is especially so when a person has had a little too much to drink. The liver cannot cope with too much at a time and it rebels with nausea and a heavy head. A few doses of Nat Sulph at night make sure that you don't wake up feeling like death the next day. Of course, the best way would be not to overdo it on the booze front but if you do end up drinking more than you should, remember to drink two glasses of water and have two doses of Nat Sulph, the second dose ten minutes after the first.

There are physical, mental and emotional symptoms that call for the tissue salt Natrum Sulphuricum or Nat Sulph for short.

A person who needs Nat Sulph is usually worse in wet, rainy weather and there's a lot of yellowness in the discharges – the urine, thick, yellow, lumpy discharges from the nose and if it progresses to jaundice, then yellow skin and eyes. When things get bad, there's always a sick bilious rising from the stomach and the mouth has a bitter taste. Nat Sulph is a great remedy for fever that keeps coming and going, especially for dengue fever and all types of infectious fevers.

Periods are very often profuse in women when there is a deficiency of this salt and it could be accompanied by headaches. Any Nat Sulph headache will start with a lot of pain at the base of the neck and then move to the top of the head when the person could feel dizzy with the pain.

Asthma that occurs in wet climates benefits a lot from this salt. The cough usually has a rattling sound, the nose gets all stuffed up and the sides of the nostrils itch a lot. When there is a sore throat, there's a feeling of a lump in the throat whenever you swallow.

## *Biochemic Tissue Remedies*

The mental conditions could get quite bad too because a deficiency could bring on thoughts of suicide and the person could get very irritable. His sleep is disturbed with dreams of flying or drowning and he does not get a good night's sleep however hard he tries.

### *Try this!*

- \*Any kind of water retention or swelling in the body gets better with a few doses.
- \*There's a twitching of hands or legs when falling asleep.
- \*A dose a day can be used as a preventive in times of a flu epidemic.



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## **Silicea And Split Ends**

The lack of Silicon Dioxide in the body shows in the hair, the nails and the skin. You'll find that a deficiency will show in one or all three of these places. It could be split ends, falling hair, brittle nails or even sallow looking skin. With a dose of Silicea every day for a month or two and a once-a-day Silicea gel application, split ends could well be history. So will expensive split ends treatment at the salon. What you will also notice is that your hair grows out thicker, there are fewer hairs on your brush and your nails and skin start to look healthier.

You cannot mistake a person whose body needs Silicea – he'll stick his feet out of the covers at night even when it's cold because of burning soles. A few doses of Silicea are all it takes to feel all right again. This is a great salt that helps the body get rid of any organic matter that is superfluous in the body. Once this is flushed out as waste, the body goes back to feeling normal. The cleansing process could be a bit slow if there are years of accumulated waste and toxins – but Silicea goes about it efficiently and thoroughly. It is the body's vacuum cleaner and it throws out all the waste in pus-filled boils or any area that has a septic condition. Silicea is great at the beginning of hip-joint disease and using it regularly can reverse the condition in the early stages.

There are physical, mental and emotional symptoms that call for the tissue salt Silicea.

Bad odor is another sign – the perspiration smells foul and the feet have a bad smell too. Other symptoms are a red tip of the nose, itchy wings of nostrils, a strange feeling of a hair on the tongue even though there is nothing there and the inability to digest milk. Teenage girls who need this tend to get pus filled pimples and their face is pale. You also know you need Silicea when there are boils with pus in them. A few doses of Silicea will bring these to a head so they burst and the pus flows out. Used early on styles, it just dries them out – otherwise, it makes them burst quickly. It has been used with good results in tuberculosis as well. It is also helpful for those who tend to suffer from fits or sleepwalk during a new moon or a full moon night.

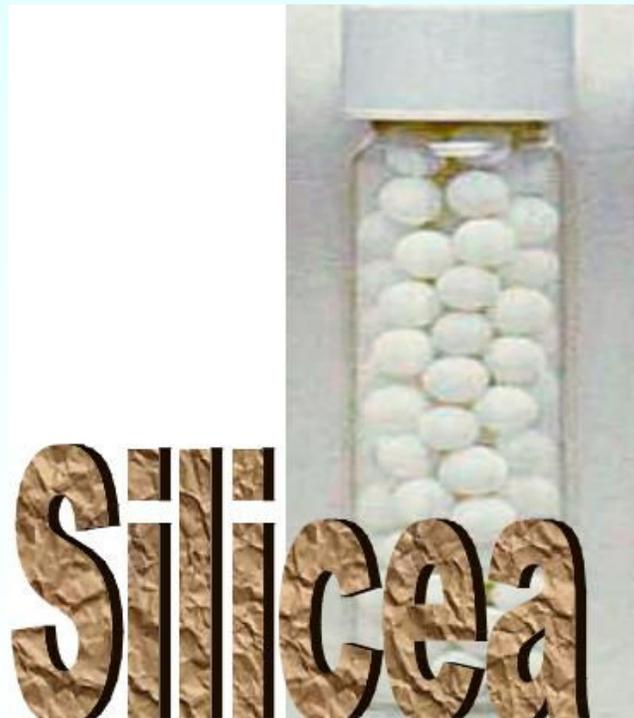
## *Biochemic Tissue Remedies*

Mentally, there could be bouts of nervousness with palpitation. A deficiency could cause hysterical outbursts, bad and frightening dreams, feelings of being fed up of life and being extra-sensitive to anything that is said and to any kind of noise.

### *Try this!*

\*Take a dose or two when you need to expel a foreign object from the body – whether it is a shard of glass or wood or even a fishbone that is stuck in the throat.

\*Very useful to control the excessive sweating of the scalp when asleep – especially in infants.



## **Biochemic Salts And Dosages**

Biochemic or tissue salts are prescribed in different dosages depending on many factors. They usually come in the form of pills or tablets and the way most people take them is four pills at a time (for adults) placed on the tongue. Ideally, the pills should be untouched by hand and should be shaken out onto the cap of the bottle and then tossed onto the tongue. No food or drink should be taken for fifteen minutes before or after a dose for best results. The pills can also be dissolved in water and sipped.

When it comes to acute diseases, higher potencies of the required salt are prescribed and this could mean that you take just the one dose of four pills or tablets or maybe a dose a day for a few days. However, in high fever or at times when the patient is in extreme pain or discomfort, these doses can be given as often as once every fifteen minutes till a state of near-normalcy is reached after which a few doses spaced out would be all that is needed to affect a cure. In cases like fever or a sudden attack of cramps, the pills could be dissolved in warm water and given to the patient every fifteen minutes for best results.

When the ailment is chronic and a lower potency salt is prescribed, the usual prescribed dosage is four pills a dose to be taken four times a day. The usual times are before breakfast, before lunch, before tea and before dinner. Hay fever for example, would benefit from months of Nat Mur 6x four times a day with a few doses of Mag Phos 6x and Silicea 6x weekly.

The number of pills or tablets also varies with age. For adults it is the standard dose of four pills a dose while for babies it is one tablet, for children 3 years to 8 years, 2 tablets and for children 8 to 13 years, 3 tablets. Any child over 13 will have to be given the adult dose.

Pets too can be given biochemic remedies and for them, the dosage will be 1 tablet for pups, 2 tablets for small animals and 3 tablets for the larger animals.

If you want these biochemic remedies to work better, you will need to cut off – if not drastically cut down – on coffee, tea, cigarettes and alcohol. It isn't as though these salts will not work when you're a caffeine or a nicotine addict – it just takes longer. So if you are in a hurry to get well, it might help if you practiced a bit of self-control.

## **Biochemic Remedies And Their Strengths Or Potencies**

Most people who are introduced to biochemic salts or homeopathic remedies get a bit confused with the number attached to the end of the name of the remedy. That number stands for the strength or the potency. Where biochemic remedies are concerned, the most used potency is 6x. Let's take a look at how the biochemic practitioners arrive at this strength or potency.

The actual salt in its crude form is mixed in a proportion of one part to nine parts of sugar of milk or alcohol and titrated for a couple of hours. So this mixture contains a tenth of the actual salt. A tenth of this is then titrated the same way – adding the sugar of milk. This goes on to the sixth, the twelfth and even the thirtieth titration. Dr. Schuessler felt that the sixth preparation was the most useful so he usually dispensed medicines with this strength or potency. However with time, he felt that certain potencies were more suited to certain salts than others so while he used 6x for most, he also used 3x or the third titration for certain potassium and sodium salts when it came to treating chronic diseases. When it came to Ferr Phos, Silicea or Calc Fluor, he felt that 12x worked better in many cases.

With certain salts like Ferr Phos, while 6x was very effective, it had the side effect of keeping the person wide awake – all very well if the person wanted to stay away but not so good if it was night and he couldn't get sleep. Just by making it 12x or 30x, this problem disappeared while all its other beneficial effects were seen.

The strange fact of these titrations which are common to both the tissue remedies as well as homeopathy is that 12x or 30x is supposed to be stronger than 3x or 6x. Now this is rather a paradox when the greater potencies actually contain less of the salt.

These titrations are then sold in the liquid form or they are squeezed onto sugar pills or tablets which are the most popular forms in which they are available today.

## *Biochemic Tissue Remedies*

How is potency usually determined for a patient? First, one has to look at whether the ailment is acute or chronic. If it is acute or it has suddenly come up, you need to take the higher potencies like the 12x or the 30x. If it is a chronic ailment like a long-standing cough or allergy, you need the lower potencies like 6x or 3x. With the higher potencies, the number of doses and the length of time that the salt will have to be given will be less while the lower potencies usually need more doses a day with a longer period over which it will have to be administered.

Higher potency salts – sometimes just one dose is all it takes when the patient happens to be a child because children and pets respond very quickly to tissue remedies. Older people do better with lower potencies and a longer duration. What needs to also be taken into account is the temperament of the person. An excitable person will respond better to higher potencies while a calm or lethargic person will need a lower one.

When in doubt, 6x is the usual choice and will work well with most people. Many scoff at the idea that something that is so diluted can have an effect on the body. However, the law of similars on which the biochemic remedies is built is very much like the hair of the dog – a minute dose is what it takes for the body to jog itself into a curative mode.



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## **Biochemic Salts And The Sun Signs**

Many people thought it a bit far-fetched when Dr. George W. Carey came up with his theory of a person's astrological sign corresponding to a particular biochemic salt. The fact is that there are twelve months and twelve sun signs and there are twelve biochemic salts. Sheer co-incidence or is there a deeper synergy that runs through all of Nature?

These are the salts that go with each of the sun signs according to Dr. Carey:

***Aries*** Mar 21 - Apr 19 Kali Phos

People born under this sign are intelligent but also excitable. Kali Phos helps keep them calm and collected. Aries-born people fit very comfortably into top positions in their working environments. They have a fiery temperament which Kali Phos keeps under control.

***Taurus*** Apr 19 - May 20 Nat Sulph

Taurus is a sign that has produced many doctors and healers. Nat Sulph helps keep these people in the best of health with great endurance. Taurus-born people have a strong will, a great presence and a thick bull-like neck. They work hard and Nat Sulph makes sure this does not put a strain on their liver.

***Gemini*** May 20 -Jun 21 Kali Mur

Mercurial is the word to describe most people born under the sign of Gemini. Quick-witted and gregarious, they are usually the life and soul of the party but they are also prone to restlessness and distraction. Kali Mur makes them more focused and keeps away the respiratory illnesses these people are prone to.

***Cancer*** Jun 21 - Jul 22 Calc Fluor

Cancer people are usually attractive and talented but tend to be weak. They could suffer from glands getting hard as well as coughs. Calc Fluor keeps them strong and their skin and lungs healthy. They usually have strong, great looking teeth and flash their smile when they are with people they are comfortable with.

***Leo*** Jul 22 - Aug 22 Mag Phos

Leos have a magnetic personality and are leaders. Some may prefer staying in the background but they make sure their presence is felt. If they are given their due respect, they purr but they can be very sullen if they are ignored. They can be lazy and Mag Phos is great to get them up and going, leaving their egos behind.

***Virgo*** Aug 22 - Sep 23 Kali Sulph

Virgo folk like to keep to themselves and are usually shy. They are very intelligent, rarely get into a fight but hold onto their opinions. You'll find that because of their non-interfering nature, they are welcome everywhere. However, they are prone to depression and melancholy and Kali Sulph is a great help.

***Libra*** Sep 23 - Oct 23 Nat Phos

The balanced sign, Libra is good looking, intelligent, just, even-tempered and is respected by all. However, they usually suffer from a problem with their pH balance and Nat Phos keeps this balanced in the body so they don't suffer from acid reflux or biliousness.

***Scorpio*** Oct 23 - Nov 22 Calc Sulph

Dignified but rather heavily built, Scorpio people are usually very shrewd and very unforgiving. They tend to suffer from skin ailments. They are usually extremely ambitious and money is very important to them except when they take up a worthy cause and then spend their whole life totally committed to it.

## *Biochemic Tissue Remedies*

### ***Sagittarius*** Nov 22 - Dec 21 Silicea

Sagittarius people are usually good looking with thinning hair and sharp eyesight. There's a lot of emphasis placed on learning and they are usually successful in whatever enterprise they decide to embark on. You'll find many a philosopher and a poet here and it keeps at bay the over-sensitivity and irritability that could plague them.

### ***Capricorn*** Dec 21 - Jan 19 Calc Phos

People born under the sign of Capricorn tend not to be tall and they are usually very well informed. They can be a bit fixed in their views and could get stubborn. Their health problems like weakness of the bones or general weakness could benefit from Calc Phos.

### ***Aquarius*** Jan 19 - Feb 19 Nat Mur

Generous and rather noble in everything they do, Aquarius people are very hard working and take pride in being honest and ethical. They tend to get carried away when they are committed to a cause and you'll find many an Aquarius person who gives up all in the pursuit of something noble. Nat Mur tends to keep them balanced without getting over excited about things.

### ***Pisces*** Feb 19 - Mar 20 Ferr Phos

Courteous and kind, Pisces people are always willing to lend a ear to those who are in trouble and need a shoulder to cry on. They also make good doctors and are very helpful. They could suffer from colds and fevers and Ferr Phos is a great help in preventing these.

***Dr George Washington Carey went beyond seeing a connection between the sun signs and the tissue salts. For him, all religions were allegories about Man and the human body with God being the perfect state that every man can achieve. He goes back to the Bible and sees the parables and the laws as the way to become a new human being, healthy in mind, body and soul. In his book "The Chemistry and Wonders of the Human Body" he draws connections between the universe, religion and man. For him, God is chemistry and if we get it right, we can become gods too. All we need to do is make sure our bodies are in perfect balance so they vibrate to the music of the spheres.***

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