

Cell Salts

Cell Salts are compounds of ionized minerals which occur in nature and can be produced from minerals by the digestive process. Due to modern food production methods, one is well advised to supplement his or her diet with both minerals and cell salts.

Calcarea Fluorica: deficiency linked to teeth, bones, elasticity of tissues, muscular weakness and impaired circulation; **small intestines**.

Calcarea Phosphoricum: deficiency linked to poor digestion, bone and teeth disorders in children; **thyroid**.

Calcarea Sulphuricum: deficiency linked to impure blood; also for skin diseases such as abscesses, boils, acne; **colon**.

Ferrum Phosphate: deficiency linked to congestion, inflammations, fevers and headaches; **lungs**.

Kali Muriaticum: deficiency linked to abnormal secretions of the mucous membranes, such as in bronchitis, coughs, colds and runny noses; **stomach**.

Kali Phosphoricum: deficiency linked to nerve deficiency such as depression, exhaustion, dizziness, nervous indigestion and headaches; **ovaries/prostate**.

Kali Sulphuricum: deficiency linked to abnormal secretions such as bronchial catarrh, yellowish discharges and scaling skin conditions; **spleen/pancreas**.

Magnesia Phosphorica: deficiency linked to many forms of spasm, colic, cramps, neuralgia, sciatica; **pituitary; gallbladder**.

Natrum Muriaticum: deficiency linked to excessive moisture or excessive dryness, such as dropsy or edema; **bladder**.

Natrum Phosphate: deficiency linked to excess acidity of the body: acid stomach, sour belching, flatulence; rheumatic pain; **heart**.

Natrum Sulphuricum: deficiency linked to liver disorders, biliousness and influenza.

Silicea: deficiency linked to impure blood, hair, nails, abscesses, **kidneys/adrenals**, boils, and pus formations.