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<tr>
<td>#1 Calc Fluor</td>
<td>Calcium Fluoride</td>
<td>Bones, teeth, ligaments, veins muscles</td>
<td>‣ Indecisiveness&lt;br&gt; ‣ Low self-esteem</td>
<td>‣ Muscles, ligaments and/or veins that have become worn out, flabby and lax—for tissues that have lost their elasticity and tone&lt;br&gt; ‣ Stiff achy joints&lt;br&gt; ‣ Carpal tunnel syndrome (chronic)&lt;br&gt; ‣ Deficient tooth enamel&lt;br&gt; ‣ Delayed dentition and growing pains (in children)&lt;br&gt; ‣ Hemorrhoids, varicose veins</td>
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<td>#2 Calc Phos</td>
<td>Calcium Phosphate</td>
<td>Bones, teeth, muscles</td>
<td>‣ Mental weakness&lt;br&gt; ‣ Lack of motivation&lt;br&gt; ‣ Discontented and restless</td>
<td>‣ Structural stress, growth or weakness&lt;br&gt; ‣ Teeth formation&lt;br&gt; ‣ Growing pains and headaches (in children)&lt;br&gt; ‣ Arthritic joints, back and neck pain</td>
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<tr>
<td>#3 Calc Sulph</td>
<td>Calcium Sulphate</td>
<td>Blood, mucus membranes, skin (associated with the color yellow)</td>
<td>‣ Fatigue&lt;br&gt; ‣ Laziness&lt;br&gt; ‣ Worries about imaginary problems&lt;br&gt; ‣ Excessive sensitivity of nerves&lt;br&gt; ‣ Cravings for fruit and acids</td>
<td>‣ Colds, coughs, sinus congestion which secrete thick yellow mucus&lt;br&gt; ‣ Sore throat&lt;br&gt; ‣ Skin conditions with yellow discharges: boils, open infections, wounds, eruptions, pimples, acne, and sores&lt;br&gt; ‣ Frontal headaches with nausea&lt;br&gt; ‣ For those where heat makes everything feel worse</td>
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<td>#4 Ferr Phos</td>
<td>Ferrum Phosphate</td>
<td>Blood</td>
<td>‣ Stimulation and over heating followed by dullness and listlessness</td>
<td>‣ First stages of fever, cough, or cold&lt;br&gt; ‣ Inflammation and inflammatory pain in general&lt;br&gt; ‣ Injuries&lt;br&gt; ‣ Blood loss&lt;br&gt; ‣ Nose bleeds&lt;br&gt; ‣ Anemia</td>
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<tr>
<td>#5 Kali Mur</td>
<td>Kali Muriaticum</td>
<td>Blood, muscles, saliva, mucus membranes (associated with the color white)</td>
<td>‣ Irritability&lt;br&gt; ‣ Apathy&lt;br&gt; ‣ Sluggish conditions&lt;br&gt; ‣ Homesickness&lt;br&gt; ‣ Hypochondria</td>
<td>‣ Coughs, stuffy head colds&lt;br&gt; ‣ White colored tongue&lt;br&gt; ‣ Swollen glands&lt;br&gt; ‣ Diseases causing blisters (ie: chickenpox, measles, burns, acne, infections with white discharges)&lt;br&gt; ‣ Earaches</td>
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<td>#6 Kali Phos</td>
<td>Kali Phosphoricum</td>
<td>Nerves, Brain, Muscles</td>
<td>‣ Stress and nervous tension, nervousness&lt;br&gt; ‣ Nervous exhaustion&lt;br&gt; ‣ Worn out following a heavy work or study period&lt;br&gt; ‣ Trouble concentrating&lt;br&gt; ‣ Moodiness&lt;br&gt; ‣ Feeling of mildly depressed without a cause&lt;br&gt; ‣ Self-pity</td>
<td>‣ Nerve and sleep problems, insomnia&lt;br&gt; ‣ Helps nerves recover, relax, and regain strength&lt;br&gt; ‣ Night terrors and nightmares&lt;br&gt; ‣ Chronic fatigue syndrome from overuse of the brain</td>
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| #7 Kali Sulph | Kali Sulpharicum | Mucus membranes, skin, lungs (associated with the color yellow) | Timid, shy people  
Complaint of tiredness—aversion to work, going through the day is a burden | Thick yellow mucus or discharge with a cough, cold, or earache  
Loose cough but mucus is difficult to cough up  
Eruptions of the skin (pimples and blemishes)  
Dandruff  
Psoriasis  
Eczema  
Hot flashes |
| #8 Mag Phos | Magnesium Phosphate | Muscles, nerves | Sensitivity  
Impulsiveness  
Insomnia from brain exhaustion | Sharp pains that come and go, including as headaches  
Cramping anywhere in the body, including leg cramps and menstrual cramps  
Sciatica  
Spasms  
Hiccup  
Toothache (including in babies)  
Nausea, upset stomach  
Nerve headaches—headaches over the eyes |
| #9: Nat Mur | Natrum Muriaticum | Mucus membranes, skin | Isolation  
Control issues  
Deep grief  
Low spirits  
Salt cravings | Dry mouth, dry lips  
Constipation  
Water retention  
Dry cough and congestion  
Colds with watery or clear, thin mucus  
Cold sores, blisters or painful mouth ulcers  
Sore lower backaches that is better if lying on a hard surface, like the floor |
| #10: Nat Phos | Natrum Phosphoricum | Stomach, intestines, joints | Depression  
Low self-esteem  
Sleeplessness | Sensitive, disordered digestive tracts  
Pain and acidity from stomach after eating, heartburn, indigestion, gas  
Acid rising in throat  
Morning sickness  
Stiffness and swelling of joints  
Muscle soreness caused by lactic acid buildup  
Colicky infants who vomit curdled milk after eating |
| #11: Nat Sulph | Natrum Sulphuricum | Head, liver (associated with the color green) | Confusion  
Heaviness, irritable  
Depressed  
Periodic sadness  
Feel every change from dry to wet weather and feel best in warm, dry air | Digestion beyond the acidity help Nat Phos provides  
Headaches after an injury to the head (after swelling is gone)  
Headaches from sunlight  
Asthma which worsens with dampness |
## CELL SALTS QUICK REFERENCE

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| #12: Silicea/Silica | Silica Oxide      | Bones, teeth, glands, hair, nails, skin, mucus membranes | ▪ Shyness, timidity  
▪ Lack of self confidence  
▪ Lack of “grit”—physical and sometimes moral  
▪ People who are concerned about their image, hypersensitivity  
▪ Sensitivity to cold  
▪ Exhaustion within the first few hours of waking | ▪ Boils or abscesses that are painful but not discharging yet  
▪ Hastens the pus-formation process  
▪ Sweaty hands, feet, or armpits  
▪ Athlete’s foot  
▪ Constipation  
▪ Hair and nails are weak, thin, and break easily  
▪ Building the health and strength of bones after a fracture |

Bioplasma |         | A combination of all 12 cell salts. |

### References:

2. The 12 Tissue Salts or Cell Salt Remedies; Fundamental homeopathic remedies by Peter Brodhead, CN; May 22, 2001
   [http://www.brighterdayfoods.com/PDFDocs/l/LR72WHCKJQV9LTGK78CGWJ7TM5B1NP5.PDF](http://www.brighterdayfoods.com/PDFDocs/l/LR72WHCKJQV9LTGK78CGWJ7TM5B1NP5.PDF)