

## CELL SALTS QUICK REFERENCE

Cell Salt	Chemical Name	Focus	Emotional Symptoms	Physical Symptoms
<b>#1 Calc Fluor</b>	Calcium Fluoride	Bones, teeth, ligaments, veins muscles	<ul style="list-style-type: none"> <li>▪ Indecisiveness</li> <li>▪ Low self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>▪ Muscles, ligaments and/or veins that have become worn out, flabby and lax—for tissues that have lost their elasticity and tone</li> <li>▪ Stiff achy joints</li> <li>▪ Carpal tunnel syndrome (chronic)</li> <li>▪ Deficient tooth enamel</li> <li>▪ Delayed dentition and growing pains (in children)</li> <li>▪ Hemorrhoids, varicose veins</li> </ul>
<b>#2 Calc Phos</b>	Calcium Phosphate	Bones, teeth, muscles	<ul style="list-style-type: none"> <li>▪ Mental weakness</li> <li>▪ Lack of motivation</li> <li>▪ Discontented and restless</li> </ul>	<ul style="list-style-type: none"> <li>▪ Structural stress, growth or weakness</li> <li>▪ Teeth formation</li> <li>▪ Growing pains and headaches (in children)</li> <li>▪ Arthritic joints, back and neck pain</li> </ul>
<b>#3 Calc Sulph</b>	Calcium Sulphate	Blood, mucus membranes, skin (associated with the color yellow)	<ul style="list-style-type: none"> <li>▪ Fatigue</li> <li>▪ Laziness</li> <li>▪ Worries about imaginary problems</li> <li>▪ Excessive sensitivity of nerves</li> <li>▪ Cravings for fruit and acids</li> </ul>	<ul style="list-style-type: none"> <li>▪ Colds, coughs, sinus congestion which secrete thick yellow mucus</li> <li>▪ Sore throat</li> <li>▪ Skin conditions with yellow discharges: boils, open infections, wounds, eruptions, pimples, acne, and sores</li> <li>▪ Frontal headaches with nausea</li> <li>▪ For those where heat makes everything feel worse</li> </ul>
<b>#4 Ferr Phos</b>	Ferrum Phosphate	Blood	<ul style="list-style-type: none"> <li>▪ Stimulation and overheating followed by dullness and listlessness</li> </ul>	<ul style="list-style-type: none"> <li>▪ First stages of fever, cough, or cold</li> <li>▪ Inflammation and inflammatory pain in general</li> <li>▪ Injuries</li> <li>▪ Blood loss</li> <li>▪ Nose bleeds</li> <li>▪ Anemia</li> </ul>
<b>#5 Kali Mur</b>	Kali Muriaticum	Blood, muscles, saliva, mucus membranes (associated with the color white)	<ul style="list-style-type: none"> <li>▪ Irritability</li> <li>▪ Apathy</li> <li>▪ Sluggish conditions</li> <li>▪ Homesickness</li> <li>▪ Hypochondria</li> </ul>	<ul style="list-style-type: none"> <li>▪ Coughs, stuffy head colds</li> <li>▪ White colored tongue</li> <li>▪ Swollen glands</li> <li>▪ Diseases causing blisters (ie: chickenpox, measles, burns, acne, infections with white discharges)</li> <li>▪ Earaches</li> </ul>
<b>#6 Kali Phos</b>	Kali Phosphoricum	Nerves, Brain, Muscles	<ul style="list-style-type: none"> <li>▪ Stress and nervous tension, nervousness</li> <li>▪ Nervous exhaustion</li> <li>▪ Worn out following a heavy work or study period</li> <li>▪ Trouble concentrating</li> <li>▪ Moodiness</li> <li>▪ Feeling of mildly depressed without a cause</li> <li>▪ Self-pity</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nerve and sleep problems, insomnia</li> <li>▪ Helps nerves recover, relax, and regain strength</li> <li>▪ Night terrors and nightmares</li> <li>▪ Chronic fatigue syndrome from overuse of the brain</li> </ul>

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<b>#7 Kali Sulph</b>	Kali Sulpharicum	Mucus membranes, skin, lungs (associated with the color yellow)	<ul style="list-style-type: none"> <li>▪ Timid, shy people</li> <li>▪ Complaint of tiredness—aversion to work, going through the day is a burden</li> </ul>	<ul style="list-style-type: none"> <li>▪ Thick yellow mucus or discharge with a cough, cold, or earache</li> <li>▪ Loose cough but mucus is difficult to cough up.</li> <li>▪ Eruptions of the skin (pimples and blemishes)</li> <li>▪ Dandruff</li> <li>▪ Psoriasis</li> <li>▪ Eczema</li> <li>▪ Hot flashes</li> </ul>
<b>#8 Mag Phos</b>	Magnesium Phosphate	Muscles, nerves	<ul style="list-style-type: none"> <li>▪ Sensitivity</li> <li>▪ Impulsiveness</li> <li>▪ Insomnia from brain exhaustion</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sharp pains that come and go, including as headaches</li> <li>▪ Cramping anywhere in the body, including leg cramps and menstrual cramps</li> <li>▪ Sciatica</li> <li>▪ Spasms</li> <li>▪ Hiccups</li> <li>▪ Toothache (including in babies)</li> <li>▪ Nausea, upset stomach</li> <li>▪ Nerve headaches—headaches over the eyes</li> </ul>
<b>#9: Nat Mur</b>	Natrum Muriaticum	Mucus membranes, skin	<ul style="list-style-type: none"> <li>▪ Isolation</li> <li>▪ Control issues</li> <li>▪ Deep grief</li> <li>▪ Low spirits</li> <li>▪ Salt cravings</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dry mouth, dry lips</li> <li>▪ Constipation</li> <li>▪ Water retention</li> <li>▪ Dry cough and congestion</li> <li>▪ Colds with watery or clear, thin mucus</li> <li>▪ Cold sores, blisters or painful mouth ulcers</li> <li>▪ Sore lower backaches that is better if lying on a hard surface, like the floor</li> </ul>
<b>#10: Nat Phos</b>	Natrum Phosphoricum	Stomach, intestines, joints	<ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Low self-esteem</li> <li>▪ Sleeplessness</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sensitive, disordered digestive tracts</li> <li>▪ Pain and acidity from stomach after eating, heartburn, indigestion, gas</li> <li>▪ Acid rising in throat</li> <li>▪ Morning sickness</li> <li>▪ Stiffness and swelling of joints</li> <li>▪ Muscle soreness caused by lactic acid buildup</li> <li>▪ Colicky infants who vomit curdled milk after eating</li> </ul>
<b>#11: Nat Sulph</b>	Natrum Sulphuricum	Head, liver (associated with the color green)	<ul style="list-style-type: none"> <li>▪ Confusion</li> <li>▪ Heaviness, irritable</li> <li>▪ Depressed</li> <li>▪ Periodic sadness</li> <li>▪ Feel every change from dry to wet weather and feel best in warm, dry air</li> </ul>	<ul style="list-style-type: none"> <li>▪ Digestion beyond the acidity help Nat Phos provides</li> <li>▪ Headaches after an injury to the head (after swelling is gone)</li> <li>▪ Headaches from sunlight</li> <li>▪ Asthma which worsens with dampness</li> </ul>

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<b>#12: Silicea/Silica</b>	Silica Oxide	Bones, teeth, glands, hair, nails, skin, mucus membranes	<ul style="list-style-type: none"> <li>▪ Shyness, timidity</li> <li>▪ Lack of self confidence</li> <li>▪ Lack of “grit”—physical and sometimes moral</li> <li>▪ People who are concerned about their image, hypersensitivity</li> <li>▪ Sensitivity to cold</li> <li>▪ Exhaustion within the first few hours of waking</li> </ul>	<ul style="list-style-type: none"> <li>▪ Boils or abscesses that are painful but not discharging yet</li> <li>▪ Hastens the pus-formation process</li> <li>▪ Sweaty hands, feet, or armpits</li> <li>▪ Athlete’s foot</li> <li>▪ Constipation</li> <li>▪ Hair and nails are weak, thin, and break easily</li> <li>▪ Building the health and strength of bones after a fracture</li> </ul>
<b>Bioplasma</b>			A combination of all 12 cell salts.	

**References:**

1. *Dr. Schuessler’s Biochemistry* by J.B. Chapman, M.D. London: New Era Labs, 1973.
2. The 12 Tissue Salts or Cell Salt Remedies; Fundamental homeopathic remedies by Peter Brodhead, CN; May 22, 2001  
<http://www.brighterdayfoods.com/PDFDocs//LR72WHCKJQ1V9LTGKT8CGWX7TM5B1NP5.PDF>

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