

TISSUE SALTS

by Kathleen Taylor

The biochemical tissue salts were refined by Dr. Schuessler with his theory that “the inorganic substances in the blood and tissues are sufficient to heal all the diseases which are curable”. He believed that; 1) the human body contains twelve vital inorganic substances which are responsible for maintenance of normal cell function; 2) when, from some cause, one or more of these substances becomes deficient, the normal cell function, or metabolism, is disturbed and condition arises known as disease; 3) by supplying to the system the lacking elements in the form of Schuessler biochemical remedies, normal cell function and health can be restored. The twelve tissue salts are essential to the proper growth and development of every part of the body.

The minerals have five main known functions in the body:

- 1) They are components of enzymes
- 2) They are essential for nerve impulse transmission
- 3) They carry oxygen
- 4) They form the building blocks for bones and teeth
- 5) They are components of hormones

Calcium and Phosphorus: These two elements are typically found together in the body, as they compliment each other. They are the two most important minerals in the skeleton. Calcium works as a cementing substance that holds the body cells together. Phosphorus is present as soluble phosphate in cells and fluids, where it forms the main negatively charged group of cations, which neutralize the positively charged anions, such as sodium, potassium, calcium, magnesium, etc. It is also present in proteins, fats and carbohydrates.

Magnesium: Is mainly found inside the cells, where as calcium is found outside the cells. It is helpful for the heart and protects those muscles against the risk of heart disease. The body normally loses magnesium with gastric, intestinal and kidney diseases like chronic diarrhea, excessive passing of urine and also in alcoholism.

Iron: Is the most important constituent of hemoglobin in the red blood pigment and carries oxygen to the cells. Iron is essential for the proper functioning of the immune system. When the blood serum level of iron is too low, the bone marrow is unable to supply the necessary white blood corpuscles to fight the infection and resistance to disease is lowered.

Sodium and Potassium: Are found together in the body and create an osmotic balance in the cells and surrounding tissues (sodium is found outside the cells and potassium is found inside the cells) and between the two, they help to regulate the fluid balance of the body. A deficiency of sodium can cause dehydration, and excess or deficiency of potassium can create problems with the heart muscle.

Fluoride: Is found naturally in water, and is also found in fish eaten with bones, and tea. It improves the development of bones by helping deposit calcium.

Sulphate: Is found in the body joined with the positively charged ions like sodium, potassium, calcium and magnesium.

Chloride: As a negatively charged ion, chloride is found with positively charged anions such as sodium and potassium to balance their electrical charge. It is mainly obtained from the diet in foods such as meat, fish, poultry, and dairy products.

Silicon: Is important for normal production and repair of tough connective tissue and bones. It is essential for connecting bones and providing the body structures with strength and flexibility.

The twelve tissue salts are typically given in a 6x potency and are as follows:

1. Calcium fluoride (calc fluor)

- compliments Calc phos
- builds elasticity of tissues, surface of bones, enamel of teeth
- is the remedy for bone diseases, malnutrition of bones, cracking of joints, cystic tumors, cataract, blur before the eyes after exerting vision, indurated tonsils and cervical lymph glands
- relaxed tissues as in varicose veins, hemorrhoids, prolapse, and hernia
- hardness of skin, cracked skin
- hard swellings, such as ganglia
- depressed, indecisive, worried about money
- all symptoms are worse for damp weather and rest; better for heat, stretching and rubbing.

2. Calcium phosphate (calc phos)

- compliments Calc fluor
- important in the formation of new cells, blood cells, gastric juices and the substance of bones and teeth
- bones are 57% Calc Phos, so bone cannot be formed without this tissue salt
- specific remedy for bleeding from the navel in newborn baby
- pick-me-up after long illness or flu
- complimented by other Phos tissue salts
- bone pains, painful knees, broken bones and slow healing of same, crumbling teeth
- all symptoms are worse for cold, damp, change of weather, after grief, vexation, disappointment; better for lying down, rest

3. Calcium sulphate (calc sulph)

- compliments Nat sulph
- blood cleanser and helpful with thick, yellow catarrhs that are often tinged with blood; blocked ears
- skin that is slow to heal
- festering cuts; suppurated spots; continually draining abscesses (silica hastens the suppurative process, while calc sulph closes up the process when the proper time comes)

- painful liver
 - all symptoms are worse for washing and working in water; better for open air
4. Ferrum phosphoricum (Ferrum phos)
- compliments Kali sulph and Kali mur
 - oxygen carrier
 - first stage of all inflammations
 - fresh wounds caused by mechanical injuries
 - listless and indifferent, irritable at trifles, feverish, dizzy
 - hemorrhage and anemia
 - pain that is burning, throbbing, sharp and stitching, with heat
 - all symptoms are worse for warmth, motion, excitement; better for cold and slow motion
5. Potassium chloride (Kali Mur)
- compliments Silica and Ferr phos
 - second or later stages of inflammation with whitish discharges or catarrh, swollen glands
 - indigestion with full bloated feeling, nausea, vomiting, headache, loss of appetite; constipation or diarrhea after fatty, rich food, pastry
 - white or grey coating on the tongue and it may be mapped; white mouth ulcers
 - all symptoms are worse for open air, cold draught, cold drinks, heat of bed at night, motion, fat rich foods, during menses, binding hair; better for sunshine, letting hair down, rubbing
6. Potassium phosphate (Kali phos)
- compliments Nat phos
 - remedy for brain and nerves and it unites with albumen and other organic matters to form gray matters of the brain
 - for nervous strain and complaints from nervous strain
 - mental and physical exhaustion, tension, stiffness, anxiety, insomnia, neuralgic pain, toothache, sore throat, headache, dizziness, asthma, eczema, hay fever
 - weepy, apprehensive, fearful, irritable, weak memory
 - all symptoms are worse for noise, light, being alone, continuous motion, after rest (stiffness); better for eating, rest, gentle motion, gentle excitement
7. Potassium sulphate (Kali sulph)
- compliments Ferr phos
 - is a carrier of oxygen as well as organic material to the cells of the skin and is said to be the functional remedy of the skin
 - useful with coughs, colds, earache, and respiratory complaints where the catarrh is either thin and watery or yellow/yellow-green, thick or thin
 - colic pain in stomach from catarrh
 - skin is dry, peeling, scaling, itching, falling out of hair, brittle nails, and dandruff
 - all symptoms are worse in a stuffy room, evening, mental exertion; better in open air

8. Magnesium phosphate (Mag phos)
 - compliments Nat mur, Kali ph.
 - main functions of this salt are to control white nerves and muscles, and deficiency of this salt in fiber allows it to contract, thereby producing spasms, cramps, convulsions
 - uses of this salt would be in situations of period pain, cramps during labor, writer's cramp, wind, colic, toothache, nerve pain (neuralgia, sciatica, neuritis), spasmodic cough, stiffness and paralysis, twitching, hiccough, stammering
 - insomnia from exhaustion
 - all symptoms are worse on the right side, for cold- (weather, draughts, applications, washing); better for heat, pressure, rubbing, bending double

9. Sodium chloride (Nat mur)
 - compliments Mag phos
 - works in association with the water levels of the body and help to regulate balance of same ie. where there is too much water in some areas and dryness in others
 - cold sores, herpetic eruptions anywhere on the body
 - headaches from exposure to sun and catarrh
 - 'watery' colds with heavy congested feeling in the head and loss of taste and smell
 - constipation
 - desire for salt, aversion to bread
 - Nat mur is a deep acting and long acting remedy so symptoms may continue for some time before cure
 - all symptoms are worse for company and consolation, cold weather, and heat of the sun; better for open air and going without regular meals

10. Sodium phosphate (Nat phos)
 - compliments Kali phos
 - acts to balance of acidity in the body and works well for digestive complaints from fats, milk, excess of sugar or chocolate which may manifest as loss of appetite, headache, nausea, vomiting, sour risings, stomach ache, constipation
 - decomposes lactic acid into carbolic acid and water and releases it through the lungs
 - worms
 - creamy or yellow coating to back part of tongue and/or acidic, metallic taste
 - sour discharges (vomit, stools, perspiration)
 - mucus is creamy/yellow; green stools
 - nervous and wants everything done at once
 - all symptoms are worse during afternoon and evening, thunderstorms, menstrual period and after physical exertion; better for open air and pressure

11. Sodium sulphate (Nat sulph)
 - compliments Calc sulph
 - eliminates excess water and poisons; helpful for the liver
 - bitter taste and the tongue is brown or dark color

- sore liver with sharp, stitching pains and feeling swollen
- swelling that pits, esp. around feet and ankles
- head injury (forceps delivery, cracked skull and mental troubles from the injury)
- irritable, depressed, and possibly suicidal
- all symptoms are worse from damp (houses, cellars) and at the full moon; better from dry, heat or cold, open air

12. Silicon dioxide (Silica)

- compliments Kali mur
- cleanses the body by promoting and ejecting pus (boils, abscesses, painful spots, inflamed cuts, styles, splinters)
- red, angry swelling that need to come to a head (use Calc sulph after pus is flowing and only if wound is slow to clear up)
- swollen glands, sinus catarrh, earache
- falling out of hair and brittle nails
- offensive odor of head, armpits and feet
- lack of confidence, obstinate, sensitive to cold, noise, light
- irritable, especially from noise
- all symptoms are worse in the morning and at night, during full moon, before a storm, from cold, in winter, open air, from suppressed foot sweat and getting feet cold; better from warmth, in summer, wrapping the head up when having a headache

References:

- 1) Nutrition and Herbology Course, British Institute of Homeopathy, Staines, Middlesex, England 1995
- 2) The College of Homeopathy, Robert Davidson, England, 1989