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**NATURE'S 12 MAGIC HEALERS:**  
*THE AMAZING SECRETS OF CELL SALTS*

**LIONEL ROLFE and NIGEY LENNON**

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## DEDICATION

This book is dedicated to Duward James Williams, Margo Demetre Williams, Yaltah Menuhin Ryce, and Benjamin L. Rolfe, without whom it could not have been written.



## *WHAT MEDICAL DOCTORS THINK OF CELL SALTS*

It is with pleasure that I recommend this effort to inform and educate the public to better health care. In this presentation, the authors take you, the reader, through the various mechanisms and functioning of the body. They lead you to understanding, and greater interest in, your health, and what you might do to really feel better.

Tissue salts are not a new, untried discovery. As a medical doctor with over fifty years of experience, I have used these tissue salts with results equal to those documented earlier. In these past two hundred years, results have been just fabulous.

Self care is becoming very popular, and to a degree is most commendable. This book contains an unusual amount of practical applications, with cited cases, carefully gathered from many sources. You are seeking better health; may your quest be amply rewarded.

*J. H. Renner, M.D.*

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The 12 Schuessler Cell Salts have been found to be exceedingly useful in the treatment of many people. This book is an attempt to bring knowledge of Cell Salt treatment to the general public in such a way as to make it universally useful.

Although many of the recoveries seem like miracles, they are simply the results of supplying the proper Cell Salt needed by an individual.

*William E. S. Jackson, M.D.  
F.A.C.T.S.-D. Ht.*

## *A WORD FROM THE AUTHORS*

Dr. W. H. Schuessler's 12 cell salt remedies have been keeping thousands of people fit and healthy for nearly a century. During the last few years, however, this time-honored system of therapeutics has been rapidly increasing in popularity. More and more people from all walks of life are trying the cell salts and becoming convinced of their effectiveness. For example, we have been taking a combined source of the 12 cell salt remedies. The results have been rapid—less fatigue, more endurance, numerous minor health problems gone, healthier appearances, and brighter outlooks on life.

### **LINUS PAULING AND THE MEDICINE OF THE FUTURE**

Linus Pauling, who won the Nobel Prizes for chemistry and world peace, predicts that the greatest advances in the next hundred years will be in medicine, biochemistry, and molecular biology. He says that the motion of atoms and how this motion relates to disease and health will become better understood.

Pauling believes that in the future there won't be medicines for particular illnesses so much as there will be medicines for each individual person. This advanced concept is the theory of a school of medicine that has lost popularity in recent years but which is staging a remarkable comeback—Dr. Schuessler's biochemical system of medicine, which itself is an outgrowth of homeopathy.

### **INTERNATIONAL ACCLAIM FOR CELL SALTS**

Homeopathy, especially Dr. Schuessler's cell salt system, has

remained popular in England (the Queen's royal physician is a homeopathic practitioner), Germany, France, parts of Latin America, Mexico, and India. In the Soviet Union, large homeopathic clinics and hospitals are operating in several major population centers.

Unfortunately, in the United States homeopathy and the cell salt system have been kept alive primarily through the efforts of laymen rather than by medical professionals. Medical doctors here know little about homeopathy even though it was in a homeopathic hospital in New York that X-rays were first used in the fight against cancer.

Now, as part of the growing movement toward better health and a healthier diet, many natural food stores carry cell salts and cell salt literature. More people are discovering for themselves that cell salts can keep them well, especially when they are used as part of an over-all approach to good health.

### **A PERSONAL EXPERIENCE IN KEEPING HEALTHY WITH CELL SALTS**

After many years of experimenting with different kinds of medicines and treatments for her ailments, concert pianist Yaltah Menuhin\* decided to use cell salts as remedies. She had wrestled with her ailments for years, trying all of the latest "miracle drugs," and had consulted doctors around the world with little or no success.

At length Yaltah Menuhin settled in London, joining her brother, violinist Yehudi Menuhin, and her sister, pianist Hephzibah Menuhin, in her musical activities. Yehudi Menuhin is a staunch believer in homeopathy and Dr. Schuessler's cell salts, and he prevailed on Yaltah to go to a doctor—one of England's best—who specialized in homeopathic practice, using mostly Dr. Schuessler's cell salt remedies. Yaltah's health problems—mostly problems of nerves—have finally been brought under some control, and no longer is she subjected to the pokings and proddings of doctors with less effective remedies.

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\*Author Lionel Rolfe's mother

## **THE DEVELOPMENT OF THE CELL SALT SYSTEM**

Germany is the country in which the cell salt system is most widely practiced as a medical specialty. This is probably because the home of the 12 cell salt system is Germany. Germany is the birthplace of Dr. W. H. Schuessler, who practiced medicine using only the system he researched with incredible success.

Dr. Schuessler's view was a modern one. He was a homeopathic physician (as opposed to an allopathic one), but he felt that the effective ingredients in the 2,000 or so homeopathic remedies of his day were their mineral constituents. Working in his own laboratory, he quickly isolated these constituents—and thus the 12 cell salt system was born.

Today, much of the homeopathic medicine practiced in Germany is based on Dr. Schuessler's work.

## **THOUSANDS OF PEOPLE FIND HEALTH RELIEF WITH CELL SALT REMEDIES**

Neither of us is a medical doctor, but we both have written on many medical and health subjects. We were struck by the number of our friends and relatives who reported success with homeopathic medicines, particularly with cell salts.

Cell salts have brought thousands of people long-lasting relief from their health problems. The cell salt system is effective and simple. It is based on homeopathic remedies, and it is set up in such a way that any intelligent layman can understand and use it. You should understand, however, that the practice of homeopathic medicine is a highly evolved medical specialty. Home treatment with cell salt remedies can't replace the services of a good doctor, homeopathic or allopathic.

## **YOU CAN BECOME A NEW PERSON**

Use this book whenever you have the sort of health problem that calls for self-diagnosis, self-treatment, and self-medication. Don't give up if relief is not immediate. Remember that

homeopathic medicines and Dr. Schuessler's biochemical cell salts are subtle remedies and they don't bring the so-called "quick relief" promised by so many of the remedies you can buy at a drugstore. Homeopathic remedies, which can relieve a variety of psychological and physical ailments, are available at many natural food stores and can be ordered through the mail.

Cell salts give you the chance to become a new person. Although you give yourself a particular remedy based on your symptoms, these medicines produce their cure not by simply eliminating the symptoms, but by correcting the imbalances that have caused the symptoms in the first place. Often you will discover that a particular cell salt can relieve your symptoms by putting your body in "balance." In this way, these remedies cure far more than the symptoms you might take them for.

At the back of this book is a *Simplified Remedy Guide*, which will indicate the remedy you should use for your particular problem. When a remedy in the *Simplified Remedy Guide* is recommended for your particular ailment, read the chapter on that remedy and on other remedies that might also be indicated. Few ailments, if any, can be cured by just one remedy. Usually a combination of remedies is required. To understand how the cell salts work alone and together, you should read the indicated chapters. For example, you will find headache sections in more than one of the chapters in this book because different remedies treat different kinds of headache.

Although many books have been written that tell the layman how to use cell salt remedies, this one is different in one major respect. No previous work on the subject has had individual chapters fully explaining each cell salt and making the use of cell salts easily understandable by everyone.

The final chapter of this book shows you how to use cell salts and other substances for a brighter, more attractive appearance. Both men and women will have cause to refer to this chapter often for helpful tips on self care. The *Simplified Remedy Guide* includes complete information on where to buy cell salts and describes the prepackaged combinations of cell salts manufactured by some of the most reputable homeopathic pharmacies.

This book, then, should not only be read through, but consulted as a daily health guide. In it you will discover a completely safe way to maintain good health, good spirits, and good looks for the rest of your life—by learning the secrets of nature's 12 magic healers, the Schuessler cell salts.

*Lionel Rolfe  
Nigey Lennon*

**NOTE:** The authors also wish to thank Gerda Haffner of Sharp and Haffner Books of North Hollywood for all of her help with the manuscript.



## TABLE OF CONTENTS

What Medical Doctors Think of Cell Salts.....	7
A Word from the Authors .....	9

### PART ONE

#### 1. How Cell Salts Will Make You Healthy and Vibrant Looking .....23

The Principles Behind Cell Salts (25) . . .An Organized System Is Founded (26) . . .When Cell Salts Are Necessary (27) . . .How Cell Salts Can Help You (27) . . .What the "Magic" of Cell Salts Is (28) . . .How an Old Science Is Constantly Rediscovered (29) . . .How to Get the Relief You Are Looking For (29) . . .How This Book Provides Help (30) . . .How Homeopathic "Proving" Are Made (31) . . .A Marvelous Healing System (32) . . .Why Cell Salts Cannot Harm You (33) . . .Why You Can Prescribe for Yourself (33) . . .How a Homeopathic Doctor Will Help You (34)

#### 2. The Pre-Eminent Biochemical Remedy .....35

How Diana P. "Perked Up" (37) . . .New Hope for Everybody's Problems (38) . . .Indications That You Need Iron Phosphate (39) . . .New Help for Women's Problems (39) . . .How to Be Healthy During Pregnancy (40) . . .How to Banish Colds (40) . . .The Power of

- Positive Healing (42) . . .How to Treat Loss of Voice (42) . . .Rheumatism and Digestion (43) . . .Regaining Your High Spirits (43) . . .A Good Remedy for Many Ailments (43)
- 3. A Remarkable Cell Cleanser .....45**
- Jack D.'s Skin Problems Are Cured (48) . . .How Pat H. Developed Healthy Hair and Nails (49) . . .How to Understand Your Symptom Pattern (49) . . .A Slow-Acting, Profound Remedy (50) . . .How Several Patients Were Helped (51) . . .How to Treat Headaches and Cataracts (52) . . .How You Can Say Goodbye to Indigestion (53) . . .The Links Among Diet, Indigestion, and Constipation (55) . . .You Can Cure Constipation with Silica (56) . . .Help for Long-Standing and Troublesome Women's Problems (57)
- 4. Nature's Cure for Headaches.....59**
- The Queen's Physician Is Cured of Headaches (61) . . .What Are Headaches (62) . . .How Lydia S. Was Cured of Double Vision (63) . . .Sodium Chloride and Serious Disease (64) . . .All About Table Salt (64) . . .A 75-Year-Old Heart Patient's Remarkable Recovery (65) . . .Cataracts Can be Helped (66) . . .A Bad Case of Eczema (66) . . .Two Co-Working Remedies (66) . . .Symptoms You Should Know (67) . . .A Powerful Medicine (68)
- 5. A Miraculous Remedy for Asthma.....69**
- Many Asthma Cases Are Cured (72) . . .Your Biochemical "Cocktail": Bottoms Up! (73) . . .Diabetes and Digestion (74) . . .Curing a Terrible Genital Itch (74) . . .Influenza (75) . . .Curing an Old Head Injury (75) . . .A Boon for Gotham! And Other Things (76)

**6. The Biochemical Antacid .....79**

Why Good Digestion Is Necessary (82) . . .How Several People Were Cured of Indigestion (83) . . .New Help for Chronic Problems (84) . . .Oh, My Back Pains! (85) . . .A Very Old Co-Worker (85) . . .Nancy's Eye Problems Are Remedied (86) . . .Kicking the Habit (86) . . .Preventing Vertigo (87) . . .Other Times to Use This Remedy (87)

**7. A Powerful Healer and Purifier of the Blood .....89**

Help for Your Skin Ailments (91) . . .Other Kinds of Wounds (92) . . .Barbara B. Is Cured of Her Infection (93) . . .Is There Hope for the Common Cold? (94) . . .A Purifier of the Blood (95) . . .A Miracle Preventer of Colds (95) . . .The Symptoms (96) . . .More Help for Headaches (97) . . .Alimentary Ailments Can Be Helped (97)

**8. A Natural Producer of Suppleness and Elasticity .....99**

Help for Hemorrhoids and Heart Trouble (102) . . .Your Weary Bones (102) . . .Backache Can Be Cured (103) . . .Varicose Veins, Hemorrhoids, and the Blues (104) . . .Diet and Hemorrhoids (105) . . .Eyes, Teeth, and Other Matters (106) . . .Other Important Indications (107)

**9. The Nutritional Cell Salt Remedy That Will Make You Feel Good All Over .....109**

Calcium Phosphate and Nutrition (112) . . .A Royal Case (113) . . .Indigestion (113) . . .A Remarkable Cure for April B. (113) . . .An Antidote to the Side Effects of the Pill (114) . . .Teeth and Bones in the Young (115) . . .Other Indications (117) . . .Help for Mental Problems (119) . . .More Help for the Skin (120)

- 10. An Amazing Antispasmodic Remedy.....123**  
 A Health "Team" (125) . . .Do You Suffer from "Ups" and "Downs"? (126) . . .The Danger of Over-Refined Foods (127) . . .Understanding Your Deficiency (128) . . .Stopping Those Sudden, Sharp Neuralgia Pains (128) . . .How Chris E. Stopped Her Headache (129) . . .A Real Cliff-Hanger of a Case (129) . . .More Remarkable Cases (130) . . .How to Take This Remedy (130) . . .Getting Rid of Cramps (131) . . .Chest Pains: Reasonable or Unreasonable Fear (131) . . .Other Indications (132)
- 11. A Wonder-Working Soother of Jangled Nerves.....135**  
 Medical Developments and Biochemistry (138) . . .A Remedy for the Heart and Soul (138) . . .Leon U.'s Mania Is Cured (139) . . .A Physician Heals Himself (141) . . .Ann C. Finds Relief from Mental Aberrations Caused By Disappointment in Love (141) . . .Treatment for Certain Types of Headaches (142) . . .How Jewel E. Found Relief (142) . . .For the Heart and Body (143)
- 12. A Powerful Carrier of Oxygen .....145**  
 Fascinating Similarities (148) . . .New Hope for Your Hair and Skin (149) . . .Stopping Rheumatism Cold (150) . . .Other Indications (151)
- 13. The Remedy for Sluggish, Run-Down Conditions .....153**  
 A Powerful Destroyer of Wastes (156) . . .How Potassium Chloride Helps Sluggish Livers (156) . . .Regaining Your Youthful Energy (157) . . .Curing Rheumatic Stiffness (158) . . .Earaches (159) . . .Some Other Uses (159)

**14. A Simple Plan for Glowing Feminine Beauty .....161**

Some Basic Principles of Beauty (163) . . .Try This Natural Cell Salt Cosmetic (164) . . .The Nutritional Remedy Is Important (165) . . .How You Can Develop New Energy and Vitality (166) . . .A Little "R & R" Can Do Wonders (167) . . .Your Beauty Tonic (168) . . .Beautiful Hair and Nails Can Be Yours (168) . . .Eliminating Unsightly Water Retention (169) . . .Blotting Out Varicose Veins (169) . . .How to Have a Clear, Fresh Complexion at Any Age (170) . . .Specific Cell Salt Remedies for Beauty Problems (170)

*PART TWO*

**Simplified Remedy Guide .....173**

How to Use This Guide (173) . . .Alphabetical List of Cell Salts by Chapter (174) . . .How to Take the Remedies (175) . . .Where to Get the Remedies (176) . . .Some of the Interesting Combinations for Sale (177) . . .Remedies for Your Ailments (178) . . .Glossary (191)

**Index .....193**



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# PART *ONE*

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CHAPTER ONE

*HOW CELL SALTS  
WILL MAKE YOU HEALTHY  
AND VIBRANT LOOKING*



## THE PRINCIPLES BEHIND CELL SALTS

What are cell salts? And who was Dr. Schuessler, their discoverer? Dr. Schuessler's system, which he called biochemistry (the "chemistry of life" in Greek), grew out of his observation that when the human cell is reduced to ashes there are only 12 minerals left. A lack of these minerals in a living organism will keep organic materials from entering the cells, which means that the cells cannot perform their necessary functions. In other words, a lack of these minerals, also called cell salts, will create an imbalance in the body.

Even if we eat foods that contain a large number of these important minerals, we may not be correcting a deficiency in diseased cells because a disease often results in the cells' inability to assimilate what they need from the diet. This is when special doses of cell salts are needed. The salts you need, which this book will teach you to determine, should be taken in a form in which they can be easily assimilated into the bloodstream from the mouth, throat, esophagus, and capillary walls.

The process that breaks down these minerals to the right size so that the body can readily assimilate them is called trituration, which we will describe fully a little later. Just remember that as small as

the active ingredient may be in these remedies, it still contains about 16 million molecules—molecules that help make up cells. For instance, there is less than one billionth of a gram of potassium chloride (one of Dr. Schuessler's 12 cell salts) in one blood cell. This is a much smaller amount than is found in corrective cell salt doses. The basic idea is that disease starts in the individual cells so these cells are the focus for remedial action.

### AN ORGANIZED SYSTEM IS FOUNDED

Samuel Hahnemann, the founder of homeopathic medicine in the eighteenth century, was the first to realize that there was medical significance in mineral substances. But it wasn't until Dr. Schuessler, in the last century, that an organized system of therapeutics based solely on these substances was created.

Dr. Schuessler, like his predecessor Hahnemann, was German—and a very brilliant man. He mastered Sanskrit, Greek, and Latin, as well as English, Spanish, and Italian. He became a doctor in the village of Oldenburg, where he practiced homeopathic medicine. He began to believe that the most effective of the homeopathic remedies were the inorganic ones rather than the organic ones. His conviction grew when he read the work of Rudolph Virchow, who taught that the disturbances thought of as diseases are actually signs of change in cell metabolism. Dr. Schuessler became convinced that the active ingredients in the most successful homeopathic remedies were inorganic. This concept of Dr. Schuessler remains his most controversial concept to this day, but that doesn't invalidate his system of cell salts. The debate lies in whether the 12 cell salts are sufficient to combat illness without the aid of other substances. Modern users of the system have added a number of remedies that Dr. Schuessler couldn't have known about in his time, thus updating the system. Dr. Schuessler was not entirely aware of some of the trace elements; yet his 12 cell salts include some of the more important of these.

Another thing that should be mentioned is that all of the famous biochemists in medical history have believed in the effectiveness of

their remedies *in conjunction with nutrition*. Biochemistry concerns itself with the chemical processes of the body's complex life system, and there is nothing more interrelated than that life system and the substances that keep it going. All of the cell salts in the world cannot help you if you don't give them a little help by maintaining a good diet.

## WHEN CELL SALTS ARE NECESSARY

Cell salts are necessary when food intake is unable to supply the cells with essential nutrients. Cell salts may have a therapeutic effect, but ultimately they are a food, and the body requires them for overall health, vigor, and disease-fighting ability.

Dr. Schuessler's cell salts are prepared in minute doses—and the more minute the dose, the more powerful is its effect on the cells. The Schuessler medicine using iron phosphate is referred to as the "6x" potency; but it may also be obtained in a more powerful form, "200x." The larger number stands for a *smaller* amount of the actual ingredient. Most homeopathic authorities do not recommend anything other than 6x or 3x for self-treatment. In high doses, the cell salts can cause adverse reactions in people.

The smallness of the mineral is what enables it to get to the body cell that specifically needs it. It enters the cell through osmosis; that is, it "seeps" through the cell wall.

## HOW CELL SALTS CAN HELP YOU

As modern science is just beginning to make clear, health is a subtle process. You have to take the initiative to stay healthy. You should be concerned about smog, polluted water, the chemicals in the food you eat, and everything that goes into your body, because all of these things affect your health. Dr. Schuessler's cell salts are most effective as part of a "holistic" approach to illness—taking as much care as you can of your whole body and its environment. The best way to remain healthy is to use the most natural things you can from the most natural sources; i.e., fresh, untreated water; naturally

grown fruits, vegetables, and grains; and meats that are free of hormones and additives. Nature is still wiser than man, as most great scientists will readily admit.

## WHAT THE "MAGIC" OF CELL SALTS IS

So that you can begin to see why cell salts are the most natural remedies for many of your health problems, let's see how they are made and what the "magic" is that makes them work.

Manufacturing of the salts begins with a careful determination of the quality of the minerals. Only the best grade of minerals is used, and the source must be natural. Next, the minerals are ground by hand—a process which takes at least 200 hours. The finer the particles of the minerals and the higher the potency being manufactured, the longer the grinding takes. After the substance has been ground to a fine powder in the laboratory, which is hermetically sealed to prevent any dust from escaping, the powder is transferred to an electrically driven mortar and pestle. The potency of the cell salt is determined by the length of time it is ground in the mortar and pestle.

Eventually, the active ingredient is vaporized, and the air in the laboratory is full of the mineral. The operator who removes the vaporized mineral substances from the mortar and pestle must wear a mask, because the vapor has incredible powers of penetration.

The final tablets are made up of milk sugar and the mineral. In Dr. Schuessler's dosages, far less than one part per million of the ingredient is used. The ingredient is said to be triturated—ground very fine.

Each individual cell of your body is a marvelous organism that normally selects and rejects substances to keep healthy. When there is disease or irritation, the cell loses this ability. Weakened cells must get the mineral they need in the triturated form. Bypassing the digestive system is necessary to overcome the cell's inability to absorb nutrients from the digestive system.

It might seem strange to think of our health as being determined by things that happen on microscopic levels, but this is the case. One biochemist made a fascinating microscopic film showing how a small amount of poison (one part in 30,000) quickly went to

work destroying healthy cells. You can see how damaging pollutants in the air and our food and water are when you see this demonstrated so graphically.

### **HOW AN OLD SCIENCE IS CONSTANTLY REDISCOVERED**

Although biochemistry is an old science, biochemists around the world are constantly rediscovering its virtues. In 1957, which was a period of considerable atom bomb testing, Mira Louise, an Australian biochemist, examined a large number of people with radiation symptoms—hair loss, overwhelming fatigue, dim vision, vertigo, and memory loss. She ran some tests and discovered that the victims' cell salt concentrations were far too low, and she subsequently reported that she had great success in curing them with the appropriate cell salts. Her theory was that radioactivity was draining away their needed cell salt nutrients, and when these were replenished the radiation symptoms would be eliminated.

An advantage of cell salts is that they can be self-administered. With little more than this book and a few dollars for the inexpensive remedies (available by mail and at many natural food stores), you can effectively treat many of your illnesses, and you will experience an overall sense of health and vitality that you may never have felt before.

### **HOW TO GET THE RELIEF YOU ARE LOOKING FOR**

There is no mystery surrounding cell salts and their many benefits. If you suffer from the common cold, for instance, when you take the appropriate cell salt remedy you will find the relief that is promised but never delivered by widely advertised patent medicines. You cannot harm yourself with cell salts. Even if your body has no need of the cell salt you may be taking, there will be no damage done.

Each cell salt performs a specific function in the body's vital processes, and all of these functions and processes are interrelated. Homeopathic medicine emphasizes the individuality of each person.

Each person will have characteristic symptoms that spell out his need for particular remedies.

### HOW THIS BOOK PROVIDES HELP

Included in this book are special sections telling you which cell salts are recommended for particular ailments, where these cell salts can be ordered, and various forms in which cell salts can be taken. Whether you order cell salts through the mail, buy them at a natural foods store, or buy them at a homeopathic pharmacy, insist on products from established, reputable firms. As these remedies become more popular, there is a growing danger of substandard products being rushed out by fly-by-night companies.

A number of cell salts are available as tablets, and there are also tonics containing combinations of cell salts. Bioplasma is an example of such a tonic. But just because a tonic contains the 12 remedies, that doesn't mean it will necessarily provide the particular ones your body needs in the specific combinations needed to treat your symptoms.

You need to begin your own investigation of cell salts to discover which of the 12 remedies is your specific *constitutional remedy*. Study the patterns of the symptoms described in each of the chapters in this book. You will find yourself disregarding certain salts because you do not have the symptoms they treat. In some cases you may have some of the symptoms but not all of them. Once you are familiar with all 12 cell salts, you'll see which are right for you. You should take this remedy even when it is not necessarily the best remedy for the particular symptoms bothering you at the moment!

We recommend the pre-eminent biochemical remedy, iron phosphate, as a tonic. It is so good for so many things that there are few people who cannot benefit from it. But when it comes to dealing with particular problems, such as asthma, hay fever, rheumatism, heart trouble, indigestion, and depression, you should read several different chapters. The *Simplified Remedy Guide* at the end of the book will tell you which chapters you should read for particular problems. You will note that while one cell salt is often the most

called for in a particular case, others can be just as necessary; and in each chapter you should read about the remedy's usefulness in various diseases.

As you read this book, you will also begin to understand some of the patterns common to the different cell salts in various *combinations*. These combinations can give you long-lasting health, so it is wise to study them. For example, if the phosphate cell salts can help you, you will have certain symptoms to indicate a need for them.

Homeopathic medicine emphasizes that its remedies work best when they are combined with better nutrition and more healthy living. All of the cell salt remedies have been "proven" homeopathically, and research in today's nutritional laboratories yields results remarkably similar to those of the homeopathic "provings" made 200 years ago.

Homeopathic medicine lists thousands of botanical and mineral remedies that have been "proven" homeopathically for the last two centuries. The biochemical system of medicine, using cell salts, concentrates on the minerals—the inorganic substances in homeopathy.

## HOW HOMEOPATHIC "PROVINGS" ARE MADE

According to homeopathic researchers, a "proving" takes place when a substance will produce symptoms in healthy people similar to the symptoms seen in sick people. The theory is that the symptoms the remedy produces in a healthy person are the same as those the remedy will cure in a sick person. Vaccinations are an example of this homeopathic "proving" theory—also called "like cures like."

Vaccinations, in fact, support the homeopathic theory that Hahnemann propounded two centuries ago, which is that a small amount of the illness contained in a certain substance will protect a person who receives it from contracting that illness. Helping the body build up its own immunity is a part of modern medical concepts. In *An Introduction to the Principles and Practice of Homeopathy*, Charles E. Wheeler, M.D., consulting physician to the London Homeopathic Hospital and former president of the

British Homeopathic Society, explains that “the success of vaccine therapy comes to strengthen the possibility that ‘like’ may be a remedy for ‘like,’ for if it is not homeopathy to make remedies for diseases out of the agents which are held to be the causes of these diseases it is difficult to find a better word . . . Vaccine therapy does not prove the truth of homeopathy, but does it not make it less paradoxical and incite to independent research?”

Dr. Schuessler’s biochemical system condenses the thousands of remedies found in the homeopathic materia medica into 12 basic remedies and submits that these 12 remedies can do most of the things that the thousands of others can do. Most homeopathic doctors, and even many adherents of Dr. Schuessler’s 12 cell salt system, do not entirely agree. But so many people have had good results with these 12 cell salts that we believe that these 12 remedies may be all you will ever need to remain healthy.

## A MARVELOUS HEALING SYSTEM

Whether or not these 12 cell salts are all that are needed, it is marvelous that this system of remedies includes only 12 healing agents. This means that laymen can learn on their own how to use them effectively for many of their health problems.

As stated earlier, Dr. Schuessler believed that the active ingredients in homeopathic remedies are the inorganic minerals that affect cell metabolism. For example, one of the most famous homeopathic botanical remedies is Pulsatilla, which is obtained from the windflower. Even before Dr. Schuessler, doctors understood that the active ingredient in Pulsatilla was silica—a mineral. The difference between the cell salt remedy silica and the botanical remedy Pulsatilla is that the cell salt silica works better for people who tend to feel chilly, while Pulsatilla works for people who are more warm-blooded. Silica is given routinely in all cases in which immediate relief with Pulsatilla has not been achieved. Homeopathic experts believe that silica will then work effectively to keep the health problem from reappearing.

Matching up your symptoms with the required remedy is not easy. If you have several symptoms that seem to match a remedy and some that do not, the remedy might work but it also might not.

## **WHY CELL SALTS CANNOT HARM YOU**

Taking cell salts cannot hurt you, so if you take the wrong remedy, there is absolutely no harm done. But there are people who believe that if you take a great number of different cell salts without carefully checking which are right for your symptoms, they will cancel each other out. And if you are trying to get rid of a chronic health problem, you might have to stick with your remedy for as long as two months to see any results. For example, asthma is not an easily corrected condition with any medication. Still, in many cases you can expect your remedy to work within a day or two. If it doesn't, discontinue use and see your doctor. There have been numerous cases, of course, where the remedy has worked within a matter of minutes. But in all ailments of a chronic nature, you must be patient. Remember: a cell salt remedy doesn't always eliminate the symptoms; the symptoms merely indicate in which cell salts the body is deficient. But since it was a deficiency that caused the health problem in the first place, re-establishing the right mineral balance in the affected cells is the key to health. Many non-homeopathic medicines are palliatives rather than cures. They don't cure the disease, they merely suppress its symptoms. Cell salts are more subtle and slower-acting, but they are more profound in their action.

## **WHY YOU CAN PRESCRIBE FOR YOURSELF**

One interesting thing about cell salt remedies is that you prescribe for yourself, based on your mental and physical symptoms. Not even your doctor can feel pain as you feel it—he or she must rely on you to say where and what your pains are.

For nearly two centuries, doctors who have specialized in homeopathy have understood the importance of sodium and potassium, which are extremely important in homeopathic remedies. Yet the United States Department of Agriculture Handbook No. 8, which lists the chemical composition of foods, notes that both sodium and potassium have only been recognized as being important in the diet for the last 20 years. The Handbook then goes on to concentrate on six mineral elements that are now believed to be very important. These are calcium, phosphorous, iron, sodium, potas-

sium, and magnesium. You will become very familiar with these minerals in a variety of combinations as you read this book, for these have been important remedies in the cell salt system for over a century.

## HOW A HOMEOPATHIC DOCTOR WILL HELP YOU

It could help you a great deal to locate a homeopathic doctor. While homeopathy is especially good in matters of self-diagnosis and self-prescription, there are many serious cases that require a doctor's evaluation, judgement, and prescription. A complete list of homeopathic doctors is available from the National Center for Homeopathy, 6231 Leesburg Pike, Suite 506, Falls Church, VA 22044. From their list, you can locate the doctor nearest you.

Of course, you can use cell salts in conjunction with what your doctor recommends, although some doctors think you should stick strictly to homeopathic preparations. If you use biochemical preparations for a reasonable amount of time—say a week—and there seems to be an improvement in your health, then there is no need to visit your doctor, especially if your ailment was minor to begin with. However, if you have any doubts whatsoever about a particular medical problem, by all means consult a doctor.

In hunting for a doctor, consider the words of one of America's greatest (and most long-lived) writers—Mark Twain. Twain believed profoundly in homeopathy. In his day, homeopathy was just coming of age. Twain was as much in favor of homeopathy as he was against almost everything else. He said to beware of the “dull and ignorant physician” who “drenched his patient with vast and hideous doses of the most repulsive drugs to be found in the drug store's stock; he bled him, cupped him, purged him, puked him, salivated him, never gave his system a chance to rally, nor nature a chance to help.” This is wise advice to take today.

CHAPTER TWO

*THE PRE-EMINENT  
BIOCHEMICAL REMEDY*



### HOW DIANA P. "PERKED UP"

Diana P., a woman in her early thirties and the mother of two children, moved to the mountains, where she engaged in one of her favorite pastimes—gardening. She soon began to notice, however, that whenever she worked for a long time in a kneeling position and then stood up, she would feel a rush of giddiness. This giddiness finally became so pronounced that Diana felt she might have to stop gardening. Then, one day, when she was in town doing the marketing, she went into a health food store. While there, she told the woman who ran the store about her problem with giddiness. The woman suggested that she try biochemical "ferrum phos.," or iron phosphate, since the symptoms seemed to correspond with a need for iron in minute doses. After Diana took the iron phosphate, her giddiness vanished. Now, every time it returns, she takes daily doses of iron phosphate until she has banished it.

It is part of the character of iron phosphate that it can dramatically cure cases like that of Diana P. In fact, iron phosphate is known as the primary biochemical first-aid remedy because it car-

ries oxygen throughout the body and strengthens the walls of the blood vessels, especially the arteries. Since blood that is rich in oxygen is essential to vital health and a long life, iron phosphate is the first remedy to consider, especially in cases of congestion, inflammation, high temperature, or rapid pulse. This is true even if the symptoms seem to indicate another remedy.

It is important to understand that iron phosphate is not a cure for anemia. Anemia is a complicated malady that must be attended to by a doctor. But Diana P.'s case illustrates something that is important to keep in mind as you read this chapter. You might need iron as a nutritional supplement, but in minute or homeopathic, doses it can also help. In this form it works more subtly, but in the long run these minute doses lead to profound effects and are as health-giving as the best of medicines.

Iron in minute doses should be prescribed for anemia-related symptoms such as those from which Diana P. suffered. But iron phosphate is good for almost everything that ails you because it is the cell salt most directly concerned with the blood, and the blood is the first place to look for health as well as sickness.

Diana P. has not suffered from her original symptoms since she began taking iron phosphate over a year ago. She gives iron phosphate credit for this.

## NEW HOPE FOR EVERYBODY'S PROBLEMS

Iron phosphate's best uses may be those exemplified by the case of Diana P. Americans in general suffer from depression, tiredness, and dizziness. These are common complaints in every doctor's office, and usually these symptoms indicate a need for iron phosphate. Few doctors, unfortunately, are familiar with the use of iron phosphate in minute doses. And not all of them are aware of another cure for the symptoms mentioned above—elimination of white sugar from the diet. Depression and weakness can result from an excessive intake of white sugar. If you take iron phosphate and eliminate white sugar from your diet, you may find that tiredness is no longer a problem.

## INDICATIONS THAT YOU NEED IRON PHOSPHATE

Signs that you need iron phosphate (and almost everybody does in some way) are: weakness and general debility with a constant desire to lie down and rest, rheumatism and rheumatic conditions, and anemia. (If you suspect that you're anemic, you should be under a doctor's supervision.) Another indication that you need iron phosphate is an aggravation of your symptoms when you are in the open air, as with Diana P. while she was gardening. Also, as in the case of Diana P., there is often a rush of blood to the brain, causing giddiness, dizziness, and sometimes even delirium.

Are you a likely candidate for iron phosphate treatment? First, remember that iron phosphate is recommended for nearly *all* problems because of the very important role it plays in carrying oxygen. But if physical exertion tires you easily and your vitality is low, if you have trouble concentrating and dealing with problems, if you have trouble recalling names and are easily irritated—especially with yourself—if you like to be alone, if you flush easily, then iron phosphate probably is your remedy.

## NEW HELP FOR WOMEN'S PROBLEMS

Jane P. had suffered for five years from nausea and vomiting after eating. She felt a terrible hammering in her forehead and temples, and her sleep was troubled by disturbing dreams. She was given iron phosphate three times a day—one dose before each meal. As is so often the case with women who need iron phosphate, she had also been plagued with an excessive menstrual flow and, interestingly, with toothaches. She was cured of her problems in a few days with iron phosphate.

Iron phosphate is often indicated for women with problems similar to those of Jane P., and it seems to be a woman's cure (which isn't to say, of course, that men can't often benefit from this wonderful cell salt).

Debbie S., a 15-year-old girl who suffered from anemia, also had terrible neuralgia in her right side. As is typical of problems which call for iron phosphate, her symptoms were worse in the

morning. In her case, iron phosphate produced some relief in the first two days and a total cure in a week.

There are many cases of girls like Debbie S. who have received relief from iron phosphate. Debbie wasn't plagued by vomiting—but many people who suffered from her problems and were helped by this cell salt found that unpleasant vomiting was cured, too.

### HOW TO BE HEALTHY DURING PREGNANCY

It cannot be merely coincidence that iron phosphate helps pregnant women. For example, if one of your symptoms during pregnancy is vomiting foods, which leaves an acid taste, iron phosphate is recommended. As mentioned earlier, Jane P. had this vomiting problem, although she was not pregnant. In another case, Judie L. was only two weeks pregnant when the symptoms that had bothered her for the last four pregnancies started showing up. She threw up constantly. In the last four months of her previous pregnancies, she had had to stay in bed because of this problem. But this time she had a doctor who gave her iron phosphate four times a day. Within a few days, the vomiting lessened, and in a month it had disappeared entirely. If Judie L. had taken iron phosphate during her other pregnancies, she would have had an equally easy time with them.

In another pregnancy-related case, a 35-year-old woman, Michelle K., couldn't hold her urine. She suffered mostly during the day, passing quantities of water quite involuntarily. A month after she began taking iron phosphate, she was cured. Nine months later, although not pregnant, she began having the same trouble. Her visits to the restroom were far too frequent. Renewed iron phosphate treatment cured her problem once and for all.

Interestingly enough, one of the "provings" of iron phosphate is a frequent desire to urinate due to bladder inflammation. Iron phosphate also helps when urine spurts during coughing.

### HOW TO BANISH COLDS

The cold remains one of the greatest mysteries of modern medicine. Many of the mechanisms of the cold are well understood,

but the origin of the cold is not. When doctors don't know the origin of an illness, they often suggest that the cause may be psychological. Little is known about psychological causes of illnesses, exactly how they trigger physiological mechanisms leading to disease. But there is no doubt that they do. And who knows his internal state better than the patient? That's why homeopathy codifies the characteristics of its remedies in non-scientific terms. The patient, not the doctor, is best equipped to describe his or her own aches, pains, and feelings.

Whenever you feel a cold coming on, you should immediately take iron phosphate. You will note that the symptoms that iron phosphate has created in homeopathic "provings" are similar to cold symptoms: a run-down feeling, depression, a desire to be alone, and vomiting.

Some biochemists believe that a lack of iron phosphate is often the cause of the common cold. When there is an iron deficiency, the blood is drawn away from the skin and outlying parts of the body so that it can concentrate on important areas such as the heart, lungs, liver, brain, and stomach. The pores of the skin are consequently closed, and there is an accumulation of non-functional matter thrown out by the mucous membranes. This accumulation is the cause of the characteristic discharges of colds, pneumonia, and pleurisy. This is why you should always think of iron phosphate as your friend when you feel the scratchy throat, hot forehead, and runny nose that signal the start of a cold.

Often, people come down with colds when they are tired or discouraged. In these cases, the treatment for the cold happily coincides with the treatment for their depressed feelings. It appears that people have some control over the conditions that allow the cold virus to flourish. The viruses are real enough, of course, and that's the main reason that doctors recommend bed rest for colds.

Obviously, if despite your treatment with iron phosphate and other cell salts the infection survives for more than a few days, or if your behavior changes radically, indicating serious complications, you should call your doctor. Generally, however, colds do not develop into pneumonia by themselves. The infections are not the same, and one does not automatically produce the other.

## THE POWER OF POSITIVE HEALING

A former head of the Vicks Laboratories once testified in front of a Senate hearing on health that chicken soup, sympathy, and rest were still the best cold remedies. He said that most of the commercial preparations on the market actually make a cold worse if they do anything at all. This expert, unfortunately, did not know about iron phosphate and the other biochemical remedies for colds, but what he said indicates something about the power of positive healing.

Simply tell yourself that you will recover soon and you will. Although colds are a nuisance, and sometimes very unpleasant, many people frankly enjoy the attention that a miserable cold will get them. For such people, colds may be a blessing in disguise.

When you get a cold, you might try some of the prepackaged biochemical cold remedies. Both Standard of Los Angeles and Luyties of St. Louis specialize in combination remedies. Luyties, for example, has a "Tissue K" remedy for throat and tonsil irritation which contains the salts of iron phosphate, potassium chloride, and potassium phosphate. "Tissue L" is their primary cold tonic; it contains iron phosphate, potassium chloride, and sodium chloride. See Part Two of this book for more information on these combination remedies and how to order them.

## HOW TO TREAT LOSS OF VOICE

Iron phosphate is especially recommended for loss of voice or hoarseness due to irritation of the throat. A 52-year-old minister, Tim S., was unable to address his congregation because he had lost his voice after sleeping overnight in a damp room. He took ten tablets a day of iron phosphate and was cured in a short time.

Iron phosphate helps with bronchitis, too. When Louise S. of San Francisco had bouts of bronchitis and even pneumonia for several winters, she tried many remedies with no results. But then she took a biochemical solution that contained iron phosphate. She alternated taking iron phosphate with taking potassium phosphate every hour for her exhaustion. After a thorough examination, her doctor was impressed. He said her bronchial symptoms had simply gone away.

## RHEUMATISM AND DIGESTION

Iron phosphate is also a biochemical remedy for rheumatism. One morning Mathilda J., a 42-year-old woman, awoke with an acute pain in her right upper arm and shoulder. The previous evening, Mathilda had walked through a damp meadow and had gotten her feet wet. She found that if she moved her arm gently, the pain was not too bad, but if she moved it quickly, the pain was awful. For the next several nights, Mathilda J. was doused in perspiration, and her pain became steadily worse, particularly in wet weather. Her right hand lost all strength so that she couldn't lift anything. At the same time, her doctor noticed that she seemed to be suffering from anemia, so he recommended that she take iron phosphate. Within six days, Mathilda had completely recovered, even though more wet weather was setting in.

## REGAINING YOUR HIGH SPIRITS

Think of iron phosphate in its broadest terms. Dr. Schuessler called his iron phosphate salt by its Latin name, *Ferrum phosphate*. Iron phosphate is said to have a great effect on fevers. Cell salt advocates believe that illness is produced by erratic molecular movements rather than by measurable deficiencies, and a fever occurs when the molecules within the body speed up too much. Iron phosphate tempers the human body to make it less hard and more yielding, more elastic.

It is usually best to use iron phosphate with other cell salts. You can decide whether it might be needed by studying the symptoms described in this chapter. Some people believe that where iron phosphate is needed so are certain other cell salt remedies, because of their close connection with iron phosphate. Potassium chloride is one of these co-workers, as is calcium phosphate.

## A GOOD REMEDY FOR MANY AILMENTS

Iron phosphate is helpful in so many cases that one is almost tempted to prescribe it generally as a preventative of health prob-

lems. Just as an example, at an important New York conference not too many years ago, Dr. Garth W. Boericke described iron phosphate as "the children's antibiotic." It serves best, he said, where there is fever, congestion, and coughing, especially in the young.

Iron phosphate can be good for digestion, especially if you have intermittent attacks of vomiting. It is sometimes useful in the first stages of peritonitis, when the area is painful to the touch. A patient in need of iron phosphate is often constipated, which means that if you suffer frequently from that malady, some iron phosphate would be an excellent idea. Diarrhea can also be involved, especially if it includes blood-stained mucus. Blood in the stool can indicate a serious problem. If you have blood in your stool, see a doctor immediately.

Do yourself a favor. Buy some iron phosphate. You may encounter one of the problems described in this chapter soon enough, and if you do, you will want to have some iron phosphate around the house.

CHAPTER *THREE*

*A REMARKABLE  
CELL CLEANSER*



Silica is the cleanser and eliminator among Dr. Schuessler's 12 cell salts.

When the skin is not perspiring enough so noxious materials that should be eliminated are not being eliminated, a dose of silica is perhaps the answer. On the other hand, someone who perspires too much and produces an offensive smell should also take a silica tablet. He should find in a few days that he will never again have to worry about the problem.

The effect that silica has on perspiration is a fascinating one. Usually if a person needs this cell salt the bottom part of his body doesn't sweat at all. And the smell is unpleasant—especially on the feet. At the same time, this person sweats too much on the upper part of the body. Silica will help this kind of perspiration problem.

Silica is called for in more serious matters, too, such as when the body is trying to throw off white pus in wounds. It is also a potent remedy for many kinds of headache, rheumatism, eye cataracts, certain kinds of asthma, diseased and cracked skin, and constipation, as well as the resulting fistulas and diarrhea. It is especially helpful for old people.

A recent German study of 27 patients showed that over a period of three months most patients were able to avoid surgery to remove cysts by using silica. The cysts went away totally in 18 cases. In two cases, the silica had no effect so surgery was necessary. In six cases, the remedy helped but wasn't completely successful.

Silica is the recommended remedy for boils and abscesses, as will be demonstrated in this chapter. Silica is also indicated for many different psychological problems, because a lack of this essential nutrient directly affects the brain and nerve tissues. When you need strength of mind or you suffer from an inferiority complex, silica may help.

Heat usually makes the ailments requiring silica treatment better. Cold makes them worse. If the weather has been dry and is becoming damp, expect the worst. The periods before and during thunderstorms are usually the worst for patients whose symptoms call for silica. Such patients will usually feel better when they lie down and apply heat. Pressure makes the patient feel worse. Interestingly enough, new and full moons seem to bring out the symptoms requiring silica.

### **JACK D.'S SKIN PROBLEMS ARE CURED**

Jack D., who spent many years working around newspapers, had a problem with his hands. They developed cracks at every joint, as well as in the palms wherever there was a crease. Jack had worked for newspapers before he joined the Army, and he went back to newspaper work after he came home from the war. The problem with his hands was a perplexing one, and his employer paid for him to have a series of patch tests to find out what he was allergic to. He went through six months of testing, going back to the doctor's office every week, but he never found what he was allergic to. During the years he spent in the Army, the problem had disappeared. But the minute he went back to working with newspapers, the problem returned with a vengeance.

No doctor could help him. Then, one day, a friend told him about cell salts. She said that she thought that the cure for his allergy was the cell salt silica. Jack tried silica, and within a few days he noticed some improvement. His friend had also suggested that the

problem might be ink getting into his spleen—a logical suggestion since he worked in the newspaper business. After this, he did two things. He changed to a new job that didn't require him to be around the composing room, and every time the problem threatened to flare up again he took silica. He claims that within three days the cracks on his hands started to heal, and within a week they were completely gone.

## **HOW PAT H. DEVELOPED HEALTHY HAIR AND NAILS**

Pat H. was a woman who never neglected her health. But she experienced problems with splitting nails and loss of hair. She tried several medicines without success and then was advised to take silica. Within three months, her hair and nails had completely recovered and looked better than ever. The results were so impressive that her beauty operator asked her what she had been doing.

Why is silica such a good remedy for the skin? It helps the epidermis eliminate wastes. Because silica hastens the suppuration of wounds and abscesses (bursting pimples and popping blisters are examples of suppuration), it has been called the "biochemical lan-cet." It was recognized long ago that this remedy sometimes eliminated the need for surgery.

Thus it is not surprising that silica is so useful in so many skin problems, from acne and itchy skin to dandruff and splitting fingernails and toenails. When your skin is dry and brittle and your hands are always chapped, silica is indicated. Be sure that you give this remedy a reasonable amount of time to work. Take a dose two or three times a week for several weeks. Stop the use of the remedy when you see results. Try silica any time you have unhealthy skin with inflammations tending to generate pus.

## **HOW TO UNDERSTAND YOUR SYMPTOM PATTERN**

There is a general pattern of symptoms that can be found in the "silica patient." Jessica M., a 58-year-old foreign-born woman, had the typical problems of a person who needs silica. She complained to her doctor of painful indigestion, acidity, sour belchings,

exhaustion, depression, and spells of dizziness, which she had suffered from for years—all signs of a need for silica. Jessica told her doctor that she couldn't concentrate on anything and that she became easily distracted.

Jessica M.'s doctor looked not only at her current health problems, but at her whole life. He recalled that Dr. Hahnemann, the founder of homeopathic medicine, had stated that psychological symptoms such as depression indicate hidden or latent health problems. In talking with Jessica, her doctor found that she was the youngest of six sisters and had always been cheerful, tidy, studious, and reliable. She had made a bad marriage during a difficult time in her life, had come to this country as the sole support of her son, and had worked hard for many years to bring up her boy. Now, however, Jessica M. had become too ill to continue working. The doctor noted that she suffered particularly in cold weather and was often homesick for her native country.

The doctor immediately had Jessica take a single high-potency dose of silica. Twenty days later she returned to him and said, "The first few days after I took this medicine I still felt bad, but then a strange thing began to happen. Although I didn't know why, slowly I began to feel more gay and cheerful, my strength began to improve, and now, for the first time, I feel more sure of myself!" She continued to take silica until her symptoms disappeared.

### **A SLOW-ACTING, PROFOUND REMEDY**

If you find that you have several symptoms indicating the need for silica, a cure may take a while. This is because silica is a deep-acting remedy. It is slow but profound. The things it cures are often things that have been bothering the patient for a long time, such as itchy skin, acne, dandruff, or splitting fingernails.

Amazing results of silica treatment were reported in the case of Jeremy M., a baby whose mother's milk seemed to be the cause of unpleasant vomiting and diarrhea. Both Jeremy and the mother were given silica and the baby recovered in a matter of days.

## HOW SEVERAL PATIENTS WERE HELPED

Silica is sometimes called the "homeopathic surgeon." Before the development of potent anti-infection drugs, doctors of the last century often relied entirely on silica in dangerous cases. We are not suggesting that your doctor abandon the new anti-infection tools at his disposal, but this shows that silica is not a remedy to take lightly.

Modern homeopathic physicians note the same amazing results with silica that Dr. Schuessler reported in the 19th century. Soon after he described his first case, other doctors throughout Europe noted similar results with this cell salt.

Sixteen-year-old Marie R. was one of Dr. Schuessler's patients. She came to him after other doctors could do nothing for her swollen foot and were ready to amputate it. Dr. Schuessler immediately recognized the need for silica, and he told Marie to take one dose each day. Three months later, the girl walked into his office with her foot completely healed.

Another girl came to see Dr. Schuessler because she was often fatigued and could not think straight any more. For a week, she took silica every four hours in prescribed doses. She was perceptibly better in one week and totally cured the next week.

Mrs. Peggy H., a small, pale, nervous woman, suffered from a toothache so severe that it extended from her jaw to the other bones of her face. Her pains were worse at night than at any other time, and she couldn't sleep as a result. Poor Peggy could not stand to have her teeth cared for by a dentist because of her painful jaw. When at last her doctor, having tried everything else, tried treating her with silica, her pain immediately began to subside. A few hours later, she was able to visit her dentist and have her teeth filled.

Silica can dissolve the urate of soda found as deposits in arthritic joints and in cases of gout. The urate of soda is flushed away through the lymphatic system (lymphatic vessels being the intermediary vessels between blood and tissues). When homeopathic silica is taken from seabeds, it is especially valuable for arthritis. During the centuries on the bottom of the sea, the silica becomes impregnated with valuable trace elements. In some cases, arthritis

sufferers who had so much pain that they were bedridden suddenly felt better with silica.

The eminent Dr. Dorothy Shephard says that silica is one of the great asthma treatments if it is given in powerful homeopathic rather than biochemical doses. When the asthmatic is suffering from humid asthma, with coarse rattling, a chest full of mucus, and sweating feet, silica can be expected to help.

It has long been known that people who need silica are prone to colds involving the air passages. In chronic cases, the cough can be so persistent that it exhausts the sick person. A warm drink and silica will offer some relief. Let a silica cell salt tablet melt on your tongue and then take your drink.

One of the long-recognized mental symptoms that strongly indicates the need for silica is a sense of *internal sinking*. If you feel a strong desire to restore your strength by eating or you have this strange sense of exhaustion and nerve problems, you must take silica.

Dr. Hahnemann first recognized just how important a remedy silica was when he realized that all people who tended to be ill-humored, to have an aversion to work and a tendency to anger quickly, or were excessively excitable, agitated, irritated, or discouraged needed this cell salt. A spotty memory, a general inability to think because of dizziness, vertigo, and headaches in the forehead from noon until evening were also things that immediately tipped him off to the need for silica. A great many people experience these symptoms.

## HOW TO TREAT HEADACHES AND CATARACTS

Silica is good for a certain kind of chronic headache complicated with nausea and vomiting that usually begins in the morning and settles in the forehead by noon. The head feels as if it were going to burst. Mental exertion, light, noise and cold air will make these headaches worse. So will moving the head.

Silica is also usually prescribed for cataracts because the lens of the eye contains a relatively high concentration of silica. Natur-

ally, if you have both headaches and cataracts you will want to read what the other remedies can do for them in the following chapters, as well as check out the Simplified Remedy Guide at the end of the book.

## HOW YOU CAN SAY GOODBYE TO INDIGESTION

If you have a lot of trouble with indigestion, silica will probably prove a helpful remedy. While indigestion responds well to a homeopathic dose of silica, many of the other salts are also very helpful in solving indigestion problems. For example, you will certainly want to read Chapter 6, *The Biochemical Antacid*, on sodium phosphate. As with any condition that cell salts can help, you must study the symptoms well to know which combination of remedies or which single remedy is called for.

Silica is a great help in chronic constipation problems, such as those suffered by Annabelle H. Her stool was often hard and dry and would be only partly expelled, coming partly out and then slipping back into the rectum—truly a miserable state of affairs. Annabelle started taking silica twice a day, and her constipation simply vanished. If you have been plagued with this kind of miserable constipation, you should try taking silica in a homeopathic dosage.

Silica is also a remedy for diarrhea. It became known as one of the greatest remedies for chronic diarrhea during the American Civil War. When soldiers became sick from sleeping on the damp ground and eating all sorts of unlikely things which affected their stomachs and bowels, and they had to face long marches from the cold North into the warm South, silica was used to cure a number of their diarrhea problems.

If you are drinking alcohol with any regularity, you're probably going to have to learn to take silica all of the time. Don't count on getting much help from aspirin. Aspirin will provide some relief, but it is harsh on your stomach walls—where damage can be done to the digestion process. Cell salts should be able to help overcome basic chemical imbalances that are caused by the physical damage done by alcohol.

The essential function of silica in digestion is to prevent malabsorption of nutritional elements and consequent malnutrition and debility. When, for whatever reason, the connective tissue is affected, it is liable to become inflamed and damage the trophic nerves, the ones that influence nutrition.

The lack of silica in these nerves, caused by the damaged cells (which can be the result of alcohol or disease), can easily produce a condition called *chronic sepsis*, where poisons enter the bloodstream due to absorption of pathogenic bacteria from the infected area.

Of course, one must face the fact that if alcohol is doing the damage chronic indigestion will result even if you take silica and other cell salts. The essential theory behind biochemistry is that the organic parts of the cell are based on the inorganic salts. When the body is fixing old cells or building new ones, the presence of the cell salts is absolutely necessary. But alcohol destroys the cells so fast that not even with the proper cell salts can you hope to overcome the damage it does. Sores may develop at the corners of your mouth. Sometimes you feel as if there is a hair lying on the front of your tongue. Your teeth and gums can get sore and be plagued with abscesses. Water tastes terrible, and when you drink it you begin vomiting and feel nauseated.

The odor of the flatus is offensive. Diarrhea is frequent and foul. Constipation is hard and lumpy, and you suffer from "bashful stool." Piles inevitably result.

If you have any of these symptoms, check out the rest to see that they fit, and you will probably discover that silica is called for.

To understand why alcohol is so terrible, try this experiment. If you have a cut on your finger, put a little alcohol on the spot. Feel how bad it stings. The stomach wall is affected even more by alcohol. Whole patches of it are killed by alcohol. Blood begins flowing to the area to heal it, and the cells of the surrounding stomach wall begin producing more mucus to protect themselves. The result is a raw, bloody stomach wall, and when you take aspirin to stop the pain, you are adding insult to injury!

## THE LINKS AMONG DIET, INDIGESTION, AND CONSTIPATION

Indigestion can mask more serious problems such as heart or gall bladder troubles or even a peptic ulcer. Plain anger and upset can cause indigestion. But, in general, along with taking silica and sodium phosphate and the other recommended cell salts, and if you're wise not drinking to excess, diet is the major remedy both for constipation and indigestion—diet and avoiding the use of laxatives.

Oddly enough, many people's problems with constipation are caused by their use of laxatives. Contrary to what many parents teach their children, the bowels do not need to be "regular"—that is, in the old-fashioned sense of at least one bowel movement per day. Some experts even believe that this spurious "regularity" is solely the creation of advertising. It is certainly not a medical necessity!

Most constipation problems are due to the modern, refined diet and a lack of exercise. You would do well to double your daily intake of fluids if you suffer from constipation. Laxatives will cause an evacuation, but they will only postpone the next evacuation. The idea is to achieve a smooth and orderly elimination of wastes at whatever is your body's best speed.

Interestingly, the symptoms of constipation include everything from weakness and exhaustion to irritability, bloating, belching and headaches—doctors are in a quandary as to why these symptoms are connected with constipation; they just know that they are. People who know about biochemical remedies, however, have less reason to wonder.

Another cause of constipation is that since as a culture we regard the whole process of elimination as disgusting people tend to put off "nature's call." Do *that* a few times and you will have regular constipation! Also, when there are not enough bathrooms for family members, people learn to "hold it," and that habit can create habitual constipation.

Cell salt therapy by its very nature calls for the most natural

methods of health. Take silica and the other cell salts you need to have successful fecal elimination, but new food consumption and toilet habits are also necessary.

Laxatives cause more constipation than they cure. The worst laxatives are those that stimulate peristalsis. The problem with stimulation of your natural action is that your bowel muscles begin to need more and more laxative to get the same effect. After a while, the muscles don't even respond naturally without laxatives. You have become a laxative addict—with a worse constipation problem than ever!

### YOU CAN CURE CONSTIPATION WITH SILICA

The first step is kicking the laxative habit. Next, start taking silica. If you keep purging yourself with laxatives, the linings of the bowel become irritated and inflamed, and then it is really painful to visit the toilet. Because of this, you put it off. And, again, your constipation becomes worse.

Early man also had constipation problems. The ancient Egyptians had concoctions to cure constipation, and Hippocrates, in early Greece, felt called upon to warn against using anything too strong to empty the bowels—which was a universal cure—all then, as bleeding was in the Middle Ages. But the problem has reached truly epidemic proportions today because of the kinds of foods we eat and the stresses of modern life.

Processed foods have little relationship to the vegetable materials they were originally. If we would increase our intake of foods with real bulk and fiber, constipation would stop being a problem. We should simply eat more fruit and vegetables. Raw vegetables, salads and whole grain cereals and bran help. Honey, molasses and olive oil—or any vegetable oil—are also good.

In the normal diet, silica can be found in the outer part of whole wheat grain products, which isn't to say that silica is the only ingredient that makes whole wheat so much better than white bread for curing constipation. The simple fact is that whole wheat is better.

Silica is a fascinating trace element. One of the most abundant of the earth's solid components, silica comes from rocks worn down by weather into dust, which is absorbed by plants and becomes the supportive element, or "grit," in the plants just as it is the supportive element in our connective tissues.

### **HELP FOR LONG-STANDING AND TROUBLESOME WOMEN'S PROBLEMS**

Most suppressed menstruation can be helped by silica. One of the indications of a lack of silica is the tendency to abort or even to become sterile. If women have vaginal discharges that are creamy in color, silica will help clear them up, especially when the flow is thick or comes in gushes.

You have probably heard stories of women eating sand during their pregnancies. Their bodies were trying to tell them something. Maybe when you were a child you ate sand at the seashore or even in your own backyard. That could have been due to a silica deficiency. According to Dr. Schuessler, a lack of "grit" can be felt both psychologically and physically. Silica is a major element on this earth, and in biochemistry silica is recognized as a very important health element.

Silica is found in various herbs, such as comfrey, field horsetail and downy herb nettle. These herbs have often been prescribed for the symptoms for which we recommend silica. The cell salt silica is recommended for many ailments.



*CHAPTER FOUR*

*NATURE'S CURE  
FOR HEADACHES*



One of the basic remedies for headaches is probably right on your dinner table—sodium chloride, or table salt. Of course this doesn't mean that if you take a pinch of table salt, you'll stop having headaches. To be effective, sodium chloride must be ingested in triturated doses—the tiny, highly potent doses that we have already described. Even then, sodium chloride will not eliminate every headache. But for certain kinds of headaches, and especially for certain kinds of people, it can work wonders. It is called for in all headaches as at least one of the constituents of a homeopathic cure.

### **THE QUEEN'S PHYSICIAN IS CURED OF HEADACHES**

In 1955, Sir John Weir, Queen Elizabeth II's physician, and one of England's great all-time homeopathic practitioners, in a speech before the American Institute of Homeopathy's 111th Anniversary Meeting, described himself as a classic *natrum mur.* case. (*Natrum mur.* is the old German term for sodium chloride, still used today in biochemical circles.) In his student days, Sir John suffered from severe headaches, "with blindness in one eye, relieved by phenacetine and caffeine of that time, but they were no cure." The headaches would plague him for months at a time and continued to

do so for several years. He later became interested in homeopathy and tried sodium chloride in the 200x dose, which is a higher potency than that recommended by Dr. Schuessler. "The result," said Sir John, "is no headaches in over 40 years."

Sir John is of the belief that the most important symptoms on which to base homeopathic prescriptions are mental, experienced subjectively. Weir went on to describe the person for whom sodium chloride is a good constitutional tonic. This person becomes irritable over trifles, especially small noises. The sound of people fussing or of a clock ticking can drive him mad. He is intense by nature, and also sensitive, but prefers to be alone. Music rouses feelings of great emotion. The "sodium chloride person" prefers sorrowing alone, and if a well-meaning, would-be comforter tries offering consolation he is rejected with scorn. A marked symptom is a headache that feels like a thousand little hammers pounding in the head.

This description of the "sodium chloride person" does not originate with Sir John Weir. Hahnemann described these symptoms and others, such as dejection, depression, hypochondria, and tiredness of the brain. "A dull, heavy headache, especially if located in the forehead and temples, often disappears when treated with sodium chloride," he said.

Sir John describes the case of a man, 36 years old, who came to him suffering from severe headaches that had been bothering him for years. After taking sodium chloride for three months, he was well. But he also asked if Weir "had intended to cure the bald spot which he had had for several years." Sir John concluded that being treated constitutionally for the headaches had also caused the hair to return naturally!

We will come back to the other problems that sodium chloride is often the remedy for, but let us first properly discuss this matter of headaches, since headaches are a problem of so many people.

## WHAT ARE HEADACHES?

One should understand that headaches are only *signals*. Aspirin dims the signal, but it does not solve the problem that is causing the

signal. The cause of the pain is changes in blood flow (not to be confused with blood *pressure*). Headaches are still not understood very well, like many other ills of modern living, but sodium chloride appears to be a good remedy for modern ills. These ills are often experienced as headaches. Even antibiotics can cause headaches. Stress, fatigue, loud noise, depression, and foods that disagree, such as alcohol, chocolate and cheese, or even an argument with one's spouse can bring on headaches.

Sometimes the best way to handle a headache is to lie down or eat something (often hunger is expressed by the body as a dull headache). But then, hypertension and brain tumors can also cause headaches. Some people think that viruses are a big cause of headaches, especially viruses that have been bred on modern antibiotics. Cold causes headaches (though heat generally doesn't).

L. R. Twentymen, then the editor of the prestigious *British Homeopathic Journal*, suggested to a homeopathic conference held in Vienna in 1973 that sodium chloride symptoms are "the mirror of our times." He noted that migraines often affect people with sodium chloride symptoms. Twenty percent of the population suffers from migraines.

Sodium chloride is indicated again and again as the remedy for headaches. A 50-year-old widow, Wendy A., told her doctor she had been suffering from headaches for 22 years. She craved solitude, having been disappointed in love. Her continuing headaches included a bursting pain in her forehead. Her doctor, convinced by these and other symptoms that her need was for sodium chloride, issued her two potent constitutional doses—the first was 1x and the second, taken three months later, was 10x. This treatment caused her headaches to disappear.

### HOW LYDIA S. WAS CURED OF DOUBLE VISION

Lydia S. was a teacher who complained of double vision. At times, she said, she could see only half of an object in front of her. The examining doctor found that Lydia got headaches that were worse in the morning than later in the day, became worse whenever

she tried any mental exertion, and were relieved somewhat by sitting or lying down. Her doctor prescribed five tablets of sodium chloride in the Schuessler dose every hour on the hour. Not long afterwards, Lydia S. returned to her class, completely cured of her headaches and double vision.

## SODIUM CHLORIDE AND SERIOUS DISEASE

Sodium chloride is often recommended as treatment for more serious diseases. A famous English doctor tells how his brother, also a doctor, "had remarkable successes in treating multiple sclerosis" with sodium chloride.

Charles E. Wheeler, a past president of the British Homeopathic Society, calls sodium chloride "one of the most profound remedies for chronic diseases." It has been a traditional remedy for certain complaints of infants and also in cases of malaria. It both produces and cures certain kinds of anemia, "where red corpuscles and hemoglobin are deficient without profound blood changes."

Although sodium chloride is common to most living things, it is present in a much higher concentration in bodily fluids than in things such as bones and muscles. Sodium chloride's great quality is its creation of osmotic pressure. Osmosis is important, since without it water would lose its life-giving qualities in the body. It is the key to many delicate and important chemical processes in the body. Without osmosis, body cells could not be given the nutrients and chemicals they require, because cells stay in one place in the body. They know exactly the kind of nutrition they need and will reject imitations, but they cannot go hunt for it. The blood must bring the necessary nutrients, and then these are transmitted to the cells by osmosis—a process controlled by sodium chloride.

## ALL ABOUT TABLE SALT

The paradoxical powers of sodium chloride are demonstrated by the fact that in homeopathic doses it is regarded as a good antidote to hay fever, yet this same method of treating hay fever also

calls for elimination of sodium chloride in the form of table salt from the diet.

Sodium, the element, has an important synergistic relationship with potassium. Some authorities believe that an overabundance of sodium in the form of table salt can antagonize its partnership with potassium, upsetting the body's balance and even causing such troubles as cancer and hypertension (high blood pressure). This is not to say that if you consume a great deal of table salt you will automatically develop cancer or your blood pressure will rise! However, it is best to limit table salt intake to a reasonable amount, since it can build up in the body over a long period of time and cause various health problems.

The primary indication of a sodium chloride deficiency is either an exceptional *dryness* anywhere in the body or, conversely, an *overabundance* of water. If you need sodium chloride, you will probably appear bloated, feel languid and drowsy and suffer from chilly extremities. You will most likely have a pronounced craving for salt—because even though you may be eating many more times the required amount with your meals, it cannot be absorbed by the body unless it is taken in minute doses.

### A 75-YEAR-OLD HEART PATIENT'S REMARKABLE RECOVERY

A famous British homeopath of Harley Street, who also works in clinics in the poor parts of London, mentions a case confirming the fact that sodium chloride is often a recommended constitutional remedy in heart cases. She had a 75-year-old patient, Beatrice R., who was recovering from a heart attack and was not given terribly long to live. Beatrice was not very happy with the other homeopathic remedies she was being treated with. After she observed the patient for some time, a picture began to form in the doctor's mind, and she realized that her patient had virtually all of the classic sodium chloride symptoms. She was estranged from her family, but rarely talked about it, hated sympathy, felt the heat too much, was tired and exhausted in the mornings and had a liking for salty foods and sweets. Her skin was sallow and yellow. Her doctor

put her on sodium chloride in the Schuessler dose, 6x, morning and night. "The progress was almost startling after this," her doctor reported. Beatrice became energetic, started up a daily round of social engagements and generally showed more life. Her heart became stronger, and three years later there still was not a murmur from that vital organ. Beatrice R. felt better than ever; sodium chloride was obviously her constitutional remedy.

### **CATARACTS CAN BE HELPED**

Sodium chloride is often used where conditions of excessive dryness of the skin prevail and, along with silica, is the traditionally prescribed remedy for falling hair. The January-May 1972 "Ohio State Homeopathic News Letter" suggests sodium chloride as one of the remedies for cataracts. Eye symptoms are frequently related to sodium chloride intake. In fact, there is an interesting homeopathic "proving" based on the rule that what produces an illness can also cure it. One medical investigator noted that young horses raised on certain salt marshes developed cataracts at an early age. Sodium chloride was doing damage in its raw, unrefined form.

### **A BAD CASE OF ECZEMA**

A New York doctor reported a case not long ago in which he treated a bad case of eczema with sodium chloride. Although the patient, Israel B., appeared to require a particular homeopathic remedy as his constitutional, the remedy was not helping. So the doctor started taking a personal history of his patient and found that prior to the skin condition Israel's sister had been committed to a mental hospital. Israel began weeping profusely at the mention of this fact. One of the well-known signs of a need for sodium chloride is excessive weeping. This led the doctor to try sodium chloride. He says that Israel's condition cleared up in no time at all.

### **TWO CO-WORKING REMEDIES**

It has been pointed out that conditions that seem to require sodium chloride may require, in addition, sodium sulphate (Natum

Sulph. in the old terminology). These two cell salts work closely together in the body. Sodium chloride attracts needed moisture to the cells and regulates the amount of moisture, while sodium sulphate removes excess moisture. When the body needs sodium sulphate instead of sodium chloride, the symptoms of wateriness are pronounced.

## SYMPTOMS YOU SHOULD KNOW

People who can be expected to respond well to sodium chloride cell salts can often be recognized by their free, watery discharges, which flow far too easily from the mucous membranes. Sodium chloride, however, is also indicated in cases where the vagina is excessively dry. Sodium chloride subjects also tend to be sensitive to light and heat, and they have poor circulation. They are often chilly, and their conditions appear to be aggravated by the seashore. They are often melancholy. Fear of thunder is a symptom. Sir John Weir said that during the air raids in London during World War II, a need for sodium chloride was indicated in cases of shock.

“Sodium chloride people” often suffer from constipation, hard, dry stools which tend to cause anal fissures, and diarrhea, sometimes alternating with constipation.

It is interesting to note that headaches and abnormal fatigue are symptoms caused by excess sodium chloride in the diet in the form of table salt, whereas these same problems often react favorably to sodium chloride in triturated doses. This seeming paradox is nothing new to homeopathy. A homeopathic remedy is “proven” by observing the symptoms of illness it produces in well people. From these observations, homeopaths can expect the same mineral in homeopathic doses to cure these conditions.

Dr. Schuessler believed that a goodly amount of sodium chloride powder, dissolved in water and applied externally with cotton, was an effective treatment for insect bites. Moisten the bite with a small amount of water and rub a little sodium chloride on the spot. Dr. Schuessler said that the pain would stop almost instantly.

Dry psoriasis will usually clear up in two or three days with sodium chloride in the Schuessler-recommended 6x dose. Constipation is sometimes related to this condition and calls for the 3x dose.

Sodium chloride in the 6x dosage has also been suggested for rheumatism (three pills, three times a day). Sodium chloride has been recommended for varicose veins.

### **A POWERFUL MEDICINE**

Sodium chloride's role in the bodily processes is to help control the interchange of fluids between membranes by the process of osmosis. Yet some nutritional experts will go so far as to say that table salt is worse for the body than white sugar or white bread, which are well-known nutritional abominations. Some nutritionists say that table salt, the crude form, is a major cause of diseases that can be cured by nutritional means and remedies. Yet, in tritulated doses, sodium chloride can be a powerful medicine.

CHAPTER *FIVE*

*A MIRACULOUS  
REMEDY FOR ASTHMA*



Sodium sulphate, which is produced by the action of sulphuric acid on common table salt, occurs naturally in large quantities in many of the Soviet Union's salt lakes. When it is manufactured, its common name is Glauber's Salt; but for use as a cell salt remedy, sodium sulphate is always obtained directly from natural sources.

Sodium chloride attracts water *to* the body tissues, and sodium sulphate regulates the carrying of water *away from* the body tissues. Of course this process has many health benefits, making sodium sulphate a remedy for many ailments—including such diverse ones as asthma, diabetes, influenza and old head injuries—just because of its powerful influence on the waste-removing process of the body's cells.

Sodium sulphate is, in fact, the main cell salt remedy for asthma. Ailments that are aggravated by dampness, fog, and wet weather are "provings" of this cell salt. Asthma is certainly made worse by dampness, fog, and wet weather. Both of us suffered from asthmatic conditions when we were young, and one of us was even moved by his family from foggy San Francisco to warmer, drier Los

Angeles because of his asthma. Sodium sulphate would have been a great help in treating these conditions.

A hard, asthmatic cough, with thick expectoration and a constant desire to take long, deep breaths, is a strong sign that you need sodium sulphate. In addition, hay fever that comes on during a damp, chilly day or during a hot, humid day is a further indication that sodium sulphate can help you.

Sodium sulphate taken in high doses was valuable in the case of Frederick S., a ten-year-old, shy, intelligent, and restless lad, who had so many attacks of asthma that his family never got a good night's sleep. He suffered an attack every night. The attacks always came at the same time—one at 9 p.m. and the other 5 a.m. The first attack seemed to be set off by something after eating or after considerable laughter.

When the problem became intolerable, Frederick S. was given sodium sulphate, and within half an hour the attack disappeared, and the family got its first complete night's sleep in ages. At the end of two months, the attacks had disappeared completely. In addition, the child, who had been withdrawn and underweight, became more outgoing, gained weight and took on a healthy color.

In another remarkable case, Ann M., a 23-year-old woman, moved to Cleveland from South Carolina. Small-boned, blonde and usually in excellent health, she began to suffer from asthma and a tight, short cough. This went on for two miserable years! After taking sodium sulphate in a high concentration, she recovered completely in just two weeks. She also experienced better all-around health.

## MANY ASTHMA CASES ARE CURED

No one knows why sodium sulphate is a good treatment in asthma cases, but doctors have reported case after case where it cured long-standing asthma completely. Perhaps this is due to sodium sulphate's ability to attract twice its bulk in water-containing waste products and then remove this waste from the bloodstream. Or possibly the amazing results are related to sodium sulphate's incredible ability to heal the mucous membranes. Whatever the

reason, consider sodium sulphate your ally if you suffer from asthma.

It is possible that the powers of sodium sulphate are due to the fact that it is a "super" cell salt—that is, it works in the fluids *between* the cells, acting as part of the process that enables the cells to discern what they need in the fluids outside themselves and what substances are harmful and must be eliminated. Sodium sulphate acts as a "sensor" and has the ability to aid the cells in finding sustenance.

### **YOUR BIOCHEMICAL "COCKTAIL": BOTTOMS UP!**

Getting back to asthma, remember that sodium sulphate is a good treatment, alone as well as in combination. A biochemical "cocktail" of sodium sulphate and silica is a potent tonic for asthma attacks. The silica will help with the symptoms of the asthma, and the sodium sulphate gets right to the root of the malady. Many of the other cell salts will be helpful in specific kinds of asthma (check the remedy guide in the back of the book for these). Sodium sulphate, however, is the number one asthma remedy.

Just how powerful is it? One gentleman, Gene V., was promptly cured of his asthma attacks by taking sodium sulphate during one of his worst spells. His asthmatic breathing had been so pronounced that people could hear him coming from a great distance. Doctors had checked his lungs and found nothing unusual, but the attacks continued. During a particularly terrible attack, he took low potency doses of sodium sulphate. After that the problem improved until he needed only occasional doses. His asthmatic breathing was gone.

In another case, Christine K., a good-looking, 32-year-old woman whose grandmother had died from asthma, and who had suffered from it herself since the age of four, received great relief from sodium sulphate and Medorrhinium, a botanical homeopathic remedy. Christine recovered from the asthma, but her doctor was worried by her mental state. She had many fears—fears of disease, fire, pain, insanity, high places, flying, strangers, spiders, snakes, and other things, and above all she feared spending money foolishly.

She also left her family behind in Denver for days on end, which caused them great anxiety. On one of her peregrinations, she wound up in San Francisco, where she met a homeopathic doctor. He gave her a large dose of Medorrhinium, the botanical remedy, which eliminated her confused wanderings. She returned to her family and subsequently enjoyed life much more.

Asthma aggravated by wet, warm weather is especially likely to be helped by sodium sulphate. Helen B., who had an acute case of asthma only when the weather changed, was promptly relieved of her symptoms by taking sodium sulphate. When the problem returned two years later, she was given a large dose of sodium sulphate and she never had another attack.

### DIABETES AND DIGESTION

Diabetes is another disease which sodium sulphate has been successful in treating. Fifty years ago, when insulin was discovered, everyone thought that diabetes was finished as a life-threatening disease. Now diabetics frequently develop fatal side-effects, however, including cardiac failure. One reason for this may be that sugar has increased in popularity. Some medical authorities believe that increased dietary intake of sugar is the cause of the dramatic increase in cases of diabetes.

Sodium sulphate can play an enormous role in treating many problems related to digestion, which is why it is sometimes an important treatment in diabetes. It has also been helpful to people with gallbladder troubles. Doctors have cured gallbladder difficulties without surgery for many years. Of course, if you have gallbladder problems, you should not make that determination yourself; see your doctor.

### CURING A TERRIBLE GENITAL ITCH

Sodium sulphate is indicated if you have problems involving the skin and mucous membranes or the respiratory tract. One 28-year-old woman, Roberta P., suffered from pronounced itching of

the vulva, and she also perspired so profusely in the genital area that she always left a stain where she sat. This, of course, was most embarrassing. After she took sodium sulphate, the itching was cured, though not the perspiration. However, this relief was important since she had been losing a lot of sleep over the itching. Above all, the perspiration finally became less of a problem because its unpleasant odor diminished, and the girl found herself less disturbed by her unpleasant home situation. After a few months, she was quite well again.

## INFLUENZA

Take the matter of influenza. Sodium sulphate was said to cure the flu by Dr. Charles S. Vaught, who added that excessive catarrh, itching, scabies or eczema are all signs of a sodium sulphate deficiency.

Dr. Vaught himself was suffering from influenza in its earliest stages and "cut it off at the pass" by taking sodium sulphate. Other doctors have reported curing difficult cases of influenza by using this remedy. When Bill A., a 26-year-old bookkeeper, went to work one day, he was feeling perfectly well. Then suddenly, at 10 a.m., he became tired and weary. He began to sneeze and his temperature went up. These were all the signs of the flu. Sodium sulphate taken every hour on the hour enabled him to feel better immediately, and he returned to work the next day.

One authority on biochemistry suggests dissolving two or three tablets each of iron phosphate, sodium sulphate and potassium chloride in a glass of hot water and sipping it when influenza threatens. The doses, in the 6x potency, should be repeated every 30 minutes.

## CURING AN OLD HEAD INJURY

An interesting characteristic of sodium sulphate is its ability to help in cases of old head injuries. In this era of busy freeways and city streets, we can easily be involved in accidents that may have long-lasting effects.

In a famous case, Bob R., a second-year medical student, was in a motorcycle accident and suffered severe head trauma, as well as fractures of several ribs and vertebrae. He remained in a coma and was fed intravenously for several months. Finally his doctors decided to perform a very delicate operation to save him. Ten days after the operation, there seemed to be no hope. Then one doctor suggested sodium sulphate in the 200x potency. Within a week after the patient started this treatment, a dramatic improvement began. In just three weeks the patient was conscious. He could eat, write simple words, converse in a whisper, and read and understand newspapers and magazines.

The hospital where this occurred has since ordered sodium sulphate to be administered in all such cases.

### A BOON FOR GOTHAM! AND OTHER THINGS

Sodium sulphate cell salts largely control the action of the liver according to biochemical theory. During a spell of humid, oppressive weather, a few doses of this cell salt will help you to recover from that sluggish, run-down feeling. If all of New York City were to take sodium sulphate during its hot, muggy summers, it might prove to be a real boon for Gotham!

A deficiency in sodium sulphate results in a number of interesting mental symptoms. Irritability, often a symptom of our fast-paced modern life, is the foremost indication of this. Sodium sulphate will yield fast, comforting results, provided that the short temper you have is due to a sodium sulphate deficiency rather than just irritating in-laws or overdue bills.

Another mental symptom produced by a sodium sulphate deficiency is a pronounced tendency to commit suicide. You probably don't suffer from this but if you do have to use all your self-control to prevent yourself from taking your life, then sodium sulphate will help you and most likely is your constitutional remedy.

Sodium sulphate is a natural sleeping potion. If you fall asleep late and have restless dreams, if your sleep is unrefreshing, if you find yourself waking too early or too frequently, then a dose of

sodium sulphate every hour, beginning a few hours before bedtime, will do what all the patent medicines promise. Moreover, this cell salt remedy is completely harmless. There is no way that you can become addicted to it. When you have taken it for a very short period of time, you will discover that your sleep-related problems will disappear, giving you the refreshed appearance and peace of mind that come with improved sleep.

By the way, if you find yourself getting cold in bed at night, especially in the hands or lower limbs, consider sodium sulphate your natural electric blanket.

Feelings of discouragement are another indication that you may need sodium sulphate. Most people have a hard time getting started in the morning, but if you always feel depressed and despondent in the morning, think of sodium sulphate, which if taken regularly as prescribed here, will bring you a much brighter mental outlook.

Sodium sulphate, as we have seen, has helped in cases of head injury, and it will also cure the mental troubles associated with falls on and injuries to the head.

Lastly, sodium sulphate is often indicated in cases of gout. Of course, if you suffer from gout you are probably under a doctor's supervision, but taking sodium sulphate for gout, as well as for other ailments you may have, will yield results that will impress you.

Sodium sulphate has also helped in curing pain connected with teeth and dentistry.

Of course, sodium sulphate is only one of the three sodium cell salts. Many illnesses for which this remedy is indicated really call for all three of the biochemical sodium remedies: sodium chloride, sodium sulphate and sodium phosphate. You are advised to take a combination of these three cell salts if you are irritable due to biliousness, if you feel suicidal, if you have a headache centered in the top of your head, if you suffer from dizziness, if you suffer from drowsiness, or if you have anxious dreams or nightmares.



CHAPTER SIX

*THE BIOCHEMICAL ANTACID*



Sodium phosphate has often been called the "biochemical antacid." It plays this role not only in digestion but also in other of the body's fluids, including the blood. But it is a major remedy in indigestion. If this is your problem, you should read this chapter and reread Chapter 3 on silica. Also, of course, you will find references to indigestion throughout this book. Check the Simplified Remedy Guide and then read over the information on other salts that might seem important for you to see if you fit the pattern.

Americans spend over a quarter of a billion dollars a year on medications that promise relief from indigestion. Yet the best advice for those who suffer from indigestion is to change their diet and try the various biochemical remedies, of which silica is one, which can't hurt and will most likely help. Many antacids that people take for stomach upset contain bicarbonate of soda, which can cause the formation of kidney stones and recurrent urinary tract infections. The high sodium count of "bicarb" also makes it bad for people with incipient heart trouble or kidney problems.

The next time you are stricken with indigestion, instead of using one of the commercial preparations, eat and drink nothing until the pain is gone. Then try adding liquids—water, tea, and so

on—and next add bland foods such as toast, milk, mashed potatoes, jello and the like. Music and meditation can also help, because anxiety produces excess stomach acid and the excess stomach acid produces indigestion.

Chronic indigestion may mask more serious ailments. If treating indigestion with biochemical preparations and changing the diet don't help, your indigestion may be gallbladder or heart problems, or even a peptic ulcer, masquerading as common indigestion. So, be methodical. Keep a record of your diet, recording the effect various foods have on your indigestion. Also, be sure not to overeat to the point where you're feeling stuffed.

It is now known that the state of one's nerves can have a profound effect on digestion. The digestive function is practically the first thing affected by an agitated mental condition. The pioneer doctor James Tyler Kent always prescribed sodium phosphate for patients who were "in a fret from mental exertion" as well as those suffering from "sexual excesses and vices." Kent found sodium phosphate most helpful in cases of sexual debauchery or where the symptoms resulted from fasting as well as in cases in which symptoms were relieved by eating, such as headache. Other symptoms that he treated with sodium phosphate included those made worse by cold and the open air and by physical exertion. If you find butter, cold drinks, fats, fruit, milk, sour foods or vinegar troubling your digestion, take Dr. Kent's advice and try sodium phosphate.

Indigestion is a very complex problem, intimately connected with your whole nervous system. If you find yourself becoming angry at trifles, easily vexed, anxious at night, not feeling very sociable, or suffering from mental fuzziness, all of these problems could be signs that indicate a need for sodium phosphate.

So you can see that the symptoms helped by sodium phosphate in cases of indigestion often indicate other health problems.

## WHY GOOD DIGESTION IS NECESSARY

Physically, digestion (or a lack of it) is central and vital to your health. If you are not digesting your food properly, you can't elimi-

nate properly. Problems such as constipation and diarrhea have an immediate effect on how you feel. Sodium phosphate can help you if you find yourself developing an aversion to food you would otherwise like. If you feel "heat" in your stomach, nausea in the morning, and pain in your stomach after eating, sodium phosphate is your remedy. It is also indicated if you suffer alternate bouts of constipation and diarrhea.

Even your dreams can be tied to indigestion. If after raiding the refrigerator for a midnight snack, you dream a lot and the dreams are anxious or vivid, sodium phosphate will help you sleep more comfortably.

A 50-year-old woman, Beulah P., had been having severe attacks of gastric pain for two years. She vomited frequently. Beulah was given Schuessler dosages of sodium phosphate, and in two days she could feel the difference. Within a few weeks she was cured.

Milano K., a feverish lad, suffered from a sour stomach. His breath was sour, and his vomitus resembled curdled milk. In addition, young Milano was cross, fretful and restless, as the result of an infection from which he had otherwise recovered. A dose of sodium phosphate cured him almost immediately.

### **HOW SEVERAL PEOPLE WERE CURED OF INDIGESTION**

A doctor reported amazing success with a patient, Sidney G., who had been suffering from a troublesome burning sensation which began an hour or two after each meal and continued for a long time. He suffered no extreme thirst, and his bowels were regular, but the burning pain was so terrible that Sidney could not sleep. Sodium phosphate cured him almost instantly.

Bill C. was quickly cured of chronic dyspepsia. His doctor prescribed sodium phosphate after observing that Bill's soft palate was covered with a thick, yellow, creamy coating. In a very short time, a dose of sodium phosphate cleared up both the yellow coating and the dyspepsia.

A little boy, Jon N., ate too much candy one day and followed it up with several bananas. Soon he suffered an attack of sour vomiting so severe that he went into convulsions. Sodium phosphate brought a speedy cure even to this problem.

Of course, you should take sodium phosphate, or any other cell salt remedy, only as a part of a conscious attempt to follow a more healthy lifestyle. If the cells of your body are depleted of vitally needed cell salts, it might take more than the ingestion of the indicated remedy to cure you. The whole theory behind the use of cell salts is that your body can cure itself. The cell salts are merely catalysts.

Sometimes, however, a cure may require a change of surroundings, a happy occupation, good food, vitamins and exercise, regular sleep, and better, effortless evacuation of the bowels and bladder. All of these are things to concentrate on in the event of illness. After these have been attended to, one can begin the administration of cell salts.

## NEW HELP FOR CHRONIC PROBLEMS

Obviously, you can take cell salts more often for quicker relief, but many of us have problems that stay on—conditions that drag us down. Sometimes it is important to make changes in your environment. In this you can be your own doctor and prescribe a vacation for yourself.

When you take cell salts, be aware of your life-style. To achieve optimum health, it is important to look after external stimuli as well as watching your diet and taking the appropriate cell salts.

Sodium phosphate is recommended first in cases of indigestion. But once the condition has been left unattended too long, or has been made worse by the use of patent antacids or other medicines, the general rule of thumb is to combine sodium phosphate with sodium sulphate. These two cell salts work remarkably together. If you have headaches in addition to indigestion and they are located in the forehead, or if your skull feels "too full," think of sodium sulphate. If you have a pain in your stomach or your stomach seems full of frothy, sour fluids, once again, sodium phos-

phate will do the trick. Be sure you alternate these two cell salts with doses of iron phosphate as well.

### **OH, MY BACK PAINS!**

Sodium phosphate is also useful for some back pains and in all acute or chronic cases of inflammatory rheumatism. Alternate sodium phosphate with the other cell salts called for by the condition. Rheumatic pains in the joints, a weak feeling in the legs, cracking and creaking in the joints—these symptoms all call for sodium phosphate.

The primary indication that you have a rheumatic condition that can be helped by sodium phosphate is a yellow-coated tongue and the other acid symptoms involving the mouth and sweat glands. Dr. Schuessler himself was the first to note the rapid effects of sodium phosphate on such rheumatic symptoms. If your symptoms seem worse during menstruation, you may need sodium phosphate. The point is that the primary role of sodium phosphate is the decomposition of lactic acid and the emulsification of fatty acids. It is found in the blood, muscles, nerves and brain cells—and many illnesses involving these organs require it.

In many diseases the common factor is acidity of the blood. Cell salts, as you know, operate in the individual cells, and sodium phosphate helps reduce the blood's acidity. Sodium phosphate is routinely used for such illnesses as gout, stomach ulceration and worms.

Sodium phosphate helps emulsify decomposed lactic acid which causes pain in rheumatic conditions, although we must note that in most cases of toxic and acid rheumatism, sodium phosphate is recommended along with other cell salts such as silica and potassium phosphate. For rheumatism, one important expert recommends using the appropriate cell salts in alternation, three times a day, between meals.

### **A VERY OLD CO-WORKER**

You will note that in some cases of rheumatism, sodium phos-

phate is called for in conjunction with iron phosphate. Phosphate never occurs in a free state, it is always in combination with other substances. It is found in urine and can be extracted from the bones. It was discovered in Germany in 1673, and its properties of healing have been discovered by many since then. You will find that the phosphates are included in some of the most important remedies in cell salt treatment. They are used as a standard cell salt nerve tonic, among many other things.

It might not be inappropriate to point out that plants are especially fond of sodium phosphate, and while this does not immediately imply that humans are, too, there is some truth to the belief that we are basically connected with the earth as much as plants are, if only because we eat food that comes from the earth.

### **NANCY'S EYE PROBLEMS ARE REMEDIED**

Sodium phosphate has long been used for conjunctivitis, an inflammation of the eyelid, and is one of the time-honored remedies for this condition. Schuessler first noted its effect in Nancy S., a little girl who had suffered from conjunctivitis for several years. She had creamy secretions from her eyelids, so Schuessler administered a dose of sodium phosphate three times daily. A week later, her eyes were bright and clear. The reason for this, it is now believed, is that the eyes are particularly sensitive to acid conditions. Sodium phosphate is called for in many cases where there is a creamy secretion, for example, a creamy vaginal discharge.

### **KICKING THE HABIT**

A physician, Dr. X., had a terrible morphine addiction several years ago. He was cured with biochemical doses of sodium phosphate. For two months, another doctor treated him by administering the sodium phosphate under the skin as an injection. These shots were gradually increased as the morphine was decreased. In two months the doctor had permanently lost his daily habit.

## **PREVENTING VERTIGO**

Vertigo—a feeling of dizziness—is a definite indication of a need for sodium phosphate, especially when it is accompanied by acid-producing gastric problems. Digby D. was a vertigo sufferer who had been plagued with the problem so badly for a number of weeks that he couldn't stand up. He became ill and was doing a lot of vomiting. He was cured with sodium phosphate in a week's time.

## **OTHER TIMES TO USE THIS REMEDY**

Other conditions where sodium phosphate has been helpful include restless sleeping, an itching anus, exzema, hives and rose rash. An acid/alkaline balance in shampoos has become very popular. Sodium phosphate fights excess acidity and improves appearance. (The last chapter of this book is devoted to more tips on using the cell salts and other remedies as part of a program for better looks.)



CHAPTER SEVEN

*A POWERFUL  
HEALER AND PURIFIER  
OF THE BLOOD*



Calcium sulphate, also known as plaster of Paris or gypsum (Calcareo Sulph. in the old German terminology), has been used for years in medicine, primarily for casts, but it can act as a healing agent as well. In minute doses, calcium sulphate is a healer of wounds and works with silica in healing.

### **HELP FOR YOUR SKIN AILMENTS**

Since the skin can suffer from many kinds of external wounds, it is good to know that you can look to calcium sulphate as a remedy for these. It is considered a great healer and purifier of the blood. There are also other cell salts that are of particular importance in healing skin problems: potassium sulphate, calcium phosphate, sodium chloride and, of course, silica. Potassium sulphate is important in the formation of new skin, but calcium sulphate is also important because its function as an eliminator of waste materials makes it a key to preventing new infection.

Calcium sulphate has been used for years for making casts. Eggshells are made of this material, and farmers use it in soil to

improve the color of grapes. But it was the cell salt practioners who first realized its medicinal value when taken internally. Because it will hold water but tends to resist acid, some people believe that it acts as a protecting influence against fluids when it coats surfaces. It is believed to protect the stomach walls as well as the eyeballs, nasal passages, mouth, throat, bladder and any other organs that need protection against moisture.

When your skin burns and itches or is cracked or ruptured; or when you have liver spots, boils, moist or dry eczema, herpetic pustules or other eruptions—you probably need this powerful healer and purifier.

### OTHER KINDS OF WOUNDS

Calcium sulphate is found in most of the body's connective tissues. It is particularly important to the nerves and the bones. It is a powerful ally in helping some variations of rheumatism, for example. However, it is primarily useful in treating problems of the body's various membranes, including the skin. It will even help in other conditions, ranging from diarrhea to colds!

For gumboils, it is *the* remedy. When Mrs. Marge W. of California developed a gumboil above an upper tooth after catching cold, she took calcium sulphate orally four times a day for two days. The result was an immediate improvement; and when she took occasional doses of this cell salt over the next few days, the gumboil decreased and then entirely disappeared.

As an interesting sidelight, it is reported that a six-year-old girl, Dora C., who was also suffering from a gumboil, was given 125 tablets of calcium sulphate in the 3x dose. The tablets should have lasted little Dora ten days, but because they were sweet she took the entire bottle in just three days. She was not only cured of her gumboil, but also of the ulcerated tooth that was the cause of the gumboil!

This healer is generally recommended when the insides of your lips are sore, if there are raw sores on your lips, and when your gums bleed during routine brushing. Take calcium sulphate and watch these problems clear up!

If matter forms on the heads of pimples, pustules, or suppurating scabs—whenever a sore is discharging pus—the wound is at the stage where calcium sulphate is needed. Usually this remedy is used in conjunction with silica since silica is the biochemical “surgeon.” Calcium sulphate is also given for herpes eruptions and when the soles of the feet are itching.

In fact, you should not generally take calcium sulphate until after you have used silica. Doctors believe that silica promotes the formation of pus in wounds and calcium sulphate acts from that point on in healing them. It will actually stop a wound from discharging pus if it is given early enough, but when this is not possible silica should be used before calcium sulphate.

### **BARBARA B. IS CURED OF HER INFECTION**

A good example of the use of calcium sulphate is found in the case of Barbara B., a 16-year-old girl who had a severe pain in her left middle-ear. Knowing that an infection was the culprit, her doctor gave her some calcium sulphate in powdered form. After two days of dissolving it in a glass of water and then applying it to the area with a cotton swab, Barbara found that the pain was gone. The infection had actually been stopped before suppuration began.

Calcium sulphate has been prescribed by doctors when antibodies have failed to clear up cases of fever and infection. Before the development of antibodies, both silica and calcium sulphate were widely used in treating wounds. A woman from Indiana, 30-year-old Helen C., had had an abscess in her right armpit for two years. So much pus was being discharged that she kept a large roll of cotton in place to absorb the discharge. No doctor had been able to help her until she visited a cell salt specialist. Since her wound was chronic, the doctor gave her calcium sulphate in the 6x potency. It took a few months for the wound to heal, but calcium sulphate finally did the job.

Not all troublesome wounds are, of course, external. Some of the worst are internal. Both sinusitis and bronchitis and their discharges will often respond to calcium sulphate, especially if the

discharges are thick or lumpy. Naturally, you shouldn't attempt to treat your infections with silica and calcium sulphate alone, without anti-infection drugs, but all of us know that infections often linger, and nothing a doctor does seems to help. That is the time to take, in addition to what your doctor recommends, either silica or calcium sulphate, as indicated by your symptoms.

Not so incidentally, when you have bronchitis, effective treatment will often call for more than calcium sulphate. The handy remedy guide at the end of this book describes which symptom calls for which remedy, but in many ailments the first thing you should take is the cell salt iron phosphate. Calcium sulphate is primarily called for when the bronchitis involves unpleasant discharges, especially discharges mixed with blood. Again, however, the best idea is to use the cell salts in conjunction with advice from your doctor, whether or not he specializes in cell salt treatments. If you are discharging blood, see a doctor immediately.

## IS THERE HOPE FOR THE COMMON COLD?

We all know, of course, that doctors and scientists have yet to invent a cure for the common cold. It is, therefore, best to study all of the cell salts and note where each is called for when you are suffering from a cold. If you have a cold in your head, for example, you may have the same sort of discharge that is produced by bronchitis. Calcium sulphate is indicated for this sort of discharge, for regular doses will clear up the mucous membranes.

Remember, whatever the ailment, if it produces pus, try calcium sulphate as the remedy. If your eyes are inflamed with discharges of thick, yellow matter, try calcium sulphate. Many eye ailments respond to calcium sulphate.

Take the case of Michael C., a farmhand who had been struck in the eye by a piece of wood. His sight was badly impaired by resulting conjunctivitis, and the cornea of the injured eye was dim. Michael felt a burning pain in his eye and experienced a constant flow of tears. He took iron phosphate to treat the pain and the tears, but his sight did not improve. Finally, Michael was also given calcium sulphate in three different doses. Within a week he was able to see some light with the injured eye. The cornea was less cloudy.

His doctor kept giving him calcium sulphate, morning and night, and in three weeks Michael C.'s sight was back and the conjunctivitis completely cured.

Calcium sulphate has also proven useful, as mentioned earlier, in ear infections. You should never take ear infections lightly. Deafness can result if treatment is put off. But calcium sulphate can be helpful in many such cases.

### **A PURIFIER OF THE BLOOD**

Cell salt practitioners believe that calcium sulphate is a powerful blood purifier. It destroys worn-out red corpuscles, and is a constituent of almost all connective tissues. When a person suffers from a lack of calcium sulphate, diseases of the body membranes, catarrhs, and skin ailments are likely to result.

Calcium sulphate's role as a blood purifier is believed to be carried out primarily in the liver, where red blood cells that have finished their life cycles and are now waste must be destroyed. If you have an insufficient amount of calcium sulphate, your liver will become overloaded with worn-out red blood cells; cell salt theorists believe that this is the beginning of many skin eruptions.

If you don't have enough of calcium sulphate in your connective tissues and your liver, the skin eruptions can easily become chronically "oozing" ulcers. Calcium sulphate often eases this situation. Acne responds well to calcium sulphate taken with potassium chloride. Varicose ulcers are a symptom of a lack of calcium sulphate. The application of calcium sulphate, in doses of 6x at least three times a day, can be very helpful.

Because of its role in blood purification, calcium sulphate is also used along with sodium sulphate in the treatment of kidney diseases.

Calcium sulphate heals by building tissues. When it arrives in an area in which it is lacking, it lays the groundwork for rejuvenation by attracting other vital cell constituents.

### **A MIRACLE PREVENTER OF COLDS**

Another thing that calcium sulphate can do is prevent sore throats and threatening colds if they are caught early enough. At the

first sign of these health problems, reach into your medicine chest and dose yourself with calcium sulphate in the 6x potency at least three times a day. Too much can't hurt, but too little, or none at all, might well mean that you will be laid low by a debilitating cold.

Andrea R., two years old, had been in a hospital plagued by a croupy cough that no medication could vanquish. The cough had come on when she had been exposed to a cold wind and subsequently had thrown her bed covers off. The choking and rattling in her chest were especially bad at night. One high potency dose of calcium sulphate cured her right away.

The use of calcium sulphate is almost always indicated in ailments of the pancreas, liver, and kidneys, for reasons that should now be readily apparent.

Homeopathic doctors have generally found that calcium sulphate (as well as magnesium phosphate) is one of the most valuable remedies for counteracting the bad side effects of coal tar drugs such as aspirin. It is believed by some homeopathic doctors that aspirin, while it may numb the pain, gradually destroys the chemistry of the bloodstream, leaving the body weakened and open to disease.

Because of its role in protecting the stomach walls, calcium sulphate can help stomach ulcers by coating the surface of the stomach. Women who want to have children but have been unable to become pregnant have been known to have been helped by this cell salt remedy. If your complexion is yellow or pasty, you should take calcium sulphate over a long period of time—at least a few months. The results will be worth waiting for. This remedy can even help some kinds of anemia.

## THE SYMPTOMS

One of the prime indications of a need for calcium sulphate is a burning sensation. People with burning feet are sure candidates for this blood-purifying remedy.

If you like the open air but are sensitive to drafts and catch colds easily, calcium sulphate may have more to offer to you than to someone without these symptoms. If you have a great desire to go out in the cold even though you subsequently catch a cold you are a

likely candidate. If you are overly sensitive to heat and cold, you probably need this remedy.

Here are some other indications that you may need this healer and purifier. If you have strained muscles from too much work and you have a sensation of heat surging through them, calcium sulphate may help you. Pain in the bones that is made worse by standing indicates a need for calcium sulphate. If you are sick in bed and the warmth of the room makes you uncomfortable so that you push off the covers, try calcium sulphate. Do you become angry easily and then feel weak when the anger has passed? Do you worry about your heart, or your health in general, but feel better after taking a walk? Walking is one of the best things you can do to help your body, so take a walk—and try some calcium sulphate. If you are easily confused, shy away from company, find your moods changeable, or worry excessively, you may be helped by fresh air and calcium sulphate. If your sleep is filled with nightmares, you suffer from terrible fears and your mind becomes feeble when you need to think, you are easily insulted and quarrelsome, or you are depressed in the morning but mirthful in the evening, you may be helped by calcium sulphate.

### **MORE HELP FOR HEADACHES**

Chronic headaches and occasional headaches have been cured by calcium sulphate, especially those that come on in the morning. The underlying similarity among these headaches is that open air seems to help them.

Women who get headaches just before and during menstruation will be helped by calcium sulphate. A feeling of pulsation is often associated with a shortage of calcium sulphate. Double vision is one of the homeopathic provings of calcium sulphate and can also be cured by the remedy.

### **ALIMENTARY AILMENTS CAN BE HELPED**

We have mentioned that you should use this cell salt when you feel a sore throat coming on. More particularly, if you experience

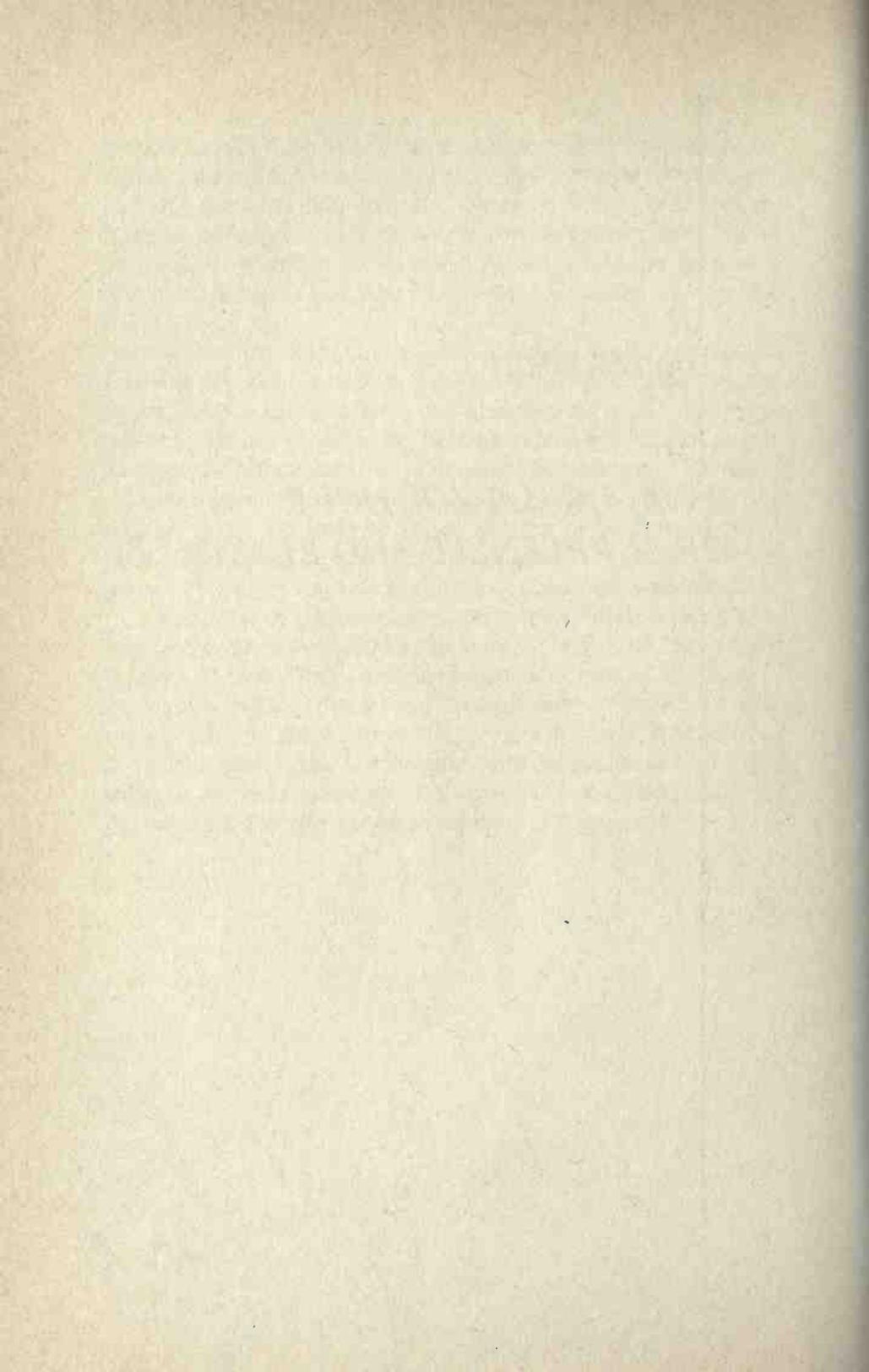
redness and swelling in the throat, a sensation of tightness in the throat, excess mucus, and a pressing pain when you swallow, you probably need calcium sulphate. There is also often a sudden, ravenous appetite or, paradoxically, no appetite at all. There may be an aversion to coffee, meat, and milk or a desire for fruit, cold drinks, sweet or salty foods, or any liquids because of a terrible thirst.

Another use of calcium sulphate is to help in treating constipation and diarrhea, in certain chronic conditions. In cases of anal fistula, insufficient or difficult stool, or diarrhea in the morning or evening, calcium sulphate has been proven an effective treatment. The greatest homeopathic authority since Hahnemann, J. T. Kent, says that calcium sulphate is especially helpful for children with diarrhea when the stool is bloody and dry or whitish-yellow. A pediatrician should be consulted if such conditions persist, but you might try calcium sulphate in conjunction with his suggestions.

Kent also says that calcium sulphate is a valuable remedy in the treatment of curvature of the spine, when it is difficult for a person to sit up. He specifies its usefulness in treating restless sleep caused by anxious and frightful dreams. In such cases the desire for sleep comes early, but the patient wakes up about midnight. After three or so in the morning, anxious thoughts keep the patient awake. If you suffer from these symptoms and experience a shaking chill that begins in the feet, then calcium sulphate is your remedy.

*CHAPTER EIGHT*

*A NATURAL PRODUCER  
OF SUPPLENESS AND ELASTICITY*



The cell salt calcium fluoride can help treat a wide variety of health problems, from piles and varicose veins to obstinate backache, gout, and anal problems, such as itching and fissures. And that's just the beginning. There are many other problems that this cell salt remedy can help treat, including psychological symptoms such as a groundless fear of money troubles. Calcium fluoride can help you if you are indecisive about little things, which aren't very important but cause you to worry anyway.

Calcium fluoride (*Calcarea Fluorica* in the German terminology) is a chemical union of lime and fluoric acid. This union produces a remedy with healing powers demonstrated by neither of the constituents alone. As with other cell salts, calcium fluoride is often more helpful when it is taken along with other cell salt remedies.

Calcium fluoride is useful in treating many ailments of the bones and teeth. Many experts blame the unusual amount of dental ailments seen in Americans not only on poor diet, but also on a lack of calcium. There is, of course, calcium in milk and milk products, but there are indications that pasteurizing affects this calcium adversely.

Calcium fluoride is a constituent of the surfaces of bones and the enamel of teeth. It is also a prime ingredient in elastic fibers in

the body, which means it will often be of importance in treating diseases of the skin and the blood vessels.

## HELP FOR HEMORRHOIDS AND HEART TROUBLE

Because calcium fluoride is a prime ingredient in your body's elastic fibers, it is useful in treating ailments such as varicose veins and hemorrhoids. Hemorrhoids often occur when blood vessels become enlarged and lose their elasticity. Calcium fluoride's role in restoring good health is its ability to maintain elasticity of the tissues and restore this elasticity where it is lacking.

People with heart trouble can find a great deal of relief with calcium fluoride. A dose every fifteen minutes or so is advisable if pain is acute. *Of course, serious health problems such as this should be under a doctor's supervision!*

Sensitive teeth may need calcium fluoride. Strained muscle tendons will also respond to this remedy. Both ailments can be treated with the remedy dissolved in water and applied externally with a cotton swab or taken internally in tablet form. Calcium fluoride can also be of great help in cases of vomiting (although you should use sodium sulphate or sodium phosphate instead if the vomit is green or sour-smelling). If your urine has an unpleasant smell, calcium fluoride will help.

Calcium fluoride has even been recommended as the cell salt remedy for obesity, to be taken an hour before each meal in alternation with calcium phosphate. The idea is that these two cell salts will aid in the assimilation of starches and fat in the meals. Cutting down on these items is also helpful, of course.

Calcium fluoride is a potent remedy that can help treat many of your health problems arising from lack of elasticity in the tissues. Let's get down to the specifics of what some of these problems are and how people have been helped by this cell salt.

## YOUR WEARY BONES

As was already mentioned, calcium fluoride is often helpful in treating bone problems. A fascinating case was reported by a doctor

who had a friend who had purchased a pedigreed yearling, "for a small price considering its magnificent pedigree." The doctor felt the horse was worthless—with bad ossification around the lower joints and malformed, bulging hoofs.

The horse was given calcium phosphate to treat these problems, but nothing happened. Then the animal was given calcium fluoride in the 30x dose once a month for three months. The doctor then gave the animal no treatment for three months, after which the calcium fluoride was resumed for another four months. In that time, the horse recovered and became quite well. One of its forelegs was greatly improved, as were its feet. Within two years the animal was sound and normal, and it went on to win prizes in steeplechasing. It was determined that its bone problems had been due to overfeeding, and the doctor was impressed by the amazing results of the calcium fluoride in remedying the situation.

Presumably, the readers of this book are not yearlings with bone problems, but they can take note of the implications of the story. Calcium fluoride can be helpful in numerous matters involving bones, joints, and muscles. It is almost always prescribed, for example, for enlargements of the finger joints due to gout.

### **BACKACHE CAN BE CURED**

If you feel that your spine is being irritated or if you feel pain or fatigue in your lower back that is accompanied by a full feeling and confined bowels, take calcium fluoride in the 6x dose at least every half hour. It is helpful to dissolve a pill or two in a glass of water and have someone sponge the affected area with the mixture.

The case of Robert R., a 29-year-old plasterer, is a good illustration of this. He was having severe backaches, sometimes in the late morning and other times all night. He was at a severe disadvantage in his work because he couldn't stand to reach above his head for any length of time. If he did, he felt as if his back were going to break. His doctor prescribed doses of calcium fluoride alternating every four hours with sodium chloride, and he took these remedies for two weeks. He said he began to feel better after only two or three

of these doses, and the chronic condition was entirely gone after a few weeks of treatment.

## VARICOSE VEINS, HEMORRHOIDS, AND THE BLUES

Varicose veins and hemorrhoids are two problems that calcium fluoride is famous for curing. You might find that these ailments go together. When they do, the afflicted patients have been described by doctors as being "calcium fluoride cases."

Take the case of a 55-year-old woman, Beverly E. She was a large, fleshy woman, and the mother of five. She suffered from painful varicose veins on her legs and vulva. The veins on the lower part of her legs actually stood out like ropes. She was not a happy person. Beverly E. was just plain depressed. Damp, chilly weather did not agree with her. Her doctor had tried several remedies without success. Finally he tried calcium fluoride in the 30x dose, followed by a variety of potencies over a period of two years. From the first doses of this remedy, she began feeling immediate relief from the pain of her varicose veins. Most important, she began to feel better psychologically. She stopped worrying about money, and damp weather no longer depressed her.

If you think that you might have lumps in the breast, be sure to check with your doctor. Calcium fluoride is the remedy for lumps in the breast, but *if you find lumps in your breasts, don't try to treat them with this remedy without also going to a doctor.* While calcium fluoride should certainly help you, use it only in conjunction with whatever your doctors recommends.

With this provision in mind, consider the case of Gertrude S., a thin, weak, 42-year-old office worker who had lumps in her breast and a terrible rectal fistula. Her doctor had operated twice on the rectal fistula, but it was still painful and it still discharged. At the first sign of cold weather, all of her problems seemed to worsen. Needless to say, she was very unhappy. She suffered from nervousness and dizziness, and her work simply overwhelmed her.

Her doctor realized that something had to be done. He decided to give her calcium fluoride in low doses every three to four hours and later to increase the potency steadily. The woman first saw an improvement in a sinus condition she had. Then she experienced

lessening of the lumps in her breasts. Then the rectal fistula completely disappeared! She felt better than ever, put on some weight, and became optimistic once again.

Piles are caused by irritation of the lower intestine resulting in distention, often as a result of constipation. Rectal fistulas frequently develop when piles have gone too far. To treat piles, apply calcium fluoride directly with a cotton swab. Dissolve some tablets in a small amount of water and dip the applicator in the water. You should take calcium fluoride internally. In serious cases, such as when the pain of varicose veins becomes so intense that the patient can no longer stand, doctors have given calcium fluoride tablets every two hours. This cell salt has also proven effective in treating problems of the vulva.

If you are suffering from irritated piles, it is a good idea to use calcium fluoride along with potassium sulphate. If your piles are bleeding, take iron phosphate. For hemorrhoidal conditions, take the calcium fluoride in a 6x potency before meals. Calcium fluoride can also be dissolved in water and applied as a compress to the anus, held all night with suitable bandage. In the case of varicose veins, use silica along with the calcium fluoride, morning and evening.

## DIET AND HEMORRHOIDS

If you suffer from hemorrhoids, although you can expect help from calcium fluoride, the most effective action would be to eliminate the basic cause of your problem: poor diet. Intelligent eating to avoid constipation has been mentioned earlier. Processed foods are the main villains in constipation. Calcium fluoride will help when your problem arises from your digestive organs losing their elasticity but the reason that these organs lost their elasticity should also be considered. Calcium fluoride is useful in constipation involving a chronic inability to expel feces. Sometimes constipation arises from nerves, and calcium fluoride is also effective in restoring high spirits.

A woman from Indiana, Mary S., had been in bed with sore, painful, bleeding piles. For three weeks, her doctor had tried various medical treatments, all to no avail. Three tablets of calcium

fluoride every three hours cleared up her problem in "a very short while."

In another case, a 28-year-old man, Norman R., had bleeding piles accompanied by a chronic inability to expel the feces. He tried taking calcium fluoride and potassium chloride in alternation every four hours, and after a few weeks he was completely cured. His doctor also prescribed an ointment of calcium fluoride and petroleum jelly, to be applied directly to the rectum every night.

Calcium fluoride has also been known to help people plagued by nightmares. Other psychological problems that can be helped by this powerful remedy are an inability to express yourself and the feeling that you can't think. If you find yourself at a loss for words and in conversation hesitate and repeat yourself, if you feel you have "cobwebs on the brain," this cell salt can do you a lot of good.

## EYES, TEETH, AND OTHER MATTERS

If your mouth is always dry and your teeth are deficient in enamel, which leads to rapid decay, calcium fluoride is indicated immediately. When your teeth are loose in their sockets, this is the remedy to use, and don't lose any time using it. Take calcium fluoride in the 6x potency before meals and calcium phosphate after meals in the same potency. Some doctors indicate this remedy for children with delayed dentition.

Another use of calcium fluoride is in treating certain kinds of eye problems. Eye problems should usually be treated with a variety of cell salts for the different symptoms. Check the simplified remedy guide at the end of this book for other cell salt remedies. Calcium fluoride is the main remedy if you see sparks or flickering lights before your eyes and in cases of spots on the cornea, conjunctivitis, and cataracts.

Doctors have reported that calcium fluoride in the 6x potency has stopped itching on the surface of the eye and has helped when the wearing of glasses all day has made the eyes water and created a sensation of air blowing on the eyes. In addition, one doctor reported that in 13 cases of cataract 11 were cured with regular doses of calcium fluoride.

## OTHER IMPORTANT INDICATIONS

Calcium fluoride is usually the remedy suggested for people who constantly vomit undigested food or who suffer from hiccups. It is also suggested in cases of asthma where the mucus coughed up contains tiny yellow lumps.

Calcium fluoride is excellent for chapped skin, cracks in the skin, fissures in the palm of the hand, brittle fingernails, some kinds of eczema where the skin thickens and hardens, especially in damp weather, and suppurations with hard edges. Use this remedy externally together with petroleum jelly after washing the affected area well.

Calcium fluoride is often prescribed if the menstrual flow is too thick, and this cell salt seems to be of great value in many feminine problems. If after a miscarriage the uterus loses muscle tone, calcium fluoride is needed. In cases where menstruation is not only excessive but is also accompanied by bearing-down pains and flooding, calcium fluoride can help.

In general, ailments requiring calcium fluoride are affected by the weather, as was previously mentioned. The sufferer tends to be sensitive to cold, drafts, dampness, and changes in the weather. Calcium fluoride has cured cases of long-standing colds. Heat and warm applications also help. Frequently, you can detect a need for calcium fluoride simply because you are sad or miserable.

Calcium fluoride is to elastic tissues what silica is to the connective tissues, and it is regarded as the complement of silica. In many cases these two remedies should be used together, or one can be used when the other fails.

All in all, calcium is a powerful remedy for many ailments and should be helpful to you.



*CHAPTER NINE*

*THE NUTRITIONAL  
CELL SALT REMEDY  
THAT WILL MAKE YOU  
FEEL GOOD ALL OVER*



Phosphate of lime is a major chemical constituent of the bones, and it is also one of the major cell salt remedies. It is given for its restorative powers after acute diseases and infections. In addition, it is specifically called for in all bone problems, as well as in many kinds of anemia, because it builds up new blood cells. It is very important in general, all-around nutrition as well.

Calcium phosphate, as a nutritional cell salt remedy, is one of the first cell salts to take if you are generally run-down. It is the primary remedy for children who are not developing properly.

Calcium phosphate (*Calcareum Phosphoricum* in the German terminology) operates in an interesting manner. When symptoms indicate a need for one of the other cell salts, it is often advisable to take calcium phosphate also. This is because it tends to intensify the action of other cell salts. This is because calcium phosphate promotes healthy cellular activity and restores tone to weakened organs and tissues. Calcium phosphate, as was already mentioned, is a main constituent of the bones and also of all of the cells and fluids in the body. It is interesting to note that calcium phosphate is a main

ingredient in the most productive soils; the gardener who is not familiar with calcium phosphate is a poor gardener indeed.

This remedy can be very helpful for people who catch colds easily. If you are one of this unfortunate group of people, take one dose a day of calcium phosphate and you will soon find speedy relief even during cold weather.

## CALCIUM PHOSPHATE AND NUTRITION

If you are taking this cell salt remedy because of digestive or nutritional problems, it is wise to combine the regular use of calcium phosphate with an intelligent approach to nutrition. Read one of the more useful books on the subject of nutrition and health. Adelle Davis was writing good books on nutrition in the fifties, when sound nutritional advice was considered eccentric at best. Since then nutrition books have abounded, some wiser than others. We recommend two recent books. One is *The Nutrition Almanac* by Nutrition Search, Inc., published by McGraw-Hill Paperbacks. This book covers a lot of the basics, such as how nutrients function together and the relationship between nutrition and health. Another interesting book is the *Nutrition Survival Kit* by Kathy Dinaburg and D'Ann Akel, published by Panjandrum/Aris Books of San Francisco. We do not concur with its vegetarian outlook, but it is an unusual attempt to put sound nutritional theory into practice in the kitchen.

After a change to a more healthful diet, you will be amazed at the improvement in your health. Calcium phosphate can aid tremendously in your digestive processes, but no remedy can completely counteract the effects of a deleterious diet.

From many years of experience, cell salt practitioners have discovered what eating habits the people who probably need calcium phosphate have. If you find that you have an unusual craving for salty bacon or smoked meat; if cold drinks, ice cream, and fruit seem to cause diarrhea; if eating causes stomach pains; if you have a gnawing, empty feeling in your stomach even after eating, consider yourself a likely candidate for calcium phosphate.

Calcium phosphate, taken along with calcium fluoride, has produced happy results for people suffering from obesity. This is

because one of the problems that it can cure is a ravenous appetite, especially when it strikes before dinner.

### **A ROYAL CASE**

One of the most famous historical cases in which calcium phosphate has aided a recovery from illness concerned a royal patient—England's King George V. He had been treated by ten doctors, but things weren't going well. His red corpuscle count had dropped dangerously. In despair, the royal physicians turned to Professor E. C. Dodds, the University of London's professor of biochemistry. After two days of treatment with calcium phosphate, the King's blood count was back up, and he recovered from his illness.

### **INDIGESTION**

Calcium phosphate can be useful in nearly all cases of indigestion. If you suffer from indigestion, a dose of calcium phosphate should be taken after every meal. Calcium phosphate will help break up the food and promote healthy digestion. It will also help when there is an accumulation of gas.

Quite often, the person who needs calcium phosphate is tall, thin, listless and without ambition, and suffers from low spirits. (But sometimes plump people need it, too.) Why does calcium phosphate work so well in such cases? The answer is that a shortage of calcium phosphate results in a shortage of red blood cells. A low red blood cell count, in turn, affects the bones, since red blood cells make up part of the marrow of the bones. Anemia, for example, almost always calls for treatment with calcium phosphate as well as iron phosphate.

### **A REMARKABLE CURE FOR APRIL B.**

April B., a 17-year-old girl, suffered so much from anemia that she could do nothing more than lie around the house. She had no appetite. In addition, she exhibited two classic symptoms of calcium

phosphate deficiency. April had headaches, and her menstrual periods were irregular—sometimes she didn't menstruate for months. She had suffered like this for a long while. After taking both calcium phosphate and iron phosphate for three weeks, she was well enough to continue her studies, and the color had returned to her cheeks. April B.'s case is not uncommon. Calcium phosphate has helped many teen-age girls because it combats female disorders. A common application of the cell salt remedies in cases of female disorders requires a couple of weeks of treatment with calcium phosphate followed by treatment with iron phosphate. The two remedies should be alternated as long as the conditions persist.

Quite often, those who have a calcium phosphate deficiency will have a waxy pallor to their skin. They suffer, as did April B., from headaches, often characterized by a cold feeling in the head. They may also suffer from vertigo when walking. Watching television may cause headaches in these people.

As was briefly mentioned, calcium phosphate will sometimes help people suffering from colds. Take the case of Heather E., an 18-month-old child who had a short, irritating cough. She had been under the care of a pediatrician for some time, but nothing he was able to do helped. Her parents finally tried a doctor who practiced exclusively with cell salts. He quickly recognized Heather's symptoms as indicating a calcium phosphate deficiency. After three weeks of treatment, Heather's cough disappeared. More important, she showed a wonderful tendency to better general health, and her parents considered the effects of this powerful healer nothing less than miraculous.

## AN ANTIDOTE TO THE SIDE EFFECTS OF THE PILL

As was mentioned earlier, calcium phosphate is of great help in some female disorders. Long ago calcium phosphate was obtained from pulverized animal claws and the antlers of young bucks. Because of this association with wild animals, it was believed by some to be an aphrodisiac. Schuessler made no such claim for calcium phosphate in biochemical doses, although it is interesting to note that he prescribed it in the 3x potency for lasciviousness.

Calcium phosphate, at any rate, seems to be useful for many disorders connected with sexual organs, primarily in women. Said Schuessler: "When the suppression of the menstruation arises from anemia or from faults in the diet, then calcium phosphate is instrumental in bringing on the period." Schuessler's description seems amply illustrated by the case of April B. Calcium phosphate can also be used in cases where girls are too young to be menstruating and where women have passed the menopause.

One famous homeopathic doctor is very angry at the damage he believes the Pill as a form of birth control does to women. He has seen numerous bad side effects, from weight gains, to weight losses, to a malfunctioning thyroid. The Pill can cause changes in the breasts, he believes, and unpleasant emotional effects often result. He says that in cases where a patient has taken the Pill for many years, the patient loses the ability to menstruate when she stops taking it. This doctor recommends calcium phosphate in Schuessler doses for women who have stopped taking the Pill. (He also administers two botanical homeopathic remedies in alternation—*Pulsatilla* in the 3x potency and *Senecio* in the same potency.) Calcium phosphate's main role is in restoring normal menstruation when women have been taking the Pill for a long time and then stop taking it.

Suzette W., a 31-year-old woman, had been on the Pill for four years and was plagued by irregular periods. She took several homeopathic remedies but got the best results with single high dose of calcium phosphate. A week after this dose, her period began, and she has been regular ever since. Her doctor treated several of his women patients with similar results. Women—and their men—find the suspense as well as the discomfort of irregular menstruation unpleasant. Calcium phosphate, however, has been shown to remedy this problem.

## TEETH AND BONES IN THE YOUNG

One of the body's greatest needs is the need for calcium, but it is believed that the modern diet is deficient in calcium. Much of the digestible calcium in milk is destroyed by pasteurization. One prominent dentist who uses homeopathic remedies tries to get his patients

to cut out refined sugars and starches. He also suggests that they take four to six bone meal tablets each day. Two calcium cell salts—calcium fluoride and calcium phosphate—are also highly recommended. This dentist also suggests that his patients avoid white sugar, bleached flour, and all similar products. He advocates a healthy diet of whole grains, fresh fruit, and not too much beef. He says that an individual hair analysis can determine whether your need for natural enzymes, vitamins, and minerals is being met.

Calcium phosphate is the primary cell salt remedy for children whose head bones are slow in forming or who seem to be slow in developing mentally as well as physically. Calcium phosphate has also been recommended for older people who have trouble rising from a sitting position. This remedy is valuable for both old and young.

Children who need this remedy often have poor memories and bad tempers. They are often thin or even emaciated. They also tend to complain of muscle pains, especially in the left side of the body. Their teeth often appear to be very soft, and dentition is delayed. Their upper lips are frequently sore and painful, as are their tongues. They also have trouble with digestion and elimination.

Calcium phosphate can be helpful in mouth disorders such as sore throats and tonsillitis. Mark S., a five-year-old boy, had all the symptoms of a calcium phosphate deficiency. He was thin, delicate-looking, and quite tall for his age. He had problems with his hearing, and all of his symptoms were worse when he was exposed to fresh air and damp weather. His throat was so sore that he wouldn't let a doctor examine it. After he took calcium phosphate by mouth for three days, his soreness started disappearing. His tonsils, which had been swollen and red, had started recovering. In three weeks, Mark's hearing problems were gone, and the swelling had subsided completely.

The best known use for calcium phosphate is in treating teething problems related to poor nutrition and slow development. A seven-month-old baby, Rochelle N., had gums that were terribly swollen. She had no teeth yet and was fretful and feverish. Her doctor prescribed calcium phosphate to be taken every two hours and also left tablets of iron phosphate to be given in alternation. In

ten days, little Rochelle had four teeth and had also improved in every other way. The doctor suggested that she be given calcium phosphate as a constitutional remedy throughout her growing years. Rochelle's mother now sends all her friends whose children have teething problems to this doctor.

Eighteen-month-old Jim M., had cut only a few teeth and was thin and poorly nourished. He was given calcium phosphate three times a day for ten days along with cod liver oil. Three months had passed before the doctor saw Jim again, but in those three months the child's whole appearance had changed. His teeth were coming in, and he looked much better. Since dentition was still proceeding rather slowly, the doctor kept his patient on a strict regime of calcium phosphate.

Doctors often prescribe calcium phosphate for pregnant women, especially those who have had trouble carrying children to term in the past or who seem to exhibit the classic symptoms of calcium phosphate deficiency.

Calcium phosphate is not only the chief cell salt remedy for children, it can also work miracles in dealing with the problems of the old. Many old people find that taking calcium phosphate regularly keeps them feeling better.

Calcium phosphate is helpful in periods of transition. You have seen how it helps in the problems of women, children, and old people. Predominant in these indications are times of change.

Calcium phosphate is especially indicated for rheumatism that is aggravated by night air, bad weather, and changes in the weather. When joints are bothered by cold, numbness, stiffness, or just plain aching, the best treatment is calcium phosphate and iron phosphate.

## OTHER INDICATIONS

As a nutritional aid, calcium phosphate deals with ailments that arise from malnutrition or poor diet, and it is important to remember that even if you eat correctly, or think you do, you may not be getting all of the benefits of your diet without this remedy. Headaches can be caused by a lack of calcium phosphate. When the head is terribly sensitive or is throbbing and burning, you should try

this remedy, especially if your headaches are accompanied by symptoms of rheumatism.

Calcium phosphate is also recommended when you feel chilly, when you have a pain in the liver, and when there is a soreness aggravated by eating or motion. Sinking sensations in the abdomen, as well as problems with digestion, call for calcium phosphate. Often, patients with a calcium phosphate deficiency have a large, flabby abdomen even when they are generally thin.

You will find that if you suffer from constipation and hemorrhoids that bleed and itch, calcium phosphate will help if you take it along with the other cell salts that may be indicated. If your bladder seems to be weak and you must urinate frequently, calcium phosphate might help. Kidney pains also indicate the need for calcium phosphate in some cases.

Back pains may yield to this remedy, as will gouty joints and extremities that act up in cold weather. Rheumatism in the ankles and stinging or shooting pains in the toes are still more indications of a need for calcium phosphate.

If your symptoms include an inability to sleep late in the morning even though you are still sleepy when you awake, or if you suffer from overly vivid dreams or nightmares (especially in the cases of children), you are probably a subject for calcium phosphate.

A "creeping" sensation of the skin, along with coldness and numbness of the limbs will often yield to the effects of this powerful cell salt. Generally speaking, calcium phosphate is also a recommended remedy in all cases of convalescence or debility. When broken bones, for instance, are slow to mend, calcium phosphate is a recommended remedy. A good indication that calcium phosphate will help is when parts of your body feel as if they are asleep or if your hands and feet feel clammy.

Trembling in the calves and looseness of the bowels, are signs of a need for calcium phosphate, the nutritional remedy. Sometimes calcium phosphate can help prevent recurrent attacks of bronchial asthma. Highly colored urine can also indicate a need for this remedy.

In general, cell salt practitioners believe that nearly all bone diseases not the direct result of injuries are due to a lack of calcium

phosphate. They are convinced that calcium phosphate will give solidity to weak or soft bones. The healing of fractures will be aided by this remedy, as will the healing of afflictions such as curvature of the spine. Backache in the lumbar region on arising in the morning can be cured with calcium phosphate.

Cell salt practitioners also see a positive role for calcium phosphate in preventing the progress of cataracts, especially when they are accompanied by right-sided headaches and eye pain. A sure sign of a need for this remedy is when the eyes feel stiff and weak.

People with constant colds and catarrhs will find calcium phosphate an effective antidote to such problems, especially when the nasal discharge looks like the white of a raw egg.

In older people, calcium phosphate will help cases of constipation, especially when it is accompanied by depression, vertigo, and headaches.

When the bones around the ear hurt or ache and there is a cold feeling to the outer ear, calcium phosphate is required.

## **HELP FOR MENTAL PROBLEMS**

Calcium phosphate has also been used by doctors to help patients who are suffering from unpleasant mental states. When children are fretful or peevish, when the memory is poor, when there seems to be an incapacity for concentrated thought, assuming other symptoms agree, this remedy can help.

One interesting case in Los Angeles concerned a 26-year-old man, Howard S. Howard S. was mentally deficient, but he had several normal brothers and sisters. He lived with his mother. He regularly suffered from nervous spells, during which he would tear his clothes. He was often fretful. His doctor prescribed both calcium phosphate and magnesium phosphate (which is closely related to calcium phosphate) in 3x doses, to be alternated once an hour. After a month of taking the two cell salt remedies, Howard seemed happier and quieter. He began to follow his mother around as she did housework, quite interested in what she was doing. After two months of his cell salt regimen, his intelligence actually seemed to

be developing. His interests increased, and he helped his mother with the housework.

After a while, he began working with his brothers, who were carpenters, performing simple tasks such as carrying boards. Eventually, he was able to hold down a job and work every day.

If you know of a mentally deficient person, you might want to see if a program of calcium phosphate along with other remedies might be beneficial.

All the phosphate cell salts are recommended for nerves and nerve ailments, but calcium phosphate has had some specific successes with certain kinds of neuralgia. These are characterized by aching bones, anemia, rheumatism, and so on. You will note that the Remedy Guide lists firms which offer a combined product of the cell salt phosphates useful in such problems.

### MORE HELP FOR THE SKIN

Calcium phosphate can be used with other indicated remedies in treating various skin problems, specifically facial eruptions that contain albuminous fluid, with yellow-white scabs. It is also effective in treating eczema associated with anemia. Freckles disappear when this remedy is used, or at least you will see less of them. In older people, that annoying itchy skin can be helped if calcium phosphate is taken along with potassium phosphate. Acne during puberty or in those suffering from anemia seems to respond to this remedy.

One doctor reported curing a three-year-old child who was suffering from hand and skin eruptions. Potassium phosphate, dissolved in water and applied with a cotton swab, was tried first, but it did no good. A similar solution of calcium phosphate produced a change in a week and cured the case in two months. The heat of the following summer produced a relapse, but the remedy cured the problem once again.

Calcium phosphate is also one of the two remedies for spasms and cramps (the other being magnesium phosphate). Doris R., who had been suffering for five weeks from terrible spasms in her legs that were so severe that she couldn't stand, was given calcium

phosphate. The next day she was back on her feet doing household chores. Doris R. never suffered another attack.

A doctor claimed that he cured a 35-year-old woman, Evelyn R., who would get up and vomit every morning at 4 a.m. Many remedies were tried, but it took a dose of calcium phosphate, the nutritional cell salt, to enable Evelyn R. to sleep without interruption. She was cured completely.



CHAPTER *TEN*

*AN AMAZING  
ANTISPASMODIC REMEDY*



Magnesium phosphate is one of the most remarkable cell salt remedies. While it is very powerful by itself, it is also closely allied with the two other phosphate cell salts—calcium phosphate and potassium phosphate. All of the phosphates are prescribed for ailments of the nerves. These problems, as sufferers can attest, are no laughing matter. It is as a result of our nerves that we feel pain, and when the nerves themselves are affected and thus cause pain, the result is doubly miserable. (Nerve remedies composed of the phosphates that are offered by various firms and pharmacies are listed at the end of the book.)

### **A HEALTH "TEAM"**

Potassium phosphate operates on the gray nerve fibers, and magnesium phosphate operates on the white ones. But the two are closely connected, and if there is a disturbance of the molecules of the gray fibers, there will also almost inevitably be a disturbance of the white fibers as well. Many cell salt practitioners, therefore, do not give one cell salt remedy without the other. Also, as you will

discover in reading the next three chapters, the ailments the phosphates tend to cure are related ailments.

Although the phosphates are often used to treat similar ailments, it is important to understand the differences between them. Calcium and magnesium belong to the same group of elements, the "earth alkalis," which also include barium and strontium. The ions of magnesium and calcium are "synergistic"; that is, they produce certain reactions in combination that they cannot produce alone. In some cases, magnesium and calcium are interchangeable. But there are differences. Calcium "tightens" cell membranes, and magnesium increases their permeability. Calcium is found mostly in the bones, and magnesium is found mostly in solution in the soft tissues. According to some experts, persons who suffer from a calcium deficiency are apt to be passive, while persons suffering from a magnesium deficiency are apt to be restless. One cell salt practitioner compared this difference to the differences between yin and yang, opposite forces in ancient Chinese philosophy. Calcium and magnesium are important elements in body structure, but sodium and potassium are important primarily in the body fluids. Calcium and magnesium reduce tissue irritability, but sodium and potassium aggravate it.

### **DO YOU SUFFER FROM "UPS" AND "DOWNS"?**

People who suffer from a magnesium phosphate deficiency tend to reflect this in their personalities. They are apt to suffer from constantly changing emotional "ups" and "downs." On the other hand, people who suffer from a calcium phosphate deficiency, are apt to be slow and plodding.

It is thus not surprising to learn that the primary function of magnesium phosphate is in correcting violent ailments. Spasms that affect the connective muscles, intestines, retinas, and blood vessels; dizziness; migraines; even nausea and cold sweats can be helped by this remedy.

People who need magnesium phosphate may look somewhat like people who need calcium phosphate; that is, thin and weak, often with nutritional or allergy problems. They tend to be plagued

by cramps and nervousness. It has also been noted that both types tend to have dark complexions.

Magnesium is actually quite plentiful in the body, considering that it is a "trace element." The amount of magnesium in the body is exceeded only by the quantities of calcium, potassium, and sodium. Magnesium is a factor in helping the blood remain alkaline, and it works with phosphorous to rebuild the nerves. It helps harden the dental enamel as calcium does. Magnesium phosphate is needed by the brain, the heart, and the muscles to relax.

When a crop of potatoes or carrots is misshapen, one of the things that a farmer or gardener can do to correct the problem in the following season is to add magnesium to the soil.

It has only been during the last decade or so that the role of magnesium in the body system has been appreciated by health authorities who are not cell salt practitioners. This appreciation is largely due to the work of Dr. John J. Miller, who discovered how chelated magnesium acts as a stimulus to the creation of enzymes. New appreciation of trace elements such as magnesium has resulted from research with new machines, such as the atomic absorption spectrophotometer, showing that Dr. Schuessler knew what he was talking about. It has now been definitely established that a lack of magnesium will produce such symptoms as unsteady handwriting, muscle twitching, tremors, and sweating. A lack of magnesium has also been connected with such diseases as intestinal malabsorption, alcoholism, severe diarrhea, chronic liver disease, and others. Magnesium deficiency will cause confusion, personality changes, and an altered heartbeat. The metabolism of glucose in the muscles depends on magnesium. All of these symptoms, which modern nutritional scientists are now connecting to a magnesium deficiency, were cited by Dr. Schuessler as indications of a need for magnesium phosphate.

## THE DANGER OF OVER-REFINED FOODS

The normal sources of magnesium in the diet are green leaves, milk, nuts, seeds, chocolate, tea, and coffee. But Americans often don't get enough magnesium from their diets because all of the

magnesium is in the outer layers of unprocessed foods, which are thrown away in the usual milling and refining to which our foods are subjected. In addition, biochemists believe that even if you are getting enough of the necessary cell salts in your diet, these cell salts will not necessarily get to those places in the body where a specific deficiency is causing a problem. That is why it may be necessary to take cell salt tablets when your symptoms call for them.

### UNDERSTANDING YOUR DEFICIENCY

The symptoms that indicate that you have a magnesium deficiency are generally improved by heat and pressure. In other words, if you suffer from localized pains or neuralgia that becomes better when you apply warmth and becomes worse when you go outside, magnesium phosphate is your remedy. (People who suffer from neuralgia can testify to the bad effects of cold winds on their faces!)

Pains in the bowels, cramps in the stomach or bowels, pains in the spinal cord, convulsions, cramps from prolonged exertion, stiffness, numbness, awkwardness—these are all ailments that call for magnesium phosphate. Pianists, for example, can be helped immensely by this powerful anti-spasmodic remedy, since several hours' labor each day over the keyboard can make hands stiff.

Magnesium phosphate can help ease nervous asthma, heart palpitations, angina pectoris, various kinds of shooting pains, constrictive spasms of the vagina, and flatulence, limb jerking, and hay fever.

### STOPPING THOSE SUDDEN, SHARP NEURALGIA PAINS

Certain kinds of neuralgia pains are especially likely to respond to treatment with magnesium phosphate. These pains are spasmodic, almost violent, darting, and deep. They are sharp and intense. Excruciating cramps that tend to come on in the evenings and are soothed by warmth and aggravated by cold will probably be relieved by magnesium phosphate.

In some people, these pains disappear quickly after they strike, when magnesium phosphate is taken. In other cases, the remedy

must be taken for a longer period of time. The effects of cell salts are often subtle, but they have powerful and long-lasting effects. Cell salts are essentially nutritional, but they achieve a therapeutic effect. So if you take a remedy for a while with high expectations, it will have a better chance to work its wonders.

When magnesium salts are lacking in the body, the result may be a pain that moves from place to place and is recurrent. The pain may show up in the head, in the stomach and bowels, and even in the ovaries and limbs.

### **HOW CHRIS E. STOPPED HER HEADACHE**

Chris E. had been suffering from pain that darted through the nerves of her head with terrible cruelty. When she consulted her physician, she had been suffering from the pain intermittently for only three days—but a terrible three days it was! Chris E. was given two doses of magnesium phosphate, and the pain disappeared in no time at all.

Another woman, Patricia S., had experienced a “boring” pain that started over her right eye and in just a few moments spread over the whole right side of her face down to her jaw. Magnesium phosphate eliminated her problem in four days. It also cured her general debility and lack of appetite.

### **A REAL CLIFF-HANGER OF A CASE**

A Texas doctor, Dr. B., who was a tremendous believer in cell salts, tells a story about a patient just recovering from a fever, who developed a terrible pain over his eye. The pain was so intense that the doctor spent four days trying everything to kill the pain. Unfortunately, Dr. B. practiced in the country and did not have any magnesium phosphate. The patient’s family was so worried about his pain that they found another doctor, who wanted to operate! Dr. B. pleaded with the family to wait another day before making the sufferer submit to the knife. They agreed, and luckily the next day’s mail brought Dr. B. a shipment of magnesium phosphate tablets, five of which were given to the patient every 30 minutes. When the pain began to recede, the tablets were cut back to five every hour.

By the next day, the patient was resting comfortably. When he awoke the following morning, he no longer had any pain.

A middle-aged man from Washington, Art U., took magnesium phosphate tablets every 20 minutes when he was being tormented by neuralgia. He noticed the first real diminishing of his pain in 20 minutes. He continued taking magnesium phosphate tablets every 20 minutes for several days. Six months later, the neuralgia had entirely disappeared. It never bothered him again.

### MORE REMARKABLE CASES

Jane B., who had gone out of town to hear a concert, was suddenly stricken with such serious head pains that she had to check into a hotel and go to bed immediately. She was cured in an hour by a doctor who gave her a few magnesium phosphate pills every ten minutes.

Magnesium phosphate also helped Charles F., who suffered from a pain that moved from his face to his teeth in only a few hours. In another instance, a healthy-looking young woman, Barbara C., had face aches that lasted five hours when they came. After three days of taking magnesium phosphate, she reported that the pains were gone.

Doctors have had success in giving workers magnesium phosphate tablets instead of aspirin for bad pain. Toothaches have been cured with this powerful remedy. It seems to work for both young and old.

A woman of 74, Matilda Y., suffered from eczema, constipation, and stomach pains. She was relieved of all three when she took magnesium phosphate to cure a neuralgia that had settled in her face and upper jaw.

### HOW TO TAKE THIS REMEDY

The best way to take magnesium phosphate when you want speedy relief is to put a tablet on the tongue and dissolve another in a

glass of hot water. Take the one on the tongue before taking the one dissolved in hot water. The 6x potency is usually sufficient.

### GETTING RID OF CRAMPS

Both calcium phosphate and magnesium phosphate are recommended for most kinds of cramps. The general recommendation is to take the magnesium phosphate in the 6x dose before meals and the calcium phosphate in the same potency after meals. Dissolve five tablets of each cell salt in hot water and sip the water. Repeat this procedure every three hours. These remedies should keep various kinds of cramps, such as those resulting from prolonged exertion including stiffness and numbness from writer's cramp and cramps suffered by craftsmen or laborers who must hold their tools for long periods. Cramps occurring in the bowels and the stomach, the throat and the larynx, and the corners of the mouth also respond well to this antispasmodic.

At the beginning of this chapter, it was mentioned that calcium phosphate can be given along with magnesium phosphate. Dr. Schuessler recommended that magnesium phosphate be tried first, and if it doesn't work despite the fact that symptoms indicate that it should, then calcium phosphate should be used.

Magnesium phosphate has also been prescribed many times with great success in cases where stomach cramps are accompanied by flatulence. It has also been effective in many stubborn cases of hiccups, especially when it is taken in hot water.

### CHEST PAINS: REASONABLE OR UNREASONABLE FEAR

Chest pains are not to be taken lightly. If you suspect that you have angina pectoris, you should not attempt to treat it at home. You should be under a doctor's care. Nonetheless, it is good to take magnesium phosphate at the first sign of chest pain. Not all pain in the chest indicates heart trouble. Some pains in the chest can be described as "false angina." Cell salts work to remove these pains, which can be frightening to the uninitiated. If you have such pains,

you can treat them with magnesium phosphate tablets dropped into a glass of water. Taken frequently, they will provide prompt relief.

A 25-year-old housewife, Dianne B., had such severe pain in her left breast that her friends feared she was dying. Magnesium phosphate dissolved in hot water, alternated with potassium phosphate (for the weak action of her heart), worked to cure her quickly. Her pulse returned to normal, and the chest pain ceased. A doctor was on his way, and when he arrived he said that he thought she had survived only because of the magnesium phosphate.

### OTHER INDICATIONS

Magnesium phosphate tablets are recommended for soothing your arthritis and rheumatism. It should be taken immediately if your pains are excruciating, violent, and spasmodic. You have no time to waste. If you suffer from asthma and troublesome flatulence or a feeling of tightness in your chest, magnesium phosphate is the recommended cell salt remedy. Magnesium phosphate tablets have also been helpful in cases of people having trouble with their sight after cerebral concussions.

An older man, Scott N., was careworn, despondent, and exhausted from nervousness. He couldn't sleep because of pains in the left side of his face and chest. Magnesium phosphate was given for the spasmodic pains, and potassium phosphate was given for his lost energy. Together they cured him of his problems in about two weeks. Scott N. became a new man. He slept well, worked around the house, and no longer suffered from the spasmodic attacks.

Magnesium phosphate has also helped people who have lost their sense of smell because of a cold. Vomiting and watery diarrhea have been cured with magnesium phosphate taken in a little hot water. Cases of spasmodic coughing have disappeared in hours thanks to magnesium phosphate. Almost any problem associated with spasmodic pain, even if there are other symptoms calling for other remedies as well, points to magnesium phosphate. If you have spasmodic diarrhea, the remedy you should take in addition to magnesium phosphate would depend on the color of the diarrhea.

If your voice becomes shrill, or your windpipe closes spasmodically, magnesium phosphate will help. It may also help to use this remedy if you are diabetic or if in your later years you have developed some dullness in your hearing.

Spasmodic labor pains or leg cramps in the later stages of pregnancy are eased by a dose of magnesium phosphate. The easing occurs rapidly according to cell salt practitioners.

If you feel dull and forgetful and can't concentrate, magnesium phosphate can help. This cell salt remedy can also relieve the pains of menstruation that precede the flow. If you had problems with menstruation and you now experience dizziness and hot flashes with menopause, you may be helped by magnesium phosphate.

Applied on water-soaked cotton swabs, magnesium phosphate will help insect bites around the knees, ankles, and elbows according to Dr. Schuessler. Insomnia that is caused by emotional turmoil can be aided by this remedy. Intense rheumatic toothaches that are soothed by heat will also improve with magnesium phosphate. An urge to urinate frequently will yield to magnesium phosphate.

Like all cell salt remedies, magnesium phosphate is especially good for certain types of people. This doesn't mean, of course, that if you are not that type you won't be helped by magnesium phosphate. It does mean that if you are that type your chances of being helped by magnesium phosphate are especially good. The "magnesium phosphate person" is a thin person, with dark complexion and a lean, nervous look. The nervous look is sometimes expressed by intensely staring eyes. For such people, magnesium phosphate is a constitutional remedy, which means that this cell salt will cure many of their ailments, even if it is less effective for others. People who need magnesium phosphate will often appear tired and will sit motionless in stony silence. Or they may pace to and fro. If a person has a tendency to stammer or cry or he complains of cold, especially up and down the spine, magnesium phosphate will help.

Finally, here are two more indications of a magnesium phosphate deficiency: a thirst for cold drinks and sugar with an aversion to coffee and a feeling of drowsiness.

If from ten to eleven in the morning and four to five in the afternoon you suffer from headaches, magnesium phosphate can

help you. If your brain feels as if it were swishing about and you feel a tightness in your head, consider trying magnesium phosphate.

If your throat is so sore that swallowing causes pain, you have a dry cough that is so severe that it is difficult for you to speak, or you are choking or retching, magnesium phosphate can be the cure.

In general, excruciating pain and extreme exhaustion are signs that indicate to the intelligent observer that he needs magnesium phosphate. Magnesium phosphate will work faster if it is dissolved in hot water, and it seems to be equally effective in all potencies. Cramps and pains are also helped by direct application of magnesium phosphate. This powerful anti-spasmodic holds the key to many ailments. When it is used correctly, it can effect the most miraculous of cures.

CHAPTER *ELEVEN*

*A WONDER-WORKING  
SOOTHER OF JANGLED NERVES*



Potassium phosphate is the cell salt that works wonders on jangled nerves. Nowadays, it's a miracle that any of us can "keep our cool." Tempers flare, and life has more problems than ever before. Luckily for us, however, Dr. Schuessler, working in the German countryside many years ago, discovered that potassium phosphate helps to calm irritable tempers, and his discoveries remain pertinent today.

Potassium phosphate is the cell salt that helps people when they become depressed or when they suffer from headaches due to nervousness. It has helped insomniacs enjoy a refreshing night's sleep.

Potassium phosphate is the most important of the three potassium remedies in the 12-remedy cell salt group. Homeopathic doctors around the world rely on it as a tranquilizer, as do doctors who practice Dr. Schuessler's cell salt system exclusively. This remedy is prescribed to banish irritability, worry, over-excitement, overwork, and depression—even that awful depression that makes even the simplest task a veritable Mt. Everest to be conquered.

Potassium phosphate has even helped people who have suffered from grief, sorrow, and despair for long periods of time,

people to whom life has seemed wearing rather than joyful. These people have taken this remedy, recovered, and begun to live happy, productive lives. Potassium phosphate is often prescribed for senility, weak memory, and forgetfulness. If a busy executive or an overworked student becomes tired from too much mental exercise, potassium phosphate can provide soothing relief.

Potassium phosphate appears to restore direction and order to both the mind and the body. It seems to act as a stabilizing influence when vitality is flagging in the face of adversity. It can be an effective sedative if a person is suffering from restless anxiety and fears that are almost paralyzing.

## MEDICAL DEVELOPMENTS AND BIOCHEMISTRY

Potassium operates as a "detergent" in the large intestine and alimentary canal. It is vital to the action of the heart. Some people believe that the answer to cancer itself lies buried somewhere in the secret of potassium's chemical action; but just how this works has not been uncovered. It is known that the "secret of life" is hidden in the cells and concerns the chemical changes there that cause the "electricity" energizing the cells and giving them life. That is why some famous European doctors are utterly convinced that cancer is often caused by a sodium-potassium imbalance, which is why they usually recommend drastically reducing the intake of table salt (see the chapter on sodium chloride).

For biochemical preparation of potassium phosphate, potassium is mixed with phosphoric acid until the solution is slightly alkaline (as opposed to acid). Phosphoric acid is vital to brain chemistry because it combines with other substances and becomes part of the gray matter of the brain.

## A REMEDY FOR THE HEART AND SOUL

Depression is just about the most awful thing that a person can endure. Often the person isn't even sure why he or she is depressed, which makes it even worse. Potassium phosphate is recommended for people who have irrational fears. Such people are afraid that a

hundred and one calamitous things are going to happen to them. This is not a rare problem; millions of people suffer from this mental malady, perhaps even you.

Do you sometimes find your appetite gone? Do noises, even small ones, drive you crazy until you're ready to scream "I can't stand it anymore"? Does one more truck with squealing brakes or rumbling by on an overpass, or another helicopter overhead, or the kids outside in the driveway make you think "I will simply kill myself"? Do you dread noise? If you suffer from this sort of mental state, potassium phosphate is just what the doctor ordered.

Do you wake easily? Does your memory play tricks on you? Do you suffer from a vague feeling of homesickness? These symptoms indicate a potassium phosphate deficiency. Do you suffer from depression? Do you suffer from melancholy, ill-humor, loss of memory, and irritability? Do you feel a need to withdraw from society? Depression can occur during a period of self-doubt, pressure, worry—when you feel you don't know what to do. But now you do know. Take potassium phosphate.

Tired of life, but afraid of death, Ben R. had been treated with many medicines—but nothing worked until his doctor tried potassium phosphate. For the first time in weeks, Ben R. was calmer, after only eight hours of taking the remedy. That night Ben had his first good night's sleep in a long time.

The same doctor tried the remedy on a middle-aged woman, Alice P., who although she had never thought much about religion before, suddenly became terrified by the notion that she was going to go to hell. This thought so obsessed Alice that she had to be forcibly restrained. She lamented, tore her clothes, and stared out at a world she obviously wasn't conscious of. But potassium phosphate worked wonders in no time.

### LEON U.'S MANIA IS CURED

In yet another case, Leon U. was dramatically helped by potassium phosphate. Leon, a 36-year-old cigar maker, had ruined his health with drink, and giving up drinking had not restored him to health. His stomach and bowels were still distressed. He was enfee-

bled, couldn't sleep, and suffered from fetid gases in his bowels, which made him feel "plain awful."

Leon U. had a four-year-old son who was quite bright, and Leon began to feel compelled to kill the child with a butcher knife, or feared he might. Soon Leon couldn't bear going near a butcher shop, for when he saw the butcher holding up a big knife, it suggested his horrifying obsession. His doctor suggested that Leon stay away from his wife and child for a while, eat less meat, and take a tablet of potassium phosphate every 20 minutes. The doctor advised Leon to allow the tablet to dissolve slowly on his tongue.

In a matter of weeks, this biochemical soother quieted Leon U.'s jangled nerves, relieved his digestive discomfort, and completely ended his homicidal impulses.

In these cases, you can see that potassium phosphate was apparently successful in relieving serious psychological problems as well as physical ones.

Being consumed by remorse over one's life until you want to kill yourself is pretty much the bottom of the barrel. Wanting to murder one's own son is just plain crazy, if not depressing. Potassium phosphate, however, helped these patients recover.

Numerous other people have testified as to the potent effects of this powerful nerve soother. A 50-year-old minister's wife, Laura G., was saved from confinement in a mental institution by potassium phosphate. She acted insanely sometimes, and her husband was afraid he was going to have to commit her. But the family doctor suggested that she needed more treatment because she was going through menopause. This doctor explained that he had treated many change-of-life despondencies with potassium phosphate. And it was this remedy that saved Laura G. from being committed. She took four tablets of potassium phosphate dissolved in a glass of hot water every two hours while she was awake. In a month's time she was fine.

A 26-year-old housewife, Ruth L., who was having trouble with her husband, started exhibiting all of the classic potassium phosphate signs. She was, unfortunately, placed in an institution. She was confused, depressed, and fretful. Everything looked horribly bleak and gloomy to her. The doctor treating her prescribed

various remedies without luck until at last he tried the potassium phosphate. In a few short days, Ruth L. was back to her old self, singing songs at the piano. Soon after, she was able to go home from the mental institution and resume a normal life.

### **A PHYSICIAN HEALS HIMSELF**

One doctor who believes in the cell salt remedies tells the story of another doctor who did not. This physician had been overworking himself and was going through a "nervous breakdown." His condition became so bad that he was planning to give up his large practice. But his friend persuaded him to give potassium phosphate a try, for 30 days.

The suffering doctor said that he didn't believe in cell salts, but he agreed to try this plan of action since nothing else he had tried had helped his condition at all.

In just a few days the doctor was completely cured, but he remained unconvinced of the healing power of the cell salts and refused to continue taking potassium phosphate constitutionally. Nonetheless, none of his nervous symptoms returned, and the doctor was able to see his full patient load without further trouble. Afterwards, he was considerably less adamant about the power of cell salts.

### **ANN C. FINDS RELIEF FROM MENTAL ABERRATIONS CAUSED BY DISAPPOINTMENT IN LOVE**

Potassium phosphate was reported to have cured a young schoolteacher, Ann C., who was suffering from an unfortunate love affair. She became so miserable that she had to be removed from the classroom because she banged her head against the walls of the schoolroom. Her doctor gave her potassium phosphate, one tablet every hour the first day and then every other hour for the next several days. She returned to her teaching completely recovered.

You will notice that a recurring theme in these cases has been insomnia. Paul N. was very successful, with a large happy family and a booming business. Then he ran into financial reverses and

simply could not sleep. Potassium phosphate, administered in the 6x dose, cured Paul N.—not of his financial problems, but of the sleeplessness that was keeping him from solving the financial problems. That is just about as much as you can ask for nowadays—the ability to deal with the problems that everyone faces.

## TREATMENT FOR CERTAIN TYPES OF HEADACHES

Headaches are not easy to treat, as modern medicine and science can tell you. In the chapter about sodium chloride, you learned about the major remedy for headaches. But potassium phosphate is a good remedy to take along with whatever else is indicated if you have a “nervous headache.” Nervous headaches come on with conditions that make you nervous. These are often related to conditions that depress you, even when they are not clearly understood by you. All of the phosphate cell salts are recommended when a headache is located over the eyes. One should take potassium phosphate in alternation with magnesium phosphate, with or without sodium phosphate.

Headaches most often helped by potassium phosphate are those brought on by or in connection with irritability and fatigue. If you yawn a lot, your ears hum, and you just don’t feel like staying up but your symptoms disappear when things suddenly start looking interesting or when you eat, you probably need potassium phosphate. Headaches resulting from too much mental exertion will be helped by this remedy, too. It is especially helpful for students who develop headaches around examination time.

## HOW JEWEL E. FOUND RELIEF

A 55-year-old woman, Jewel E., had headaches so excruciating that she felt as if she would go insane. She insisted that her brain was ruptured and that it was running out of her eyes. She had been laboring under this illusion for several days when her doctor ordered her to take potassium phosphate—first one dose and then another two hours later. After the second dose, the headache simply disappeared.

In another case, Robin M. was suffering from a headache on the second day of her menstrual period. Immediately after she took the potassium phosphate prescribed by her doctor, her menstrual flow increased and her headache vanished.

A medical student, Robert S., was experiencing roaring and buzzing in his ears from too much study. A doctor he sought out prescribed 12 potassium phosphate tablets, to be taken one every three hours. Robert reported immediate relief, and the headaches that always came on when he exerted his brain too much no longer were a problem.

### FOR THE HEART AND BODY

Generally, symptoms requiring potassium phosphate are worse in the morning and evening and persist into the night. The person suffering from these symptoms will often find that he feels better after getting up and slowly walking around. Cold air makes the symptoms worse; fasting may make the symptoms better.

The pains connected with a potassium phosphate deficiency are aching ones. They seem to tear downward and can be almost paralyzing.

If a wife has been cruel to her husband or baby, she needs potassium phosphate. If you are worn to a frazzle by your job, your house, and your life; if life has dealt you a series of blows; if you feel hopeless—try potassium phosphate as your constitutional remedy. It could change your whole life!

If you find that your sense of humor is becoming more and more contrary, just for the sake of contrariness, you might be on the way to becoming another Mark Twain, but you might need potassium phosphate. (Twain was one of several great Americans who believed in the health benefits of these remedies.) If, in general, you find that you are indifferent to your surroundings, your finances, your family, and, finally, yourself, you probably need potassium phosphate.

If your vision is blurred or you see colors before your eyes, floating black spots, halo effects, and so on, your vision can only be improved by potassium phosphate. If your ears are swollen, pulsat-

ing, or twitching; if you suffer from a cough with your colds; if your nervousness gets the best of you and you develop a case of hay fever; if your nose is obstructed or swollen; if your gums are swollen, burning, and red—you need potassium phosphate. Of course, if you have a serious infection, you should not attempt to treat it by yourself. See a doctor.

One important use for potassium phosphate is to eliminate certain offensive body odors. It can also eliminate the bitterness in your mouth and nervous chattering of your teeth.

Certain kinds of coughs are best treated with potassium phosphate. Hacking coughs, short, spasmodic coughs, and coughs from asthma (potassium phosphate is the specific remedy for asthmatic coughs) respond to potassium phosphate.

One of potassium phosphate's main physiological applications is in the treatment of angina pectoris. It is taken along with magnesium phosphate. Naturally, if you have chest pains you should see a doctor. But after you have seen your doctor and he has begun treatment, you should go to your health food store or homeopathic pharmacy and buy some potassium phosphate. Everything connected with heart trouble can be treated with this cell salt—in conjunction, of course, with whatever your own physician prescribes. When the heart is full of fat or is degenerating, the lungs are inflamed, or there is pain in the chest, this wonderful soother should be taken on a regular basis.

*CHAPTER TWELVE*

*A POWERFUL  
CARRIER OF OXYGEN*



Though its effects are often not as dramatic as those of other cell salts, potassium sulphate is very helpful in performing important functions. There are some indications that this cell salt can relieve baldness, although the user would have to give this cell salt plenty of time to take effect and take it along with his particular constitutional cell salt. Remember, taking your proper constitutional cell salt can be as important in dealing with a health problem as taking the remedy called for by the symptoms.

Potassium sulphate is the biochemical cure for dandruff, and it is very important for healthy skin. You can also use it for more serious ailments.

Iron phosphate and potassium sulphate work together in your body to help your blood carry oxygen to all of your cells. Iron phosphate is said to regulate the "external breathing" and potassium phosphate the "internal breathing" of cells in the exchange of gases. Both salts act in carrying oxygen, although some people believe that potassium phosphate can carry oxygen where iron phosphate cannot.

Potassium sulphate is credited with building new skin cells where the old ones have been damaged or killed due to disease. This

remedy is nearly always prescribed, together with some other important cell salts, for skin problems. (See the *Simplified Remedy Guide* for examples.)

## FASCINATING SIMILARITIES

Potassium sulphate has a strong relationship with Pulsatilla, an important homeopathic remedy. Pulsatilla is a more complex compound than potassium sulphate, however. Potassium sulphate, potassium phosphate, calcium sulphate, and possibly silica are the active homeopathic agents. Of these ingredients, potassium sulphate is the dominant one.

The symptoms indicating a need for potassium sulphate or Pulsatilla are remarkably similar. The symptoms include a need for fresh air. And the two remedies help similar ailments. Potassium sulphate is to biochemical medicine what Pulsatilla is to homeopathic medicine. Dr. Schuessler's theory is that the active ingredients in many homeopathic botanical remedies are probably the 12 cell salts.

Some doctors practice with just cell salts, but others use the whole range of homeopathic medicines. It is interesting to note some symptoms that Pulsatilla and potassium sulphate both treat. Both, for example, are useful in treating vertigo, when just looking up makes the patient feel as if he or she is falling. If you have a constricting headache that makes you feel as if a metal band has been put around your head, as if your head were in a vise, the doctor could prescribe either Pulsatilla or potassium sulphate, depending on other indications.

If you need potassium sulphate or Pulsatilla, standing still or lying down makes you feel worse, and you probably have eye problems—dim vision, dark colors before the eyes, and itching, swollen eyelids. You may feel that you have lost your sense of smell, or you may suffer from a toothache. Potassium sulphate is an important remedy for a dry, mucus-filled sore throat in the morning and difficulties in swallowing, and Pulsatilla helps these symptoms too. Potassium sulphate is especially effective in treating hoarseness that becomes worse in the evening. Both potassium sulphate and

Pulsatilla are used in cases of irregular menstruation, heart palpitations, and pimples. The only difference between the two is that patients who need potassium sulphate are obstinate, while patients who need Pulsatilla are milder in temperament.

## NEW HOPE FOR YOUR HAIR AND SKIN

Older people tend to lose the lubrication in their skin. Potassium sulphate is a lubricating agent in the body, and it can help the skin when the necessary oils have dried up.

Potassium sulphate has been used in treating sticky and scaly dandruff, eczema, and hot, dry, and harsh skin. It is always recommended for children as a way of keeping their skin healthy during illness.

Potassium sulphate is good for burning and itching hands and for crawling, stinging sensations in the skin. The remedy, which can be taken orally as a constitutional remedy or dissolved in water and applied directly with a cotton swab, will aid in removing or curing liver spots, herpes eruptions, pimples, psoriasis, and scaly eruptions arising from a moist face. There have been reports of potassium sulphate curing ringworm.

In all skin conditions, one's emotional state is a big factor. Therefore, be sure that the remedy for your mental state is being used concurrently. If your mental state indicates that you need potassium sulphate, so much the better. Then you really know you are using the correct remedy.

Often, when a potassium sulphate deficiency shows up, it does so as yellowish, slimy matter emerging out of papules on the skin. It is believed that potassium sulphate clears up such conditions as it carries oxygen and destroys worn-out cells. In this, it works with iron phosphate. Thus, in many skin inflammations, as well as in internal inflammations, potassium sulphate is definitely the remedy.

Treat skin problems with potassium sulphate three times a day in the 6x potency, by mouth or applied to the skin. Potassium sulphate will help painful warts, fungus rashes, and painful, red eruptions, as well as measles-like rashes and dry skin. Eczema responds well to this remedy when the discharge is yellowish. In

cases of dandruff that can be helped by potassium sulphate, another symptom is often a dry and scaly lower lip. Another indication of a need for potassium sulphate is a yellowish tongue.

Mike P. had been plagued by a recurring case of small red pimples that ran together, making his face look swollen. He had suffered from this problem for five years. He had originally found some relief by using cold water, but as time went on the irritation was relieved mostly by heat. He also suffered from constipation. After trying several remedies unsuccessfully, Mike's doctor gave him potassium sulphate, which brought about a noticeable improvement in just three days. His constipation also cleared up.

Lydia P. suffered after-effects from a severe case of poison ivy that had lasted eight months. She had small, hard vesicles on her face, which formed thin scabs. Two doses of potassium sulphate dissolved in water and applied with a cotton swab, applied morning and evening for four days, cured the case in just four weeks.

A case of baldness was also reported cured by this cell salt. The sufferer, Larry D., who had once had black hair all over his face and scalp, had started losing his hair by the handfuls after a case of gonorrhoea. Pretty soon he had a bald spot the size of a silver dollar. He tried various treatments for several months with no effect, but a vial of potassium sulphate, with doses taken every third day for three weeks, eliminated the bald spot. Larry's hair grew back in completely.

### STOPPING RHEUMATISM COLD

If you have pains in your joints that are eased when you walk in the open air, you may have the sort of rheumatism that can be helped by potassium sulphate. If you have pain in the lumbar region of your back during menstruation while sitting, or even while walking, potassium sulphate is the cell salt treatment indicated. If you need potassium sulphate, your pains will seem to "wander around," and your hands and feet will feel cold.

Rheumatism is a complex disease, of course, so you must check your symptoms carefully in the *Simplified Remedy Guide*. If you have headaches in a warm atmosphere and in the evening and

your back, neck, and limbs ache, try potassium sulphate. Give it time to work. Some people feel it is a miracle-worker in cases of rheumatism.

Another sign that you might need potassium sulphate for your rheumatism is restless sleeping after three in the morning because of soreness. Getting up and walking around will make things worse. This is the time to take potassium sulphate so that you can get back to bed and have a restful night's sleep.

Carol Z., a 22-year-old woman, suffered for years from indigestion and general debility, including rheumatic pains. She had neuralgia in her face, which felt better when she stood at an open window and worse in stuffy, hot rooms. Potassium sulphate relieved her condition so well that she subsequently kept a bottle around the house in case any of her old symptoms returned.

A 26-year-old lumberjack, Jerry P., was usually very healthy but caught cold while perspiring heavily after doing some hard work. He subsequently developed terrible rheumatism in his joints, which was accompanied by a high fever. The pain seemed to wander, going from his bottom to his left knee. The pain was severe, and nothing his doctor gave him seemed to help. But when he was given potassium sulphate the recovery was quick. His appetite returned, he could sleep comfortably, and the pains were gone within a week of his starting to take potassium sulphate.

Another young man, Robert F., lived on the banks of a lake and often got wet while fishing or shooting. Over a period of a couple of years, he started suffering from rheumatic pains after he went in the water. The pains seemed to shift from place to place. His doctor gave him potassium sulphate to take four times a day, and within three weeks the pain had simply disappeared. At last word it was a year since he complained of any problems.

## OTHER INDICATIONS

If a woman's menstrual period is scanty or suppressed, her abdomen feels full, and her tongue is yellow, she is suffering from a

potassium sulphate deficiency. Potassium sulphate helped Andre H. to regain menstrual regularity, which she had lost for 15 months after her first pregnancy.

Potassium sulphate is also one of the remedies usually prescribed for asthma, especially bronchial asthma, when the lungs are filled with loose, yellowish matter that is easily coughed up. Dave M. had been suffering from an asthma attack for ten days. The attack was so severe that he could barely talk and had labored breathing. He reported a recovery only a few hours after his first dose of this remarkable cell salt.

Potassium sulphate should be used in alternation with iron phosphate in cases of bronchitis with yellowish expectoration.

Potassium sulphate has also been credited with helping people get back their senses of taste and smell when they have yellowish discharges. Jim W., a sailor from San Francisco, had a problem with his nostrils for 18 months. He also caught cold easily. Three doses of potassium sulphate once a day improved his catarrh condition in a month, and he mostly regained his senses of taste and smell.

If you develop a cough and the mucus in your throat seems to be falling back and is yellow, you should try potassium sulphate. If your diarrhea tends to be yellowish, and your stool is black, thin, and smells offensive, you need this powerful carrier of oxygen. Potassium sulphate is sometimes indicated in gastric problems.

In cases of a yellow vaginal discharge, potassium sulphate should be an effective treatment. However, if the discharge is not yellow or is of a very thick consistency, you should consult the *Simplified Remedy Guide* for the correct remedy.

Potassium sulphate also helps piles. It is a potent remedy, useful in many sorts of ailments. It may help you.

CHAPTER *THIRTEEN*

*THE REMEDY  
FOR SLUGGISH,  
RUN-DOWN CONDITIONS*



The last cell salt in our galaxy of 12, potassium chloride, works very much like potassium sulphate. It is subtle in its action and may be overshadowed by the more dramatic cell salts such as iron phosphate and sodium chloride. Nevertheless, potassium chloride is as important as the others. It is an important constituent of the muscles, nerve cells, and brain cells. In fact, brain cells can't form without this cell salt. It should almost always be used with iron phosphate to fight fevers.

From Dr. Schuessler's time to today, cell salt practitioners have believed that potassium chloride is the cell salt that builds nitrogenous protein fiber, fibrin.

In many ways, potassium chloride resembles potassium sulphate. It is indicated in many of the same problems. There is, however, one big difference: Whether the problem is constipation, diarrhea, or nasal or bronchial catarrh, the color of exudations requiring potassium chloride tends to be white rather than yellow as in discharges that indicate a need for potassium sulphate. Cell salt practitioners sometimes give potassium chloride when nothing else seems to work. It is helpful in treating chronic ailments, especially

where severe inflammation is involved. It should be given routinely, along with iron phosphate, for colds and other catarrhal conditions. It is also prescribed for certain kinds of rheumatism (as is potassium sulphate).

### **A POWERFUL DESTROYER OF WASTES**

Potassium chloride can help destroy the body's wastes when the body is fighting off a fever or an infection. It should be given when the fever has broken and the body must begin the process of convalescing and rebuilding its health. Potassium chloride retards the secretion mechanism of the body. If you have a white vaginal discharge or dark and clotted menstrual blood, try this cell salt together with sodium phosphate. If the flow of menstrual blood is painful, alternate doses of potassium chloride with doses of magnesium phosphate.

Potassium chloride is also useful when your liver is sluggish and when piles exude dark, clotted blood. It controls blistering when it is dabbed on burns and scalds. (Also take iron phosphate to relieve the pain.) As a matter of fact, you should take a dose of potassium chloride in the 3x potency every 20 minutes for all dull, aching pain.

If fatty foods or pastries cause indigestion, potassium chloride should be taken to help control the indigestion and gas. Of course, you should also remember that eating fatty foods and pastries can be bad for you even if they don't cause indigestion. If a pastry chef uses white sugar to make the delicious concoctions you eat (and how many pastry chefs use anything else?), you will probably develop that sluggish, run-down condition that many people take potassium chloride to get rid of!

### **HOW POTASSIUM CHLORIDE HELPS SLUGGISH LIVERS**

When you take potassium chloride for your liver, take it in the 12x dose three times a day. This dosage is about the same amount of potassium chloride that occurs naturally in a healthy blood cell.

Tired livers can be the cause of the sluggish, run-down feeling from which so many Americans suffer. Another way this wonderful cell salt might help sufferers relieve sluggishness is by thinning the blood, so that less energy is expended as it is pumped through the arteries.

Potassium chloride also has the reputation of being able to help your body get rid of cracking noises and stuffy colds in the head and related disorders. It is specifically recommended, together with sodium chloride and iron phosphate, for all throat problems. It will also help acne swellings and asthma. (By now you will have noticed that the cell salts have overlapping effectiveness; some will treat the same ailments as others. The key to which cell salt should be used is what other conditions are present in the ailment being treated. Certain factors must be present for a certain cell salt to work.)

Dennis K. had been an asthma sufferer for a long time. He coughed so hard during an attack that he had to lean over the back of his chair when the spasmodic coughing came on. He also vomited thick white phlegm. His doctor gave him potassium chloride every 20 minutes, and later every three hours, until the cough was gone. Dennis reported that he never again experienced another acute asthmatic cough. Potassium chloride should be used when breathing is oppressed. It should be taken every 20 minutes or so during the attack itself.

## **REGAINING YOUR YOUTHFUL ENERGY**

It will take more than just cell salts to bring back the energy you had when you were younger, but cell salts, especially potassium chloride, can help. The right diet, including enough vitamins and minerals, is supremely important. So is plenty of exercise. With potassium chloride, you should begin to develop new vitality and energy.

As mentioned earlier, potassium chloride should be given when a fever begins to recede. This is because this remedy is a building agent. Its effectiveness lies in its ability to help a body that is recovering from disease or infection.

## CURING RHEUMATIC STIFFNESS

Just as potassium sulphate is good in cases of rheumatism, so is potassium chloride. Potassium chloride seems to ease the swelling in cells concerned with excretion and absorption in cases of inflammation, rheumatic or gouty pain, and swelling. One difference between the two remedies is that when motion brings on pain, potassium chloride is indicated, while walking in the air makes pain actually disappear when you need potassium sulphate. You will also have a telltale white or grayish tongue when you need potassium chloride, rather than the yellow one that indicates you need potassium sulphate.

A classic case showing most of the symptoms indicating a need for potassium sulphate involved a 78-year-old man, Abraham Z. He had been sick for a number of years, with a poor appetite due to digestive upsets. He couldn't eat greasy foods and was plagued by diarrhea, constipation, stomach ache, and flatulence. His joints were always swollen. His doctor gave him potassium chloride in the 3x potency, three tablets every two hours dissolved in hot water and taken orally. Within six weeks, all of his problems had cleared up. This story illustrates the amazing powers of this remedy in treating rheumatism and other problems.

A 12-year-old girl, Brigitte R., had pains in all her joints, especially in her wrists and elbows. A combination of iron phosphate and potassium chloride dissolved in a glass of hot water cured her problems in only a few days. The iron phosphate was given during her fever, and the potassium chloride was used during her recovery to speed it along. In the next year, when the same problem arose, the same remedies worked even faster.

In a case that Dr. Schuessler related, John H. had been suffering from rheumatism and fever for eight days. His joints were so swollen that he couldn't lie in bed comfortably, so he tried to walk all night. John was given potassium chloride, and the next night he got a good night's sleep. Twelve days later, he was cured.

In another of Dr. Schuessler's cases, a 70-year-old man, Paul H., had acute rheumatism in his shoulder and elbow joints. As in the case of John H., every time he lay down the pains grew worse. He

was cured in a relatively short time with iron phosphate and potassium chloride.

In still another case, a child with rheumatic fever was cured in just a few hours with potassium chloride. Rheumatic fevers are serious things, especially in children, because they seriously weaken the heart. Any child with rheumatic fever should be taken to see a doctor.

Finally, in another case, a doctor prescribed magnesium phosphate during his patient's recovery from rheumatism because the patient began having spasmodic pains in his abdomen. Of course, if you have an acute attack of rheumatism, you should consult your doctor in addition to using the appropriate cell salts as a supplement to the treatment.

## EARACHES

Earaches can be dangerous as well as annoying. If you have a persistent earache or a discharge from your ears, you should see a doctor. Because there is a great deal of mucus in the ears, potassium chloride is one of the main treatments for earache. It should be used along with iron phosphate in cases where the earache is accompanied by inflammation or fever along with the treatment prescribed by your doctor.

Potassium chloride is most useful when the inflammation has started receding and the membranes are thickening, so much so that sometimes the hearing can be lost. Potassium chloride works to prevent this by eliminating the fibrin that is attempting to escape from the body through the ear's mucous membranes.

## SOME OTHER USES

You can apply potassium chloride directly to boils and carbuncles to prevent further swelling. Potassium chloride is also used to treat anemia that is accompanied by skin eruptions. If you have backaches for which you have taken iron phosphate to cure, with no success, try potassium chloride. Potassium chloride tablets can be

pulverized and the powder applied to first- and even second-degree burns.

Loud stomach-originating coughs and short acute coughs require potassium chloride. Always check for a white tongue, of course. If eye problems are accompanied by a white discharge, try potassium chloride.

If you have trouble digesting fatty foods, you suffer from flatulence, or your liver is sluggish, try potassium chloride. If you get gastritis from drinking hot liquids you need potassium chloride. Also, if you have stomach aches, accompanied by constipation, try this cell salt. If your sleep is restless and you are easily disturbed, potassium chloride will enable you once again to enjoy a refreshing night's sleep.

No doubt about it, potassium chloride is a powerful and eminently useful aid in relieving many ailments.

*CHAPTER FOURTEEN*

*A SIMPLE PLAN FOR GLOWING  
FEMININE BEAUTY*



For centuries, women have exchanged (or jealously guarded) their beauty secrets on how to develop and maintain glowing, vital loveliness at any age. But would you believe that glowing beauty is easily within *your* reach? Are you willing to undertake a simple beauty project involving cell salts and a minimal amount of effort? If you are, at the end of 30 to 60 days you could look in your mirror and see the reflection of a gorgeous new you.

### **SOME BASIC PRINCIPLES OF BEAUTY**

As you have discovered, the 12 cell salt remedies can play a big part in restoring the youth and health you may have lost as a result of a poor diet. The same poor diet that contributes to many health problems can also affect a person's appearance. Some of the indications that your body is not getting proper nutrition include a sallow complexion, incipient wrinkles and lines, poor muscle tone, general tiredness, dark circles under the eyes, insomnia, and dry skin. These problems detract from your good looks and can discour-

age you from even trying to look your best. But neglecting your appearance just causes more problems and a vicious cycle is created.

If you're like lots of other women, you probably drag yourself out of bed in the morning, late for work or in a rush to get your husband and children off to work and school. You don't have time to fix yourself a good breakfast, even if you might prepare one for your family. So what do you give yourself? Black coffee and white toast. When your body is trying to tell you that it needs nutrition the most, to help you face the day squarely, it is ignored. You have ignored your body by not eating the right things.

When noon rolls around, you probably find that you're absolutely starving. If you're at work, you raid the catering truck or vending machines and wind up with a lunch of dubious value—a stale sandwich consisting of some processed cheese, ham and lettuce on white bread, more coffee, and a processed dessert. There are a lot of calories in this meal, but your body will be getting few of the nutrients it really needs for health and beauty.

At dinnertime, you're probably not that hungry. You may not even like your own cooking that much.

If all of this sounds at all like you, stop right now and consider this grim fact. If you continue neglecting and abusing yourself this way, all you can expect is an early old age. This is especially true if you're a young woman who feels that she has to starve herself all of the time to maintain a fashionably lean silhouette.

### **TRY THIS NATURAL CELL SALT COSMETIC**

Avocado is one of the best cosmetics you can buy. You can create your own avocado cosmetics, or you can buy avocado creams at health food stores. Don't be fooled by products from large chemical cosmetic firms that use a dab of avocado for sales appeal. These products are still essentially chemical and may be irritating or even dangerous.

To create your own avocado cream, puree avocado and refrigerate it for three days. Then add one tablespoon of cell salts dissolved in water and wheat germ oil to the puree (or a health food

store cream). The result will be a product that should help remove flabby jaw lines, sagging muscles, and crepe necks if it is used with consistency.

Why the avocado-cell salt mixture? Because avocados are nature's best emollient. They are rich in cell salts and natural humectant—a substance which draws water to itself. Water, not oil creates soft, beautiful skin, and avocado applied to the skin, with cell salts and vitamin E (in the form of wheat germ oil) added, is just about the best cosmetic known to man. Use it in your cell salt beauty plan.

Avocados were first used as an emollient by the early Indians of the California and Mexican deserts. The Aztec word for the fruit was *ahuacatl*, which over the centuries became "avocado." The Indians knew something from experience that can now be proven with modern laboratory techniques. They knew they were reaching for health and beauty when they reached for the avocado. You can do the same, and add some extra health to it by putting in both cell salts and wheat germ oil. The vitamin E in wheat germ oil is also very important to skin health.

Use the avocado-cell salt cream on your face at night and start using the cell salts conscientiously in your diet.

## THE NUTRITIONAL REMEDY IS IMPORTANT

If you have the poor eating habits we described earlier, you should try to change them. The cell salt calcium phosphate will help you. Take it before or after each meal. And then think about those meals. (Reread the chapter on calcium phosphate, which will help you visualize your body's nutritional mechanisms at work.) You should avoid heavy, fat-laden repasts. Get into the habit of eating a good breakfast. It can be as simple as a whole-grain cereal with a little fresh fruit and milk, or some fresh cheese, whole-grain toast, and fruit juice. Whole-grain cereals are extremely important in the diet for the precious vitamins and minerals they contain.

You can take your lunch with you to work. It should include a fresh, preferably raw, vegetable or salad, cooked eggs or cold meat, and maybe, bread and butter. If you want something to drink, under

no conditions take a regular soft drink. A sugarless soft drink is better, although there is considerable evidence that artificial sweeteners can be damaging.

Dinner should be the lightest meal of the day. A light soup or salad and some fruit is ideal.

Remember that *sugar* is absolutely useless in the diet. It serves no purpose nutritionally, and there are many health experts who believe that it can seriously damage your health. It also adds many empty calories. Bear in mind that it is an ingredient in many packaged foods. It is a good idea to read package labels carefully and substitute fresh fruits and vegetables for packaged or frozen fruits and vegetables. But beware of some so-called "natural" products. If you look closely at their ingredients, you may find that chemical preservatives or sugar are included.

To take cell salts and then eat sugar is like going to an Alcoholics Anonymous meeting and then going home and drinking a cocktail. Health is the result of a combination of things, of which the cell salts are an integral part. But the cell salts cannot work if you abuse your body in other ways.

Once your diet has become healthy, you will notice the beginning of a new you. You will lose unwanted pounds, have more energy, discover a brighter personality, and start looking better.

## HOW YOU CAN DEVELOP NEW ENERGY AND VITALITY

Calcium phosphate is the nutritional remedy that will make you feel good all over. It is routinely prescribed for sluggish, run-down conditions. It can help you regain your energy. Potassium sulphate and iron phosphate are also essential for any new health regimen. Potassium sulphate and iron phosphate both carry oxygen through your body and help restore your health. Try taking these remedies each day before you exercise.

Your exercise program need not be the regimented program you may have suffered through in school. An easy, personalized exercise program can be a wonderful tension reliever. It can quickly eliminate that sluggish, "run-down" feeling.

If you don't enjoy sports or "working out" in a gym, take a long walk or a hike in the most beautiful surroundings you can find. If you want to think things out, take your walk by yourself. If you prefer company, which often will help while away the miles more pleasantly, invite your family or friends to walk with you. On a hot day, try a cool swim instead. If you feel exuberant, take advantage of your feeling by running for a while.

You will soon discover that exercise has become something you associate with happy times. Each day, as you reach for your iron phosphate, calcium phosphate, and potassium phosphate, you will feel better immediately because you will realize that it's the time of day to make yourself feel better by pleasant exercise.

### A LITTLE "R & R" CAN DO WONDERS

At night, just before retiring, take iron, potassium, magnesium, and sodium phosphates. These will help you sleep well. Along with a healthy diet and exercise, your cell salt beauty plan should include plenty of sleep. (Dark circles under the eyes aren't very complimentary to your appearance. Besides, if you're too tired to stand up straight, no one will admire you, and your personality just will not sparkle!)

Getting enough sleep for your health might sound deceptively simple. Everybody knows that sleep is important, but how many people actually get enough sleep every night? Probably very few. Some people, including some research scientists, say that you don't need a lot of sleep. But if you can't get to sleep until 3:30 because of insomnia and have to get up at 7:00, you're not going to feel good. If you are one of the bleary-eyed souls who while away the wee small hours of the night watching television because you can't unwind any other way, try taking iron, potassium, magnesium, and sodium phosphates. That way you will get your "beauty sleep."

Remember, that part of being beautiful lies in having regular health habits—good diet, exercise and enough rest. Erratic living doesn't help your appearances, and it doesn't do very much to prolong youth, either. A serene outlook on life and a sense of humor

can also help you to develop both inner and outer loveliness and a new you.

## YOUR BEAUTY TONIC

Iron phosphate is everyone's "beauty tonic." It is used in combination with other cell salts to treat many ailments, but it is also extremely effective by itself. It is also sometimes a good idea to take potassium phosphate, the soother of jangled nerves, to restore your peace of mind, promote a more positive attitude, and bring color back to your cheeks.

Iron phosphate plays an important role in maintaining good health, which, of course, is the largest part of being beautiful. It is especially effective if your spirits are depressed, which will show on your face. All of the cell salt phosphates will help lift your spirit, but iron phosphate will give you the physical basis for good health. If you are feeling discouraged, take iron phosphate twice a day, morning and evening, and watch your gloomy symptoms disappear.

## BEAUTIFUL HAIR AND NAILS CAN BE YOURS

If you envy women with long, shiny hair and long graceful fingernails, you are not alone. But you may feel that lovely hair and nails are an impossible dream. Commercial fingernail strengtheners may work at first, but they contain harsh chemicals. Hair conditioners are unreliable and full of strange chemicals. So what do you do? You take silica.

Silica, nature's cell cleanser, is recommended for many ailments. But it is especially useful for building up unhealthy hair and nails. In Chapter 3, you read about Pat H. and how silica helped her hair and nails. Now you can try it for yourself.

Take silica three times a day, morning, noon, and evening. At the same time, be sure that you are eating well and getting plenty of rest. Within 30 days, you should see your hair take on a healthy shine and split ends disappear. Your fingernails will be stronger, longer, and less inclined to break and split. For your nails, you

might also try drinking gelatin dissolved in water each night before you go to sleep.

## **ELIMINATING UNSIGHTLY WATER RETENTION**

Another problem that can detract from beauty is water retention. Many women who experience this find it to be worst just before their menstrual period, although in susceptible women it is an ever-present condition.

If you have a water retention problem, take sodium sulphate and sodium chloride before meals to help regulate your body fluids. You should also stop adding salt to the food you eat. A low salt intake will benefit your heart and may even protect you from some forms of cancer.

Since sodium sulphate and sodium chloride work to eliminate bloating and water retention, they will help you produce a sleek new body. Some of the other salts you are taking in this program will also help you prevent obesity. Try calcium flouride—it holds off obesity and is also good for the enamel of your teeth.

By the way, if you are especially troubled by water retention before your period, try stepping up your exercise program. Exercise also helps relieve menstrual cramps, which are sometimes associated with water retention.

## **BLOTTING OUT VARICOSE VEINS**

Varicose veins are unattractive reminders that we are getting older. They are also painful. Calcium fluoride, the cell salt which promotes suppleness and elasticity, has been recommended for treating varicose veins for years along with iron phosphate and silica, which you should be taking already.

To treat varicose veins, take calcium fluoride, iron phosphate, and silica in the morning and evening, but give them time to work, especially if you have had the condition for a long time. You should obtain comfort, relief, and improved appearance within a reasonable time. If you don't, or if the condition worsens, see your doctor.

There are other medical procedures besides taking cell salts for this condition.

### **HOW TO HAVE A CLEAR, FRESH COMPLEXION AT ANY AGE**

Silica, which you should already be taking for your hair and nails is also good for your complexion. But another salt is especially helpful for your complexion—calcium sulphate, a healer and purifier of the blood. If your face tends to break out, it is best to take calcium sulphate before the pimples start discharging pus. If they have already started to discharge pus, take potassium chloride in addition to calcium sulphate. The cell salts should be taken every two hours until the pimples have discharged the pus. Then take the cell salts only twice a day, morning and evening. You might have to take the cell salts every time your skin starts to break out again. Both calcium phosphate and potassium sulphate help build new skin cells, but you should already be taking these anyway.

Also, for skin health, stay away from greasy foods and too much salt and sugar.

### **SPECIFIC CELL SALT REMEDIES FOR BEAUTY PROBLEMS**

For acne, hair and scalp problems, obesity, warts, heavy perspiration, sunburn, fatigue, and premature aging, check the *Simplified Remedy Guide* for appropriate treatments.

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# PART *TWO*

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# *SIMPLIFIED REMEDY GUIDE*

## HOW TO USE THIS GUIDE

The *Simplified Remedy Guide* has been designed for easy use. After reading Chapters 1-14 you have an idea of what each of the 12 cell salts does. You have learned that while each salt is particularly suited for a specific condition, most ailments require more than just one remedy. You should take a combination of cell salts—the combination that is particularly suited to you.

For almost anything that you want to treat, you should start with your own constitutional remedy. Your constitutional remedy is the cell salt that best matches your usual pattern of health and illness.

We suggest that you try iron phosphate for most ailments. Iron phosphate will cure many illnesses by itself, and it is almost always an ingredient in combination remedies. Potassium sulphate is a cell salt that you should take as a matter of course since it has a “synergistic” relationship with iron phosphate.

Remember that this book cannot make you a doctor. Medical study of the 12 cell salts is a specialized branch of medicine called homeopathy. To become a homeopathic doctor, you would have to go to medical school and, after graduating, undertake further study at a homeopathic hospital. When you use this book, keep in mind that you are a lay person. See your doctor about serious health conditions. Self-treatment can be risky unless it is accompanied by the help of professionals. At the same time, you can help your doctor if you become actively involved in your own care.

Look through the list of ailments that begins on page 179. Find the ailment that is bothering you. For example, let's say you are suffering from fatigue. You will discover that the use of calcium phosphate is recommended. Look up the chapter reference, and you will discover that calcium phosphate is described in Chapter 9, *The Nutritional Cell Salt Remedy That Will Make You Feel Good All Over*. Read that chapter and see whether it contains an accurate description of your health problem. If it does, try the remedy suggested.

### ALPHABETICAL LIST OF CELL SALTS BY CHAPTER

CALCIUM FLUORIDE is described in Chapter 8, *A Natural Producer of Suppleness and Elasticity*.

CALCIUM PHOSPHATE is described in Chapter 9, *The Nutritional Cell Salt Remedy That Will Make You Feel Good All Over*.

CALCIUM SULPHATE is described in Chapter 7, *A Powerful Healer and Purifier of the Blood*.

IRON PHOSPHATE is described in Chapter 2, *The Pre-Eminent Biochemical Remedy*.

MAGNESIUM PHOSPHATE is described in Chapter 10, *An Amazing Antispasmodic Remedy*.

POTASSIUM CHLORIDE is described in Chapter 13, *The Remedy for Sluggish, Run-Down Conditions*.

POTASSIUM PHOSPHATE is described in Chapter 11, *A Wonder-Working Soother of Jangled Nerves*.

POTASSIUM SULPHATE is described in Chapter 12, *A Powerful Carrier of Oxygen*.

SILICA is described in Chapter 3, *A Remarkable Cell Cleanser*.

SODIUM CHLORIDE is described in Chapter 4, *Nature's Cure for Headaches*.

SODIUM PHOSPHATE is described in Chapter 6, *The Biochemical Antacid*.

SODIUM SULPHATE is described in Chapter 5, *A Miraculous Remedy for Asthma*.

## HOW TO TAKE THE REMEDIES

Always take the cell salt remedies orally. The surest way to get the full effectiveness of a cell salt is to place a couple of tablets of it on the tongue. Don't drink or eat anything for 15 minutes before you take any cell salt. Let the pill melt on your tongue. Wait a half hour before you eat or drink anything. The idea is to let the triturated doses of the cell salt bypass the stomach, if possible. This assures that the cell salt will travel quickly and undamaged to the cells affected by disease or injury. When you need quick relief, such as for hiccups, dissolve the tablets in a glass of hot water and drink the water in quick sips.

Sometimes it is appropriate to apply the salts externally, although even if you apply the remedy externally it should also be taken internally. You can apply the remedy by dissolving two or three tablets or even more for combinations of remedies, in a tablespoon of hot water. After the tablets have thoroughly dissolved, dip some cotton in the liquid and dab it on the affected place. Another way to apply the remedy externally, which is the method generally used for first aid purposes such as for treating cuts or bruises, is to grind tablets in a chemist's mortar and pestle. In England, homeopathic pharmacists sell cell salts in powder form as well as in tablet form, but this is not true of the United States.

Take cell salt tablets before or after one of your three daily meals. Two or three tablets of each remedy are generally sufficient.

Remember that no biochemical pill can hurt you. The only thing that can happen is that conflicting remedies may lose their potency. Many practitioners of the biochemical system believe that

coffee, camphor in lotions, tobacco, and alcohol can stop the efficacy of the remedies.

## WHERE TO GET THE REMEDIES

Folowing is a list of the major homeopathic pharmacies selling cell salts in the United States. It is recommended that you buy your Schuessler cell salts from them. Prices are included but all prices are subject to change without notice. You can write for the latest prices.

1. The Washington Homeopathic Pharmacy, Inc. offers the 12 salts in the 3x, 6x, 12x, and 30x triturations. For 250 tablets add 10 per cent for postage and handling to \$1.95 and send \$2.15. For 2,000 tablets send \$8.25. If you order all 12 of the cell salts, the pharmacy will charge for only 10. The address is 4914 Del Ray Ave., Bethesda, MD 20014.

2. John A. Borneman & Sons sells the cell salts in the 6x trituration, unless you specify the 3x or 30x. They do not sell the remedies to the general public in any other potencies. You can get 250 of their tablets for \$1.50 and a thousand for \$4.25. The firm also sells a combination of the five Schuessler tissue phosphates in the 3x dose for "restlessness, anxiety, neuralgia, and a tendency to tire after physical or mental effort." In addition, they sell a combination of the 12 salts for preventative purposes. The calcium fluoride in that combination is 12x, the others are in 6x and 3x doses according to the chemist's best judgement. The firm claims to try to fill all orders the same day they arrive. If you order less than \$10.00 worth, add 75¢ for postage and handling. Write to John A. Borneman & Sons, Box 54, Norwood, PA 19074. Phone orders are taken from 9 a.m. to 3 p.m. at 1-215-532-2036.

3. Boericke and Runyon, at 1011 Arch Street, Philadelphia, PA will sell the 12 salts in only 3x or 6x doses. The firm also offers a combination of the phosphates "for the relief of a run-down feeling, lack of mental vigor, languor; of value as an aid in restoring vigor after illness."

4. Standard Homeopathic Company of Los Angeles (PO Box 61067, Los Angeles, CA 90061) sells the cell salts in the 3x and 6x doses. The 3x and 6x cost \$1.25 for 250 tablets. They also sell a

Bioplasma concoction for all 12 salts and a nerve tonic of the phosphates.

5. Luyties Pharmacal Co. at 4200 Laclede Avenue, St. Louis, MO 63108 also offers the salts in the Schuessler doses and in higher doses. You can get 250 of their tablets for \$1.50. There is a 50¢ handling charge if the order is \$10.00 or less.

Note for all of these cell salt sources that 250 cell salt tablets sell for less than \$2.00. Naturally, prices change. Most homeopathic pharmacies will send you complete literature, catalogues of what they offer, current prices, and order blanks if you write and ask for them.

### SOME OF THE INTERESTING COMBINATIONS FOR SALE

Luyties offers eight different combinations of cell salts for specific ailments—a bottle of 500 tablets for \$3.50. Tissue A is for insomnia and mental depression. It contains iron phosphate, potassium phosphate, and magnesium phosphate. Tissue B is for debility, anemic conditions, nervous exhaustion, and convalescence. It contains calcium phosphate, potassium phosphate, and iron phosphate. Tissue C is for acidity, gastric disorders, flatulence, and biliousness accompanied by headaches. It contains sodium phosphate, sodium sulphate, and silica. Tissue D is for acne, scaling of the skin, eczema, and other minor skin ailments. It contains potassium chloride, potassium sulphate, calcium sulphate, and silica. Tissue E is a tonic containing the five phosphates for loss of vitality. Tissue G is for “elastic” conditions, such as backache, and lumbago. It contains calcium fluoride, calcium phosphate, potassium phosphate, and sodium chloride. Tissue J is for colds. It contains iron phosphate, potassium chloride, and sodium chloride. Tissue K is for throat and tonsil irritations, which are indicated by a white-coated tongue. It contains iron phosphate, potassium chloride, and potassium phosphate. Luyties also offers a remedy case No. 111 of each of the 12 cell salts for \$14.25.

Standard Homeopathic Company of Los Angeles offers a tablet that contains the five biochemical phosphates and vitamin B<sub>1</sub> and

calls it Hyland's Nerve Tonic Tablet. You can get 500 tablets for \$2.25. The same firm also offers a pill called Calms Forte for nerve tension and sleeplessness, which contains the five phosphates and a combination of plant remedies from the homeopathic materia medica for a double whammy. You can get 100 of these tablets for \$3. Standard, in fact, offers a number of combinations of biochemical remedies and standard botanical homeopathic remedies. The teething tablets contain calcium phosphate, chamomile, coffea, and belladonna. You can get 125 tablets for \$1.00. Standard also offers a combination tablet (No. 11) for simple fevers that uses iron phosphate, belladonna, and *Bryonia alba*, and gelsemium. No. 17 offers relief of spasmodic, dry coughs due to cold weather. Magnesium phosphate is the main ingredient, but it also contains castanea, drosera, and *Cuprum Metallicum*. Magnesium phosphate and potassium phosphate form the biochemical base of No. 555, which is used for minor leg cramping and darting pains in the shoulder. No. 555 also contains *Arsenicum album*, *Rhus toxicodendron*, mezereum, and hypericum. No. 46, which is for itching hives and welts that come on suddenly, contains sodium chloride, *Apis mellifica*, and *Urtica urens*. No. 30, which is for piles, has calcium fluoride, *Aesculus hippocastanum*, ratania, and nux vomica. No. 27, which is for relief of fever blisters brought about by exposure, contains sodium chloride, borax, *Antimonium Crudum*, and bap-tisia. All of these pills cost \$1.00 for 125 or \$2.50 for 500.

## REMEDIES FOR YOUR AILMENTS

### ACID STOMACH

Headaches, flatulence, and biliousness are the connected problems. They call for sodium phosphate, sodium sulphate, and silica. Dissolve these cell salts in hot water and drink the liquid.

### ACNE

Calcium phosphate is the first remedy to take if the problem is a long-standing one. Iron phosphate, potassium chloride, and sodium chloride are indicated if the pustules are watery. Potassium sulphate and silica are automatically suggested.

## **ANEMIA**

The phosphates of calcium, sodium, and iron are recommended. If there is a great deal of accompanying nervousness, take potassium phosphate, potassium sulphate, and magnesium phosphate as well. In obstinate cases, more than one authority has suggested high doses of these cell salts. (See also Fatigue and Depression.)

## **APPETITE, LOSS OF**

Take sodium sulphate, sodium phosphate, and calcium phosphate before each meal.

## **ARTHRITIS**

This ailment calls for various remedies, depending on the specific symptoms. Iron phosphate is essential for treating inflammation. Calcium fluoride and calcium phosphate are often needed. Sodium phosphate, sodium chloride, and silica are especially good for chronic complaints. (See also Rheumatism.)

## **ASTHMA**

The main remedy for asthma is sodium sulphate, but in this complex disorder specific conditions often call for other remedies. Silica helps when the condition is aggravated by a dusty atmosphere. Nervous asthma is helped by potassium phosphate. Bronchial asthma accompanied by yellow sputum calls for calcium phosphate. Potassium phosphate in frequent, strong doses is the remedy for labored breathing. Potassium chloride is indicated when there are stomach or bowel upsets.

## **BACK PAIN**

Silica is indicated when there is spasmodic pain. Iron phosphate is needed in cases of lumbago. The two main remedies for back pain are calcium fluoride and sodium chloride. The two other sodium cell salts—sodium sulphate and sodium phosphate—are sometimes used, as is potassium phosphate.

### **BED WETTING (Enuresis)**

Potassium phosphate helps high-strung children. Sodium phosphate is indicated when they show signs of acidity and they seem to be drinking too much before bedtime. Iron phosphate is indicated if there is muscular weakness.

### **BLADDER PROBLEMS**

If you are constantly running to the bathroom, take magnesium phosphate, calcium phosphate, sodium phosphate, and sodium sulphate. In chronic conditions, take potassium chloride and silica. You should be under a doctor's supervision if this is a chronic problem. Iron phosphate is indicated when inflammation is present.

### **BONES**

Take calcium phosphate for fractures; iron phosphate for bone diseases, hip joint disease, and so on; silica for all bone diseases; calcium sulphate and calcium fluoride for bone ulcers; and sodium sulphate for pains in the bones and cracking of joints. Of course, broken bones and bone disease should be treated by a doctor.

### **BRONCHITIS**

When bronchitis first comes on, take iron phosphate every couple of hours. In the second stage, add potassium chloride. If you have greenish expectoration, take potassium sulphate and sodium chloride. Iron phosphate and potassium chloride should be taken for all chronic conditions.

### **COLDS**

Take iron phosphate. It will stop a cold if it is taken at the onset of cold symptoms. Potassium chloride and sodium chloride are also strongly recommended. Silica can help, as can calcium phosphate (taken at the end of a cold). (See also Coughs.)

### **COUGHS**

Magnesium phosphate and silica are indicated for tickling, spasmodic coughing. For coughs that are worse in heated rooms in

the evening, take potassium sulphate. Take calcium sulphate in alternation with iron phosphate for loose, rattling coughs. Other coughs will be helped by the cell salts taken during the normal treatment of a cold. (See also Colds.)

### **CONSTIPATION**

For chronic constipation, take sodium phosphate and sodium sulphate. If the condition is the result of over-dryness of the bowel, sodium chloride is indicated. If constipation is accompanied by indigestion, take potassium chloride. Calcium fluoride will help a bowel that is too relaxed. Potassium sulphate will help in softening hard, knotty stools. Silica will help when it is hard to expel the stool. Potassium phosphate is indicated when the bowels are extremely hard to move. Needless to say, if you have bowel trouble, keep a close watch on your diet.

### **CRAMPS**

Magnesium phosphate and calcium phosphate are always the main remedies for cramps. Silica is also useful.

### **DEPRESSION**

Potassium phosphate is the number one remedy for depression. You should also take iron phosphate and calcium phosphate. It is best to read the chapters on these remedies, however, since your own particular indications may require another remedy. Silica is also an important treatment.

### **DIABETES**

Sodium sulphate and iron phosphate are always required for diabetes. The first signs of diabetes call for sodium chloride, sodium phosphate, and magnesium phosphate. Potassium chloride is indicated for weakness, and calcium phosphate for a dry mouth or when salt and bacon are craved. Both calcium sulphate and potassium sulphate may also help. If you have diabetes, you should be under the care of a doctor.

## DIARRHEA

Iron phosphate is always indicated for diarrhea. In cases of accompanying intermittent constipation, the sodiums are good treatments. When stools are offensive smelling, take potassium phosphate. Magnesium phosphate is indicated when there is accompanying flatulence or cramps. Potassium chloride can help in cases of pale stools caused by rich food. (See also Constipation, Digestion, Acid Stomach, and Vomiting.)

## DIGESTION PROBLEMS

For flatulence take magnesium and calcium phosphate and potassium chloride. Calcium phosphate is always an aid to good digestion. Silica is also extremely helpful. Of course, almost all of the cell salts play a role in good digestion. (See also Constipation, Diarrhea, and Stomach Conditions.)

## DIZZINESS

Iron phosphate will help ease dizziness. If you are a nervous person who doesn't assimilate food very well, try calcium phosphate. Potassium phosphate is also recommended.

## EARS

Iron phosphate and magnesium phosphate are recommended for inflammation and pain. Sodium chloride and potassium phosphate are indicated in cases of dull hearing. Take potassium chloride for swelling and earaches that seem to be located in the middle ear. For discharges take calcium phosphate and calcium sulphate. Children's earaches respond well to potassium sulphate. Again, at the first sign of ear swelling, call your doctor.

## EYES

After you have consulted your doctor about any eye problems of a serious nature, you may take silica along with whatever treatment he suggests. Taken with iron phosphate, it helps ease inflammation and conjunctivitis. If you have pus, use potassium chloride

(sodium phosphate if the pus is yellow). Silica and sodium chloride are indicated for cataracts. Other cell salt remedies for the eyes include calcium phosphate, calcium sulphate, and calcium fluoride. When nervousness is involved, the phosphates can help. Sodium chloride and calcium sulphate are indicated for double vision.

### **EXUDATIONS**

Exudations are accompanied by telltale signs indicating a need for a specific cell salt. Constipation, skin sores, and asthma tend to have discharges of characteristic colors. Sodium chloride is indicated when the discharge is clear. Iron phosphate and calcium fluoride are indicated when the discharge is bloody. Potassium chloride is indicated when the discharge is grayish. Sodium phosphate and potassium chloride and sulphate are indicated when the discharge is yellow. Sodium sulphate is indicated when the discharge is green. If exudations taste sour, take sodium phosphate.

### **FATIGUE**

Nervous exhaustion and general debility are aspects of fatigue. Try calcium phosphate, potassium phosphate, and iron phosphate for fatigue. One authority also suggests silica in the 30x dose in the evenings before you go to sleep. Silica should be taken twice a week.

### **FIRST AID**

Iron phosphate should be applied to the injured area in powder form. Use potassium chloride and iron phosphate for swelling. Calcium sulphate will help wounds that are suppurating. Silica is indicated when there is a thick yellow discharge. Sodium sulphate and sodium chloride are good for treating shock.

### **GOUT**

During inflammatory stages and at the onset take iron phosphate. Sodium sulphate is the principal remedy, but sodium phosphate is also called for, especially when there is profuse and sour sweating. Magnesium phosphate and potassium chloride are indicated when the pain is severe.

## GUMS

For sore gums, take calcium fluoride and potassium chloride before meals. Silica promotes suppuration; iron phosphate helps when gums are inflamed. Calcium phosphate should help pale gums. Sodium phosphate helps in cases of pyorrhea.

## HAIR

Silica is the most important remedy for hair problems. Potassium sulphate is also useful. For hair loss, take potassium phosphate and silica and massage the head. When the cause of baldness is essentially genetic, nothing, not even cell salts, can change it. Otherwise, sodium chloride will often help. Potassium sulphate should be taken for dandruff.

## HAY FEVER

Try sodium sulphate, sodium chloride, iron phosphate, and potassium phosphate for hay fever. Take the tablets internally, but also try sniffing a watered-down lotion several times a day.

## HEADACHES

Sodium chloride is the first remedy to try. You might also try calcium sulphate. Magnesium phosphate and potassium phosphate can also be effective. Sodium phosphate can help, too. Also remember to treat the causes of headaches—indigestion, acidity, nervousness, and so on. Read about headaches in the chapter on sodium chloride.

## HEART

Consult your doctor about any heart trouble symptoms. Calcium fluoride, iron phosphate, and silica are recommended for arteriosclerosis. Chest pains suggest magnesium phosphate or potassium phosphate. Iron phosphate and potassium chloride are essential secondary remedies. Drop six tablets of each cell salt into a cup of warm water and sip the liquid during attacks. See a doctor immediately.

### **HEMORRHOIDS (Piles)**

Calcium fluoride is the main remedy for hemorrhoids. Iron phosphate is also called for. If the hemorrhoids are connected with constipation, treat the constipation as well. Calcium phosphate can be alternated with calcium fluoride in cases of anemia. Take appropriate remedies for related nerve problems.

### **HICCUPS**

Try magnesium phosphate and sodium chloride in hot water for hiccups. Drink the liquid in quick sips.

### **INFLAMMATION**

Try iron phosphate first, especially in early stages before exudations occur. Potassium chloride is indicated for white discharges, potassium sulphate for yellow ones, and calcium sulphate towards the latter part of the illness. Silica is also important for inflammation.

### **INFLUENZA**

Sodium sulphate, iron phosphate, and potassium chloride should be taken every hour on the hour until the fever has subsided. During convalescence, use potassium phosphate and calcium phosphate. Potassium chloride is good for accompanying limb pains.

### **INSOMNIA**

The three main remedies for insomnia are the phosphates of iron, potassium, and magnesium. Sodium phosphate can help in cases of restless sleeping. Sodium sulphate is also useful.

### **IRRITABILITY**

For irritability, take potassium phosphate on rising and magnesium phosphate on retiring, both in the 30x dose. These same remedies also work well in the Schuessler doses. (See also Memory Loss.)

## ITCHING

For itching, try soaking a clean cloth in a hot solution of sodium phosphate, magnesium phosphate, and potassium phosphate. Sponge the affected area.

## LIVER

Potassium chloride is important for liver problems. Sodium sulphate and calcium sulphate are indicated for biliousness. Use potassium chloride instead of calcium sulphate if the tongue is white or gray. The sodium remedies and iron phosphate are indicated for fever and in cases of acidity. If the problem advances to jaundice, add potassium sulphate.

## MELANCHOLY

Potassium phosphate, sodium chloride, and potassium sulphate are the recommended remedies for melancholy.

## MEMORY, LOSS OF

Take potassium phosphate on rising, magnesium phosphate before lunch, sodium chloride before dinner, and silica before retiring for loss of memory.

## MENOPAUSE

Iron phosphate, potassium phosphate, calcium phosphate, sodium phosphate, and silica should help ease the symptoms of menopause.

## MENSTRUAL FLOW

Iron phosphate and silica are important for treating menstrual flow problems. In general, if there is an absence of menstruation, potassium phosphate is also recommended. Magnesium phosphate should relieve sharp pains or cramps. Sodium chloride lessens a flow that is too profuse. Potassium chloride is indicated when there are dark clots in a flow that is too frequent or too early. Calcium phosphate helps ease anemia in young women.

### **NEURALGIA**

Potassium phosphate, iron phosphate, and potassium sulphate are indicated when neuralgia is worse in the heat. Magnesium phosphate is indicated when neuralgia is worse in the cold. Silica and calcium sulphate can help if the problem is obstinate.

### **NERVES ON EDGE**

Try potassium phosphate for nervousness.

### **NIGHTMARES**

Sodium chloride should be taken morning and evening for nightmares. Potassium phosphate and sodium phosphate should be taken before meals.

### **OBESITY**

Sodium chloride, sodium phosphate, calcium phosphate, and calcium fluoride are suggested for treating obesity.

### **OLD AGE**

Silica, potassium chloride, and calcium fluoride are of particular help to older people. Calcium phosphate and potassium phosphate are prescribed in cases of premature senility.

### **OLD HEAD INJURIES**

Sodium sulphate is the remedy for old head injuries.

### **PAIN**

Iron phosphate and magnesium phosphate are most commonly prescribed for pain. Potassium phosphate is indicated for itchy skin, calcium fluoride for aches and pains in the limbs due to bad circulation, and potassium chloride for pains in the gums or gastric pains. Potassium sulphate is good for stomach pains, sodium phosphate for pains connected with acidity, and sodium sulphate for pains associated with liver problems.

### **PERSPIRATION**

Silica will reduce excessive perspiration and potassium sulphate should help produce it when it's required.

### **RHEUMATISM**

Iron phosphate and sodium phosphate should be used to treat rheumatism accompanied by an acute fever. Sodium phosphate and silica should be administered for chronic problems. Iron phosphate and magnesium phosphate can help when the pains come on gradually. Magnesium phosphate and potassium sulphate ease shifting pains. Calcium fluoride helps the joints. Sodium sulphate works in damp weather. (See also Arthritis and Gout.)

### **SEA AND AIR SICKNESS**

For sea and air sickness, take potassium phosphate and sodium chloride before departure and potassium phosphate and sodium chloride during the trip.

### **SINUS PROBLEMS**

Iron phosphate is indicated for all sinus inflammations. Calcium phosphate helps when there is a white discharge. Sodium chloride helps when the discharge is clear. Potassium chloride helps when there is a fibrinous discharge, potassium sulphate when the discharge is yellow or green, and calcium fluoride when the discharge is yellow and lumpy. Silica should be alternated with calcium fluoride and calcium sulphate as well.

### **SKIN PROBLEMS**

Silica is the main remedy for skin problems. Both potassium and sodium chloride help eczema. The color of the exudation is important in eczema cases. Calcium phosphate has a role in maintaining skin health, and potassium sulphate helps build new skin cells. Calcium fluoride, sodium chloride, and silica will help cracked skin. Calcium sulphate is also sometimes recommended. (See also Exudations.)

### **SLEEPWALKING**

For sleepwalking, take sodium chloride and potassium phosphate before meals and silica just before retiring.

### **SMELL, LOSS OF**

Silica and potassium phosphate should help restore your sense of smell.

### **SPLITTING FINGERNAILS**

Silica is the main remedy for splitting fingernails. Read the chapters on beauty and silica.

### **SUNBURN**

For sunburn, sodium chloride should be taken before meals in hot water. Potassium phosphate and potassium sulphate should also be taken, before and after meals.

### **STIFF NECK**

Dissolve some iron phosphate, sodium phosphate, and sodium chloride in hot water, soak a bandage in the solution, and wrap the bandage around the affected spot.

### **TEETH**

If you are feeling feverish during a toothache, take iron phosphate and potassium sulphate. Magnesium phosphate is good for pain. Calcium phosphate is recommended for slow dentition in children. Silica is indicated generally for the teeth. Calcium fluoride helps correct enamel deficiencies. Sodium chloride controls excessive saliva.

### **THROAT, SORE**

Iron phosphate and potassium chloride are the main remedies for sore throat. Take other remedies according to the color of exudations. Calcium fluoride will help, as will potassium phosphate. Cal-

cium sulphate should be taken when you first feel a sore throat coming on.

### VAGINAL DISCHARGES

See Exudations to determine the appropriate remedy for vaginal discharges. Silica will help when the discharge is profuse. Potassium chloride will help generally. Sodium chloride, magnesium phosphate, and sodium sulphate help ease irritation.

### VARICOSE VEINS

Iron phosphate, calcium fluoride, and silica are recommended remedies for varicose veins. Take the cell salts internally and also apply them externally.

### VERTIGO

Take iron phosphate for vertigo accompanied by throbbing pain and a rush of blood to the head. Take potassium phosphate when vertigo is connected with dizziness and take sodium sulphate when the giddiness is accompanied by a bitter taste in the mouth. Sodium phosphate is indicated when there are gastric problems.

### VITALITY

Whenever you feel a loss of vitality, try a tonic of the five phosphate cell salts—calcium, magnesium, iron, sodium, and potassium.

### VOICE, LOSS OF

Iron phosphate is the main remedy for loss of voice. But potassium chloride taken before each meal will help. The phosphates of potassium and magnesium will help when the cause is nervousness.

### VOMITING

Iron phosphate, sodium chloride, potassium chloride, and calcium fluoride dissolved in warm water, taken in sips, will help vomiting. Sodium phosphate and sodium sulphate will help ease

acid vomiting; potassium phosphate and sodium phosphate will help ease vomiting with vomitus like coffee grounds.

### WARTS

To get rid of warts, potassium chloride, sodium sulphate, sodium chloride, and silica should be taken internally and applied externally.

## GLOSSARY

**ACUTE.** In cell salt terminology, “acute” indicates a particular health problem that appears suddenly or worsens. (See **CHRONIC.**)

**ALLOPATHY.** Medicine other than homeopathic medicine—the practice of conventional medicine.

**BIOCHEMISTRY.** Dr. Schuessler’s simplified system of homeopathic medicine. Dr. Schuessler believed that the 12 cell salt (or biochemical) remedies contain all of the active ingredients of the large homeopathic materia medica. (See **HOMEOPATHY.**)

**CHRONIC.** A health problem or ailment that has existed for a relatively long period without any noticeable change in symptoms or modalities. In cell salt terminology, the opposite of acute.

**CONSTITUTIONAL REMEDY.** The particular cell salt remedy that you may need, sometimes regardless of symptoms. However, the symptoms you display generally indicate which remedy is your constitutional remedy.

**HOLISTIC MEDICINE.** Biochemistry is essentially holistic in nature; that is, it treats the entire individual, not merely his symptoms or illness. Each person is considered different from everyone else, with his own particular requirements for health. Holistic medicine is involved in all phases of health—diet, environment, and mental state as well as disease.

**HOMEOPATHY.** The system of medicine founded by Samuel Hahnemann in the eighteenth century. Homeopathy focuses on two concepts: 1. like cures like, and 2. small doses are the most effective. An example of the former is the vaccination, whereby a person is given a shot of a particular disease virus to stimulate his own resistance to the disease. Dr. Schuessler's system, biochemistry, is a simplified version of homeopathy.

**MATERIA MEDICA.** The thousands of mineral and botanical remedies used as homeopathic medicines, of which the 12 cell salts are simplified versions.

**OSMOSIS.** The process by which the cell salts get to the cells that specifically require them. This involves seepage through the cell wall and eventual penetration into the cell.

**POTENCY.** The dosage of a particular cell salt. For example, the 6x potency contains far less than one part per million of active ingredient. The rest of the tablet is made up of milk sugar. In the cell salt system, the less active ingredient there is in the tablet, the higher the potency is, in accordance with homeopathic theory.

**PROVINGS.** Symptoms of ill health produced in a healthy person by a homeopathic or biochemical remedy. According to the theory of "like cures like," the remedy should then improve the health of a person suffering from the same symptoms.

**SYNERGIST.** A chemical or mineral that works with another chemical or mineral to perform a particular task. In the cell salt system, many of the cell salts, especially those in the same mineral group, work together to achieve a particular result.

**TRITURATION.** The process whereby the ingredient in a particular cell salt is broken down into minute doses according to homeopathic theory.

*INDEX*



## A

Abdomen, large and flabby, 118  
Abscesses, 48, 93  
Acid stomach, 178  
Acne, 50, 178  
Air sickness, 188  
Alcohol, 53-54  
Alcoholism, 127  
Alimentary ailments, 97-98  
Anal problems, 87, 101  
Anemia, 38, 64, 96, 111, 113-114, 120,  
159, 179, 186  
Angina pectoris, 128, 144  
Antacid, biochemical, 81-85  
Antibiotic, 44  
Appetite, loss, 179  
Arthritis, 51, 132, 179  
Asthma, 47, 52, 71-74, 107, 118, 128, 152,  
179  
Avocado, 164-165

## B

Back pains, 85, 101, 103-104, 118, 119,  
159, 179

## Beauty:

avocado, 164-165  
complexion, 170  
exercise, 166-167  
hair and nails, 168  
nutrition, 165-166  
principles, 163-164  
rest, 167  
tonic, 168  
varicose veins, 169  
water retention, 169-170  
Bed wetting, 180  
Bites, insect, 67, 133  
Blood:  
count, 113  
purifier, 89-98  
Boils, 48, 159  
Bones, 101, 102-103, 111, 115-117, 118,  
119, 120, 180  
Bowels:  
looseness, 118  
pains, 128  
Breast, lumps, 104-105  
Bronchial asthma, 118, 152  
Bronchitis, 42, 93-94, 152, 180

## C

- Calcium, 126
- Calcium floride:
  - anal problems, 101
  - asthma, 107
  - backache, 101, 103-104
  - bones, 101, 102-103
  - elastic tissue, 107
  - eyes, 106
  - gout, 101, 103
  - hemorrhoids, 101, 102 104-105, 105-106
  - hiccups, 107
  - joints, 103
  - lumps in breast, 104-105
  - menstrual flow, excessive, 107
  - muscles, 102, 103
  - obesity, 102
  - psychological symptoms, 101
  - rectal fistula, 104-105
  - skin, 107
  - teeth, 101, 102, 106
  - varicose veins, 101, 102, 104-105
  - vomiting, 102, 107
- Calcium phosphate, cramps, 131
- Calcium sulphate:
  - abscess in armpit, 93
  - alimentary ailments, 97-98
  - anemia, 96
  - bronchitis, 93-94
  - burning sensation, 96-97
  - common cold, 92, 94-95, 95-96
  - complexion, 96
  - constipation, 98
  - curvature of spine, 98
  - diarrhea, 92, 98
  - effects of coal tar drugs, 96
  - fever, 93
  - gumboils, 92
  - gums bleed, 92
  - headaches, 96
  - herpes eruptions, 93
  - infections, 93-94
  - lips sore, 92
  - membranes, 92
  - pancreas, liver, kidneys, 96
  - purifier of blood, 95
  - restless sleep, 98

- Calcium sulphate: (*cont'd.*)
  - sinusitis, 93
  - skin ailments, 91
  - soles of feet itching, 93
  - sore discharging pus, 93
  - sore throat, 95-96, 98
  - stomach ulcers, 96
  - symptoms, 96-97
- Carbuncles, 159
- Cataracts, 47, 52-53, 66, 119
- Catarrhs, 119, 152, 155
- Cell salts, what they are, 25
- Chest:
  - pains, 131-132
  - tightness, 132
- Chilliness, 32, 77, 118, 133
- Choking, 134
- Colds, 40-41, 42, 92, 94-95, 95-96, 112, 119, 181
- Cold sweats, 126
- Combinations, 31, 177
- Complexion, 96, 170
- Concussions, 132
- Conjunctivitis, 86
- Constipation, 44, 47, 53-54, 68, 98, 118, 119, 130, 155, 160, 181
- Constitutional remedy*, 30
- Convalescence, 118
- Convulsions, 128
- Coughs:
  - asthma, 144
  - dry, 134
  - hacking, 144
  - potassium sulphate, 152, 181
  - short acute, 160
  - spasmodic, 132, 144, 181
  - stomach-originating, 160
- Cramps, 120-121, 127, 128, 131, 133, 181
- Curvature of spine, 98, 119
- Cysts, 48

## D

- Dandruff, 50, 147
- Depression, 38, 50, 119, 137, 138-139, 181
- Diabetes, 74, 133, 181
- Diarrhea, 44, 47, 50, 53-54, 92, 98, 118, 127, 132, 152, 155, 182

Diet, 55-56 (*see also* Nutrition)  
 Digestion, 43, 49, 53-54, 55-56, 74, 81,  
 112, 113, 118, 160, 182  
 Dizziness, 38, 50, 126, 182  
 Dosage, 27  
 Dryness, anywhere in body, 65, 67

## E

Earaches, 159, 182  
 Ears, 119, 143-144, 182  
 Eczema, 66, 87, 130  
 Emotional "ups" and "downs," 126-127  
 Enamel on teeth, 127  
 Enuresis, 180  
 Exercise, 166-167  
 Exudations, 155, 183  
 Eyes, 106, 119, 133, 143, 148, 160, 182-  
 183

## F

Fasting, 143  
 Fatigue, 183  
 Feet:  
   itching soles, 93  
   swollen, 51  
 Fever, 43, 93, 155  
 First Aid, 183  
 Fistulas, 47, 98, 104-105  
 Flatulence, 128, 132, 160

## G

Gastric problems, 152  
 Gastritis, 160  
 Genital, itch, 74-75  
 Glauber's Salt, 71  
 Glossary, 191-192  
 Glucose, metabolism, 127  
 Gout, 51, 77, 101, 103, 183  
 Gumboils, 92  
 Gums, 92, 144, 184

## H

Hair, 49, 147, 149-150, 168, 184  
 Hay fever, 64-65, 72, 128, 144, 184  
 Head:  
   hammering in, 39  
   old injury, 75-76, 187

Headaches, 47, 52-53, 61-63, 96, 114, 118,  
 119, 126, 129, 133, 137, 142-143,  
 148, 184

Healing, 32, 91-98

## Heart:

  altered beat, 127  
   incipient trouble, 81  
   palpitations, 128, 149  
   recovery from attack, 65-66  
   Remedy Guide, 184

Hemorrhoids, 101, 102, 104-105, 105-106,  
 118, 152, 185

Herpes eruptions, 93

Hiccups, 107, 185

Hives, 87

Hoarseness, 42

Homeopathic doctors list available, 34

Hormones, 28

## I

Infections, 93-94

Inflammation, 185

Influenza, 75, 185

Insect bites, 67, 133

Insomnia, 133, 137, 141-142, 185

## Iron phosphate:

  anemia-related symptoms, 38  
   blood in stool, 44  
   bronchitis, 42  
   carries oxygen, 38  
   children's antibiotic, 44  
   colds, 40-41, 42  
   constipation, 44  
   depression, 38  
   diarrhea, 44  
   digestion, 43  
   disturbing dreams, 39  
   dizziness, 38  
   dosage, 27  
   excessive menstrual flow, 39  
   external breathing, 147  
   fevers, 43  
   frequent urination, 40  
   giddiness, 37  
   hammering in head, 39  
   hoarseness, 42  
   hope for everybody's problems, 38  
   indications that you need, 39

Iron phosphate: (*cont' d.*)

- irritability, 39
  - loss of voice, 42
  - minute doses, 38
  - nausea, 39
  - neuralgia, 39
  - not cure for anemia, 38
  - peritonitis, 44
  - pleurisy, 41
  - pneumonia, 41, 42
  - pregnancy, 40
  - primary biochemical remedy, 37
  - rheumatism and rheumatic conditions, 39, 43
  - throat irritation, 42
  - tiredness, 38
  - tonic, 30
  - tonsil irritation, 42
  - toothaches, 39
  - trouble recalling names, 39
  - vomiting, 39, 40, 44
  - white sugar in diet, 38
  - women's problems, 39-40
- Irritability 39, 52, 76, 137, 185  
Itching, 186

## J

- Jerking, limb, 128
- Joints, 103 (*see also* Arthritis)

## K

- Kidneys, 96, 118
- Kidney stones, 81

## L

- Labor pains, 133
- "Like cures like," 31
- Lips, sore, 92
- Liver, 96, 118, 127, 156-157, 160, 186
- Lumps in breast, 104-105

## M

## Magnesium:

- alcoholism, 127
- altered heartbeat, 127

Magnesium: (*cont d.*)

- amount in body, 127
  - awkwardness, 128
  - chronic liver disease, 127
  - confusion, 127
  - convulsions, 128
  - cramps from prolonged exertion, 128
  - cramps in stomach or bowels, 128
  - dental enamel, 127
  - diarrhea 127
  - "earth alkali," 126
  - helps blood remain alkaline, 127
  - intestinal malabsorption, 127
  - metabolism of glucose, 127
  - pains in bowels, 128
  - pains in spinal cord, 128
  - permeability of cell membranes, 126
  - personality changes, 127
  - plentiful in body 127
  - rebuilding nerves, 127
  - relaxes, 127
  - restlessness, 126
  - role in body, 127
  - solution in soft tissues, 126
  - stiffness, 128
  - stimulates creation of enzymes, 127
  - symptoms of deficiency, 127
  - "trace element, 127
- Magnesium phosphate:
- angina pectoris, 128
  - arthritis, 132
  - asthma, 128
  - chest pains, 131-132
  - choking or retching, 134
  - coldness of spine, 133
  - cold sweats, 126
  - constipation, 130
  - correcting violent ailments, 126
  - cramps, 127, 131
  - danger of over-refined foods, 127-128
  - dark complexion, 127, 133
  - diabetes, 133
  - diarrhea, 132
  - direct application, 134
  - dissolved in hot water, 134
  - dizziness, 126
  - drowsiness, 133
  - dry cough, 134

Magnesium phosphate: (*cont' d.*)

- dullness and forgetfulness, 133
- eczema, 130
- emotional "ups" and "downs," 126-127
- extreme exhaustion, 134
- flatulence, 128, 132
- frequent urination, 133
- hay fever, 128
- headache, 129, 133
- heart palpitations, 128
- inability to concentrate, 133
- insect bites, 133
- insomnia, 133
- intensely staring eyes, 133
- labor pains, 133
- lean, nervous look, 133
- leg cramps, 133
- limb jerking, 128
- menopause, 133
- migraines, 126
- nausea, 126
- nervousness, 127
- neuralgia, 128-130
- normal sources, 127
- pregnancy, 133
- pre-menstrual pain, 133
- rheumatic toothaches, 133
- rheumatism, 132
- sense of smell, 132
- shooting pains, 128
- sight after cerebral concussions, 132
- sore throat, 133
- spasmodic coughing, 132
- spasms, 126
- stomach pains, 130
- thirst for cold drinks and sugar, 133
- tightness in chest, 132
- toothaches, 130
- vaginal spasms, 128
- vomiting, 132
- white nerve fibers, 125

## Malaria, 64

- Mania, 139-141
- Medorrhinium, 73, 74
- Melancholy, 186
- Memory, loss, 186
- Menopause, 133, 186

## Menstruation:

- excessive flow, 39, 107
- irregular, 114, 149
- pains preceding flow, 133
- Remedy Guide, 186
- scanty, 151
- suppressed, 57, 115, 151
- Mental symptoms, 76, 101, 119-120, 139-141 (*see also* Depression)
- Minerals, 25
- Morphine addiction, 86
- Multiple sclerosis, 64
- Muscles, 102, 103

## N

- Nails, 49, 50, 168, 189
- Nausea, 39, 126
- Nerves and nerve ailments, 120
- Nervousness, 127, 137-144, 187
- Neuralgia, 39, 120, 128-130, 187
- Numbness, 118
- Nutrition, 27, 31, 111, 112-113, 117, 165-166

## O

- Obesity, 102, 113, 187
- Obsession, 139-141
- Odors, body, 144
- Older people, 187
- Oxygen, carrier, 147-152 (*see also* Potassium sulphate)

## P

- Pain, 187
- Pallor, 114
- Palpitations, heart, 128, 149
- Pancreas, 96
- Pauling, Linus, 9
- Peritonitis, 44
- Perspiration, 47, 188
- Phosphate of lime:
  - anemia, 111, 113-114, 120
  - back pains, 118, 119
  - blood count, 113
  - bone problems, 111, 115-117, 118, 119, 120

- Phosphate of lime: (*cont' d.*)  
 bronchial asthma, 118  
 cataracts, 119  
 catarrhs, 119  
 cellular activity, 111  
 chilly feeling, 118  
 colds, 112, 119  
 constipation, 118, 119  
 convalescence or debility, 118  
 "creeping" sensation of skin, 118  
 curvature of spine, 119  
 depression, 119  
 digestive problems, 112, 113, 118  
 ears, 119  
 eyes, 119  
 frequent urination, 118  
 hands clammy, 118  
 headaches, 114, 118, 119  
 hemorrhoids, 118  
 highly colored urine, 118  
 inability to sleep late, 118  
 kidney pains, 118  
 large, flabby abdomen, 118  
 looseness of bowels, 118  
 menstrual problems, 114, 115  
 mental problems, 119-20  
 nerves and nerve ailments, 120  
 numbness, 118  
 nutrition, 111, 112-113, 117  
 obesity, 113  
 pain in liver, 118  
 pains in toes, 118  
 parts of body asleep, 118  
 Pill, side effects, 114-115  
 restorative powers, 111  
 rheumatism, 118, 120  
 run-down condition, 111  
 sinking sensation, 118  
 skin, 120  
 sleeping, 121  
 spasms and cramps, 120-121  
 teeth, 115-117  
 tone of weakened organs, 111  
 trembling in calves, 118  
 vertigo, 119  
 vivid dreams or nightmares, 118  
 vomiting, 121  
 waxy pallor, 114
- Phosphoric acid, 138  
 Piles, 101, 102, 104-105, 105-106, 118,  
 152, 185  
 Pill, side effects, 114-115  
 Pimples, 149  
 Pleurisy, 41  
 Pneumonia, 41, 42  
 Pollutants, 29  
 Potassium, 65, 138  
 Potassium chloride:  
 anemia with skin eruptions, 159  
 backaches, 159  
 boils, 159  
 carbuncles, 159  
 constipation, 160  
 coughs, 160  
 destroys wastes, 156  
 digesting fatty food, 160  
 earaches, 159  
 gastritis from hot liquids, 160  
 regaining energy, 157  
 restless sleep, 160  
 rheumatic stiffness, 158-159  
 sluggish livers, 156-157, 160  
 white exudations, 155, 160  
 Potassium phosphate:  
 angina pectoris, 144  
 body odors, 144  
 cold air worsens symptoms,  
 143  
 coughs, 144  
 depression, 137, 138-139  
 ears, 143-144  
 fasting, 143  
 gray nerve fibers, 125  
 gums, 144  
 hay fever, 144  
 headaches due to nervousness, 137,  
 142-143  
 insomniacs, 137, 141-142  
 irritable tempers, 137  
 jangled nerves, 137-144  
 mania, 139-141  
 nervous breakdown, 141  
 pains are aching ones, 143  
 psychological problems, 140  
 tranquilizer, 137  
 vision, 143

## Potassium sulphate:

- asthma, 152
  - baldness, 147, 149-150
  - bronchitis, 152
  - catarrh, 152
  - constricting headache, 148
  - cough, 152
  - dandruff, 147
  - diarrhea, 152
  - eye problems, 148
  - gastric problems, 152
  - heart palpitations, 149
  - "internal breathing" of cells, 147
  - irregular menstruation, 149
  - lost sense of smell, 148, 152
  - need for fresh air, 148
  - obstinacy, 149
  - pimples, 149
  - piles, 152
  - rheumatism cold, 150-151
  - scanty or suppressed menstruation, 151
  - sense of taste, 152
  - skin, 147, 149-150
  - sore throat, 148
  - toothache, 148
  - vaginal discharge, 152
  - vertigo, 148
  - yellow discharges, 155
- Pregnancy, 40, 57, 133
- Pre-menstrual pain, 133
- Provings, 31-32, 192
- Psoriasis, 67
- Pulsatilla:
- after stopping Pill, 115
  - symptoms indicating need, 148-149
  - warm-blooded people, 32
- Purifier of blood, 89-98
- Pus, 41, 93

## R

- Rectal fistula, 47, 98, 104-105
- Remedy Guide, 173-192
- Rest, 167
- Restorative powers, phosphate of lime, 111
- Retching, 134
- Rheumatic conditions, 39
- Rheumatic toothaches, 133

- Rheumatism, 39, 43, 47, 68, 85-86, 118, 120, 132, 150-151, 158-159, 188
- Rose rash, 87
- Run-down condition, 111

## S

- Schuessler, 43, 47, 57, 62, 67, 85, 114, 115, 148, 155
- Sea sickness, 188
- Sepsis, 54
- Shephard, Dorothy, 52
- Shock, 67
- Shooting pains, 128
- Silica:
  - acne, 50
  - arthritis, 51
  - asthma, 47, 52
  - boils and abscesses, 48
  - cataracts, 52-53
  - chronic sepsis*, 54
  - cleanser and eliminator, 47
  - constipation, 47, 53-54
  - cysts, 48
  - damage done by alcohol, 53-54
  - dandruff, 50
  - depression, 50
  - diarrhea, 47, 50, 53-54
  - diet, 55-56
  - dizziness, 50
  - eating to restore strength, 52
  - exhaustion, 50, 51
  - eye cataracts, 47, 52-53
  - fistulas, 47
  - gout, 51
  - headache, 47, 52-53
  - "homeopathic surgeon," 51
  - inability to think, 52
  - indigestion, 49, 53-54, 55-56
  - inferiority complex, 48
  - internal sinking*, 52
  - irritability, 52
  - loss of hair, 49
  - old people, 47
  - people feeling chilly, 32
  - perspiration, 47
  - pus, 47, 49
  - rheumatism, 47

- Silica: (*cont' d.*)  
 skin, 47, 48-49, 50  
 slow-acting, 50  
 sources, natural, 56-57  
 splitting nails, 49, 50  
 spotty memory, 52  
 strength of mind, 48  
 swollen foot, 51  
 symptom pattern, 49-50  
 toothache, 51  
 weather, 48, 50  
 women's problems, 57
- Sinusitis, 93, 188
- Skin, 47, 48-49, 50, 91, 107, 118, 120, 147,  
 149-150, 159, 164-165, 170
- Sleep:  
 inability to sleep late, 118  
 nightmares or vivid dreams, 118, 187  
 restless, 76, 87, 98, 121, 160
- Sleepwalking, 189
- Smell sense, 132, 148, 152, 189
- Sodium chloride:  
 anemia, 64  
 cataracts, 66  
 complaints of infants, 64  
 constipation, 68  
 creation of osmotic pressure, 64  
 double vision, 63-64  
 dryness anywhere in body, 65, 67  
 eczema, 66  
 excess in diet, 67  
 hay fever, 64-65  
 headaches, 61-63  
 heart cases, 65-66  
 indication of deficiency, 65  
 insect bites, 67  
 malaria, 64  
 multiple sclerosis, 64  
 overabundance of water, 65, 66  
 paradoxical powers, 64  
 psoriasis, 67  
 relationship with potassium, 65  
 rheumatism, 68  
 role in bodily processes, 68  
 shock, 67  
 "sodium chloride person," 62, 67  
 sodium sulphate, 67
- Sodium phosphate:  
 back pains, 85  
 biochemical antacid, 81  
 conjunctivitis, 86  
 eczema, 87  
 hives, 87  
 indigestion, 81  
 itching anus, 87  
 morphine addiction, 86  
 restless sleeping, 87  
 rheumatism, 85-86  
 rose rash, 87  
 vertigo, 87
- Sodium sulphate:  
 asthma, 71-74  
 committing suicide, 76  
 diabetes, 74  
 digestion, 74  
 genital itch, 74-75  
 getting cold at night, 77  
 gout, 77  
 hay fever, 72  
 how produced, 71  
 influenza, 75  
 irritability, 76  
 mental symptoms, 76  
 old head injury, 75-76  
 pain, teeth, 77  
 sleeping potion, 76  
 starting in morning, 77  
 with sodium chloride, 67
- Sore throat, 95-96, 98, 133, 148, 189-190
- Spasms, 120-121, 126, 128
- Spinal cord, pains, 128
- Spine, coldness, 133
- Stiff neck, 189
- Stomach pains, 130
- Stomach ulcers, 96
- Suicide, 76
- Sunburn, 189
- T
- Table salt, 61-68 (*see also* Sodium chloride)
- Taste, sense, 152
- Teeth, 101, 102, 106, 115-117, 133, 189

Thirst, 133  
Throat, 95-96, 98, 133, 148, 189-190  
Toes, pains, 118  
Tonics, 30, 168  
Tonsils, 42  
Toothaches, 39, 51, 77, 130, 133, 148  
Tranquilizer, 137  
Trituration, 26, 192

## U

Ulcers, stomach, 96  
Urinary tract infections, 81  
Urination, frequent, 40, 118, 133, 180  
Urine, highly colored, 118

## V

Vaginal discharges, 57, 152, 190  
Vaginal spasms, 128  
Varicose veins, 101, 102, 104-105, 169, 190  
Vertigo, 87, 119, 148, 190  
Vision, 63-64, 143 (*see also* Eyes)  
Vitality, 190  
Voice, loss, 42, 190  
Vomiting, 39, 40, 44, 102, 107, 121, 132,  
191-192

## W

Warts, 191  
Water retention, 65, 66, 169









11