Do you not know that you are God’s temple and that God’s Spirit dwells in you? If anyone destroys God’s temple, God will destroy him, For God’s temple is holy and that temple you are.
1 Corinthians 3:16-17

So, whether you eat or drink, or whatever you do, do all to the glory of God.
1 Corinthians 10:31
Introduction to Cell Salts

All of our glands, organs, blood and skin consist of cells. Our health is dependent upon the health of our cells.

Cells are composed of three basic parts; a nucleus, the brain of the cell; the cytoplasm, which provides nourishment to the cell nucleus; and the cell membrane, which gives it form and protection.

Cell Function

The cell interior (cytoplasm) contains 12 cell salts. Different types of cells require more or less of certain of the cell salts. For example, nerve cells require larger amounts of one cell salt and blood cells carry higher amounts of another cell salt.

It is a necessary function of the cell membrane to allow proper nutrients to enter to fuel this factory and keep out all harmful substances like bacteria and viruses. You must get all the raw materials needed on a daily basis.

Our cells are replaced on a regular basis. When the cell does not have the proper materials that it needs to be a healthy cell, our overall health suffers. Cell salts provide the components that our cells need to be healthy. Taken on a regular basis, the cells rebuild themselves with the required healthy materials.
The Cell Salts Discovery

Dr. Schuessler, a German biologist, found that, according to the time of year we are born, we are likely deficient in three of the 12 cell salts. This deficiency may predispose us to certain ailments as we mature. Dietary, environmental and lifestyle factors may also result in certain cell salt deficiencies. Replenishing that deficiency through micro-cell nutrients supports the health of the body. He also discovered that the cell salts work, not as a medicine, but as an enhancer for the health of the body on a cellular level, helping the body to heal itself.

The cell salts system of wellness is based upon the “cell theory” of Dr. Virchow (1885). He said that the body is a collection of cells and that all medical treatment should center on the health of the individual cell. Together with Dr. Schuessler, they developed a wellness system based on cellular health.

Both doctors believed that a tissue imbalance or a lack of any of these minerals may lead to disease. Providing the missing minerals to the tissues corrects that imbalance and sets the stage for wellness.

The cell salts provide a rebalancing of the body to enable its natural disease controlling mechanisms to function. The cell salts are not a “cure” or a “medicine.” They are body function balancing dietary supplements.

Charles W. Littlefield, an analytical chemist, wrote: “These mineral salts are the physical basis of all healing. If they are absent from the blood and tissues, no permanent cure is possible.”

The 12 cell salts are essential for the health and growth of the body. They are grouped according to:
Chlorides, Fluorides, Phosphates, Sulphates and Silica. They are: Calcarea Fluorica, Kali Muriaticum, Natrum Muriaticum, Calcarea Phosphorica, Ferrum Phosphoricum, Kali Phosphoricum, Magnesia Phosphorica, Natrum Phosphoricum, Calcarea Sulphurica, Kali Sulphuricum, Natrum Sulphuricum and Silicea.

These 12 cell salts make up the human body. Due to the minute scale of cells, the ideal way to replenish a deficiency is to use very small micronutrients that can go directly to the depleted cells.

The 12 Cell Salts, or Tissue Salts, as they are sometimes called, have been standard homeopathic remedies for years, usually packaged as small lactose tablets and prepared according to homeopathic standards, however, some believe that spagyric tincture mineral salts, prepared as dietary supplements, provide an easily absorbed transport for the body, enabling the needed cell salts to go directly to the bloodstream without the body expending much needed energy to digest and process them.

Why Is A Spagyric Tincture Superior?

There are several sources for mineral salts but many believe that only a spagyric tincture has the potency to deal with today's toxic world. A Spagyric tincture is one prepared by using a mother salts procedure as developed by Paracelsus in the 16th Century.

To explain the spagyric tincture one has to explore alchemy. Spagyric was a phrase that Paracelsus
invented in the 1400’s. It means to separate and recombine. Paracelsus was a famous Swiss alchemist and physician and was known for his crusade for natural medicines and cures.

Paracelsus is considered to be one of the fathers of modern chemistry and pharmaceutical medicine. A respected physician and university lecturer, Paracelsus demonstrated the power and effectiveness of alchemically prepared medicines.

A spagyric tincture is made by a careful process in which each part of the mineral or plant that you are working with is separated through a process of heat and distillation causing each part to be brought to its highest and purest potential state. This purification process is believed to separate it into body, mind and spirit. Alchemy assumes that each mineral and plant has each of these qualities.

Having brought them to their highest state, the parts are then recombined, resulting in a superior “living tincture.” After all the “bodies” of each part of the mineral or plant have been separated and perfected, they are recombined. When consumed, the effect carries over to the person consuming it, thus affecting the physical as well as the subtle levels of the body.

Asians have long understood that we have an energy body as well as a physical body. Cell salt tinctures resonate with the Chi flow in the body. It is well documented that this is an important part of the results shown by Acupuncture, Acupressure, Therapeutic Touch and other systems that work on the subtle energy bodies of both humans and animals.

Another vital factor that makes a spagyric tincture superior is that the mother salts were mined from the
earth 30 years ago, carefully prepared in a year-long process and aged like fine wines.

Many dietary supplement manufacturers overlook these essential micronutrient minerals that the cells need to remain healthy.

Locate the spagyric tincture mineral salts today and begin using them according to the wisdom of the ancients. Have each of them available for a moment's notice. You will be amazed at the results. Keep them around for the myriad of situations that arise in your household. Take them for at least a 90-day period before judging their effectiveness for you.

4 Cell Salt Groups and 12 Cell Salts as discovered by Dr. Schuessler:

Chloride:
Kali Muriaticum (Potassium Chloride) - #6
Natrum Muriaticum (Sodium Chloride) - #10

Fluoride:
Calcarea Fluorica (Calcium Fluoride) - #1

Phosphate:
Calcarea Phosphorica (Calcium Phosphate) - #2
Ferrum Phosphoricum (Iron Phosphate) - #4
Kali Phosphoricum (Potassium Phosphate) - #7
Magnesia Phosphorica (Magnesium Phosphate) - #5
Natrum Phosphoricum (Sodium Phosphate) - #11

Silica:
Silicea (Silica) - #9

Sulphate:
Calcarea Sulphurica (Calcium Sulphate) - #3
Kali Sulphuricum (Potassium Sulphate) - #8
Natrum Sulphuricum (Sodium Sulphate) - #12
Cell Salt Deficiency Symptoms
As Discovered By Dr. Schuessler

Calcarea Fluorica (#1)
Calcium Fluoride
Ailments of the tendons and ligaments
Bleed easily
Bones
Carbuncles
Circulation
Cracked skin
Enlarged lymph glands
Flabby flesh
Frequent vomiting
Hanging abdomen
Heart problems
Muscle sprain
Muscles, weakness
Obesity
Poor circulation
Prolapsed organs
Rough/sensitive teeth
Ruptures or hemorrhoids
Skin diseases
Small intestines
Synovitis
Teeth
Tissues, elasticity of
Tumors
Ulcers
Urine odor
Varicose veins
Weak connective tissues

Calcarea Phosphorica (#2)
Calcium Phosphate
Anemia
Blood
Bone diseases
Broken bones heal slowly
Catch cold easily
Chronic lung problems
Congestion
Convalescence
Debility
Deep ulcers
Fevers
Gastritis
Glands
Hands and/or feet cramp or spasm
Hands and/or feet go to sleep/numb
Headaches
Inflammation
Kidney stones /gall stones
Lungs
Mucous discharge
Nerves
Neuralgia with numbness
Night sweats
Poor digestion
Rheumatism
Rickets
Slow rate of growth
Sore genitals or breasts
Spinal curvature
**Calcarea Sulphurica (#3) Calcium Sulphate**

- Bladder
- Bronchitis
- Deep abscesses
- Edema
- Excess sweat
- Frontal headaches with sickness
- Hydration problems
- Kidney disease
- Mucous membranes
- Nerves very sensitive
- Oozing ulcers
- Skin eruptions
- Toxic liver

**Ferrum Phosphoricum (#4) Iron Phosphate**

- Active measles /whooping cough
- Anemia
- Arthritis, rheumatism or gout
- Beginning stages of all acute illness
- Bleeding or painful hemorrhoids
- Bronchitis
- Cough
- Dry stools
- Frequent colds, fevers, sore throat, flu
- Frequent constipation
- Frequent diarrhea
- Frequent nose bleeds
- Heavy menstruation
- Inflammation
- Insomnia
- Internal hemorrhaging
- Listlessness
- Neuritis
- No appetite
- Pleurisy
- Recent physical injury or surgery
- Runny nose
- Sinus congestion with headaches
- Stomach
- Teething fever
- Tissue inflammation

**Magnesia Phosphorica (#5) Magnesium Phosphate**

- Abscesses/boils/acne
- Angina
- Arthritis/rheumatism/gout
- Bronchial discharge
- Colic pains
- Convulsions
- Cramps/Spasms
- Ear aches/toothaches
- Flatulence
- General pain
- Headaches
- Heart palpitations/angina
- Hiccoughs
- Highly sensitive/nervous
- Mental exhaustion/insomnia
- Muscle inflammation
Nervous asthma
Neuralgia
Painful urine retention
Painful menstruation
Pancreas
Paralysis
Profuse perspiration
Prostate difficulties
Sharp, shooting pains
Squinting
Sweat when in pain
Thin / easily exhausted
Vaginal spasms
Vomiting
Widespread itching
Writer's cramp

**Kali Muriaticum (#6)**

*Potassium Chloride*

Acne
Active chickenpox/mumps/measles
Asthma
Clotted bleeding
Constipation with light gray stools
Croup
Dropsy
Dry nose inflammation
Dull, aching pains
Ear and throat ailments
Eczema
Epilepsy
Eyes seep mucous
Fever
Gray-white mucous
Hand warts

Inability to digest fats or starches
Jaundice
Menses blood dark/clotted
Mucous colitis
Painful menstruation
Pleurisy/Pneumonia
Poor digestion
Whitish vaginal discharge
Shingles
Sluggish liver
Swollen / congested
Eustachian tubes
Thyroid
Tonsillitis

**Kali Phosphoricum (#7)**

*Potassium Phosphate*

Alternating moods
Appendicitis
Bowel bleeding
Brain concussion
Delirious
Depression
Despair /anxiety
Diarrhea
Excessive menstruation
Fear /sadness
Headaches
High pulse rate
Hysteria
Indigestion
Insomnia
Impotence
Improper fat digestion
Irritability
Irrational Fears
Mental decline
Motion sickness
Nausea
Nerve / muscle disorders
Nerve pains
Nervous asthma
Offensive secretions
Ovaries
Poor memory
Prostate
Prostration after exercise
Spasms / cramps after exercise
Sleepwalking
Stress
Weak muscles /paralysis

**Kali Sulphuricum (#8)**
(Potassium Sulphate)

Acid stomach/sour belching
Alternate hot/cold
Anxiety / sadness
Arthritis, rheumatism or gout
Asthma
Athlete's foot
Bronchitis
Dandruff
Difficult menstruation
Flatulence
Frequently missed periods
Hear
Heavy headache
Indigestion

Inflammation
Jaundice
Oily skin
Pains in hands or feet
Pains that move around
Pneumonia
Sinus congestion with headache
Skin conditions
Symptoms get worse in the evening
Weary and heavy
Yellow coated tongue
Yellow/slimy mucous/pus
Yellow vaginal discharge

**Silicea (#9)** (Silica)

Absent-mindedness
Abscesses
Adrenals
Anal spasms
Arthritis / rheumatism
Boils / carbuncles
Breast inflammation
Bruised / diseased bones
Cataracts
Chronic insomnia
Connective tissue problem
Cystitis / tumors
Deafness
Digestive conditions
Dry feet with odor
Feet/armpits over perspire
Foul diarrhea
General debility
General irritability
Hacking cough
Hair/skin/nail disorders
Headaches from studying
Inner chilliness
Joints crack
Kidneys
Little body heat
Lymphatic congestion
Menses with icy coldness & constipation
Mouth/tongue ulceration
Nervous exhaustion
Night sweats
Painful constipation
Poor memory
Pus formation
Slow/difficult thought
Slow healing wounds
Sore, tender feet
Spinal irritation
Thick mucous membranes
Tire easily
Toxicity
Ulceration of nasal bones
Vaginal discharge
Weak ankles
Weakness

Cold hands or feet
Colon
Cracked fingertips
Crave salt
Diarrhea/Nervous bowels
Dry chronic constipation
Dry eyes or watery eyes
Edema
Excessive salivation
Flaky skin
Greasy skin
Gum ulcers
Hair loss / dry scalp
Hands or feet numb
Hay fever
Headaches
Heart palpitations
Hysteria
Insufficient or excessive moisture
Mucous
Rapid pulse
Sciatica
Sterility
Stupor in illness
Sunstroke

**Natrum Muriaticum (#10)**
*Sodium Chloride*

Addison's disease
Asthma with edema
Bloated
Chills / fever
Chronic diarrhea
Chronic facial eczema

**Natrum Phosphoricum (#11)** *Sodium Phosphate*

Acidity in young child
Arthritis, rheumatism or gout
Colic
Constipation with acid symptoms
Cramps/Spasms
Diabetes
Diarrhea
Digestive upsets
Dyspepsia
Eczema with creamy secretions
Frequent urination
Gallbladder
Heartburn
Intestinal worms
Insomnia with itching
Low white blood count
Motion sickness
Nausea
Neuralgia
Offensive odor
Pain after eating
Pituitary
Poor fat digestion
Sciatica
Sick headaches
Sour breath with vomiting
Sour, creamy vaginal discharge
Sterility w/ acid symptoms
Thick yellow mucous
Yellow eye discharge

Dry mucous membranes
Earache with noise in ear
Edema
Excessive milk in lactation
Excessive sleepiness
Eyelids stick shut
Fever/flu
Flat/soapy taste in mouth
Flatulence
Gallbladder, liver and/or kidney disorders
Gas
Incontinence of urine
Influenza
Irritable with depression
Jaundice
Leukemia
Light sensitivity
Little perspiration
Liver disorders
Migraines
Nausea
Neuralgic sick headaches
Night asthma attacks
Nose, moth or gums burn frequently
Often thirsty
Sciatica
Skin too moist or too dry
Soft warts
Tongue is coated green-brown
Vertigo
Vomiting during pregnancy
Vomiting with diarrhea
Watery pus discharges
Yellow-green mucous

**Natrum Sulphuricum (#12)**
*(Sodium Sulphate)*

Arthritis, rheumatism, gout
Asthma
Concussion
Constipation
Crops of warts
Diabetes
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About The Author...

Beth M. Ley, Ph.D., has been a science writer specializing in health and nutrition since 1988 and has written many health-related books, including the best sellers, *DHEA: Unlocking the Secrets to the Fountain of Youth* and *MSM: On Our Way Back to Health With Sulfur*. She wrote her own undergraduate degree program and graduated in Scientific and Technical Writing from North Dakota State University in 1987 (combination of Zoology and Journalism). Dr. Beth has her masters (1998) and doctoral degrees (1999) in Nutrition.

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