

A SIMPLE GUIDE TO USING
HOMEOPATHIC CELL SALTS

HOMEOPATHIC CELL SALT REMEDIES

HEALING WITH NATURE'S
12 MINERAL COMPOUNDS

NIGEY LENNON
LIONEL ROLFE

Nigey Lennon

Homeopathic Cell Salt Remedies: Healing with Nature's Twelve Mineral Compounds



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A great introduction into studying tissue salt therapy. Consider this cells salt in the initial stage of any irritation where the epidermis or mucous membrane is red, painful and swollen. Here is a quick synopsis of the 12 existence conserving salts that could benefit your health:

Calc fluor Calcium fluoride is particularly abundant in the bones and tooth, blood vessel walls, muscle groups and connective tissue. This cells salt strengthens weak, brittle bones and poor enameled, and could heal bony outgrowths such as back heel spurs. Calc fluor can be widely used to revive tissue elasticity when it is lax or overly stiff. It is recommended for pores and skin cracks and fissures, so when the skin becomes heavy and hard. Nerve pains are usually sharp and could shoot along the nerve. Calc fluor can help hemorrhoids and varicose veins. Wet weather conditions may make symptoms even worse, while warmth and therapeutic massage can improve symptoms.

Calc phos Calc phos is certainly important for the skeletal system, teeth and connective cells. As a mineral substance, calcium phosphate constitutes over half of your bone structure. I started taking cell salts about two months ago, and I can really visit a difference. Calc phos is often good for anemia as well as for poor growth and development in children. It could promote the advancement of teeth and help with teething problems or decaying tooth. It can also be used to velocity recovery when convalescence from illness is delayed. Ferr phos is an oxygen supplier to the cells, so that it pays to for anemic circumstances, particularly if they occur as a result of severe bleeding.

Calc sulph Calc sulph is usually a blood purifier that's often useful with acne, abscesses, ulcers and wounds which have become infected. It gives a clear and concise description of the salt and its own use. This treatment is indicated for attacks that are sluggish to heal, so when the discharges are yellow, thick and possibly bloody. Great content:) Love this info! This is an excellent read concerning the 12 tissue salts. It switches into great details on each one. Typically, you will have thirst. The head may be congested and throbbing. Ferr phos is indicated with painful sore throats, laryngitis, earaches and similar inflammatory conditions initially stages. Additionally it is useful immediately following a personal injury to greatly help stop the blood flow if there is bleeding, or to reduce swelling, heat, inflammation and pain. Excellent book! I'm pleased with it. Pains related to Calc phos have a tendency to be worse at night. Five Stars Great small book. Gave my child #8 for her menstrual cramps & It's apparent, concise and easy to look stuff up. In accidental injuries where swelling takes place, use Kali mur during the initial swelling phase. Diarrhea and sinus infections past the initial stages with a slimy, yellow quality are normal uses for Kali sulph. With infectious bronchitis, the phlegm is definitely solid and may cause rattling and wheezing. This tissue salt is beneficial for the liver, pancreas, intestines and kidneys. The tongue is typically covered white and the stools may be lighter in color, indicating sluggishness of the liver. This book is an excellent introduction into learning about tissue salt therapy and it's really definitely 5 star worthy. Easy reading non-technical guide Perfect publication for the newbie in homeopathic remedies. Kali phos will reduce insomnia, asthma, headaches and indigestion if they are triggered by a short-term attack of nervous pressure. This tissue salt can be useful for treating physical conditions relating to the nerves, including shingles and epidermis conditions where there is itching and a crawling sense. Nerve pains or spasms, and cramps not really relieved by Mag phos, are often helped by Kali phos. I take three each morning and sometimes three at noon. These pores and skin conditions typically create a discharge which is definitely yellowish and sticky or watery, common in the later stages of contamination. Perfect for the generalists and can work well as a reference once I complete my doctorate. The thing that make it less difficult is for each chapter on the particular cell salt to really have the Hy-land's number of the corresponding cell salt. Kali mur is useful for infections such as tonsillitis, head colds and earaches when the swelling is normally marked. Digestive complaints and colic with gas or shifting pains could be helped by this cells salt. Typically, the conditions are better in awesome, open air, and worse in warm, stuffy rooms. Kali sulph is a remedy for cramps not relieved by Mag phos, especially when some of the above symptoms are also present.

Mag phos Mag phos is the chief cells salt to consider for cramps and spasms in the muscle tissue or nerves. It may help hernia pains and strained or hardened tendons. This tissue salt

quickly relieves cramping pains and colic that are improved by warmth, pressure and doubling over. Cold drafts and cool water are likely to worsen the problem. Tension head aches and fitful, spasmodic coughs frequently reap the benefits of Mag phos. Ordinarily a craving for salt develops, and the spirits tend to end up being low. If extra dryness or fluid retention occurs, this indicates a dependence on Nat mur. I read and understood the publication in 1 evening Very good Love cell salts which is quite great. Colds and hay fevers with watery mucus and sneezing, usually accompanied by a loss of smell and taste, also indicate Nat mur. Since overacidity is also the source of many arthritic problems (including gout), Nat phos is often useful. In the acute levels, this tissue salt acts more quickly when used dissolved in a few hot water. Nat mur This tissue salt's primary function is to correctly distribute body fluids. PLUS THEY WORK GREAT GREAT GREAT! It really is useful for an acidic belly which causes nausea, gas, sour belching or a solid, white covering on the tongue. Nat phos can be a useful remedy for morning hours sickness or movement sickness, when the vomiting is sour. Other problems helped by this tissue salt are constipation, digestive issues, and headaches that are worse in the morning and from sunlight. This tissue salt also regulates bile production, and can be utilized for jaundice, gall-bladder colic and indigestion from wealthy or fatty foods. Nat sulph Nat sulph regulates the distribution of drinking water and the flow of bile. Poor digestion, when it evolves after eating wealthy or fatty foods, also advantages from Kali mur. Jaundice, bitter belching and dark-colored, greenish stools and diarrhea all recommend a need for this cells salt. The coating on the tongue is normally greenish brownish.! Consider Silicea for neuralgia when Mag phos fails. The effects of head injuries may be remedied by Nat sulph. Silicea Silicea is well known as a cells salt to ripen attacks and eliminate them through the top. It acts as a bloodstream cleanser and is useful in abscesses, tonsillitis, sties and other attacks to promote the forming of pus when an outlet is available. The cells salt Silicea works with the bone structure and connective cells. Good book in cell salts. Place the cat on a mix of most of the cell salts which appears to help with his tremors (he's 19yo). It can also be used for absent-mindedness and poor memory. In the the respiratory system, this tissue salt should be considered for asthma due to humidity. This is an excellent introduction to Cell Salts in a very readable format with clear and concise information. Kali phos This tissue salt is specially suited to conditions associated with the nerves. Buy it and examine it! This book has become my "Bible" of cell salts. It really is useful in pores and skin eruptions and also in infections following the preliminary inflammatory stage. Crusty or scaling pores and skin problems also reap the benefits of this remedy.! Great book! worked after 2 dosages. I've a copy at home, one at the job and a couple extra that I like to lend. Good details to start a person from the uses of cell salts. Recommend! As a tissue salt, it is naturally useful in curing fractures, for conditions associated with the digestive tract and for coldness and numbness from poor circulation. I take the salts which have a mixture of every one of them. Kali sulph Kali sulph helps with conditions of your skin and mucous membranes. I observe that easily take other medication, like blood pressure supplements etc. the salts seem to intensify their impact. I would recommend this book to anyone who has medical problems and would like to try natural remedies. By the last web page, you should have sufficient understanding whether to begin with the cell salt therapy or not.! Nat sulph is often good for flus and colds and is normally another remedy for morning hours sickness, when there is a bitter flavor in the mouth. Occasionally, there is an linked feeling of hopelessness. Nat phos Nat phos is an acid-neutralizing cells salt. I went through and did it myself which is normally no big offer.! Excessive or suppressed perspiration can also be restored on track with this tissue salt. The tongue could be protected with a slimy, yellow coating. It really is beneficial for stress and nervousness, for irritability from frayed nerves, or for poor storage, typically accompanied by exhaustion. Readable and Understand! On a personal note, my inner-ear condition & most of my restless leg problems disappeared within 2 weeks of cell salt use. Great information If you've never tried cell salts, I would recommend that you check into them! I make reference to it constantly. Weakness and poor stamina may be evident in other parts of the body, so this tissue salt is highly recommended if these

problems neglect to resolve and if accidents heal poorly. It functions as a blood purifier when infections discharge a thick, white or gray element. Slim enough to retain in your purse or suitcase. I took a mix of 3 for a bout with acne. I want everyone could read this. Great reference for cell salts. When it is lacking, the nails, locks and bones could become weak. I now have a full group of them in the home to make use of when problems occur. Have not bought out counter medicines for over 2 yrs. Simple and easy examine. With sprains or strains, the pains are worsened by movement; This book belongs in everyone's bookcase. Lot's of useful information in an readable format. I started taking cell salts in regards to a month ago and I believe my heath provides improved. My GO TO Mineral salts book! Must Have Reference This is a fantastic book on the cell salts. Ferr phos can reduce fevers, specifically where in fact the skin is hot and dried out and the cheeks flushed. Calc sulph closes and clears up an infection. It also provides a quick look up chart, which may be convenient. I think it must be on every person's medical reference shelf. It's an absolute must have If you practice homeopathy it's helpful to have on hand A goof knowledgeable read Interesting and informative Four Stars Was a good read. Recommend! Very interesting and educational. Homeopathic Cell Salt Remedies Superb book.Kali murKali mur is highly recommended with poor and sluggish conditions. elevate the limb and apply a cold compress. Unlike many others on the subject. Calc sulph can prevent an oncoming cool or sore throat. Water-filled blisters, insect bites, hives that itch, and dry eczema are skin conditions this tissue salt often heals.



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