

Tissue/Cell Salts: An Overview

Tissue/cell salts were developed by Dr. Wilhelm Schüssler, a German physician, in the late 1800's. His theories were based in the belief that correcting the cells through the nutritional use of his 12 cell salts would correct all disease. In our modern world so many people are mineral deficient, and thanks to Dr. Schüssler we can use his tissue/cell salts to support ourselves on a cellular level to increase our overall health and well-being.

Schüssler's cell salts have a number of uses:

- ✓ home prescribers can find a quick fix for simple problems
- ✓ homeopaths can use them as a supportive measure in between constitutional remedies, especially for targeting specific physical conditions, illness or symptoms
- ✓ homeopaths can suggest them as a daily dose to address physical symptoms while a higher potency constitutional remedy acts

If one or more of these salts become deficient then biochemical imbalances occur within our cells and tissues, enabling chronic conditions to arise. Many people take mineral supplements, but cell salts are thought to be easier for the body to assimilate, and so are able to work faster and more gently to correct imbalances.

Tissue/cell salts are an excellent support to constitutional homeopathic care or on their own during acute care – they aren't intended to be a complete treatment, but to support a healing process by bringing balance to the cells.

Individual Tissue/Cell Salts covered in Kim's Audio Course

<i>Calc Fluor</i>	<i>Kali Mur</i>
<i>Calc Phos</i>	<i>Kali Phos</i>
<i>Calc Sulph</i>	<i>Kali Sulph</i>
<i>Ferr Phos</i>	<i>Nat Mur</i>
<i>Mag Phos</i>	<i>Nat Phos</i>
<i>Silica</i>	<i>Nat Sulph</i>

Commonly Used Tissue/Cell Salt Combinations

Tissue/cell salts may be taken individually or in combinations of usually two or three different salts. Especially after serious or long-term illness, the body is often depleted in more than one salt so it's not unusual to need several at a time. Kim will cover the most commonly used tissue/cell salt combinations in her course as well.

In addition, she includes a tissue/cell salt repertory (very handy for seeing which tissue/cell salts are best indicated), how to take tissue/cell salts, resources for reading more, and where to purchase tissue/cell salts. All in all this is a very comprehensive course that will enable you to start using tissue/cell salts right away in your home or healing practice!