

TISSUE SALTS IN A NUTSHELL

Below is a concise synopsis of the main action or use of the 12 tissue salts – the key words associated with each salt here is the information usually offered on the bottle label.

1	Calc. Fluor.	Elasticity of muscles and ligaments; flexibility, strength and toning of muscles; resilience of muscular and connective tissue and the walls of blood vessels, bones and tooth enamel; used in sport; eases overstretched muscles.
2	Calc. Phos.	A cell builder and excellent tonic; a growth developer and supporter critical for growing children; used for growing pains, teething and lack of strength; maintains body functions and aids recovery and recuperation; needed for healthy blood, connective tissue, teeth and bones; good after a long illness.
3	Calc. Sulph.	Nature's cleanser and blood purifier; dissolves discharge and drains tissues; excellent for colds; heals and dears suppuration and infected grazes; eliminates old cells; works particularly on the liver, blood and bile; clears slow-healing wounds, acne, bolls and abscesses.
4	Ferrum Phos.	A natural anti-inflammatory, oxygen transporter and anti-haemorrhagic; cools where it is hot and inflamed; calms overheated conditions; helps to form red blood corpuscles; strengthens blood vessels; excellent first-aid remedy.
5	Kali. Mur.	A superb tissue salt for children, especially for childhood diseases and liver function; an important decongestant for a stuffy nose; resolves the second stage of inflammation (exudation); a good glandular tonic; conditions the blood and lymphatic system; an excellent digestive; essential for blood, bone and nerve-tissue development.
6	Kali. Phos.	A great children's 'wellbeing tissue sale; a nerve nutrient and natural tranquilliser; restores a feeling of strength and wellbeing and gives emotional balance, especially when the child is upset at home, such as during divorce; eases the heart; eases pain and soothes brain tissue and intracellular fluid; lifts brain fog at exam time.
7	Kali. Sulph.	A cell oxygenator; clears away mucus or discharge and chesty, thick cough with thick yellow sputum; used for coughs, colds, sinus, eczema, dandruff and ear infections; a valuable children's tissue salt.
8	Mag. Phos.	An antispasmodic natural pain reliever used for cramps, especially in the legs; a nerve and muscle relaxant, used for spasms, tension and bladder stones; an excellent nutrient for stress-related pains and tension such as stiff neck, sore shoulders and pains in the legs at night.
9	Nat. Mur.	The best tissue salt for anger, upset, depression and irritability; used for hay fever, itchy eyes and insect bites; treats all sorts of mucous-membrane irritations, headaches, constipation, tearfulness, weak memory and fatigue.
10	Nat. Phos.	Nature's antacid; eases digestion; a natural acid/alkaline balancer; eases arthritic pains and stiffness, relieves stress, lifts mood and neutralises the system; eases gout and arthritis.
11	Nat. Sulph.	Stimulates and decongests the liver; an excellent diuretic and toxin cleanser; regulates body fluid in the metabolism; clears dark rings under eyes; eases flatulence and biliousness; helps to digest fatty foods and eases over-eating of junk foods.
12	Silica.	A cleanser; brings boils and sties to a head; helps the body to expel splinters; relieves excessive perspiration and offensive odours, especially smelly feet; used for children who do not grow and thrive and who are physically weak with a tendency to recurrent infections; supports and improves memory after stress and overwork. ●