

Facial and Physical signs of tissue salt deficiency

1. CALCIUM FLUORIDE

TISSUE ELASTICITY
TOOTH ENAMEL
BONE COATING

Calc fluor is important in the elastic fibres of the body (skin, muscles and blood vessels) and for the surface of bones and teeth

Facial signs

1. Cubical fold (inside corner of eye)
2. Lines on face
3. Flaky skin

Physical signs

1. Broken skin, cracked heels
2. Calluses on hands, feet & elbows
3. Flabby skin, stretch marks
4. Cold sensitive teeth
5. Hardened glands, piles
6. Varicose veins
7. Spastic colon

2. CALCIUM PHOSPHATE

CELL RESTORER

Calc phos is a major constituent of bones and teeth. It is very useful in childhood conditions such as "growing pains" by helping to ease the bone pain.

Facial signs

1. Pale wax-like ears
2. Entire face appears waxy
3. Soft white teeth

Physical signs

1. Fear & worry
2. Shy & withdrawn
3. Pins & needles
4. Palpitations
5. Tickling cough with no mucus
6. Weepiness
7. Easily frightened with "jumping heart"
8. Blood disorders
9. Delayed bone healing after fractures

3. CALCIUM SULPHATE

BLOOD PURIFIER
DISINTEGRATES OLD CELLS

Calc sulph is needed where there is suppuration (pus formation) such as with wounds slow to heal, boils, ulcers, abscesses and acne.

Facial signs

1. Adult acne, severe adolescent acne
2. Boils, carbuncles, ulcers

Physical signs

1. Boils, carbuncles on body
2. Formation or discharge of pus anywhere on the body

4. FERRUM PHOSPHATE

OXYGEN CARRIER
ANTI-INFLAMMATORY
FIRST AID SUPPLEMENT

Ferrum phos is very helpful in the early stages of a cold or viral infection, when it is difficult to get clear symptoms on which homeopathic remedies to prescribe.

Facial signs

1. Dark rings under eyes
2. Entire outer ear is red
3. Red forehead/flushed face

Physical signs

1. Flu/colds
2. Shortness of breath
3. Bacterial/viral infection
4. Fatigue from a lack of oxygen
5. Temperature regulator
6. Bleeding
7. Vascular pains (headaches)
8. Menstruation
9. Low immune system

5. KALIUM MURIATICUM

BLOOD CONDITIONER
CLEANSER & DETOXIFYING AGENT

Kali mur helps in any condition with thick white discharge and in thickening of the blood.

Facial signs

1. 1. Bluish, white half moon under eyes
2. 2. Entire face white, person feels nauseated

Physical signs

1. Nausea (morning sickness)
2. Warts, skin attachments
3. Congested lungs
4. White discharge from anywhere in the body
5. Allergies
6. Snoring
7. Sinus, hayfever

6. KALIUM PHOSPHATE

MENTAL & PHYSICAL EXHAUSTION
NERVE & BRAIN CELL NUTRIENT
STRONG ANTISEPTIC

Kali phos is a great nutrient for the nerves and brain and helps with brain-fog, irritability, timidity and muscular debility associated with nerve weakness (usually after an acute illness).

Facial signs

1. Greyish area around mouth
2. Entire face grey
3. Deep sunken temples

Physical signs

1. Memory loss/ no concentration
2. Hyperactivity in children
3. Insomnia
4. Inability to comprehend
5. High temperatures
6. Halitosis
7. Mental & physical exhaustion
8. Functional brain disorders (senility)

7. KALIUM SULPHATE

KIDNEY CLEANSER

OXYGEN CARRIER

Kali sulph helps to carry oxygen to the cells and is useful in circulatory problems and inflammations. It also helps in skin problems and where discharges are yellow.

Facial signs

1. Brown spots & freckles (age spots)
2. Bronzy yellow face colour

Physical signs

1. Desire for cool air
2. Intestinal disorders
3. Stomach catarrh
4. Chronic conditions

8. MAGNESIUM PHOSPHATE

NERVE NUTRIENT

ANTI-SPASMODIC

GENERAL PAINKILLER

Magnesium phos is excellent as an anti-spasmodic and helps in such situations as menstrual cramps.

Facial signs

1. Pink/red on sides of nose

Physical signs

1. Teething
2. Bloating
3. Nervous tension
4. Hunger pains
5. Muscle cramps
6. Hot flushes
7. Nerve pains (sciatica)
8. Menstrual pains

9. NATRIUM MURIATICUM

WATER DISTRIBUTOR

Natrum mur is used when there is a disturbance of the water metabolism, such as in excessive dryness or oedema. It works to distribute water in the body.

Facial signs

1. Puffiness under eyes
2. Sponginess of cheeks
3. Silvery white under eyelashes
4. Naso-labial lines

Physical signs

1. Itchy eyes & skin
2. Watery eyes & nose
3. Swelling anywhere in the body
4. Arthritis/gout
5. Proneness to mosquito bites
6. Lack of energy
7. Excessive thirst
8. Craving for salty things
9. Cold hands & feet
10. Constipation

10. NATRIUM PHOSPHATE

ACID NEUTRALISER

Natrum phos is used where there is an excess of acid and where the bile is important (colic, jaundice, gastric problems). It works to create water.

Facial signs

1. Greasy skin, T-zone
2. Large pores, pimples, blackheads
3. Drooping cheeks
4. Tight or no pores

Physical signs

1. Smelly feet & sweat
2. Heartburn
3. Craving for sweet things
4. Cradlecap & nappy rash
5. Burning sensation on skin
6. Constipation
7. Yellow discharge anywhere in body

11. NATRIUM SULPHATE

EXCESS WATER ELIMINATOR

LIVER CLEANSER

Natrum sulph, like Natrum phos and Natrum mur, regulates the quantity of water in the system. It helps where there is a greenish discharge.

Facial signs

1. Red outer edge of ear
2. Bluish reddish nose
3. Green-yellowish face colour

Physical signs

1. Thick furry tongue
2. Hang over from over indulgence
3. Asthma
4. Liver problems

12. SILICEA

SKIN CONDITIONER

ANTI-STRESS CELL SALT

Silicea is indicated in all cases of slow pus formation. It helps to ripen an abscess and promote discharge, such as in resolving boils or tooth abscesses.

NOTE: Silica is contra-indicated where foreign articles are present i.e. Heart stents, IUD, breast implants, metal pins, pacemakers etc.

Facial signs

1. Wrinkles
2. Glossy shiny nose tip
3. Dull fluffy hair
4. Skin problems
5. Baldness
6. Deep sunken eyes

Physical signs

1. Stress
2. Irritation, whining in children
3. Aggression
4. Can't get out of bed
5. Noise & light sensitivity
6. Twitching of eyes, involuntary twitching
7. Headaches
8. Septic conditions
9. Haematoma re-absorption (i.e. after stroke)

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