

## DR. SCHUESSLER'S BICHEMIC SYSTEM OF MEDICINE

In the late 1800's Dr. Wilhelm Schuessler studied ash residue as a means of better understanding the human body. He discovered 12 minerals were found in the ash and in cells throughout the body. He thus concluded that these minerals were the foundation for the body structure and fundamental to the operation of all tissues and organs.

The Cell Salts are critical to metabolic processes and they balance the biochemistry of the blood. Wikipedia defines "Metabolism" as follows:

**Metabolism** (from **Greek**: μεταβολή *metabolē*, "change") is the set of **life-sustaining chemical transformations** within the **cells** of living **organisms**. The three main purposes of metabolism are the conversion of food/fuel to energy to run cellular processes, the conversion of food/fuel to building blocks for **proteins, lipids, nucleic acids**, and some **carbohydrates**, and the elimination of **nitrogenous wastes**. These **enzyme-catalyzed** reactions allow organisms to grow and reproduce, maintain their structures, and respond to their environments.\*

Homeopaths have recorded the success of using the cell salt remedies in 6X, and in higher potencies, to develop healthy tissue and to achieve healthy functioning of the body. They support development of healthy teeth, hair, bones, veins, nerves, skin and together, each of the body organs, including the brain. Over years of continued observations Dr. Schuessler identified the function each of these cell salts contributed to specific tissues and organs, as well as symptoms that indicated a mineral deficiency.

Dr. Schuessler found that by following homeopathic pharmacology one could prepare small doses of each cell salt that captured the energetic dynamic of the corresponding mineral. Thus, as one takes these cell salts, one receives both the material substance and the energetic, dynamic, life substance of the mineral. So their action is different than vitamin pills containing minerals. The energy of the cell salts is absorbed in the mucus membranes of the mouth, rather than being metabolized through the digestive system. Therefore, it is the frequency of repetition that influences their action, not quantity of tablets ingested. In fact, one would overdose on the lactose tablets if relying on the material quantity of mineral substance in each tablet to produce a healing response. The standard dose for an adult is 4 tablets three (3) times per day. Children and animals may be given ½ the adult dosage. One may continue taking as long as symptoms continue to improve,

but not indefinitely. If there is no change after taking the cell salt for a number of days, discontinue use. Review the case periodically to assess the action of the cell salts and prevent possible suppression of symptoms.

The cell salts are often referred to by number. Since these number systems are different in the US and Europe, we will use the mineral name and the European system of numbering. Take care when ordering to confirm you have correct the mineral salt. We can organize the cell salts in 4 groups as follows:

- 1) 3 Calcium Salts
- 2) 3 Potassium Salts
- 3) 3 Sodium Salts
- 4) Iron, Magnesium, and Silica

Note that the “conditions to treat” listed below represent conditions that have responded to that individual remedy, regardless of potency used. Therefore, higher potencies may be required to address certain ailments. So be clear that one should not rely on cell salts to resolve conditions such as asthma or serious infections. One should always consult a qualified medical practitioner for serious conditions. I am not a medical doctor and have included information here to help you develop a better understanding of each cell salt’s action and to help guide you in your home care selections. Let us now look at each of the 12 individual Cell Salts and the combination of all twelve, Bioplasma.

### **1) Calcium Fluoride (Calc Fluor) - “bone salt”**

Surface of bones  
 Enamel of teeth  
 Elastic tissue  
 Epidermis  
 Nervous system

The action of the Calc Fluor cell salt corrects over growth and hardness, as well as deficiency and lack of strength.

#### Overgrowth:

Bony growths, exostoses  
 Bone spurs and tumors  
 Induration & stony hardness of glands  
 Cataracts  
 Scar tissue from X-rays, burns, and operations  
 Varicose veins and Arteriosclerosis  
 Hemorrhoids  
 Warts

#### Deficiency:

Deficient enamel and bone density  
 Prevents and corrects need for palate expansion  
 Joint disorders where they give way easily and dislocate

Early morning fatigue  
 Numbness in parts  
 Fissures and cracks in hand skin, and elsewhere

## **2) Calcium Phosphate (Calc Phos) – Nutrition of Bones**

Bones  
 Teeth  
 Brain

The action of Calc Phos corrects issues around poor nutrition. This can be development delay, repair of bone and body tissue, or loss of bone, teeth or any other tissue.

Delayed dentition  
 Rickets, open fontanelles,  
 Emaciated children with shrunken bodies and flabby bellies  
 Soft, thin, brittle bones  
 Growing pains  
 Non-union of bones  
 Osteoporosis  
 Recovery from injury and illness  
 Improves memory and relieves nervousness when nutrition deficient

## **3) Calcium Sulphate (Calc Sulph) - Connective Tissue\***

Focus of action:

Skin  
 Respiratory system

Dr. Schussler found the Calc Sulph action centered on connective tissue such as the skin. It promotes reabsorption of boils. Body discharges have a yellow color.

Boils and abscess  
 Acne, eczema, psoriasis, and dandruff  
 Cracked skin, esp. hands and feet in winter  
 Fungal infections (tinea)  
 Upper respiratory infections (colds) with yellow phlem  
 Sore throats (chronic of Cham)  
 Conjunctivitis with thick, yellow discharge

[While Dr. Schussler made many observations of the broad and deep sphere of action of Calc Sulph, he later determined that it was not a constituent of tissues and removed it from his last edition of Biochemic Therapy. He distributed its actions between Nat Phos and Silica. Therefore, if you think of Calc Sulph, also look at Nat Phos and Silica for your treatment.]

#### **4) Potassium Chloride (Kali Mur)**

Dr. Schuessler found Kali Mur dissolved white or greyish white secretions of the mucus membranes and other epithelial tissue as well as tough plastic exudation.

- Eustachian tubes – Relieves ear pressure when flying,
- Throat, sinus and upper respiratory system with white discharges
- White, or grey white coating at base of tongue
- White blisters, shingles
- Burns
- Cysts with white discharge
- Rheumatism
- Allergies – clear white discharges and white flakey skin
- Mental confusion

#### **5) Potassium Phosphate (Kali Phos) “Nerve Remedy”**

This cell salt treats the state of worn out mothers, business people, or anyone who has endured an intense physical/mental strain that has drained their system.

Dr. Schuessler observed that Potassium Phosphate has an important impact on:

- Brain
- Nerves – Vasomotor, sensory, motor, and sympathetic
- Muscles
- Blood
- Intercellular fluids

One may apply this remedy for the following conditions and indications:

- Mental exhaustion, neurological overwhelm, weak memory
- Mental deterioration, senility and Alzheimer’s
- Chronic fatigue from overuse of the intellect
- Insomnia – difficulty sleeping after midnight, nightmares
- Hayfever
- Shyness and depression
- Nerve tonic – “homeopathic valium”

#### **6) Potassium sulphate (Kali Phos)**

Dr. Schuessler found that potassium sulphate is instrumental in the oxygen exchange with iron in all cells that contain iron. Thus we see affinity with the respiratory system. Deficient amounts of Kali Phos are seen with symptoms of Weariness, congestion of yellow mucus, boils, and second stage infections.

- Upper Respiratory Infection with yellow discharge, often profuse
- Ear infections and stoppage of Eustachian tube
- Lung and bronchial infections – coughing balls or globs of yellow mucus
- Fungal and yeast infections
- Eczema where skin peels off, yellow dandruff, moist and sticky
- Poison ivy
- For healthy hair and nails
- Hurried mind, irritable
- Dislike eggs
- > open air

Rheumatic pains wander and better with warm compresses  
Hot flashes and < heat and night time

### **7) Sodium Chloride (Natrum Mur) “Balances bodily fluids”**

Dr. Schuessler observed that common salt is in all body cells as well as the blood. As salt attracts water, the presence of salt keeps the body properly hydrated. If cells lack salt, the water stays in the intercellular fluid and creates a bloated effect in that area of the body. Generally these people feel tired, sad and weep easily. While these people crave salt, the body cannot absorb it in these crude amounts. Conversely, the effect of the minute quantity in the homeopathic preparation has a completely different and healing effect. The Nat Mur state is often induced by grief and the Sodium Chloride homeostasis gets thrown off. Indications for Nat Mur include:

- Cold sores (esp. at corner of mouth) and herpes
- Hives
- Constipation
- Excessive thirst with dryness of skin, eyes, and throughout the body
- Water retention before menses
- Difficulty in urinating, esp. in public bathrooms
- Hay fever with great sneezing and nasal discharge like egg white
- Headaches, hammering sensation, blinding, worse and brought on by being in the sun
- Highly sensitive people who have walled off their emotions
- Exhaustion from mental overload

### **8) Sodium Phosphate (Nat Phos) “Acid neutralizer”**

Dr. Schuessler found that Nat Phos is indicated for excess of acid in the body as it assists in the breaking down of lactic acid. We find sodium phosphate in:

- Blood corpuscles
- Muscles
- Nerves
- Brain
- Intercellular fluids

Nat Phos helps restore proper pH balance in the body and neutralize acidic activity. Helps people who cannot eat acidic foods (oranges, grapefruit, kiwi...), acidic high protein diets, and coffee drinkers.

- Gout.
- Supports the action of kidneys and bladder.
- Cystitis – especially if after acidic foods or drinking alcohol
- Vaginitis from excessive yeast and/or acidic foods
- Good for detoxification. (Complimentary with goldenseal and uva ursi)
- Hangovers (with Nux-v)
- Worms – grinding the teeth and biting nails from worms, thread worms
- Food allergies
- Wasting of bottle fed babies -- inability to gain weight with good food intake
- Sensitive to sugar – blood sugar issues

Never been well since intense diarrhea (flu or other cause), or loss of blood from hemorrhage (vital fluids)  
 Sour smell to body  
 Hives – esp. at ankles  
 Rheumatism

### **9) Sodium Sulphate (Nat Sulph) “The Elimination Salt”**

Dr. Schussler says of Sodium Sulphate, “Nat sulph attracts the water formed during the retrogressive metamorphosis of the cells and secures its elimination from the organism.” This is a liver remedy needed by those living in damp environments. Recommended during liver cleanses as supports action of liver, pancreas and intestines in removing toxins and waste from the body. It has been useful in treating the following conditions:

Asthma – worse dampness  
 Lung and respiratory infections with yellow mucus  
 Influenza  
 Liver disease  
 Gallbladder disorders  
 Head injuries – Never well since, suicidal depression after  
 Brain injuries  
 Edema and gout  
 Warts  
 Generally < damp, cold and hot humid, sunlight

### **10) Iron Phosphate (Ferrum Phos) “Inflammation Remedy”**

Ferrum Phos may be considered the “first aid cell salt” as it may be applied to the 1<sup>st</sup> stage of all acute sickness. It is also good for the convalescent stage to relieve final effects of inflammation. Ferrum Phos addresses inflammation of all tissue except bone tissue. Especially effective in anemic people.

Throat infections  
 Fevers of unknown origin – general symptoms of inflammation – no SRP sx  
Lack of symptoms in any childhood disease – chicken pox, flu, ear aches  
Anemia – loss of vitality, after surgery, radiation  
 Never been well since hemorrhage, uterine hemorrhage, bleeding fibroids  
 Nose bleeding (Phos primary remedy)  
 Increases oxygen to the lungs and throughout the body

### **11) Magnesium Phosphate (Mag Phos) “The Pain Cell Salt”**

Dr. Schuessler found that Mag Phos has a great affinity for the nerves and muscles. It acts as an anti-spasmodic and greatly relieves nerve pain, cramps, and convulsions. The Mag Phos condition is worsened by motion, night time, cold air and wet cold. They are better from heat and want to put heating pad or hot water bottle on cramping area. Think of Mag Phos for the following conditions:

Leg cramps and Charlie horse cramps in runners, in the night time  
 Injuries with shooting pains (follows Hypericum)  
 Shooting, radiating pains of inflammation and/or nerve injury

Whiplash and other spinal injuries  
 Facial tics & TMJ  
 Radiating tooth pain  
 Sciatic Nerve pain  
 Menstrual cramps (with hormonal remedy)  
 Spasmodic coughing – croup, whooping cough  
 Colic in infants  
 Colitis, irritable bowel syndrome, stomach cramps  
 Parkinson's disease

## **12) Silica “For Lack of Grit – Physical or Principle”**

A large portion of the earth's crust is composed of silica, or flint, and as it is absorbed by plant and animal life, silica provides the “grit” of most living things. It is indicated by those who need more stamina, especially when malnutrition is present.

Think of Silica as a catalyst. It harnesses the minerals and gets them working in the body; it affects fibrous tissue and creates a firm structure that supports the harmonious operation of other cell salts. We see release of impurities which should not be in the body, a dissolving of hard formations, as well as the building up of weakened structures such as bones and teeth.

Weakened & exhausted states – exhausted after a few hours, to regain energy after surgery

Lack of stamina – mental, physical and sexual; measure their energy needs

Lack of body warmth – desire warmth, < cold and cold wind

Premature babies - #1 remedy for this presentation

Babies with large heads and thin bodies, frail, delicate skin w/ blue tinge

Developmental delays in speech, walking, & growth

Vaccine induced developmental delays or malaise (also in dogs and cats)

Ear, sinus, and respiratory infections

Dairy intolerant, even of mother's milk

Lack of self-confidence coming from sense of weakness and lack of courage

Can be very intelligent children and adults

Refined

Dissolves boils, cysts, keloid scars, and abscesses, dental abscesses

#1 remedy for removing foreign objects from the body, skin – splinters, gunshot, glass

Hardening of glands and tumors

Warts, especially hard warts, carbuncles

Strong affinity for nails: strengthens nails, ingrown nails, nails with white spots, ridges, brittle

Strengthens hair and skin

Strengthens bones, bone joints, scoliosis, and necrosis of bones

Excessive perspiration of feet, arm pits and back of neck

\*\*Ailments from suppression of perspiration. Do not use anti-perspirants!!

Perspiration of feet with cold feet

### **Bioplasma - Combination of the 12 Tissue Salts**

This formulation of the cell salts balances the electrolytes and helps support the balancing of the minerals in the cells. When multiple cell salts seem indicated, it is wise to muscle test to see if Bioplasma is what your body is calling for.

#### Book References:

Lotus Materia Medica, by Robin Murphy N.D., 1995

Desktop Guide to Keynotes and confirmatory Symtoms, Roger Morrison M.D., 1993

The Soul of Remedies, Rajan Sankaran, 1997

Homeopathy and Minerals, Jan Scholten, 1993

The Essence of Materia Medica, George Vithoulkas, 1988

#### Internet References:

\* Wikipedia definition of Metabolism:

<https://en.wikipedia.org/wiki/Metabolism>

#### Cell Salt facial-diagnosis:

<http://schuessler-cell-salts.com/facial-diagnosis/index.htm>

#### Doctor yourself cell salt therapy

[http://www.doctoryourself.com/cell\\_salts.html](http://www.doctoryourself.com/cell_salts.html)

#### Description of each cell salt

<http://www.schuesslersalts.com/en/>

<https://www.homeopathystore.com/blogs/newsletter/7215504-schuessler-cell-salts>

<http://lovelovething.com/cell-salts-easy-homeopathy/>

#### The Twelve Tissue Salts or Cell Salt Remedies

<http://www.brighterdayfoods.com/PDFDocs/1/LR72WHCKJQ1V9LTGKT8CGWX7TM5B1NP5.PDF>