

FACIAL DIAGNOSIS OF CELL SALT DEFICIENCIES

A User's Guide



*The many uses and benefits of using cell salts,
with color illustrations for facial diagnosis.*

DAVID R. CARD

FACIAL DIAGNOSIS
OF CELL SALT
DEFICIENCY

FACIAL DIAGNOSIS
OF CELL SALT
DEFICIENCY

A User's Guide

DAVID R. CARD

Kalindi Press
Prescott, Arizona

© 2004, David R. Card

All rights reserved. No part of this book may be reproduced in any manner without written permission from the publisher, except in the case of quotes used in critical articles and reviews.

Cover design: Kim Johansen
Layout and design: Tori Bushert

Kalindi Press
PO Box 4410
Chino Valley, AZ 86323
800-381-2700
www.kalindipress.com

This book was printed in China on recycled paper using soy ink.

Disclaimer: The material in this book is intended for educational purposes only, and as such is not meant to be a substitute for professional medical intervention or used to treat or diagnose diseases. In any use of cell salts or other approaches discussed in this book, please apply common sense and consult a qualified, licensed health care professional.

Dedication

This book is dedicated to the patience of my family, my clients, and my mentor, Dr. Robin Murphy.

Many thanks to Monique Ordonez for the cell salt allegory illustration, and to Linda Foulton for her organization and typing.

Thanks go to the memory of Dr. George Carey. His work has been simplified, reformatted, and adapted here for the twenty-first-century reader.

Contents

Introduction

Chapter 1 Using Cell Salts — 1

An introduction to cell salts, including dosages and instructions for their use, and an overview regarding facial deficiency diagnosis

Chapter 2 Introduction and History —

An introduction to and history of cell salt usage by Dr. Carey; charts comparing cell salt attributes

Chapter 3 CALC FLUOR —

Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 4 CALC PHOS —

Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 5 CALC SULPH —

Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 6 FERRUM PHOS —

Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 7 KALI MUR —

Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 8 KALI PHOS —

Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 9 KALI SULPH —
Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 10 MAG PHOS —
Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 11 NAT MUR —
Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 12 NAT PHOS —
Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 13 NAT SULPH —
Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Chapter 14 SILICEA —
Introduction, *materia medica*, photographs and descriptions of facial deficiencies, Schuessler's recommended uses, astrological correspondences

Bibliography —

Cell Salt Sources —

Index —

About the Author —

Introduction

Hopefully, through the photographs provided, this book will help you to visualize and recognize cell salt deficiencies and gain greater health.

There has been a great amount of interest in cell salts in the last few years. Most of the material in English is a rehash of the classics. I have updated two classic books from the 1920s written by Dr. George Carey. They are *The Biochemic System of Medicine* and *The Chemistry and Wonders of the Human Body*. I have adapted Dr. Carey's *materia medica* (a collection of symptom details) for the layperson, translating some of his older technical medical terms into more modern-day language. The Glossary at the end of the book will also assist you with terms that are unfamiliar.

Dr. Carey's reference material is immensely interesting and useful. In each chapter covering a particular cell salt, I provide this information as well as a *Reader's Digest*-type version of his other writings on that particular remedy. Included in Chapter 2 are also several pages of cell salt comparisons.

In Europe the use of cell salts and facial deficiency diagnosis is widespread. In Germany alone, there are about sixty "cell salt" organizations. The European view of cell salts originates from two followers of Dr. W. H. Schuessler – Dr. Kurt Hickethler and Mrs. W. Sonner, who established the Sonnerschau Facial Analysis Theory in 1936. Since that time, thousands of practitioners have verified their observation that facial features reflect the symptoms of cell salt deficiencies. In each chapter I provide material from Dr. Schuessler's "Therapeutic Index," which can be found in his book, *A New Treatment of Disease by the Inorganic Tissue Cell Salts*. I also include photographs and descriptions of cell salt deficiencies as seen in the face.

The last part of Dr. Carey's work has to do with his obsession with the cell salts and their relationship to the astrological constellations, birth times, and body parts. I include this information at the end of each chapter to provide a different view of the cell salts.

This book is not intended to treat or diagnose diseases. Please use common sense and consult your health care professional.

Using Cell Salts

Cell salts can be taken by anyone under any condition. Because they are nontoxic, many pregnant and nursing women use them with success.

There are several ways to take cell salts. The most common way is to tap 2–4 pellets into the cap and drop them into the mouth. (Refer to [page xx](#), “Use and Handling of Cell Salts.”) This is called the “dry” method. Many people prefer this method, especially children who like sweet foods or candy.

Cell salts commonly have a lactose (milk sugar) base. Those with a lactose intolerance can purchase cell salts with a liquid or sucrose base, however they may be harder to obtain in these forms.

In chronic cases in which a person will be taking cell salts for several months or longer, you may have to alter the potency or use a “wet” form. This means that you put your pellets into a bottle of distilled or filtered water (8 to 64 ounces) and consume it throughout the day. The advantages of the wet form include the healing benefits of drinking pure water and continuously infusing the body with cell salts throughout the day.

There is a controversy regarding the amount of cell salts to be taken. Some people suggest 2–4 pellets taken 1–3 times a day. Acute cases seem to dictate 5–30 pellets 3 times a day. My approach is to use applied kinesiology to determine the potency and number of pellets one should take.

We have two reservoirs of minerals in the body, one to use on a daily basis and one for emergency situations. When our local reservoirs are depleted, we must draw from our deeper wells. When we are deficient in minerals, this is reflected in the face as well as in diseases or imbalances. The greater the deficiency, the greater the changes in the face. (The photographs shown later in the book illustrate this principle.) When these signs appear, we can use cell salts to fill our reservoirs, and if we have a chronic condition, we must do so quite slowly to replace our deep-well reserves. Once our mineral needs are met, we can be healthy, strong, energetic, mentally clear, and at peace with others and ourselves.

Using the twelve basic cell salts, we can counterbalance many deficiencies and cure or avoid diseases and other health conditions. Prevention is always important. Although we may feel well now, pollution, stress, etc., tax our mineral reserves. Those of us who are taking macro and trace minerals may still have deficiencies and may not be obtaining the physical, mental, and spiritual benefits we seek from them. For instance, gastrointestinal challenges may reduce our ability to absorb the minerals. Stomach problems, indigestion, gas, etc., are signs of poor mineral absorption. Cell salts, by their preparation, are reduced to a size small enough to be easily assimilated into the cellular structure of the body, hence the name cell salts. (Other books refer to them as tissue salts, as they are derived from minerals important for the body's tissues.) Acid blockers or other medications also restrict our ability to absorb minerals. This is another reason to use cell salts! I recommend taking cell salts until your local and deep mineral reservoirs have been replenished, which is evident when your health and vitality have been restored, and then continue to use them for another 2–3 months.

Dr. Carey and Inez Eudora Perry have also provided metaphysical explanations of the cell salts in their book *Cell Salts of Salvation*, in which they make correlations between the twelve cell salts and the twelve astrological constellations, a practice common amongst many medieval- and Renaissance-era doctors. You can see a symbolic rendering of their views on [page xx](#). In this rather esoteric book, the authors suggest that each of us has a “birthday” cell salt (determined by the sign of the zodiac under which we were born) that we should take on a regular basis to support our health.

USE AND HANDLING OF CELL SALTS

1. Liquid – Take the number of drops indicated on the bottle, unless otherwise directed. Place drops directly under the tongue and retain for

at least 30 seconds. Avoid touching the mouth or tongue with the dropper.

2. Pellets – Avoid touching pellets with hands. Put desired number of pellets into lid of container and drop them into the mouth. Let them dissolve under the tongue; do not chew or swallow them. Pellets can also be placed in water – preferably distilled. Add them to the water, stir, and then sip throughout the day.
3. Topical applications – The topical application of cell salts sends the minerals directly to the affected area for fast and effective results. Topical cell salt applications are very simple. One can crush the pellets between two spoons and sprinkle the correct cell salts on the skin area. (The recommendations for topical applications of various cell salts will be found in the chapters that follow.)

Another method of topical application involves putting 10 pellets of each recommended cell salt into a pint of hot or cold water (as required for the individual case) and stirring the water with a non-metallic spoon until the cell salt is dissolved. Then, soak a cloth in this treated water, wring out the cloth, and apply it to the affected area until there is relief, or until another application is required. You may choose to put another dry cloth over the soaked cloth to protect your outer clothes or the bed sheets.

One can also crush the cell salts (10 pellets) and put into one ounce of a neutral-based (non-medicated or non-perfumed) cream or lotion (a moisturizing cream can also be used). Apply the lotion or cream to the affected area. This form delivers the salts in a slower but longer lasting application.

4. Do not brush teeth, eat, or drink anything (except for water) for at least 10 minutes before or after administering the remedy.
5. Keep all cell salt remedies out of direct sunlight. Do not store them near a microwave oven, computer, or television set. Do not

-
- store them near substances with strong odors such as essential oils. It is not necessary to refrigerate them.
6. Do not use any gum, mints, or toothpaste containing peppermint or spearmint within 30 minutes of taking the remedy. It is important to refrain from using any products containing camphor or menthol while under treatment. These products can antidote the remedies.
 7. Caffeine, especially coffee, can reverse the action of cell salts. However, decaffeinated coffee, either instant or freeze-dried, does not appear to antidote the remedies.
 8. Do not allow cell salts to pass through airport security belts or passenger walk-through devices. Either pack them in a lead-lined photo bag in checked baggage or request that they be hand-inspected by security personnel.
 9. When the directions given suggest alternating one remedy with another, switch remedies every 2–4 hours. In acute situations, alter remedies every few minutes.
 10. Sometimes when taking a particular remedy, the healing process stalls. In some situations the recommendation is to take another remedy “intercurrently.” In this case one would stop taking the first remedy, take the second remedy until there is a shift, and then return to the first remedy.
 11. Throughout this book you will notice references to using different cell salts at different points in the healing process (e.g., “first remedy,” “second stage of resolution,” “third remedy.”) There are three stages in the course of any disease or condition. The first relates to inflammation; the second, to infection or discharge of pus; and the third, to resolution (the body gets rid of the pus). Different cell salts are suited to addressing different stages in this process.
 12. Cell salts come in a variety of potencies. The most commonly used are the “6x” potencies, that are found in most health food stores. If there is an emergency or one cannot find this exact potency, use what you have. Potencies can vary from 3x to 200x, or 6c to 1000c, and beyond. The lower potencies – 6x to 30x – are within the scope of the use for this book. Higher potencies require expertise or a consultation with a homeopath (a doctor or health practitioner who recommends the use of homeopathic remedies and cell salts). The 6x to 30x potencies can work miracles. I recommend having all twelve cell salts on hand. The various individual cell salts and combinations can serve to promote better health, not previously realizable. If you can’t find cell salts in your local health store, consult the sources listed in the back of this book,

FACIAL DIAGNOSIS

Facial diagnosis for cell salt deficiencies was pioneered by Dr. Schuessler (1821–1898) and was verified and expanded by Dr. Hicketier (1891–1958). Various practitioners in Germany such as doctors, homeopaths, and pharmacists have done further work in this area. (*See Bibliography.*) Very little has been written on this topic in English. I have started to disseminate this material in English and hope that the English-speaking world will catch on to this simple way to detect cell salt deficiencies.

I have used this method of diagnosis successfully for fifteen years and my clients have been very satisfied. They have only seen greater health and success. I hope that each family will use this book to prevent diseases and treat minor maladies. I believe professionals will recognize that cell salts can be easily used in their practice as an adjunct to other therapies or as a stand-alone to promote health. The great thing is that you cannot make mistakes with cell salts, as they are non-toxic and safe to take regardless of age, gender,

physical condition (including pregnancy and nursing), or current medication regime.

FACIAL LOCATIONS THAT INDICATE CELL SALT DEFICIENCIES

The photo on page 5 indicates the places to look for signs of cell salt deficiency. In the list that follows, next to each cell salt you will find the major facial location or locations where a deficiency of this salt can be observed. For example, a deficiency of the salt **Calc Fluor** is easily observed around the eye sockets, the tips of the teeth, or the lips. For a more detailed explanation of the deficiency indicators mentioned below, please refer to the relevant cell salt chapter.

- CALC FLUOR** – around the eye sockets, translucent tips of teeth, cracked lips.
- CALC PHOS** – ears, nose, skin under eyebrows, cheekbone, small lips, translucent tips of teeth.
- CALC SUPLH** – jaw line.
- FERRUM PHOS** – *chronic*: whole-face paleness, bluish-black circles under eyes; *acute*: red cheek, forehead, ears.
- KALI MUR** – cheeks, eyelids.
- KALI PHOS** – sunken temples and cheeks, overall gray coloring, dull eyes.
- KALI SULPH** – brown to yellow entire face, typically around the mouth.
- MAG PHOS** – general facial redness or acute blushing.
- NAT MUR** – lower eyelashes, nose, cheek, chin or forehead.
- NAT PHOS** – general yellow to red coloring: nose, mouth, forehead, chin, and cheeks.
- NAT SULPH** – general green coloring to a chronic red; indications on the nose; bags under the eyes.
- SILICEA** – bald head, shiny nose, wrinkles that start by the ears, sunken eyes, crow's-foot wrinkles.

FACIAL SKIN APPEARANCE INDICATING CELL SALT DEFICIENCIES

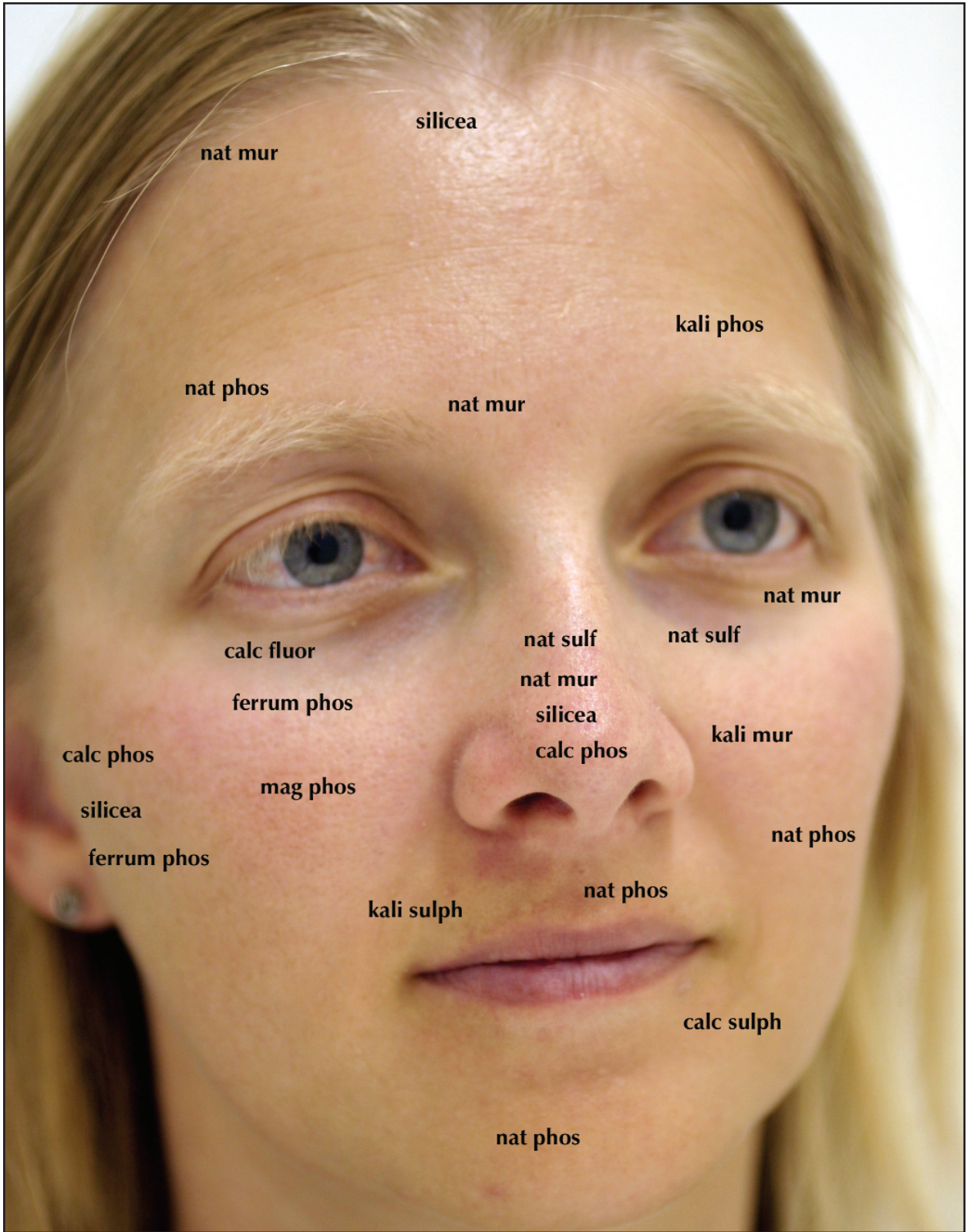
This listing is an overview of the major cell-salt-deficiency indicators (Shine, Color and Texture) that are observable in the facial skin. This list indicates which cell salt best remedies each condition. For example, with a **shiny face** that appears **greasy**, you would use the salt **Nat Phos**. For a more detailed explanation of the deficiency indicators mentioned below, please refer to the relevant cell salt chapter.

SHINE

- CALC FLUOR** – Reflective, especially in acute conditions.
- NAT PHOS** – Greasy. It has a greasy feel.
- NAT MUR** – Gelatinous. This is often found on the upper eyelid or the edge of the eyelashes on the lower eyelid. When the greasy part of the skin is wiped clean, this quality will reappear after 20-30 minutes.
- SILICEA** – Glassy or polished.

COLOR

- CALC FLUOR** – Blue lips, brownish-black shading, white flakes, transparent tips of teeth.
- CALC PHOS** – White waxy appearance, transparent tips of teeth.
- CALC SULPH** – Alabaster-white appearance, paleness.
- FERRUM PHOS** – Bluish-black shade, red ears.
- KALI MUR** – Milky red, or blue, or purple shading; acne rosacea; red spider veins.
- KALI PHOS** – Ash-gray.
- KALI SULPH** – Brownish-yellow or ocher pigmentation, liver spots, age spots, vitiligo, freckles.
- MAG PHOS** – Redness (chronic).
- NAT MUR** – Red border at hairline.
- NAT PHOS** – Red chin.
- NAT SULPH** – Greenish-yellow, bluish-red, yellowish.
- SILICEA** – No special color



This photo indicates where you would see specific cell salt deficiencies on the face.

TEXTURE

CALC FLUOR – Raised wrinkles, fan-shaped wrinkles, furrows, white scales, cracked lips, translucent tips of teeth.

CALC PHOS – Waxy appearance, white flakes in teeth or fingernails, translucent tips of teeth, stretched skin on cheekbones, small lips.

FERRUM PHOS – Shading in corners of the eyes, furrows, hung-over or sleepless appearance, red ears, inflamed skin.

KALI MUR – Milky appearance, acne rosacea, chicken skin.

KALI PHOS – Ash-gray appearance, frosted look of eyes, sunken cheeks, bad breath.

KALI SULPH – Craves fresh air, brownish-yellow appearance, pigmentation, freckles, vitiligo, pregnancy mask.

MAG PHOS – Chronic redness, nerve spots, alcohol redness.

NAT MUR – Inflamed eyelids, large pores, dandruff, dry skin, puffy cheeks, spongy or bloated appearance, bell-shaped nose, sweat, greasy skin.

NAT PHOS – Combination skin, cholesterol deposits (raised yellow pimple-like growths around the eyes), blackheads, pimples, acne, upper lip wrinkles, fatty deposits, red chin, acid spots, dry skin, dry or greasy hair, greasy sweat.

NAT SULPH – Greenish-yellowish coloring, swollen lower eyelid sacks, yellowish sclera, bad-smelling gas.

SILICEA – Wrinkles in general, vertical wrinkles parallel to the ears, laugh lines, crows feet, deep eyelids, polished shine, split ends, sensitivity to light, fingernail problems, red eyes (burst veins of the eyeballs).

CELL SALT ASTROLOGY

At the end of each chapter I have included Dr. Carey's correlations between the cell salts and the planets/astrology. This may interest you if you study astrology. Even if you don't, you may still

appreciate the connections between the cell salts and the months of the year. Dr. Carey noted that many people have been benefited by using their "birth cell salt," the one designated for the time period during which they were born.

That is just one of many ways to take cell salts. Another possibility is to use them in a cyclical fashion, that is, take each one throughout its assigned month, rotating to a new cell salt each new astrological month. In simple terms, there is a time and a season for everything. The cell salts are no different. Over the course of a year, this progression allows you to cleanse, purify, and strengthen the body.

Explanation of the Illustration: Symbols of Alchemy, Astrology and Cell Salts

The illustration on page 9, by the wonderful artist Monique Ordonez, is based on an ancient yet timeless concept of the Philosophical Egg. The illustration represents several levels of symbolism concerning natural life cycles. It derives from Dr. Carey's work and also from ancient alchemical knowledge. Good references on this subject include: *The Cell Salts of Salvation* by Carey, *The Practical Handbook of Plant Alchemy* by Manfred M. Junius, and *Culpeper's Medicine* by Graeme Tobyn.

The natural cycles represented in this illustration are described briefly below.

The Elements

One way of looking at the world is by dividing everything into four parts. In this schemata, one of four elements (earth, air, fire, water) is associated with every constellation and planet.

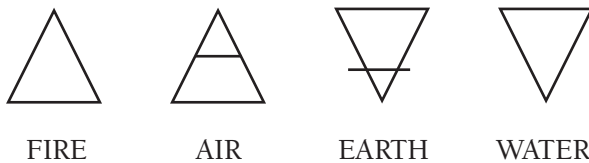
The elements thus divide the universe into four parts and correspond to the four directions, the four seasons, and the human's four constitutions (or "humors"). The humors are blood, phlegm, choler, and melancholic. Graeme Tobyn explains them very well. The fire element represents heat, fire, and dryness. The properties of the

corresponding planet, constellation, etc., show these qualities. This element is represented by an upturned triangle.

The **air** element is representative of damp and warm conditions. It is represented by an upturned triangle with a horizontal bar.

The **earth** element is cold and dry and is represented by a down-turned triangle with a horizontal bar.

The **water** element is wet and cold and is represented by a down-turned triangle.



The Constellations

The constellations are time representations that have been linked to organs, systems, seasons, etc. The constellations are another way to look at month-like periods. The ancients were able to track the “months” according to astronomical indications, and they named these constellations. Each constellation has its own story. Associations with stories were a way to make the seasons come alive. People then remembered how to order their lives according to celestial time and thus had a closer connection to the seasons.

The constellations divided the year and the universe into twelve parts. Twelve is a very sacred number common in many cultures.

The Planets

The planets were considered “travelers in the sky.” This is why the ancients also included the sun and moon as travelers. The planets were symbols of the “sacred seven” used by most cultures throughout the ages.

These planets in the sky were the closest celestial objects to earth, so they were known to

affect us most closely. Planets were considered to be more influential than the constellations.

The planets shown in this illustration govern the constellations. This means that planets and constellations have an influence on each other, although there is not always a direct organ correlation between the constellations and planets. The “planets” concept of health is explained in depth in my book *Seven Symbols of Healing and Testing*.

The Seasons

Healthcare professionals have noticed that the seasons affect our health and the health of our organs. The ancients noticed this too. This illustration shows the progression of the seasons as associated with the organs, cell salts, etc.

Progression of Time

The illustration shows a seasonal progression of time as shown by the arrows; this is part of the continual change and predictability of life.

Alchemy

There is an alchemical process (like dissolution, distillation, or fermentation) associated with each of the constellations as suggested by Manfred M. Junius in his book *Practical Handbook of Plant Alchemy*. All are processes of purification. They also imply possible symbolic interpretations when associated with the cell salts, times, seasons, etc. These processes are:

Aries – calcination, a process of burning away impurities to a very refined state.

Taurus – congelation, whereby cold changes the structure for purification.

Gemini – fixation, a process of stabilization to create perfection.

Cancer – dissolution, which involves putting one substance into another to create better health.

Leo – digestion, thus separating good from bad substances.

Virgo – distillation, or creating heat to separate and purify.

Libra – sublimation, which means immersing one's self, or bringing a separation.

Scorpio – separation, which takes things apart to purify them.

Sagittarius – incineration, which burns away the dregs of one's impurities.

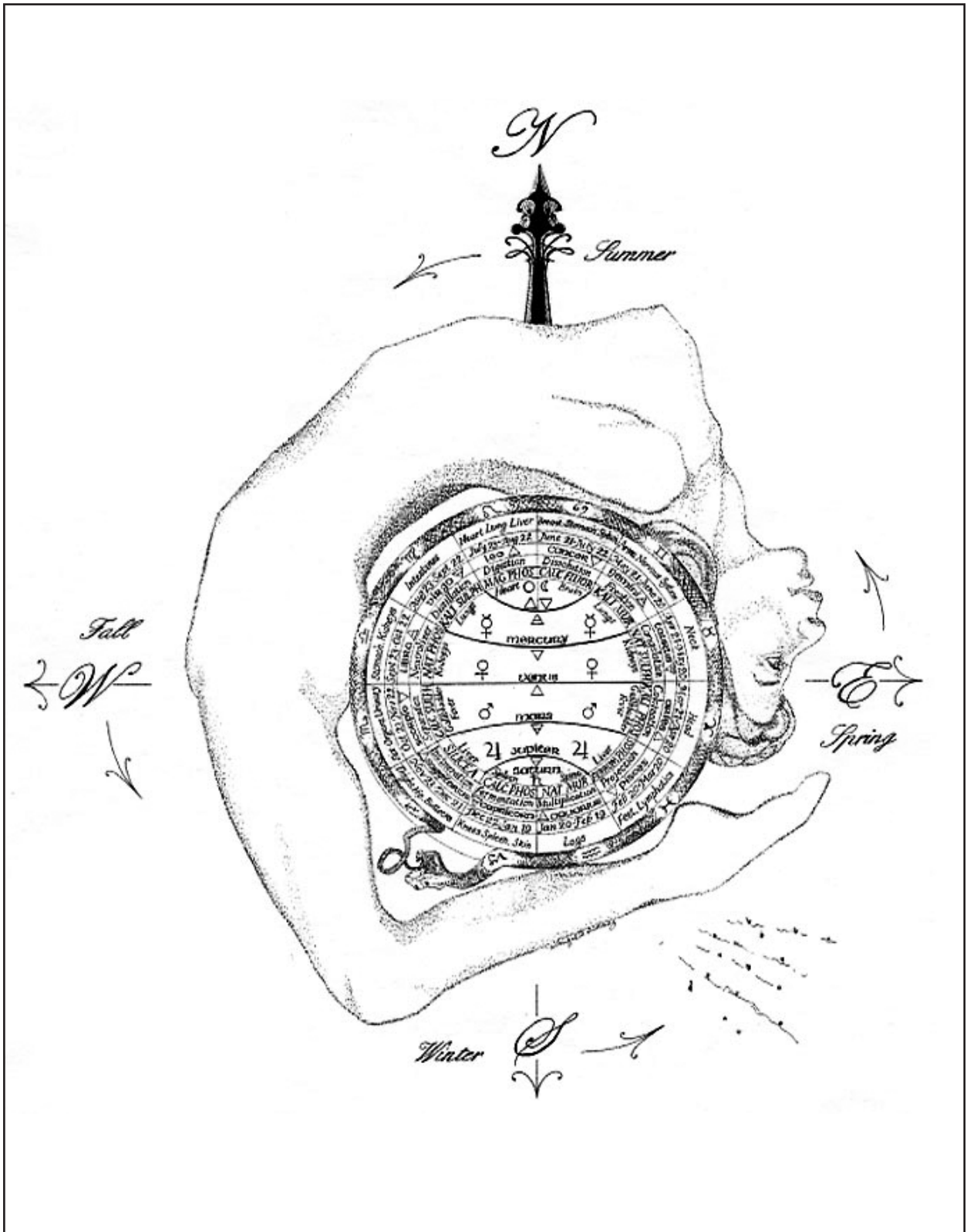
Capricorn – fermentation, creates a separation by creating a more pure product and toxin release.

Aquarius – multiplication, brings on a separation process to bring more possibilities.

Pisces – projection, showing our vulnerability and possible cleansing

The Snake

The symbol of the snake represents the ancient concept of "Ouroboros," or "One Eternal Round." This may also represent the wedding band, where there is no beginning and no end. This snake symbol also shows a cleansing process brought about by taking the cell salts as a cleansing system throughout the year. This is a continuing symbol as is our constant attention to purification and the perfection of our inner self.



This allegorical representation pairs the cell salts with the Zodiac signs and seasons, thus indicating which cell salts would be used when, to cleanse and purify the body.

Introduction and History

Biochemistry, or biochemic treatment of disease, opens up a new phase of medical science. The treatment of disease, with the inorganic cell salts is so rational, so in accordance with well-known principles of natural law, that its basic principles need only be presented to the intellect to be understood and adopted.*

The original communication by Schuessler to the German journal was translated into English by Dr. H. C. G. Luyties, and soon afterwards appeared in a small edition by Dr. C. Hering, on the twelve biochemic remedies.

Later, Doctors Boerick and Dewey published a book, *The Twelve Tissue Remedies*. It was the following words of Professor Moleschott of Rome, in his work *Vital Circulation*, which set Schuessler to thinking that the sick might be healed with “substances that are natural, i.e., physiological function remedies.”

On this fact is based the high estimation, in which of late years, the subject of the relative proportions of the inorganic (mineral) substances to the individual parts of the body has been held.

In the face of such positive facts, it can no longer be denied that the substances which remain after incineration or combustion of the tissues – the ashes – are as important and essential to the inner composition, and consequently to the “form-giving” and “kind-determining” basis of the tissues, as those substances that are changed during combustion.

A connective base and bone-earth are essential constituents of bone. Without either there can be no true bone; so also, there can be no cartilage without cartilage salt, nor blood without iron, nor salines without potassium chloride (Kali Mur).

The word “biochemistry” is formed from “bios” (the Greek for “life”) and “chemistry.” Webster defines chemistry as “that branch of science

*This complete introductory section is adapted from:
The Biochemic System of Medicine by Dr. George Carey.

which treats the composition of substances and the changes which they undergo.” Therefore, biochemistry, taken literally, means that branch of science which treats the composition of living substances, both animal and vegetable, and the processes of their formation. But usage has given the word somewhat different signification, and the following is a more accurate definition: *That branch of science which treats the composition of the bodies of animals and vegetables, the processes by which the various fluids and tissues are formed, the nature and causes of the abnormal condition called disease, and the restoration of health by supplying to the body the deficient cell salts.*

The chemical composition of nearly every fluid and tissue in the human body has long been known, but until biochemistry was introduced, no practical use had been made of this knowledge in the treatment of the sick. Biochemistry is the only system of medicine which answers satisfactorily and fully the question: “What is disease?” It not only does this, but it gives a logical reason for every dose of cell salt prescribed and describes its action in the system.

Biochemistry is science, not experimentalism. There is no more mystery and miracle about it than about all natural laws. The food and drink taken into the stomach and the air breathed into the lungs furnish all the materials of which the body is composed. By the juices of the stomach, pancreas, and liver, the food is digested and the useful particles are taken by the villi of the small intestines. These are carried by the blood to the various parts of the body where they are needed and where they are absorbed. The blood thus supplies the materials necessary for forming every tissue and fluid in the body and for carrying forward every process.

An analysis of the blood shows it to contain organic and inorganic matter. The organic constituents are sugar, fat, and albuminous (egg-white-like protein) substances. The inorganic constituents are water and certain minerals,

commonly called cell salts. Of a living human being, water constitutes over seven-tenths; the cell salts, about one-twentieth; organic matter, the remainder.

Not until recently were the inorganic cell salts understood and appreciated. Being little in quantity, they were thought to be lesser in importance. But now it is known that the cell salts are the vital portion of the body, the workers, the builders; that the water and organic substances are simply inert matter used by these salts in building the cells of the body.

Should a deficiency occur in one or more of these workers, of whom there are twelve, some abnormal condition arises. These abnormal conditions are known by the general term “disease,” and as they manifest themselves in different ways and in different parts of the body, they have been designated by various names. But these names totally fail to express the real trouble. Every disease which afflicts the human race is due to a lack of one or more of these inorganic workers. Every pain or unpleasant sensation indicates a lack of some inorganic constituent of the blood. Health and strength can be maintained only so long as the system is properly supplied with these cell salts.

Man, through the medium of plant life, is a product of the soil. All the main elements enter into his composition. Were the soil barren of its constituent matters, plant life would be unknown and man would cease to exist. An equilibrium of the inorganic constituents is as necessary in fertile soil and plant life as in the human organism. It is a law immutable and has existed since the world’s creation.

Having learned that disease is not a thing, animate or inanimate, but a condition due to a lack of some inorganic constituent of the system, it follows naturally that the proper method of cure is to supply to the system that which is lacking. While in the treatment of disease, the use of products not constituents of the system may be

very necessary and useful, a complete return to health cannot be expected until the missing cell salts are supplied.

Biochemistry would seek to ascertain what is lacking and supply it in just the form needed. Any disturbance in the molecular motion of these cell salts in living tissues constituting disease can be rectified and the requisite equilibrium reestablished by administering the same mineral salts in small quantities. This is brought about by virtue of the operation of chemical affinity in the domain of histology, and hence this therapeutic procedure is styled by Schuessler as “the Biochemic Method,” and stress is laid on the fact that it is in harmony with well-known facts and laws in physiological chemistry and allied sciences.

It is the blood that contains the material for every tissue of the body, that supplies nutriment to every organ, enabling it to perform its individual function; it is, indeed, a microcosm, able to supply every possible want to the animal economy.

Two kinds of substances are needed in the process of tissue building, and both are found in the blood, namely the organic and inorganic constituents.

DISEASE – NATURE’S EFFORTS TO RESTORE EQUILIBRIUM

Adapted from: *Chemistry of the Cosmos*, by Dr. George Carey

Disease is an alarm signal, a friend that calls to inform us of danger. Disease is an effort to prevent death. Therefore, pain and so-called “disease” is more than a warning; it is an effort that opposes death. The symptoms that indicate disease are calls, or dispatches, asking for the material with which repair of bodily tissue may be made. Pains or discomforts of various functions or structures of the body are words asking for the constituent parts of blood, nerve fluids, tissue, bone, etc.

If acids cause pain, the pain is a call for a sufficient amount of alkaline salts to balance an acid effect and change fluids to a bland and natural state. Healthy synovial fluid (fluid of the joints – the lubricator) is neither acid nor alkali but yet contains both in combination. Should the alkaline salts become deficient in amount for any cause, the acid at once becomes a disturbing element and hurts the nerves that pervade the membranes of periosteum (bone covering) of the internal structure of knee, elbow, or other joints of the human anatomy. This pain, or word, cannot be considered bad or malignant in any sense.

So then it matters not what name may be given to nature’s demand for reinforcements through the medium of pain or any symptom that indicates a deviation from the plane of health; one thing and one thing alone is needed, i.e., to supply the blood with the dynamic molecules, the twelve cell salts, that set up vibration or action in the human machine.

Poisons, of whatever name or nature, do not and cannot supply deficiencies and cure disease for the simple reason that poisons are not constituent parts of the human organism.

Poisons oppose calls for help and tend to still the voice of nature; therefore, the effect of poison is towards death. Many have survived the effects of poisons, but equally many have been hurried to their graves.

A proper use of mineral or cell salts of the blood in the potency and proportion found in the ashes of a cremated body will do all that can be done medicinally to supply deficiencies and restore normal conditions.

The cell salts form the chemical base of the blood, and blood builds all tissue and fluids of the body.

Anarchy is increasing. A lot of people even refuse to be poisoned by vaccine pus, and some have declared their intention to select their own mode of treatment when sick. Now it is up to

the lawmakers to “stamp out such anarchistic doctrine.”

All phenomena is a result of Divine, beneficent law, hence disease so-called is the result of the orderly procedures of that law. In all ages all men and women have been sick more or less. In all ages there have been storms, cataclysm, earthquakes, and extremes of heat and cold; no one questions the wisdom that causes, guides, and directs these events, then why should we question the wisdom of disease? Disease is one phase of the transmutation of matter in the procedure of regeneration.

All methods of healing are phases of the transmutation process

“THE CLINICAL EVIDENCE OF THE TRUTH OF SCHUESSLER’S INDICATIONS IS OVERWHELMING AND SINCE HIS TIME THEY HAVE BEEN LARGELY CONFIRMED BY HOMEOPATHIC AND ECLECTIC PHYSICIANS.”

– WILLIAM BOERICKE, M.D.,
AND W.A. DEWEY, M.D.

“THE BODY IS A SELF-CURING MECHANISM, AND IT WILL MAINTAIN ITS EFFICIENCY PROVIDED IT HAS A NORMAL SUPPLY OF ALL THOSE ELEMENTS PARTICULAR TO ITS OWN SUBSTANCE.”

– ERIC POWELL, PH.D, N.D.

ORGANS AND TISSUES AFFECTED BY CELL SALT DEFICIENCIES

(compilation by David R. Card)

CALC FLUOR – Connective tissue, bones, vein walls, tendons, sinews, tooth enamel, throat, larynx, thyroid.

CALC PHOS – Bones, muscles, teeth, spine, blood, periosteum (bone covering), cartilage, glands.

CALC SULPH – Liver, gallbladder, heart muscle, connective tissue, glands, mucus membranes, bones, skin.

FERRUM PHOS – Blood, arterial system, colon, lungs, Eustachian tubes, heart, mucus membranes, bones.

KALI MUR – Glands, bronchials, throat, Eustachian tubes, ears, muscles, joints.

KALI PHOS – Spleen, nerves, muscles, mucus membranes, skin.

KALI SULPH – Pancreas, liver, skin, mucus membranes, glands, respiratory organs.

MAG PHOS – Heart, colon, nerves, muscles.

NAT MUR – Kidneys, blood, mucus membranes, cartilage, brain, heart, spleen, liver.

NAT PHOS – Stomach, tissues, lymphatics, genitals, intestines.

NAT SULPH – Liver, gallbladder, pancreas, colon.

SILICEA – Connective tissue, skin, nerves, hair, nails, glands, bones, Eustachian tubes, cartilage.

PHYSICAL SYMPTOMS OF CELL SALT DEFICIENCIES

(compilation by David R. Card)

CALC FLUOR – Cornea problems, chapping, cracking skin, cavities, varicose veins, osteoporosis, deficient teeth enamel.

CALC PHOS – Osteoporosis, nosebleeds, bone growth, late teeth, heart palpitations, nose polyps, headaches (in children), growing pains.

CALC SULPH – Chronic pus, open infections, fibroids, yellow mucus discharges, boils.

FERRUM PHOS – First stages of fever (99–101°), pulsing and throbbing headaches, inflammations, anemia, hemorrhages, sore throat, nosebleeds, colds, flus.

KALI MUR – Second stages of fever (101–103°), coughing, Eustachian tube blockage, white mucus discharges.

KALI PHOS – Bad breath, nerve and sleep problems.

KALI SULPH – Third stage of fever (103–105°), cravings for fresh air, skin dandruff, thick yellow discharges, constantly changing symptoms.

MAG PHOS – Chocolate cravings, blushing, cramping and shooting pains, muscle paralysis.

NAT MUR – Head cold and congestion; clear, watery discharges; sun sensitivity; cold sores.

NAT PHOS – Acne, blackheads, greasy or brittle hair, split ends, over acidic conditions.

NAT SULPH – Foul-smelling gas, swollen feet or hands, head injuries. Worse in wet, cold or damp weather.

SILICEA – Light sensitivity, hip pains, sensitivity of skin to wounds, scarring, hernia, sweaty hands and feet.

FOODS RICH IN CELL SALT NUTRIENTS

(compilation by David R. Card)

CALC FLUOR – Whole grain foods, dairy foods, raw vegetables, soybeans, sesame seeds, spinach, broccoli, mushrooms.

CALC PHOS – Almonds, cucumbers, oats, soybeans, white beans, dandelions, cherries, spinach, dairy foods, dates.

CALC SULPH – Oats, almonds, cucumbers, lentils, peanuts, soybeans, cauliflower.

FERRUM PHOS – Spinach, hazelnuts, whole rice, soy, sesame seeds, tomatoes, oats, red and blue berries.

KALI MUR – Cucumber, peanuts, hazelnuts, lentils, spinach, pork, soybeans, sesame seeds, potatoes.

KALI PHOS – White beans, soybeans, cucumbers, almonds, spinach, pork, hazelnuts, peanuts, lentils.

KALI SULPH – Pork, hazelnuts, peanuts, almonds, spinach, lentils, peas, nuts.

MAG PHOS – Brazil nuts, white beans, wheat, soybeans, corn, walnuts, peanuts, peas.

NAT MUR – Red beets, lentils, radishes, tomatoes, sea salt, milk, celery, celery seeds, goat whey.

NAT PHOS – Lentils, pork, asparagus, spinach, rose hips, oats, olives, carrots.

NAT SULPH – Lentils, pork, spinach, oats.

SILICEA – Millet, whole rice, oats, whole grains, wheat, peas, carrots, cucumbers, strawberries, parsley.

EMOTIONAL SYMPTOMS OF CELL SALT DEFICIENCIES

(compilation by David R. Card)

CALC FLUOR – Indecisiveness, weakness, low self-esteem, stress regarding financial matters.

CALC PHOS – Desire to travel, loss of motivation, mental weakness, difficulty handling bad news.

CALC SULPH – Fatigue, laziness, inactivity, worries about imaginary problems.

FERRUM PHOS – At first, stimulation and overheating, followed by dullness and listlessness.

KALI MUR – Family issues, irritability, apathy, homesickness, tendency to hypochondria.

KALI PHOS – Nervous irritability, weak memory, test anxiety, tension, moody depression, anger, self-pity, feeling of being insulted and disgraced by family.

KALI SULF – Fearful dreams, need for self-validation, sensitivity to noises, irritability, anger.

MAG PHOS – Sensitivity, outgoing nature, complaints regarding physical problems, impulsivity, quick action.

NAT MUR – Isolation, control issues, sun sensitivity, deep grief, forgiveness issues.

NAT PHOS – Depression from overly sensitive nerves, sleeplessness, low self-esteem.

NAT SULPH – Depression from wet weather or head injuries.

SILICEA – Shyness, lack of “grit,” hypersensitivity, sensitivity to cold.

Note: Emotional symptoms from mineral deficiencies may or may not be present. They often show up in cases of deep or chronic deficiency.

TONGUE SYMPTOMS OF CELL SALT DEFICIENCIES

(compilation by David R. Card)

CALC FLUOR – Tongue is cracked, inflammation, and swelling, hardness, can be painful or not.

CALC PHOS – Bitter taste in mouth with blister or pimples on the tip of the tongue, the tongue is swollen, stiff and numb.

CALC SULPH – Inflammation, infected sores. Flabby with yellow coating at back.

FERR PHOS – Red to dark red with inflammation and swelling with no coating.

KALI MUR – Tongue can be coated grayish-white, dry or slimy.

KALI PHOS – Coated dark yellow to brown, dry and inflamed and swollen. “Creeping paralysis.”

KALI SULPH – Coated yellow and slimy with a dull taste in mouth.

MAG PHOS – Swollen clean tongue (a swollen tongue usually has teeth marks on the edge).

NAT MUR – Frothy coating, bubbles on the sides. Numbness and tingling. Peeled appearance on sides.

NAT PHOS – Yellow creamy coating on back of tongue. Blisters on the tip with stinging; hairlike sensation on tongue.

NAT SULPH – Greenish-brown swelling or gray coating on the back of tongue or slimy thick white mucus coating.

SILICEA – One-sided swelling of tongue. Brown tongue, hardening and ulcerated. Sensation as if a hair on tongue.

DISCHARGES INDICATIVE OF CELL SALT DEFICIENCIES

(compilation by David R. Card)

CALC FLUOR – Grass-green discharges or thick yellow-greenish discharges, that smell offensive.

CALC PHOS – Thick clear discharges.

CALC SULPH – Yellow thick and lumpy discharges.

FERR PHOS – Hemorrhages of blood from inflammatory conditions anywhere in the body.

KALI MUR – Thick white discharges.

KALI PHOS – Profuse orange discharges from rectum or vagina. Yellowish creamy discharges in general.

KALI SULPH – General yellow to green slimy discharges. Profuse and thin discharges.

MAG PHOS – White thin discharges of the nose and dark stringy vaginal discharges.

NAT MUR – Clear thin watery discharges

NAT PHOS – Sour, creamy or honey colored thin discharges.

NAT SULPH – Watery yellowish to greenish discharges.

SILICEA – Thick yellow offensive discharges from boils and infections, and sweating. Infected parts are often painful.

Note: These discharges can come from any part of the body.

* * *

Discharges show us the condition of our immune system. When the body produces **mucus**, it is trying to clear the body of toxins.

White discharges are a sign of mucus congestion.

Black discharges indicate the worst condition, which is indicative of dried blood. See a doctor.

Brown discharges are serious infected conditions.

Green discharges are signs of infection.

Yellow discharges are less serious if the color is getting lighter, but can be worse if it gets darker.

Clear discharges show a clearing of the body or the beginning of a cold, flu, allergy, or a hormonal condition.

Calc Fluor

The inorganic salts are the workers, controlled and directed by Infinite Intelligence, which perform the ceaseless miracle of creation or formation.*

It is quite as important for a student of biochemistry to understand the process by which certain cell salts operate to supply a deficiency as it is to know for what a particular symptom calls.

Elastic fiber, the chief organic substance in rubber, is formed by a chemical union of Calc Fluor, also known as calcium fluoride, with protein, oil, etc. Therefore we find this salt dominant in the elastic fiber of the body, in the enamel of teeth and connective tissue. A lack of this salt in proper amount causes a relaxed condition of muscular tissue, falling of the womb, and varicose veins. Sometimes there is a nonfunctional combination of this salt with oil and protein, which forms a solid deposit, causing swelling of stony hardness. A combination of impure substances corrupts the chemistry of calcium fluoride to create a hardening of the tissues.

There is one particular symptom that is worthy of note in connection with the pathology of this salt. When a deficiency exists in these makers of elastic fiber in the connective tissue between the cerebellum and cerebrum, the lower and upper brain, it causes groundless fears of financial ruin. It seems that the relaxed condition of connective tissue, causing a sagging of the structure of cerebellum, thereby breaks the flow of the electrical or magnetic currents from the cerebrum.

The student will now see that it is exceedingly easy to diagnose disease from the viewpoint of biochemic pathology. No guesswork here. Go to twenty or one hundred biochemic physicians and give the same symptoms to each, and you will get the same prescriptions in every case.

It does not matter under what name a disease a disturbance in elastic fiber appears, a study of the chemistry of life has made clear the fact that a

*This complete introductory section is adapted from:

The Chemistry and Wonders of the Human Body by Dr. George Carey.

break in the molecular chain of Calc Fluor salt is always the cause of the phenomenon.

The proportion of fluorine in the human organism is less than that of iron. From analytical facts is found that fluorine in milk is only present in micrograms, and yet we are confronted by the fact that this infinitesimal amount is sufficient to sustain all the elastic fiber of muscular tissue, enamel of teeth, and connective tissue.

Why should we search Latin and Greek lexicons to find a name for the result of a deficiency in some of the mineral constituents of blood? When we know that deficiency in the cell salts of the blood causes the symptoms which medical ignorance dignified and personified with names of which nobody knows the meaning, we will know how to scientifically heal by the unalterable law of the chemistry of life. When we learn the cause of disease, then and not before, will we prevent disease.

MATERIA MEDICA FOR CALC FLUOR

Adapted from: *The Biochemic System of Medicine, Materia Medica*, by Dr. George Carey

This salt occurs in nature as the mineral fluorspar, beautifully crystallized, of various colors, in lead veins, the crystals having commonly the cubic but sometimes the octahedral form, parallel to the faces of which latter figure they always cleave. Some varieties, when heated, emit a greenish and some a purple phosphorescent light. The fluoride is quite insoluble in water but is decomposed by sulphuric acid, generating hydrofluoric acid.

Calc Fluor (calcium fluoride) is found in the surface of the bones, the enamel of the teeth, the elastic fibers, and the cells of the skin. Wherever elastic fiber is found, be it in the epidermis, the connective tissue, or the walls of the blood vessels, there calcium fluoride may always be found. Loss of its ability to unite with organic matter causes a continued dilation or relaxed condition

of the fibers. This is seen in such conditions as varicose veins, hemorrhoidal tumors, and relaxation of the abdominal walls, with consequent sagging of the abdominal viscera, uterine hemorrhages, after-pains, etc.

This state of relaxation, occurring in the elastic fibers of the blood vessels, connective tissue, or lymphatic system causes an inability to absorb discharges. This results in hardened glands, lumpy discharges on the surface of bone, encysted tumors, hard swellings, etc. By supplying the lacking Calc Fluor, the elastic fibers are again restored to their integrity, resuming their power of contractility and functioning properly. Discharges are thrown off and absorbed by the lymphatics.

In general, then, the administration of Calc Fluor is indicated in all diseases which can be traced, directly or indirectly, to relaxed conditions of the elastic fibers or those ailments having their seat in either the substance forming the surface of bone, enamel of the teeth, and walls of the blood vessels or the cells of the epidermis.

Characteristic Indications

(Note: Remedies in parentheses provide therapeutic support to Calc Fluor.)

Head – Troubles with head when traced to a relaxed condition of the elastic fibers. Tumors on the heads of newborn infants, blood tumors. Bruises on the bones of the head, when they have hard, rough, uneven lumps. Ulcerations of the bone surface.

Eyes – Cataracts. Blurred vision after straining the eyes, with pain in the eyeball; better when resting the eyes, as relaxation of the walls of the blood vessels allows for an engorgement of blood.

Ears – Diseases of the ear, when the bone or periosteum (bone covering) is affected, or with general symptoms characteristic of this salt.

Nose – Stuffy cold in the head, with thick, yellow, lumpy, greenish, foul-smelling nasal discharge, also known as ozena (Kali Phos, Silicea).

Diseases of the nose, when affecting the bones (Calc Phos).

Face – Hard swelling on the cheek, with pain or toothache. Bony lumps or growths on the jaw or cheekbones.

Mouth – Cracked lips (Nat Mur); very hard swellings on the jawbones, traceable to the relaxed condition of the muscular fibers.

Teeth – Teeth become loose in their sockets, not during dentition, with or without pain. The enamel of the teeth is largely composed of this salt. Enamel rough and thin or very brittle. Rapid tooth decay when the enamel is deficient (Calc Phos). Teeth tender due to looseness.

Tongue – Cracked appearance, becomes hard after inflammation (Silicea). Chronic swelling of the tongue.

Throat – Relaxed condition of the throat. Elongation of the uvula (fleshy mass of tissue suspended from the center of the soft palate), causing tickling cough as it drops into the throat (Nat Phos). Diphtheria, when the disease has entered the windpipe (Calc Phos). Enlargement of the throat (Nat Mur). Relaxation of the blood vessels of the throat.

Gastric symptoms – Vomiting of undigested food. Ferrum Phos is the principle remedy for this condition, but when this fails, use Calc Fluor.

Abdomen and stool – Hemorrhoids, when bleeding. Protruding and itching hemorrhoids, blind hemorrhoids, accompanied with pain in back and constipation. Alternate with remedies indicated by color of stools or blood (see page 2, for topical applications). Also apply remedy locally. Hemorrhoids with rush of blood to the head (also requires Ferrum Phos); confined bowels; inability to expel the feces due to a relaxed condition of the rectum, allowing too much fecal matter to accumulate. This condition occurs frequently in the 4–6 weeks after childbirth, when all the pelvic muscles are relaxed. Anal fissure, sore crack near end of bowel; should also apply remedy locally in this case.

Urinary organs – Increased quantity of urine, when traced to a relaxed condition of the muscular fibers in the urinary organs.

Male sexual organs – Swelling or hardening of the testicles. In cases of syphilis, when other symptoms indicate this remedy.

Female sexual organs – All displacements of the uterus (uterine prolapse) require this remedy (Calc Phos, Kali Phos). Falling of the womb. Anteversion (tipped uterus), retroversion (bending backwards of the uterus), and flexions of the uterus require this salt to tone up the contractile muscles. Dragging pains in the groin and in the lower part of the back; pains extend to the thighs. Menses excessive, hemorrhaging, with bearing-down pains. Uterus very relaxed and flabby, or very hard like stone, due to the disorganization of the fluoride of lime molecules.

Pregnancy – After-pains, when too weak. Hemorrhage, if the uterus does not contract. Hard knots and lumps in the breast (Kali Mur).

Respiratory organs – Uvula (fleshy mass of tissue suspended from the center of the soft palate) elongated, causing tickling in larynx, with cough. Cough, when tiny lumps of tough, yellow mucus are expectorated (Silicea). In asthma, when the expectoration is difficult and consists of small, yellow lumps (Kali Phos). Improvement when patient is relaxed and lying down.

Circulatory organs – Varicose veins, with a tendency for this condition. Veins seem as if they might burst; apply lotion containing the salt as well. Dilation of the blood vessels when the elastic fibers of the walls of the vessels have become relaxed; Calc Fluor is the chief remedy to restore their contractility (Calc Phos). First stage of aneurysm (Ferrum Phos). Hypertrophy, or enlargement of the heart (Kali Mur). Irregularities of the heart's action, when due to prolapse of uterus and other diseases related to excessive relaxation.

Back and extremities – Pain in lower part of the back, weak, with dragging pains. Burning

pains in the sacrum, with confined bowels. Hard growths or excrescences on the bone surface (scoliosis). Relaxed conditions of the muscles, allowing discoloration of the fingers and toes. Hard swellings. Gouty enlargement of the joints (Mag Phos). Varicose ulceration of the veins of the limbs; apply lotion containing the salt using cotton. Cover legs with a poultice of Calc Fluor, Silicea, and Calc Sulph.

Skin – Hangnails. Hands or lips chapped from cold (Ferrum Phos). Skin hard or horny; also use plenty of soap and water. Cracks in the palms of the hands; mix a quantity of the cell salt in Vaseline, and after washing the hands, rub the ointment in thoroughly. Anal fissures, fistulous ulcers, when secreting thick, yellow pus (Silicea, Calc Sulph).

Tissues – Pus or infections of the bones and periosteum (bone covering), ulcers, felons (infected hangnails). “When a fibrinous [of fibrous protein] discharge is not dissolved by supuration [discharge of pus from infection], but has become hardened, Calc Fluor must be given” (Schuessler). Encysted tumors, swellings, hardened enlargements, hardened glands, etc. (Kali Mur, Silicea). Relaxed elastic tissues. Bone bruises, with uneven hard lumps. Swelling or water retention from heart disease.

Febrile conditions – Fevers, when arising from relaxed conditions. To address the cause of these fevers, alternate Calc Fluor usage with these remedies: Ferrum Phos, first; Kali Mur, second; Kali Sulph, third.

Modalities – Heat will generally give relief, especially for hardened conditions; cold is sometimes beneficial when contraction is required.

FACIAL SIGNS OF CALC FLUOR DEFICIENCY

Cubic-shaped raised lines appear in a cross-hatched pattern, starting from the inner corner of the eye and expanding outward across the lower

or upper eyelid. Note: The finer the lines, the greater the cell salt deficiency.

Diamond-shaped raised lines start on the inner corner of the eye and proceed in a sloping or curving fashion across the lower or upper eyelid. They look like parallelograms or rhombuses. Within these, one can see small raised points. In acute cases the lines have a fine or stretched appearance, and in chronic cases the wrinkles look deeper, appearing like a hanging sack. Note: It is easier to examine these patterns when the patient’s eyes are closed.

Fan-shaped wrinkles start at the inner corner of the lower part of the eye. Have the person close their eyes tightly in order to see these.

Brownish-black coloring, though it is often hard to perceive. This is a brown with black undertones. The more intense the color, the greater deficiency.

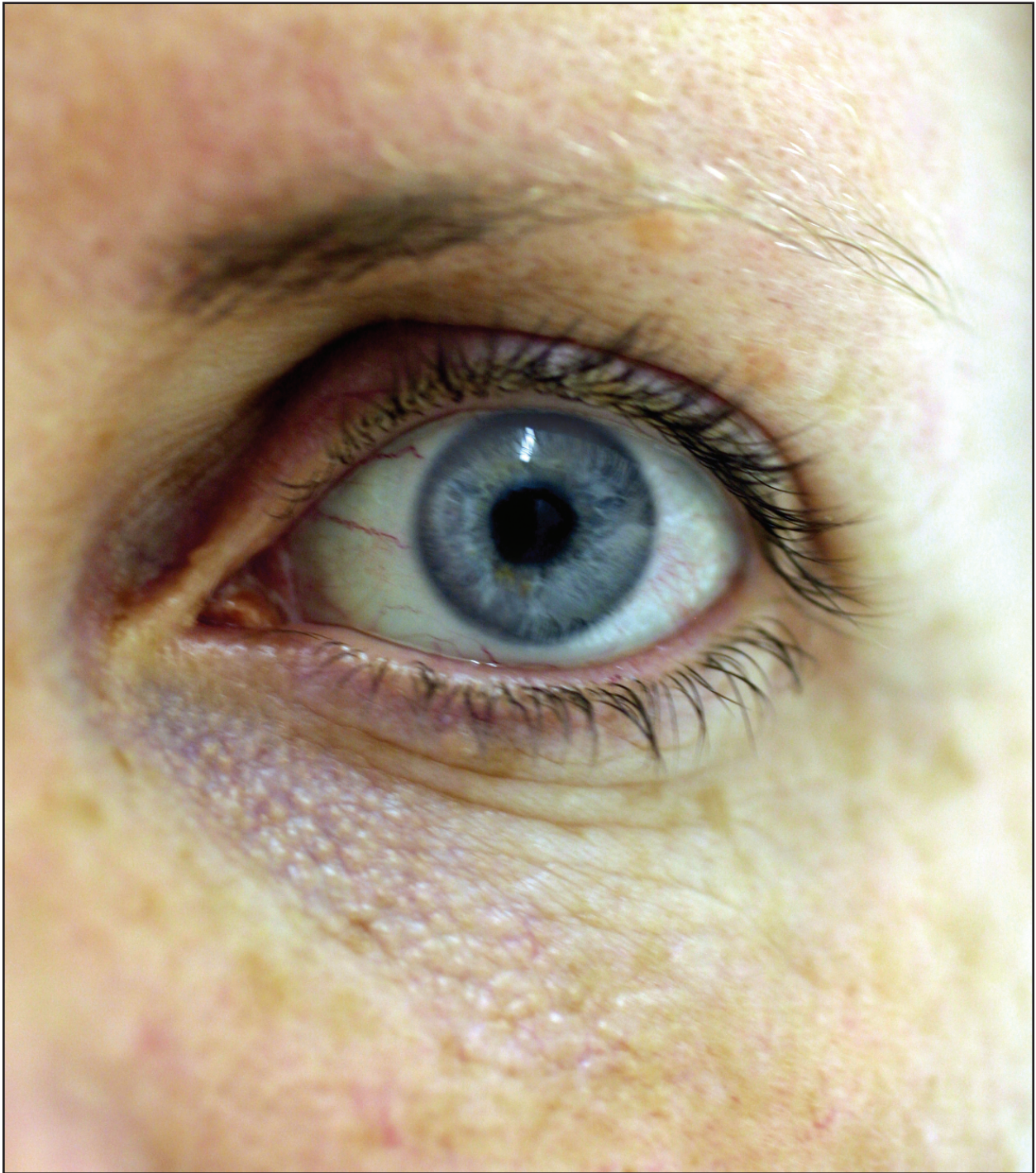
Blue lips show there is a strong Calc Fluor deficiency, as the muscle and artery strength has been compromised and the heart is having to work harder. (We also see blue lips with a combined deficiency in Nat Sulph and Ferrum Phos.)

Reflective shine, one of three shines that appear when there are cell salt deficiencies. In this case the skin is as clear as glass or water, with a very thin lacquered appearance. This comes not from the stretched skin, but from a fine layer of keratin on the skin which reflects light.

Small white scales can be a sign of significant Calc Fluor deficiency; in this case the keratin layer is flaking off. Referred to as the fish-scale disease, this often appears on the upper eyelid. Note: This is an indirect sign of a Calc Fluor deficiency, so use other signs to verify.

Cracked lips, especially in cold weather. Note: This is an indirect sign of Calc Fluor deficiency, so use other signs to verify.

Translucent tips of teeth can be a sign of a Calc Fluor, as well as a Calc Phos, deficiency. With a deficiency in Calc Fluor, a patient may also lack enamel on the teeth.



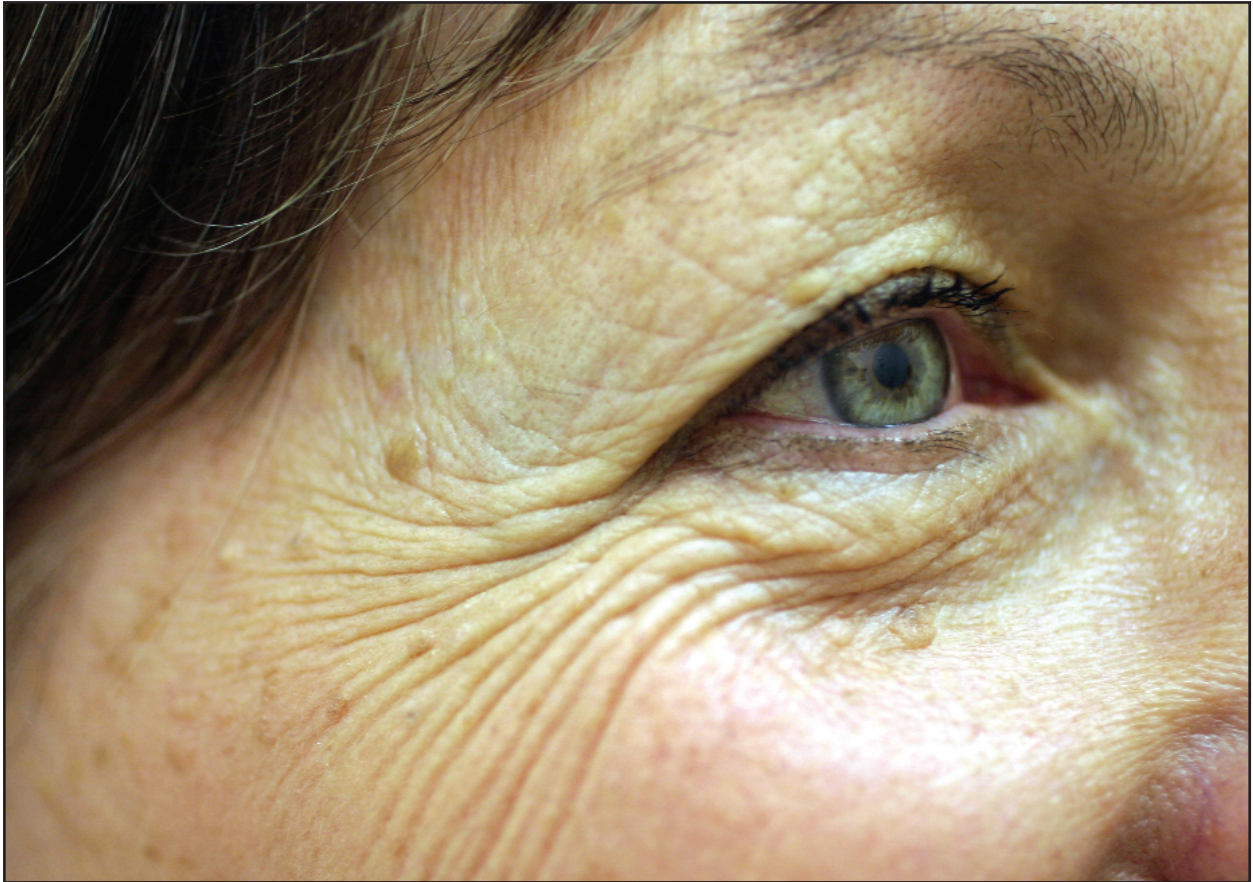
Calc Fluor (a)

The close-up of this eye shows a typical Calc Fluor raised wrinkle in the corner of the eye, and the brownish-black circle under the eye. The eye has the deep-set Silicea look. The waxy coloring around the eyes shows a Calc Phos deficiency. This waxiness covers an underlying red layer of skin; the red layer shows a Mag Phos deficiency. The half eyebrow is a possible indication of a hypothyroid condition.



Calc Fluor (b)

This man's teeth are very translucent, characteristic of a Calc Fluor deficiency. The tongue pimples are a sign of a Nat Phos deficiency and possible overgrowth of candida in the body.



Calc Fluor (c)

This picture shows a severe Calc Fluor deficiency with the fan-shaped crow's feet. There is a waxy Calc Phos deficiency noticeable above the eyes. The bag under the lower eye indicates a Nat Sulph deficiency and can be a sign of a kidney or liver problem.



Calc Fluor (d)

The brownish-black circle under this eye exemplifies a Calc Fluor deficiency. This man also has a Silicea deficiency, indicated by his deep-set eyes. He also has a liver problem, and this yellowish-brown liver sign can be addressed by using Kali Sulph.

Calc Fluor Summary

ORGAN AND TISSUE AFFINITIES

Bones, veins, tooth enamel, tendons, sinews, glands, elastic fiber, periosteum (bone covering), throat, larynx, binding of tissues, elasticity of tissues.

MODALITIES

Symptoms worse < cold, wet, change of weather, damp weather, sprains, beginning motion.

Symptoms better > by continued motion, heat, applications of heat, rubbing.

DEFICIENCY SYMPTOMS

Brittle, splitting, soft nails; cracking skin; low body temperature; sweaty feet.

DISEASE CONDITIONS

Bone problems, cataracts, tooth enamel problems, hardening glands, gas, tumors, weak connective tissue, scoliosis, scar tissue, splinters, smelly feet.

THERAPEUTIC INDEX OF CALC FLUOR

Adapted from: *Therapeutic Index* [1890] by Dr. W. H. Schuessler

Cephalhematoma (blood clots in the brain).

Cornea, opacities, spots on the.

Enamel of teeth deficient.

Exudations on the bone surface; hard, rugged (corrugated), pointed elevations.

Knots, hard, of the female breasts.

Ozena (foul-smelling nasal discharge). See also Calc Phos.

Suppuration (discharge of pus from infection) of the bone.

Swellings, hard, having their seat in the fascia and capsular ligaments.

Swellings of the jaw.

Testicles, induration (hardening) of.

ASTROLOGY OF CALC FLUOR

Cancer: The Chemistry of the Crab

June 21 to July 22

Adapted from: *Cell Salts of Salvation* by Dr. George Carey



Cancer is the Mother Sign of the zodiac. The mother's breast is the ego's first home after taking on flesh and "rending the

Veil of Isis." The tenacity of those born between the dates June 21 and July 22 in holding on to a home or dwelling place is well illustrated by the crab's grip, and also by the fact that it carries its house along wherever it goes in order that it may be sure of a dwelling.

The angels of the twelve zodiacal signs materialize their vitalities in the human microcosm. Through the operation of chemistry, energy creating the intelligent molecules of Divine Substance makes the "Word" flesh. The cornerstone in the chemistry of the crab is the inorganic salt fluoride of lime, known in pharmacy language as *Calcarea Fluorica*. It is a combination of fluorine and lime. When this cell salt is deficient in the blood, physical and mental disease (not at ease) is the result.

Elastic fiber is formed by the union of the fluoride of lime with albuminoids (egg-white-like proteins), whether in the rubber tree or the human body. All relaxed conditions of tissue (varicose veins and kindred ailments) are due to a lack of sufficient amount of elastic fiber to "rubberize" the tissue and hold it in place. When elastic fiber is deficient in the membrane tissue between the upper and lower brain poles

– cerebrum and cerebellum – there results a “sagging apart” of the positive and negative poles of the dynamo that runs the body’s machinery. An unfailing sign or symptom of this deficiency is a groundless fear of financial ruin. While those born in any of the twelve signs may sometimes be deficient in Calc Fluor, Cancer individuals are more likely to manifest symptoms, indicating their lack of this elastic fiber-builder.

The governing planet of this water sign is the Moon. The gems associated with Cancer are black onyx and emerald, and the colors are green and russet brown. In Bible alchemy (an esoteric interpretation of the Bible), Cancer is represented by Zebulum, the tenth son of Jacob, whose name means “dwelling place” or “habitation.” Matthew is the New Testament disciple associated with this sign.

Calc Phos

As bone is the foundation of the animal structure, I will commence with the bone builder – Calc Phos, also known as calcium phosphate. Bone tissue is about 57 percent lime phosphate. The lime salt has chemical affinity for protein. While there is a certain degree of affinity between each of the cell salts and protein – protein being the base of all organic matter – the operation of calcium phosphate with protein is greatest. The salt chemically unites with protein, carries it, and uses it as cement to build bone tissue. Bone also contains carbonate of soda, magnesium phosphate, and sodium chloride, but lime phosphate is the chief builder of bone tissue, and it follows, as a logical sequence, that it is the principal salt deficient in all so-called diseases of bone structure.*

The gelatin found in bone tissue is formed by the union of protein, oil, carbon, lime, and phosphate in certain proportion. A lack in the proper amount of this builder, in some instances, causes an anemic condition, for bone material (lime and protein) is the foundation of bodily structure.

Under certain conditions, dependent on deficiencies in other cell salts, a break in the molecular chain of lime phosphate will cause an outflow of protein through the kidneys. Why should the escape of albumen (egg-white-like protein; also referred to as “albuminoids”) through the kidneys be named Bright’s disease? It seems that the fact of the loss of albumen in this manner was first discovered in the case of a hospital patient named Bright, and although many others die in a regular and orthodox manner from the same cause that cut off the immortal Bright, the medical profession has dignified the disease by the original label. The very same albumen that causes Bright’s disease, if expelled through the nasal passage, is called catarrh (mucus congestion), from the Greek word meaning “to drop down.”

If albumen reaches the skin, by disintegration or fermentation it causes pimples, eruptions, eczema, etc. If anyone derives pleasure from these

*This complete introductory section is adapted from:

The Chemistry and Wonders of the Human Body by Dr. George Carey.

names, well and good, let them use them, but chemistry knows nothing whatever about them.

A great deficiency in Calc Phos may cause protein to accumulate in some gland and there disintegrate and flow out in pus, or heteroplasm (dissimilar tissue), which is called scrofula (swelling of the lymph nodes) by the old-school physicians.

The lime molecules are found in the fluids of digestion and assimilation, and when there is a lack of the proper amount of these workers, the digestive juices become negative, lose their proper rate of motion or catalytic action, ferment, and thus produce gas, acid condition, etc. When lime phosphate and sodium phosphate – the alkaline salts – are deficient, acids, together with albuminous substance, may settle in the joints and thus render synovial fluids “nonfunctional,” thereby causing pain, stiffness, and swelling of the joints. Just why this chemical fact must needs have the word “rheumatism” tacked to it does not appear. The word “rheumatism” is derived from the word “rheum,” meaning “to flow out.”

MATERIA MEDICA FOR CALC PHOS

Adapted from: *The Biochemic System of Medicine*,
Materia Medica by Dr. George Carey

Calc Phos (also known as phosphate of lime or calcium phosphate) is destined to play a prominent part in the treatment of the sick when its range is fully understood by medical practitioners. This salt works with albumen, carrying it to the bone, tissue, or any other part of the body where it may be needed. It uses albumen as a cement to build up bone structure.

Bone is 57 percent phosphate of lime, the remainder gelatin (an albuminous, gluey substance), carbonate of soda, magnesium phosphate, and sodium chloride. Without the lime (Calc Phos), no bone can be made.

When, for any reason, the molecules of this salt fall below the proper standard in the blood,

a disturbance occurs in life's processes. It may be that bone cells are not rebuilt as fast as they die. In such cases, if the deficiency exists for a great length of time, a condition of anemia prevails, for the bone is the basis, the foundation stone, of the organism. Should the albumen, not having a sufficient quantity of the Calc Phos to properly take care of it, become a disturbing element and be thrown off via the kidneys, Bright's disease results. If through the nasal passages, the condition is named catarrh (mucus congestion). If by the lungs, a cough is produced. If the albumen reaches the skin, pimples, eruptions, freckles, a condition called eczema, or possibly sores result.

Calcium phosphate is found in gastric juice, and a lack thereof is frequently the cause of indigestion.

Conditions called rheumatism are sometimes due to a deficiency of this cell salt. It is well known to biochemists that a proper balance of sodium phosphate (Nat Phos) is required to prevent an acid condition from prevailing, and under certain conditions, when calcium phosphate for any reason is not present in proper quantities, the affinities draw upon sodium phosphate in an endeavor to supply the lack, and thus a deficiency in that alkaline salt ensue, which allows an acid condition to prevail, i.e., rheumatism. Calcium phosphate is also an auxiliary to the therapeutic effects of magnesium phosphate, as it more nearly resembles that salt than any other. When Mag Phos is clearly indicated and it does not restore the normal condition in a reasonable length of time, Calc Phos should be given, for it is quite certain that it has been drawn on from the blood to assist the work of Mag Phos, hence the deficiency in the lime salt.

Characteristic Indications

(Note: Remedies in parentheses provide therapeutic support to Calc Phos.)

Mental – Peevishness and fretfulness in children. Poor memory, incapacity for concentrated thought, mind wanders from one subject to another, weak minds in those practicing or who have practiced masturbation (Kali Phos). Dullness, stupidity, depression of spirits, anxiety about the future. Desire for solitude after grief (Nat Mur), disappointment, pain, etc.

Head – Headache, with cold feeling in the head, also head feels cold to the touch. Headache on top of head and behind the ears. Tight sensation. Headache in girls during puberty, with restlessness and nervousness. **Headache worse from mental exertion, worse near the sutures. Skull thin and soft. Closure of the fontanelles delayed, or reopening of same.** Vertigo (Ferrum Phos). **Crawling, cold sensations over the head.** Ulcers on top of head. Dropsy (swelling) of the brain. Loss of hair; bald spots. Inability to hold up the head.

Ears – Aching pain, with swelling of the glands of face and neck. Earache with characteristic clear, thick, excoriating (irritating) discharge. In scrofulous (those with lymphatic swelling) persons, where the glands are very swollen. Ears swollen, burning, and itching.

Eyes – Sensitivity to artificial light. Eyeballs ache; spasm of the eyelids (Mag Phos). Squinting. Hot feeling in the eyelids. Paralysis of the retina, causing dimness and loss of sight (Kali Phos). Neuralgic pain in eyes, when Mag Phos fails. Inflammation of the eye, with characteristic discharge, especially in scrofulous subjects. Light sensitivity (Ferrum Phos, Nat Mur).

Nose – Large, pedunculated (on a stalk) nasal polyps. Nose swollen (from congestion) and greatly inflamed at the edges of nostrils (Silicea). Tip of nose cold. Congestion, cold in head. Thick, clear, tough discharge, dropping from posterior nares, causing constant hawking and spitting; worse outdoors. In anemic persons, disposition to take cold (Ferrum Phos). Preparing the way for other remedies in all cases of catarrh, Calc

Phos has a decided tonic action on the membranes.

Face – Anemic or chlorotic (greenish tint to skin) face. Dirty-looking face. Rheumatism of the face, which is worse at night. Pimples on the face. Facial pains, with a creeping sensation; feeling of coldness and numbness. Face sallow, pale, earthy; skin cold and clammy. Lupus. Heat in face. Freckles, eruptions on the faces of young persons, especially of young girls at puberty. Facial pains, of a grinding, tearing nature (Mag Phos). Pale face in children, when teething is difficult.

Mouth – Unpleasant, disgusting taste in mouth in the morning caused by non-assimilation of food (Nat Phos).

Teeth – Retarded dentition (Calc Fluor). Phosphate of lime (Calc Phos) is a constituent of the teeth, and when this material is deficient, dentition will be slow and painful, often causing convulsions (Mag Phos) and other ailments. Teeth decay as soon as they appear. Gums inflamed and painful (Ferrum Phos). Toothache, which is worse at night (Silicea). **Chief remedy in all teething disorders.** “If the gums be pale, this remedy is especially indicated” (Schuessler).

Tongue – Swollen tongue (Kali Mur). Stiff and numb. Blisters and pimples on tip of the tongue.

Throat – Enlargement of the throat. Chief remedy for goiter (Nat Mur). **Chronic enlargement of the tonsils.** “I have given it in the acute stage, when suffocation threatened, with excellent results,” (Chapman, [see: full reference to Chapman’s book in the Bibliography]). Glands painful, aching. Thirst, with dry tongue and mouth. **Sticking pain in throat on swallowing.** Constant hoarseness. Hemming and scraping of throat when talking. (Public speakers are greatly benefited by this cell salt when alternated with Ferrum Phos.) Burning and soreness in larynx and pharynx, in cases of chronic catarrh when there is considerable dripping from the posterior nares (postnasal drip).

Gastric symptoms – Pain after eating. **Food seems to lie in stomach in a lump.** Heaviness and burning. Pain worse from eating even the smallest amount of food (Ferrum Phos). Stomach sore to the touch. Abnormally large appetite, but food causes distress. Cold drinks and food greatly aggravate the pains, while heat relieves it (Mag Phos). **Vomiting after cold drinks.** Faint, sinking feeling in region of stomach. Pain sometimes relieved by belching wind. In infants, vomiting sour, curdled milk (Nat Phos). Constant desire to nurse. Stomach feels bloated. Headache, accompanied with indigestion (digestive headache). Belching of gas. Most of these gastric symptoms are due to non-assimilation of food. A course of this remedy should be given after gastric or typhoid fever and in all cases where digestion is poor to aid assimilation of food.

Abdomen and stool – Diarrhea in teething children; stools slimy, green, with undigested matter; with colic (Nat Phos). Give a warm-water enema. **Cholera infantum**, child craves food it should not eat. **Stool is hot, noisy, and offensive-smelling** (Kali Phos). Inability to properly digest food during the summer. Diarrhea caused from inability to properly digest food. Face pale and anxious, child fretful. Pain in the abdomen near the navel. Infant cries when it nurses. Marasmus (failure to thrive), eats heartily but grows more emaciated all the time. **Frequent urge to pass stool but nothing passes** (Kali Phos, Mag Phos). Diarrhea in young girls, with accompanying headache. Costiveness (constipation), with hard stool, in old people and infants. Itching piles, also protruding hemorrhoids (Calc Fluor, Ferrum Phos). Hemorrhoids, which ooze a thick, clear substance resembling egg whites, especially noticeable in anemic persons. **Anal fissures and cracks** (Calc Fluor). Fistula without pain. Neuralgia of rectum and pain after stool. **Symptoms all worse at night or with change in**

weather (Silicea). Tabes mesenterica (abdominal lymph-wasting disease). To prevent the formation of gallstones.

Urinary organs – Urine dark yellow. Frequent urge to urinate, with sharp, shooting, cutting pains at the neck of the bladder and along the urethra (Ferrum Phos). Increase in the quantity of urine. Bright's disease of the kidneys (Kali Phos). Phosphatic deposit in the urine, as an intercurrent remedy. Gravel sediment in urine (Nat Sulph). Diabetes mellitus, as an intercurrent remedy. To prevent formation of bladder stones. Calc Phos assists in the breaking down of protein that can accumulate in the kidneys.

Male sexual organs – Swelling of the testicles (orchitis). Masturbation. Inguinal (groin area) hernia (Calc Fluor). Itchy, greatly relaxed scrotum. Sweating and soreness of scrotum. Chronic gonorrhea and gleet (chronic inflammation of a bodily orifice), when there is the characteristic discharge. Dropsy of the testicles. Egg-white-like discharges from the urethra.

Female sexual organs – **Weakness in uterine region from prolapsed uterus and other uterine displacements** (Calc Fluor, Kali Phos). "Calc Phos may not have the contracting power of Calc Fluor, by acting directly upon the muscles and tissues involved, but it acts indirectly by building up the general health and aiding digestion, thereby restoring the tissues to a healthy condition and promoting the deposit of Calc Fluor" (Chapman). **Aching** in the uterus. Increased sexual desire, especially immediately before menstruation. Leucorrhea (white discharge from the vagina), with thick, clear, very tenacious discharge. Intercurrently in all cases of leucorrhea, to build up general health. Acrid leucorrhea, worse after menstruation or with sexual excitement. Dullness and listlessness. In young girls with anemic conditions, menses too early or too late. Menstrual discharge bright red, too frequent. Menses with pain in back. Labor-like pains at the time of menstruation (Mag

Phos); to prevent, use Ferrum Phos. Menses, with flushed face and cold extremities (Ferrum Phos).

Pregnancy – Aching in the limbs during pregnancy. Poor milk, watery or with salty taste (Nat Mur). Child refuses to nurse. Child vomits sour, curdled milk quite frequently. Sore nipples (Ferrum Phos). **After pregnancy**, as a restorative; also **after long nursing**, when the patient is debilitated.

Respiratory organs – Cough, with expectoration of clear (not yellow), thick mucus. Chronic coughing. Incipient consumption (tuberculosis). Intermittently in all cases for weakness and prostration. Chronic cases of whooping cough. **Rheumatic pains in lungs. Involuntary sighing.** Soreness and dryness of tuberculosis in throat. Aching in the chest. Night sweats, especially around the head (Silicea, Nat Mur). Hawking to clear throat. Cough in anemic persons or teething children.

Circulatory organs – Intermittently in most cases of heart trouble. Poor circulation, with cold extremities. Palpitation of the heart, followed by weakness. Leukemia (excess of white corpuscles in the blood).

Back and extremities – Calc Phos, appropriately named “the bone remedy,” plays an important role in disease located in the back and extremities. Curvature of the spine (used in conjunction with mechanical supports). **Numbness and coldness** of the limbs. Pains and aching in the joints. **Cold sensations in the limbs, as if cold water were being poured over them.** Pains in the bones, especially the shinbones. Pain worse at night and in cold, damp weather. **Rheumatism of the joints and in the back between the shoulders; very severe and worse at night or during rest.** Lumbago (Ferrum Phos). Hydroma patella (swelling of the knee caps), cysts. Hydrops (swelling). Articular (joint) spinal irritation. Injuries of the coccyx. Infants are slow in learning to walk, and their

bones are soft and friable. **Bowlegs** (used in conjunction with mechanical supports). In children, thin neck (Nat Mur). Broken bones; this salt is essential to facilitate the deposit of extra material necessary for their mending. Rickets: “This disease appears to consist essentially in the nondeposition of phosphate of lime in the osteoid (bone) tissues” (from *Thomas’ Medical Dictionary*, as cited by Dr. Carey. In the case of syphilis, inflammation of the periosteum (bone covering). Ulcers and abscesses, when deep-seated on the bones or joints. Neuralgia, when deep-seated as if on the bone, commencing at night (Silicea). Pain in limbs, restlessness, limbs fall asleep; better when moving them.

Nervous symptoms – Neuralgia, which is worse at night, colic, cramps, spasms, convulsions, etc. (take if Mag Phos fails to relieve these symptoms). Convulsions in teething children, young girls, and old people, when the lime salts are deficient. Paralysis, when associated with rheumatism. Fatigue and weariness. **Pains very severe at night, with sensation of creeping numbness and coldness. Pains shoot all over the body like electrical shocks and, at other times, like trickling cold water.**

Skin – Eruptions on the skin, when the discharge is thick and clear. Pimples, acute or chronic, with itching. Itchy skin, without eruptions. Eczema, with yellowish-white crust. Face full of pimples. Scrofulous affections, intermittently. Dry skin. Skin itching and burning, as from nettles. Perspiration on hands from spinal weakness. Lupus, with characteristic symptoms. Pruritus (itching) of vagina, with or without thick, clear leucorrhea (Nat Mur). Freckles (apply a 10 percent solution of cell salt in water to the face). Chafed skin (Nat Mur). Acne rosacea. Tubercles (nodules) on the skin. Scaly herpes on the shins.

Tissues – Bones weak, easily broken; when broken, bones will not unite or, when new bone material is needed. Rickets. Tabes, or atrophy of

Calc Phos Summary

ORGAN AND TISSUE AFFINITIES

Nutrition, bones, tendons, teeth, protein binder, muscles, cartilage, chest.

MODALITIES

Symptoms worse < teething, loss of fluids, exposure to cold, wet wind, thinking of symptoms, puberty, eating fruit.

Symptoms better > summer warmth, dry weather, lying down, rest.

DEFICIENCY SYMPTOMS

Muscles are sensitive to cold. White marks on fingernails and teeth. Tips of teeth are translucent.

DISEASE CONDITIONS

Bone problems, weak ankles, teething problems, osteoporosis, spina bifida, stiff neck, rickets.

any organ tissue. Poor nutrition through indigestion. Ulceration of bone substance. Stunted growth. Defective development, with pale, greenish-white complexion. Polyps. Disease of the pancreas. Emaciation, chlorosis, anemia. Intercurrently in all bone affections, constitutional weakness. As a tonic for delicate, anemic persons (Ferrum Phos). All ailments caused by a deficiency or disturbance in the phosphate of lime (Calc Phos) molecules.

Febrile conditions – Chilliness and shivering, when beginning of fever (Ferrum Phos). Excessive perspiration, **night sweats in cases of phthisis (tuberculosis)**. Phthisis. Cold, clammy

sweat on the face and body. After typhoid and other fevers, as the disease recedes, to promote the deposit of new material in place of that destroyed.

Sleep – Restless sleep due to worms (Nat Phos), drowsiness, sleepiness, difficulty waking in the morning. Vivid dreams.

Modalities – Symptoms are generally worse **at night in damp, cold weather** (Nat Sulph), with change of weather, upon getting wet, etc. **Better in warm weather and in warm room.**

FACIAL SIGNS OF CALC PHOS DEFICIENCY

A **waxy appearance** is often seen on areas with cartilage such as the nose, ears, etc. The more facial surface having this waxy quality, the greater the deficiency.

Ears may appear waxy on the cartilage and ear muscle. Look for a waxy intensity.

Eyebrows Look for a waxy appearance to the skin. There may also be waxy-looking stripes coming diagonally from the eyebrows.

White spots on the teeth and nails show a Calc Phos deficiency. We also see teeth with translucent tips (Calc Fluor).

Stretched cheekbone musculature is another sign. People with this symptom exhibit a biting or hard-bitten look or character, as though life has dealt them a hard hand.

Small lips also suggest a hard life. These signify poor mineral absorption.

Yogurt appearance, a creamy-whitish look. This can occur in the case of Calc Sulph deficiency as well.

THERAPEUTIC INDEX OF CALC PHOS

Adapted from: *Therapeutic Index* (1890) by Dr. W. H. Schuessler

Anemia, first remedy.

Bone diseases, see also Rickets.



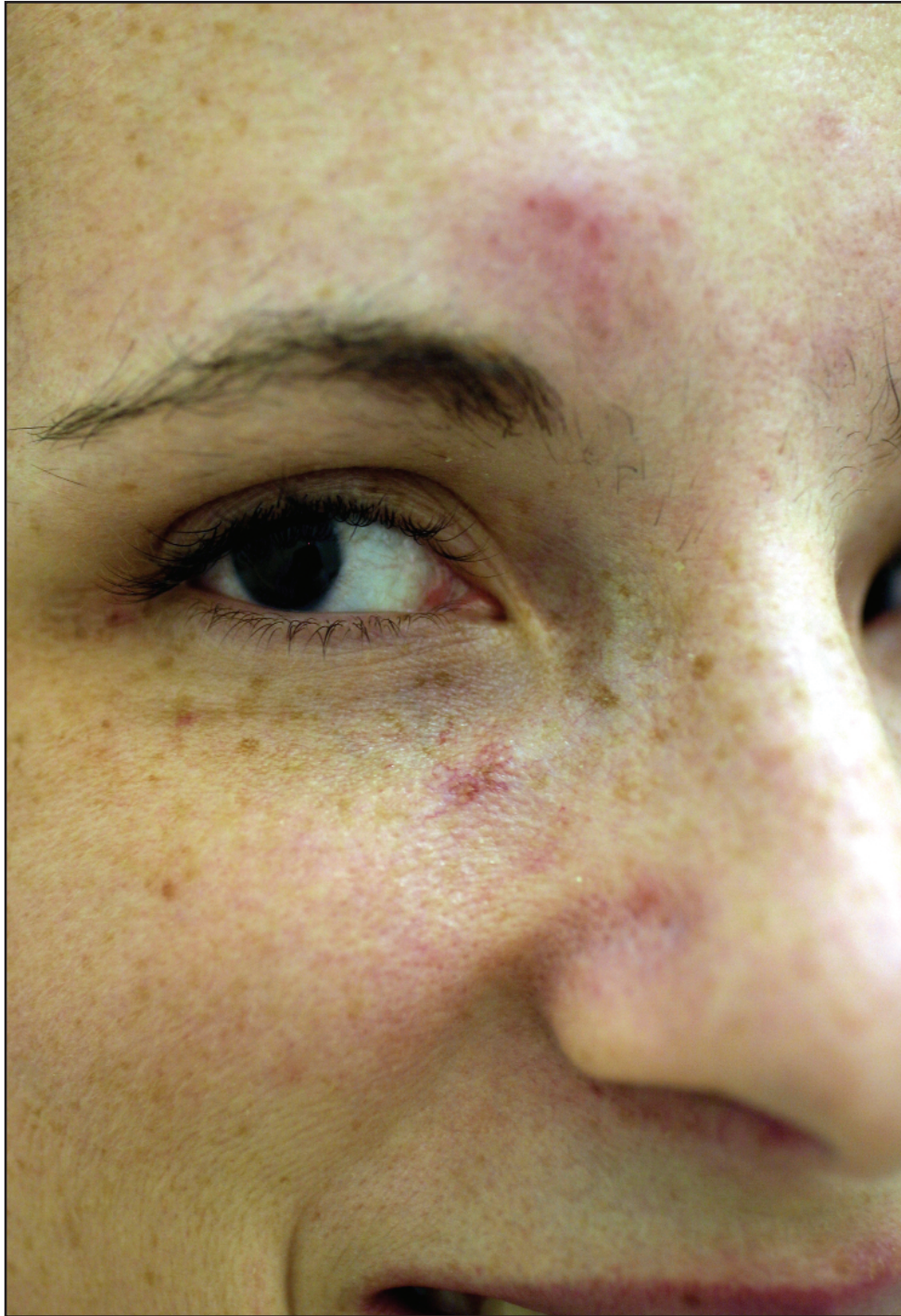
Calc Phos (a)

The tips of the teeth clearly show the translucent quality of a Calc Phos deficiency. A Calc Fluor deficiency can also show up as translucence of the teeth. The chin is red and thus shows a Nat Phos deficiency. There are brownish spots on the skin that show a Kali Sulph deficiency.



Calc Phos (b)

This picture shows a Calc Phos deficiency with a waxy appearance around the eyes, root of the nose and into the eyebrows. The redness of the cheeks shows a Kali Mur deficiency.



Calc Phos (c)

This woman shows a Calc Phos deficiency by the waxy appearance around her eyes, nose and forehead. She also has a Nat Phos deficiency because of the appearance of the red acne blemishes. The brownish-black of the inner eye area is a Calc Fluor deficiency sign. The middle of her forehead has a greenish tinge, suggestive of a Nat Sulph deficiency.



Calc Phos (d)

This woman has the Calc Phos deficiency symptoms of a waxy appearance of the root of the nose, eyes and into the eyebrows. She has the reddish overlay indicative of a Mag Phos deficiency, and a Calc Fluor deficiency can be noted in the raised pattern in the corner of the eyes. The bags under her eyes denote a Nat Sulph deficiency. Her squinting appearance, horizontal lines on the root of the nose, and short eyebrows also show a hypothyroid condition. Such conditions accompany a weak liver. Another sign of liver malfunction is seen in the greenish appearance, a Nat Sulph deficiency.

Cancer, in scrofulous (swelling of the lymph nodes) constitutions.

Catarrh (mucus congestion), in chronic or anemic persons.

Chlorosis (greenish tint to skin) type of anemia.

Convalescence, during and after acute diseases.

Convulsions, from teething, without fever, if Mag Phos fails.

Cough, in consumption (tuberculosis).

Delicacy, in growing girls and children.

Diabetes mellitus.

Diphtheria, first remedy, to reduce the fever and limit inflammation of throat.

Dropsy (swelling), from non-assimilation or anemia.

Eczema, with anemia.

Eczema, with dry, crusty affections.

Enuresis (urinary incontinence), nocturnal, from general weakness.

Eyelids, spasmodic affection, if Mag Phos fails.

Face ache (neuralgic, rheumatic), worse at night.

Fits (epileptic), during development in childhood and youth.

Fits, in the scrofulous.

Fontanelles, remaining open too long.

Fractured bones, to promote union.

Glands (lymphatics), enlarged, chronic.

Gonorrhea, with anemia.

Gout, rheumatic.

Hemorrhoids, chronic, in anemic or weak patients.

Headache, the head feeling and being cold to the touch.

Hernia, in anemic patients.

Housemaid's knee (swelling of the knee), with anemia.

Hydrocele (clear fluid in a cavity), if Nat Mur fails.

Hydrocephalus (water in the head).

Inflammation of the eyes, during dentition, after Ferrum Phos.

Intestinal worms, predisposition to, in anemic patients.

Intermittent fever, chronic, in children.

Kidney disease (Bright's).

Lameness, rheumatic, obstinate, after Kali Mur.

Leucorrhoea (white discharge from the vagina), as a constitutional tonic.

Lumbago, if Ferrum Phos fails.

Lupus, if a partial manifestation of scrofulosis; see also Kali Mur.

Ozena (foul-smelling nasal discharge), with scrofulous symptoms.

Pains (rheumatic), in the head, worse during the night.

Pains in the head, worse with heat or cold.

Rheumatism, worse at night.

Rheumatism, aggravated by heat or cold.

Rheumatism, worse in bad weather.

Rheumatism, worse with change of weather.

Rheumatism, chronic, of the joints, with cold or numb feeling.

Rickets.

Skin affections, in anemic persons.

Suppuration (discharge of pus from infection), of bone.

Teeth, too rapid decay of.

Teething, disordered.

Teething, too late.

Teething, minor ailments caused by it.

Tonsils, chronic swelling,

Toothache, worse at night.

Toothache, worse in bad weather.

Tubercles (nodules), in the skin.

Whooping cough, obstinate cases.

“EVERY DISEASE WHICH AFFLICTS HUMANITY REVEALS A LACK OF ONE OR MORE OF THESE INORGANIC CELL-SALTS.”

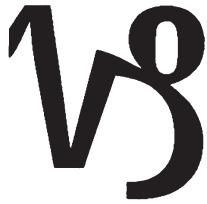
– J.B. CHAPMAN, M.D.

ASTROLOGY OF CALC PHOS

Capricorn: The Goat of the Zodiac

December 21 to January 19

Adapted from: *Cell Salts of Salvation* by Dr. George Carey



Persons born between the dates December 21 and January 19 come under the influence of the Sun in Capricorn, the Goat.

Capricorn represents the great business interests – trusts and syndicates. Here many laborers are employed. Thus Capricorn symbolizes the foundation and framework of society – the commonwealth of human interests.

The bones of the human organism represent the foundation stones and framework of the soul's temple. Bone tissue is composed principally of the phosphate of lime, known as calcarea phosphate, or calcium phosphate. Without a proper amount of lime, no bone can be formed, and bone is the foundation of the body.

A building must first have a foundation before the structure can be reared. Thus we see why the "Great Work" commences in the Goat. Lime is white – hence the "White Stone." In the

book of Revelations (2:17) we read: "To him that overcometh will I give to eat of the hidden manna and will give him a White Stone, and in the Stone a new name written which no man knoweth saving he that receiveth it."

In the mountains of India, it is said, a tribe dwells, the priests of which claim that man's complete history from birth to death is recorded in his bones. These people say the bones are secret archives hence do not decay quickly as does flesh and blood.

Capricorn people possess a deep interior nature in which they often dwell in the "Solitude of the Soul." They scheme and plan and build air castles and really enjoy their ideal world. If they are sometimes talkative, their language seldom gives any hint of the wonderlands of their imagination. To that enchanted garden, the sign, "No Thoroughfare," forever blocks the way.

The governing planet of this earth sign is Saturn. The gems associated with Capricorn are white onyx and moonstone, and the colors are garnet, brown, silver-gray, and black.

In Bible alchemy (an esoteric interpretation of the Bible), Capricorn is represented by Judah, the fourth son of Jacob, whose name means "the praise of the Lord." John is the New Testament disciple associated with this sign.