

# THE SALTS OF LIFE

By Karen Bartlett

This book is a guide for use of the biochemic cell salts and to help explain the unique process known as spagyrics and its role in producing the salt tinctures. The cell salts have been gaining popularity and is taking its place amongst the various homeopathic remedies now being rediscovered, as people lose faith in the big pharmaceutical companies and their dangerous drug pedaling.

More people are turning to Nature for the cures that she provides, accessible to everyone on the planet. But what are the cell salts, and how do they apply to us?

Cell salts are homeopathic preparations of certain mineral compounds found within all living things. Cell salts represent a self contained homeopathic system that lends itself to easy home use. Twelve in number, cell salts are an extremely versatile, natural healing method.

This system of Medicine is based upon the “cell theory” of Virchow in 1858. He said that the body is a collection of cells and that all medical treatment should center on the health of the individual cell. Together with Schuessler, they developed a system of medicine based on cellular health.

In 1873, German biochemist, William H. Schuessler found that there are certain essential minerals that the body requires. He discovered this by studying the remains of numerous cadavers and examining them after calcinations or burning to see what essential elements remained. He found that an imbalance or a lack of any of these minerals may lead to disease in the tissues so lacking. Providing the missing minerals to the tissues corrects that imbalance and so eliminates the illness. Thus the cell salts provide a rebalancing of the body enabling its natural disease controlling mechanisms to function. To this end, the cell salts are not a “cure” or a medicine per se but a body function balancing supplement albeit a powerful one nonetheless.

The importance of the inorganic components of cells were recognized, hence the 12 salts were found to be the basic building blocks of the cell and water and other organic substances were used by the salts in building the cells of the body. If there is a deficiency in any of these salts the cell and consequently the body would suffer. Charles W. Littlefield, analytical chemist, wrote:

“The twelve mineral salts are, in a very real sense, the material basis of the organs and tissues of the body and are absolutely essential to their integrity of structure and functional activity. Experiments prove that the various tissue salts will rapidly disintegrate in the absence of the proper proportion of these salts in the circulation fluid. The maintenance of this proportion insures healthy growth and perpetual renewal. These mineral salts are, therefore, the physical basis of all healing. Regardless of the school employed, if these are absent from the blood and tissues, no permanent cure is possible. “

These 12 salts are essential for the health and growth of the body. They are grouped in fours; Phosphates, Chlorides, Sulphates, and Fluorides (also Silica). The 12 salts are as follows; Calcium

Phosphate, Ferrum Phosphate, Kali Phosphate, Natrum Phosphate, Kali Mr., Natrum Mur, Calcium Sulph, Natrum Sulph, Kali Sulph, Calcium Fluor., and Silica.  
These 12 salts were found to make up the human body.

Due to the minute scale of cells, the ideal way to replenish any deficiency is through very small micronutrients that go directly to the depleted cells. Tinctures of the salts provide an easily absorbed transport for the body, enabling the needed salts to go directly to the bloodstream without the body expending much needed energy in digesting and processing the micronutrient cell salts.

## **A LITTLE INFORMATION ON HOMEOPATHY**

A lot of people are a bit confused about homeopathy. Homeopathy has been around for a long, long time. Many remedies are listed in the [U.S. Homeopathic Pharmacopia](#) including the cell salts, and they are grandfathered in to the FDA. To quote an article on the FDA webpage by Isadora Stehlin:

“Homeopathy is a medical theory and practice that developed in reaction to the bloodletting, blistering, purging and other harsh procedures of conventional medicine as it was practiced more than 200 years ago. Remedies made from many sources-including plants, minerals, or animals-are prescribed based on both a person’s symptoms and personality. Patients receiving homeopathic care frequently feel worse before they get better because homeopathic medicines often simulate, rather than suppress symptoms. This seeming reversal of logic is a relevant part of homeopathy because symptoms are viewed as the body’s effort to restore health.”

So homeopathy, (from the Greek words "homeo" meaning similar, and "pathos" meaning suffering or disease.) grew out of need to replace the barbaric practices in place. Some of the products contain what appear to be very poisonous substances such as poison ivy, mercury, arsenic, antimony and the like.

A German physician back in the 1700’s, by the name of Samuel Hahnemann looked for a way to make a gentler medicine than what was offered at the time, some of the current cures having some awful side effects. He came up with three principles: the law of similars, the minimum dose, and the single remedy.

He deduced that if a large amount of something causes symptoms in a healthy person then a small amount of the same can treat the symptoms in someone else. Much like the way a modern vaccine works. When you get a flu shot they give you the virus in a contained form causing your own body to put up defenses against the real onslaught. He tested his theory on himself and others finally narrowing it down to the most infinitesimal, minute quantities of the substance to treat the symptom. He found that the smallest amount increased its effectiveness.

And so the Cell Salts as well follow Hahnemann’s theory and are homeopathic in nature, they are produced in various strengths, the most common being 6x and 7x. I have heard as much as 12x can be prescribed for acute conditions.

Many Health Food stores now carry biochemic salts as more naturopaths are prescribing them. More people are finding out the benefits of the salts and the 12 remedies.

The Salts now sold commercially are in lactose pill form, and the minerals salts are manufactured in a lab.

However, there are a lot of lactose intolerant people and those persons cannot use the lactose pills without consequences. There is another alternative - that of the tincture or liquid form of the salts dissolved into an alcohol base, much like a lot of herbal tinctures are. These salts are dissolved into grain alcohol in the same triations as the pill form.

The advantage of taking a tincture as opposed to the pill is that it allows for an even more rapid absorption into the bloodstream. The alcohol is relatively safe for anyone, because you are taking only one or two dropperfuls which anyone can find for them-selves amounts to only a few drops of alcohol, even less than taking a cough syrup.

There are only a handful of companies that you can purchase the tincture from at this time. Terra Vitae Salts of Life produce what is known as a spagyric tincture as popularized by Paracelsus in the 16<sup>th</sup> Century.

Which brings us to our next subject; “What is a Spagyric Tincture?” To explain the spagyric tincture one has to explore Alchemy. Indeed the tincture and cell salts themselves fall under the medicinal practice of Homeopathy, a practice of which grew out of Alchemy itself.

"Spagyric" is a word that Paracelsus invented back in the 1400's. It means to separate and recombine. Paracelsus was a famous Alchemist and was known for his crusade for Natural Medicines and cures. To quote from Real Alchemy, by Robert Allen Bartlett:

“Paracelsus (born Theophrastus Bombast von Hohenheim in Switzerland 1493) revolutionized the Alchemical Art and is considered to be one of the fathers of modern chemistry and pharmaceutical medicine. A respected physician and university lecture, Paracelsus demonstrated the power and effectiveness of alchemically prepared medicines.

He stressed to his colleagues the importance of looking carefully into alchemy as a source for medicines far beyond what the current pharmaceutical technology could produce...”

But what is Alchemy? Most people think of some ignorant medieval scholar trying to turn lead into gold, and a lot of rich people being duped by this supposed miracle science and art. I found a very good description of the goals of Alchemy, oddly enough from a skeptic of Alchemy. Here is an excerpt from the lecture “Alchemy and Science” by Lucia K. B. Hall (July 1997):

“But alchemy is not about transforming nature in order to understand *nature*; it is about transforming nature in order to understand how to transform *man*. An understanding of the precise chemical steps that transforms base, "unripe" metals into gold is supposed to lead to an equal understanding of the precise philosophical steps required to transform man's body into the gold of perfect health and immortality and his soul into the spiritual gold of complete understanding of and perfect union with the mystical reality or, in some cases, with god....”

And so the main task of Alchemy was to transform on all levels from the physical to the mental and spiritual state to its highest level. Hence it is an evolution on all levels.

Gold was considered the highest attainment of matter, and so logically if the Alchemist could produce gold from impure matter, he would also mirror the process in and of himself. However, even gold on the physical level, although it was certainly tried literally way back when, is also the representation of the highest state that the matter you are working with can attain. And so to have a superior homeopathic or medicinal tincture, you must take that mineral or plant that you are working with to its highest evolution, or state, or its “Gold” as it were.

That is where the Spagyric Process comes in. A spagyric tincture is made by a careful process in which all the parts of the mineral or plant that you are working with is separated through a process of heat and distillation and each part is brought to its highest and purest potential state. And so you essentially separate it into Mind, Body, and Spirit and as Alchemy assumes, each mineral and plant has each of these. Having brought them to their highest evolutionary state (essentially speeding up the evolution through this method) the Parts are then recombined, giving you a superior “living tincture”. As all the “bodies” of each part of the mineral or plant have been separated and perfected, when they are recombined and brought into the body, the effect carries over to the person taking the remedy. Thus affecting a cure not only on the physical but also on the subtle level’s of the body as well.

As we all have an Energy Body as well as a Physical Body. These tinctures then resonate with that Chi flow in the Body. And it is well documented that this is an important part of healing as proved in the results shown by Acupuncture, Acupressure, Therapeutic Touch, and many other systems that work on the subtle energy bodies of both humans and animals

It is this that makes a spagyric tincture superior and what makes the Terra Vitae Salts unique. Right down to the actual mother salts prepared in this manner. The salts themselves were mined from the earth, carefully prepared in a year long process and aged like fine wines.

## **THE FUNCTION OF THE CELL**

Cells are composed of three basic parts, a nucleus, or brain of the cell, the cytoplasm, which provides nourishment to the cells nucleus, and the cell membrane, which contains both and gives it form and protection.

The cell is a chemical factory in which hundreds of chemical reactions take place. The “brain” or nucleus of the cell controls everything that goes on in this factory.

It is a necessary function of the cell membrane to let in proper nutrients to fuel this factory and keep out all harmful substances like bacteria and viruses.

Energy is produced through the burning of oxygen and sugar in the cell. The catalyst for this process is in the form of an enzyme. The enzyme gathers necessary raw material for the reactions to take place and acts as a catalyst for the reaction. Should that enzyme be lacking the exact sequence of reactions is not possible and the cell cannot survive.

The enzymes in a cell wear out after awhile. The nucleus acts as a template to produce more enzymes. The enzymes must be constructed out of basic materials, namely proteins, vitamins, and minerals. If your diet is deficient in these ingredients then the cell cannot properly replenish the enzymes. The chemical factory comes to a halt and the cell dies.

You must get all the raw materials needed on a daily basis.

The cytoplasm contains all the basic 12 biochemic salts. Different types of cells require more or less of certain of the salts for example nerve cells, require larger amounts of Kali Phosphate to function. Blood cells higher amounts of Ferrum phosphate.

Although proper nutrition of course is also important to the health of the body and cells, vitamin supplements and diet often overlook these essential micro nutrients salts that the cells need to remain healthy. Now many of the body's processes are electrically charged processes. Cell enzymes work to attract the necessary raw materials by electrical attraction.

It is well documented that the electromagnetic energy of the Moon have an effect upon the earth and tides. We, as residents of the Earth, cannot help but be influenced by the electromagnetism of our external environment. So too, for the cellular factory of our bodies. The enzymes attracting the materials it needs by electrical attraction. Therefore all living things are affected by the cosmic influences surrounding us.

At the moment of our birth we are affected by the electromagnetic rays bombarding us and the Earth sphere. And evidence suggests that our very brain patterns are affected by the planets surrounding us at the moment of birth, dictating our personality and tendencies. It is not far to assume that our basic physical functions are also affected by these electromagnetic influences.

In fact, Schuessler found in his studies that according to the month that we are born, we have a deficiency of at least 3 of the salts due to being in the womb for 9 months, we are deficient in the remaining months making up the 12 months.

Dr. George W. Carey related them to the 12 signs of the zodiac, noting that the sign on the Eastern horizon or your rising sign greatly influenced the balance of these essential salts in the cells.

Before you dismiss this as so much "woo woo", consider the following article (*The Birth Month for the Best Health*) from the Associated Press:

"People who are born in December are quite possibly healthier than the rest of us-and a lot healthier than those born in March. Those with December birthdays are predisposed to respiratory syncytial virus, and infection that causes pneumonia, but that's nothing compared to people who are born in March, who are predisposed to a veritable medical textbook of illnesses and disorders: Alzheimer's, schizophrenia, autism, narcolepsy, Hodgkin's disease, multiple sclerosis, bipolar disorder, and epilepsy.

Medical experts from a variety of prestigious research institutions, including Stanford University, Southwest Missouri State University, and Stanley Medical Research Institute in Bethesda, MD., have independently found a link between the month in which you were born and predisposition to certain illnesses, reports ABC News. If there is any explanation between birth month and disease it is most likely environmental, although no study has been able to prove a definitive cause-and-effect relationship. For example, fetal exposure to a virus in the second trimester of pregnancy when neurodevelopment begins may be linked to schizophrenia.

## JANUARY

Alzheimer's, schizophrenia, respiratory syncytial virus

## FEBRUARY

Alzheimer's, schizophrenia, bipolar disorder, epilepsy

## MARCH

Alzheimer's, schizophrenia, autism, narcolepsy, Hodgkin's disease, multiple sclerosis, bipolar disorder, epilepsy

## APRIL

Leukemia, dyslexia, learning disabilities, multiple sclerosis, Parkinson's disease, bipolar disorder, epilepsy, ALS

## MAY

Dyslexia, learning disabilities, multiple sclerosis, ALS, Parkinson's disease

## JUNE

Anorexia, diabetes, dyslexia, learning disabilities, multiple sclerosis, ALS, Parkinson's disease, and celiac disease

## JULY

Diabetes, celiac disease, dyslexia, learning disabilities

## AUGUST

Diabetes, celiac disease, autism, Crohn's disease

## SEPTEMBER

ADHD, asthma

## OCTOBER

Asthma, eczema

## NOVEMBER

Asthma, eczema, respiratory syncytial virus

## DECEMBER

Respiratory syncytial virus

The medical experts agree that while there appears to be a pattern between birth month and disease, none of this is a prediction for what will happen to specific individuals. In addition, more research is needed to figure out how a person's birth month actually influences his or her health. “

## THE CELLS SALTS AND ASTROLOGY

Many people may consider that the Astrology connection is so much hogwash. But before you dismiss this consider again the subtle forces that are known to work on the body.

It is well known that we are bombarded by electromagnetic rays from the Moon, the Sun and the Stars themselves. These are affecting every living thing on the planet including the weather and growth cycles of the Earth. The tides of the Oceans. Why shouldn't we be affected?

Astrology is based on the premise that you are the center of your personal Universe, the Sun as it were, and the Horizon at the time and place of your birth revolves around you. This places its unique stamp upon you at birth, determining you personality and tendencies upon your arrival into physical existence.

And so the electromagnetic energies you can say may stamp a pattern into the energy patterns of your brain. Your brain is like a receiving station for both energy and perception of the physical world. It is essentially a personal PC channeling the internet of a greater Universe. Your Pc is programmed and set up for you.

Studies were done in Japan on the effects of the time of year and its effect on chemical processes and reactions. It was found that inexplicably the conditions of the earth's electromagnetic fields influenced the rate of reaction. This also confirms the old Alchemist's insistence that the time of year or day would effect an operation.

Hippocrates, the father of modern medicine, wrote that "A physician cannot safely administer medicine if he is unacquainted with astrology" So a physician shouldn't do anything without checking in with the Earth cycles first or the treatment could fail or have complications. That is an analogy as to how Astrology works. Not your average horoscope in the daily newspaper, it is much more than that. Used properly it is the Operators Manual to ourselves to guide us to our purpose in this life and to show us our predispositions to ailments and imbalances in our bodies as well as other levels.

To this end it also maps the cures. It is divided into twelve slices of a pie so to speak. The twelve signs of the zodiac, Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces. Each corresponds to months of the year starting with spring equinox, Aries and ending with Pisces.

The Individual Chart alters the original pattern according to the horizon around the person at the time of birth so that not every sign is in its "proper" house. Aries being 1<sup>st</sup>, Pisces the 12<sup>th</sup>. This interplay of energies is what makes each one unique. The House is the playing field, or the "where" the energies are operating. The Planet in the house is "What" is operating, and the Sign on the cusp of the house is the "How" of it. These can be benefic, or easy and compatible, or malefic, which is a struggle. "Bad" aspects are challenges we present to ourselves to work out here.

Anyway, this is not the place to go into an in depth lesson in Astrology. Suffice to say it all involves subtle and physical energies that affect each person uniquely. Basically the Sun's position in a chart, influences body chemistry. Saturn is also important to Health.

The South Node of the Moon, calculated by the time of day of birth is also important as to which cell salt regimen to follow.

Although there are basic salts assigned to each sun sign the ideal way to individually tailor a supplement regimen is to have your chart cast. You may order a chart from me; information will be given at the back of the book. Or you can go to any astrologer of choice. There are places online that you can get a chart made for your specific time, place, and birth date. You need to know:

- a. Sun sign
- b. Saturn
- c. Moons nodes
- d. Rising sign

If you don't have all the info you can still create a regimen but a few elements may be missing as rising signs change every two hours.

The cell salts that you will need to take will be the ones that correspond to each of the above components of your chart. There are three for each sun sign; these are your 'bridge salts'. Schuessler observed that depending on the time of year you are born, you are deficient in at least three of the salts that he theorized would have been made up if we spent the whole 12 months in the womb. Hence the three 'bridge' salts for your sun sign. 6x to 7x is recommended as a supplement.

Cell Salts in tablet form can be purchased at any health food store. Spagyric tincture ordering is provided at the back of the book. These are more expensive but worth every penny for their good effects. An appendix is provided for the signs, planets, and moon nodes at the back.

## **USING THE CELL SALTS FOR REMEDIES**

In addition to the salts being an excellent way to supplement and balance the body according to your own tendencies, they are also an excellent and safe way to treat minor ailments of the body. The cell salts are an excellent way to begin using homeopathic remedies. Because they are homeopathic they are completely safe and effective.

The cell salts may be used by themselves for the remedies listed or to benefit certain organ systems and functions of the body. They may also be used in combination with each other to treat specific symptoms. I myself have used a sciatica formula with much success.

When you want to treat yourself for some acute condition it is advisable to take the salt at least 4 times a day. I normally take about two dropperfuls while treating the ailment for at least a week. Then I cut it down to maybe twice a day for a week. If the symptoms subside, you can stop or take small dose for another week. Here is a list of some combinations that you can make for various symptom relief:

1. Insomnia, Sciatica, Neuralgia, Neuritis- fer. phos., kali phos., mag phos.
2. General debility, nervous exhaustion, convalescence-calc. phos., kali phos., ferrum phos.



3. Acidity, Heartburn, Dyspepsia- mag.phos., nat.sulph., silica
4. Dermatitis, Acne, Eczema, Skin Ailments—kali.mur., kali sulph, calc. sulph, silica
5. Indigestion, Colic, Flatulence—calc. phos., nat. phos., nat. sulph.
6. Fatigue, headache, Migraine, Nervous Headache.—kali phos., nat. mur.,silica
7. Lumbago, Backache, Piles, Loss of Elasticity—calc. fluor., klai phos., nat. mur.
8. Hayfever, Allergic Rhinitis—mag. Phos., Nat. mur.
9. Fibrositis, Muscular pain—fer phos., kali. Sulph, mag. Phos
10. congestion, Cough, Cold—fer phos., kali mur., nat. mur.
11. Weak brittle nails, falling hair. – kali sulph., nat. mur. , silica
12. Circulatory disorders, varicose veins.—clac. Fluor, nat. mur.
13. Rheumatism—calc. phos., Nat. phos
14. Mentrual Pain—Calc. Phos. , Kali phos. , mag. Phos.
15. Poor Circulation, Chilblains, aching feet and legs- calc. flour., kali phos., mag. Phos.
16. Sinus, Sinus disorders, catarrh—fer. Phos., kali sulph., nat. mur
17. Erupting teeth, infants teething pain—calc. flour., fer. Phos. Mag. Phos., silica
18. Stomach upset, biliousness, sick headache, digestive disorders—kali mur. Nat. sulph
19. First stage of illness—fer. Phos. Kali mur.
20. Calcium Absorption, low Calcium levels, osteoporosis—calc. phos. , silica, nat. phos.

## REMEDIES FOR ANIMALS

One of the best tests for me is the use of natural cures on our four footed brothers and sisters. Simply because the Placebo effect does not account for animal healing. I have used many remedies on my dogs and cats and horses in particular with much success.

For example a cell salt remedy for allergic skin problems and sores was given to my horse who suffers every year from ‘sweet itch’, which is a severe allergic reaction to the bite of the midge or gnat. I have given her cell salts when she was acute and her sores healed up within the week. During the spring and summer months when she is vulnerable I routinely give her a combination of cell salts, and herbal tinctures such as Cleavers, and Flax seed with good results. Every year she is better and better.

My friend used the salts on her large malamute that had heat sores that were not successfully treated by the Veterinarian. She had considered euthanizing the dog. I suggested she try the cell salt remedies and she did so with great success. She was amazed at the results. Some of the salts good for the skin conditions and healing are kali. Sulph, nat.mur, and silica.

All in all animals respond great to the natural therapies. The best part about it is that you don’t have to buy a larger quantity for a horse as opposed to a cat or a human. The way homeopathic solutions work is that less is actually better than more, so the dose really is about the same for a horse as for a human.

## PHARMACOPIA FOR MINOR AILMENTS USING CELL SALTS

Cell salts can be combined to effect a more complete healing of a condition. They are safe to use on Children and Animals as well. Placed under the tongue, they are quickly absorbed into the body. Or you

can take them in a small amount of water if you prefer. Keep your salts away from strong smelling substances and tightly capped.

Generally to heal a condition you may want to take it more frequently than you would as a supplement. I generally take a few dropperfuls of tincture 3-4 times a day when I am treating myself. As a supplement I only take a dropper once a day though you can do twice.

Because it is homeopathic you do not need to adjust the dosage for say, a horse or a cat or a child. It will work. I have used this on my own animals and children. I can attest to their effectiveness personally. The Remedies are as follows;

1. Calcium Flouride (Calc Fluor)
  - a. Component: bones, teeth, skin, connective tissues, elastic fibers of the veins & glands.
  - b. Remedy: loose teeth, hemorrhoids, skin diseases, hardened glands, poor circulation, ailments of the tendons and ligaments.
2. Calcium Phosphate (Calc. Phos.)
  - a. Component: bones, glands, nerves, blood, gastric juices, connective tissues.
  - b. Remedies: convalescent, bone diseases, rheumatism, rickets
3. Calcium Sulphate (calc. sulph)
  - a. Component: tissues of the skin, blood, mucous membranes
  - b. Remedies: abscesses, boils, styes, skin ulcers, infections.
4. Iron Phosphate (Ferr. Phos.)
  - a. Component: blood, veins, arteries, lungs, ears, and nose.
  - b. Remedy: antiinflammatory, infections, anemia, hemorrhaging, acute illness.
5. Potassium Chloride (Kali Mur)
  - a. Component: muscles, nerve cells, blood mucous membranes, and brain cells.
  - b. Remedy: ear and throat ailments, tonsillitis
6. Potassium Phosphate (Kali Phos)
  - a. Component: brain, nerve cells, spinal cord, blood system
  - b. Remedy: depression, apathy, stress, irritability, poor memory, irrational fears.
7. Potassium Sulphate (Kali Sulph)
  - a. Component: tissues of the skin, mucous membranes, throat & lungs.
  - b. Remedy: bronchial sinus, oily skin, athlete's foot, moving pains, excess sweat, late stages of all inflammations.
8. Magnesium Phosphate (Mag. Phos.)
  - a. Component: nerves, muscles, heart
  - b. Remedy: shooting pains, cramps, spasms, neuralgia, angina, colic, convulsions, and general pains.

9. Sodium Chloride (Nat Mur)
    - a. Component: water, part of every fluid and solid in the body.
    - b. Remedy: too dry or too much moisture, headaches, chronic diarrhea hay fever, watery eyes, dry eyes, flaky skin.
  
  10. Sodium Phosphate (Nat. Phos)
    - a. Component: biochemical acid balancer
    - b. Remedy: all conditions of acidosis, heartburn, dyspepsia, digestive upsets, intestinal worms, and other parasites.
  
  11. Sodium sulphate (nat sulph)
    - a. Component: intercellular fluids, liver, pancreas, bile, intestines, descending colon.
    - b. Remedy: watery secretions, light sensitivity, gas, biliousness, migraines, asthma
  
  12. Silicon Dioxide (silica)
    - a. Component: body to get rid of nonfunctional matter
    - b. Remedy: cleanses and eliminates waste, slow healing wounds, helpful for all septic conditions of the body.
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## **SOURCES for SPAGYRIC TINCTURES**

[www.Crucible.org](http://www.Crucible.org) | [www.Spagyricus.com](http://www.Spagyricus.com) | [www.byregionnetwork.com/spagyricus](http://www.byregionnetwork.com/spagyricus)

Bibliography: How to Use the Cell Salts by Robert C. Janskey, Asto Analytics Publications Van Nuys, Calif.

Contact Author for Birth Chart and Health Analysis - [Spagyricus@aol.com](mailto:Spagyricus@aol.com). Included is your individual cell salt package. Birth Chart alone: \$10; Birth Chart with analysis and cell salts included: \$250 Plus S&H. Karen Bartlett email: [Spirithorse322@aol.com](mailto:Spirithorse322@aol.com)

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# APPENDIX

DATES		SIGN	CELL SALT	
3-21-40	to	5-08-42	Taurus	Nat. Sulph.
5-09-42	to	6-20-44	Gemini	Kali Mur.
6-21-44	to	8-02-46	Cancer	Calc. Fluor.
8-03-46	to	9-19-48	Leo	Mag. Phos.
9-20-48	to	4-03-49	Virgo	Kali Sulph.
4-04-49	to	5-29-49	Leo	Mag. Phos.
5-30-49	to	11-20-50	Virgo	Kali Sulph.
11-21-50	to	3-07-51	Libra	Nat. Phos.
3-08-51	to	8-13-51	Virgo	Kali Sulph.
8-14-51	to	10-22-53	Libra	Nat. Phos.
10-23-53	to	1-12-56	Scorpio	Calc. Sulph.
1-13-56	to	5-14-56	Sagittarius	Silica
5-15-56	to	10-10-56	Scorpio	Calc. Sulph.
10-11-56	to	1-05-59	Sagittarius	Silica
1-06-59	to	1-03-62	Capricorn	Calc. Phos.
1-04-62	to	3-24-64	Aquarius	Nat. Mur.
3-25-64	to	9-17-64	Pisces	Ferrum Phos.
9-18-64	to	12-16-64	Aquarius	Nat. Mur.
12-17-64	to	3-03-67	Pisces	Ferrum Phos.
3-04-67	to	4-29-69	Aries	Kali Phos.
4-30-69	to	6-18-71	Taurus	Nat. Sulph.

TABLE NO. 3 - THE POSITION OF SATURN FROM 1900 THROUGH 1970 WITH CORRESPONDING CELL SALT

DATES		SIGN	CELL SALT
1-01-00	to 1-20-00	Sagittarius	Silica
1-21-00	to 7-18-00	Capricorn	Calc. Phos.
7-19-00	to 10-16-00	Sagittarius	Silica
10-17-00	to 1-19-03	Capricorn	Calc. Phos.
1-20-03	to 4-13-05	Aquarius	Nat. Mur.
4-14-05	to 8-16-05	Pisces	Ferrum Phos.
8-17-05	to 1-07-06	Aquarius	Nat. Mur.
1-08-06	to 3-18-08	Pisces	Ferrum Phos.
3-19-08	to 5-16-10	Aries	Kali Phos.
5-17-10	to 12-14-10	Taurus	Nat. Sulph.
12-15-10	to 1-19-11	Aries	Kali Phos.
1-20-11	to 7-07-12	Taurus	Nat. Sulph.
7-08-12	to 11-30-12	Gemini	Kali Mur.
12-01-12	to 3-25-13	Taurus	Nat. Sulph.
3-26-13	to 8-24-14	Gemini	Kali Mur.
8-25-15	to 12-06-14	Cancer	Calc. Fluor.
12-07-14	to 5-11-15	Gemini	Kali Mur.
5-12-15	to 10-16-16	Cancer	Calc. Fluor.
10-17-16	to 12-07-16	Leo	Mag. Phos.
12-08-16	to 6-23-17	Cancer	Calc. Fluor.
6-24-17	to 8-12-19	Leo	Mag. Phos.
8-13-19	to 10-07-21	Virgo	Kali Sulph.
10-08-21	to 12-19-23	Libra	Nat. Phos.
12-20-23	to 4-05-24	Scorpio	Calc. Sulph.
4-06-24	to 9-13-24	Libra	Nat. Phos.
9-14-24	to 12-02-26	Scorpio	Calc. Sulph.
12-03-26	to 3-14-29	Sagittarius	Silica
3-15-29	to 5-04-29	Capricorn	Calc. Phos.
5-05-29	to 11-29-29	Sagittarius	Silica
11-30-29	to 2-24-32	Capricorn	Calc. Phos.
2-25-32	to 8-13-32	Aquarius	Nat. Mur.
8-14-32	to 11-19-32	Capricorn	Calc. Phos.
11-20-32	to 2-14-35	Aquarius	Nat. Mur.
2-15-35	to 4-25-37	Pisces	Ferrum Phos.
4-26-37	to 10-18-37	Aries	Kali Phos.
10-19-37	to 1-14-38	Pisces	Ferrum Phos.
1-15-38	to 7-06-39	Aries	Kali Phos.
7-07-39	to 9-22-39	Taurus	Nat. Sulph.
9-23-39	to 3-20-40	Aries	Kali Phos.

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DATES		SIGN	CELL SALT
1-15-63	to 8-02-64	Capricorn	Calc. Phos.
8-03-64	to 2-20-66	Sagittarius	Silica
2-21-66	to 9-09-67	Scorpio	Calc. Sulph.
9-10-67	to 3-29-69	Libra	Nat. Phos.
3-30-69	to 10-16-70	Virgo	Kali Sulph.
10-17-70	to 5-05-72	Leo	Mag. Phos.

TABLE NO. 2 - THE POSITION OF THE MOON'S SOUTH NODE FROM  
1900 THROUGH 1970 WITH CORRESPONDING SALT

DATES		SIGN	CELL SALT
1-01-00	to 12-28-00	Gemini	Kali Mur.
12-29-00	to 7-17-02	Taurus	Nat. Sulph.
7-18-02	to 2-04-04	Aries	Kali Phos.
2-05-04	to 8-24-05	Pisces	Ferrum Phos.
8-25-05	to 3-13-07	Aquarius	Nat Mur.
3-14-07	to 9-30-08	Capricorn	Calc. Phos.
10-01-08	to 4-19-10	Sagittarius	Silica
4-20-10	to 11-07-11	Scorpio	Calc. Sulph.
11-08-11	to 5-26-13	Libra	Nat. Phos.
5-27-13	to 12-14-14	Virgo	Kali Sulph.
12-15-14	to 7-02-16	Leo	Mag. Phos.
7-03-16	to 1-20-18	Cancer	Calc. Fluor.
1-21-18	to 8-09-19	Gemini	Kali Mur.
8-10-19	to 2-25-21	Taurus	Nat Sulph.
2-26-21	to 9-15-22	Aries	Kali Phos.
9-16-22	to 4-04-24	Pisces	Ferrum Phos.
4-05-24	to 10-23-25	Aquarius	Nat Mur.
10-24-25	to 5-12-27	Capricorn	Calc. Phos.
5-13-27	to 11-28-28	Sagittarius	Silica
11-29-28	to 6-18-30	Scorpio	Calc. Sulph.
6-19-30	to 1-06-32	Libra	Nat. Phos.
1-07-32	to 7-26-33	Virgo	Kali Sulph.
7-27-33	to 2-12-35	Leo	Mag. Phos.
2-13-35	to 9-01-36	Cancer	Calc. Fluor.
9-02-36	to 3-21-38	Gemini	Kali Mur.
3-22-38	to 10-09-39	Taurus	Nat. Sulph.
10-10-39	to 4-27-41	Aries	Kali Phos.
4-28-41	to 11-15-42	Pisces	Ferrum Phos.
11-16-42	to 6-03-44	Aquarius	Nat Mur.
6-04-44	to 12-22-45	Capricorn	Calc. Phos.
12-23-45	to 7-11-47	Sagittarius	Silica
7-12-47	to 1-28-49	Scorpio	Calc. Sulph.
1-29-49	to 8-17-50	Libra	Nat. Phos.
8-18-50	to 3-06-52	Virgo	Kali Sulph.
3-07-52	to 9-23-53	Leo	Mag. Phos.
9-24-53	to 4-13-55	Cancer	Calc. Fluor.
4-14-55	to 10-31-56	Gemini	Kali Mur.
11-01-56	to 5-20-58	Taurus	Nat. Sulph.
5-21-58	to 12-08-58	Aries	Kali Phos.
12-09-58	to 6-26-61	Pisces	Ferrum Phos.
6-27-61	to 1-14-63	Aquarius	Nat Mur.

- B -

TABLE NO. 1 - PARTICULAR CELL SALT REQUIREMENTS FOR EACH OF THE TWELVE ZODIAC SIGNS

Zodiac Sign	Date of Your Birth	An Increased Amount of these Cell Salts are Required by You -
Aries	March 21 thru April 20	Kali Phos. + Nat. Phos.
Taurus	April 21 thru May 21	Nat. Sulph. + Calc. Sulph.
Gemini	May 22 thru June 21	Kali Mur. + Silica
Cancer	June 22 thru July 22	Calc. Fluor. + Calc. Phos.
Leo	July 23 thru August 23	Mag. Phos. + Nat. Mur.
Virgo	August 24 thru September 23	Kali Sulph. + Ferrum Phos.
Libra	September 24 thru Oct. 23	Nat. Phos. + Kali Phos.
Scorpio	October 24 thru Nov. 22	Calc. Sulph. + Nat. Sulph.
Sagittarius	Nov. 23 thru December 21	Silica + Kali Mur.
Capricorn	December 22 thru Jan. 20	Calc. Phos. + Calc. Fluor.
Aquarius	January 21 thru February 18	Nat. Mur. + Mag. Phos.
Pisces	February 19 thru March 20	Ferrum Phos. + Kali Sulph.

- A -