

CELL SALTS QUICK REFERENCE

Cell Salt	Facial	Focus	Emotional Symptoms	Physical Symptoms
#1 Calc Fluor Calcium Fluoride	-Eyes: square folds by -brown black coloreye -burst veins -cracked lips, mouth,hands,fingers -scales in the face -periodontosis -shining skin	Bones, teeth, ligaments, veins muscles	<ul style="list-style-type: none"> ▪ Indecisiveness ▪ Low self-esteem 	<ul style="list-style-type: none"> ▪ Muscles, ligaments and/or veins that have become worn out, flabby and lax—for tissues that have lost their elasticity and tone ▪ Stiff achy joints ▪ Carpal tunnel syndrome (chronic) ▪ Deficient tooth enamel ▪ Delayed dentition and growing pains (in children) ▪ Hemorrhoids, varicose veins
#2 Calc Phos Calcium Phosphate	-waxy skin, cheese like -white coating on tongue -Halitosis, rough voice -sweaty hair	Bones, teeth, muscles	<ul style="list-style-type: none"> ▪ Mental weakness ▪ Lack of motivation ▪ Discontented and restless 	<ul style="list-style-type: none"> ▪ Structural stress, growth or weakness ▪ Teeth formation ▪ Growing pains and headaches (in children) ▪ Arthritic joints, back and neck pain
#3 Calc Sulph Calcium Sulphate		Blood, mucus membranes, skin (associated with the color yellow)	<ul style="list-style-type: none"> ▪ Fatigue ▪ Laziness ▪ Worries about imaginary problems ▪ Excessive sensitivity of nerves ▪ Cravings for fruit and acids 	<ul style="list-style-type: none"> ▪ Colds, coughs, sinus congestion which secrete thick yellow mucus ▪ Sore throat ▪ Skin conditions with yellow discharges: boils, open infections, wounds, eruptions, pimples, acne, and sores ▪ Frontal headaches with nausea ▪ For those where heat makes everything feel worse
#4 Ferr Phos Ferrum Phosphate	-Reddened forehead, cheeks, ears, chin, tongue -blue black under eyes -grey black color by nose -pale gums	Blood	<ul style="list-style-type: none"> ▪ Stimulation and overheating followed by dullness and listlessness 	<ul style="list-style-type: none"> ▪ First stages of fever, cough, or cold ▪ Inflammation and inflammatory pain in general ▪ Injuries ▪ Blood loss ▪ Nose bleeds ▪ Anemia
#5 Kali Mur Potassium Chloride	-milky skin -blue white skin color -skin like cheese -swollen lymphatic white coating tongue -dandruff -eyes stuck together	Blood, muscles, saliva, mucus membranes (associated with the color white)	<ul style="list-style-type: none"> ▪ Irritability ▪ Apathy ▪ Sluggish conditions ▪ Homesickness ▪ Hypochondria 	<ul style="list-style-type: none"> ▪ Coughs, stuffy head colds ▪ White colored tongue ▪ Swollen glands ▪ Diseases causing blisters (ie: chickenpox, measles, burns, acne, infections with white discharges) ▪ Earaches
#6 Kali Phos Potassium Phosphate	-ash-grey skin, chin -grey ocular part -absent expression -brown coat on tongue -dry tongue -periodontosis -gum bleeding -halitosis	Nerves, Brain, Muscles	<ul style="list-style-type: none"> ▪ Stress and nervous tension, nervousness ▪ Nervous exhaustion ▪ Worn out following a heavy work or study period ▪ Trouble concentrating ▪ Moodiness ▪ Feeling of mildly depressed without a cause ▪ Self-pity 	<ul style="list-style-type: none"> ▪ Nerve and sleep problems, insomnia ▪ Helps nerves recover, relax, and regain strength ▪ Night terrors and nightmares ▪ Chronic fatigue syndrome from overuse of the brain

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#7 Kali Sulph Potassium Sulphate	-brown-yellow skin -dark eyelids -yellowish round mouth - freckles -dandruff -yellow and slimy coat on tongue	Mucus membranes, skin, lungs (associated with the color yellow)	<ul style="list-style-type: none"> ▪ Timid, shy people ▪ Complaint of tiredness—aversion to work, going through the day is a burden 	<ul style="list-style-type: none"> ▪ Thick yellow mucus or discharge with a cough, cold, or earache ▪ Loose cough but mucus is difficult to cough up. ▪ Eruptions of the skin (pimples and blemishes) ▪ Dandruff ▪ Psoriasis ▪ Eczema ▪ Hot flashes
#8 Mag Phos Magnesium Phosphate	-red, round spots on cheeks -red spots on neck -otherwise pale skin -convulsions of the corners of mouth -twitch of the eyelids	Muscles, nerves	<ul style="list-style-type: none"> ▪ Sensitivity ▪ Impulsiveness ▪ Insomnia from brain exhaustion 	<ul style="list-style-type: none"> ▪ Sharp pains that come and go, including as headaches ▪ Cramping anywhere in the body, including leg cramps and menstrual cramps ▪ Sciatica ▪ Spasms ▪ Hiccups ▪ Toothache (including in babies) ▪ Nausea, upset stomach ▪ Nerve headaches—headaches over the eyes
#9: Nat Mur Sodium Chloride	-humid shine on upper eyelid, bright -big skin pores -bloated face -swollen, spongy cheeks -clear coat on tongue -itch -dry skin	Mucus membranes, skin	<ul style="list-style-type: none"> ▪ Isolation ▪ Control issues ▪ Deep grief ▪ Low spirits ▪ Salt cravings 	<ul style="list-style-type: none"> ▪ Dry mouth, dry lips ▪ Constipation ▪ Water retention ▪ Dry cough and congestion ▪ Colds with watery or clear, thin mucus ▪ Cold sores, blisters or painful mouth ulcers ▪ Sore lower backaches that is better if lying on a hard surface, like the floor
#10: Nat Phos Sodium Phosphate	-greasy, dull shine on forehead, nose -big skin pores -blackheads, pimples -pale mucous mem -hanging cheeks -double chin -yellowish coat on tongue	Stomach, intestines, joints	<ul style="list-style-type: none"> ▪ Depression ▪ Low self-esteem ▪ Sleeplessness 	<ul style="list-style-type: none"> ▪ Sensitive, disordered digestive tracts ▪ Pain and acidity from stomach after eating, heartburn, indigestion, gas ▪ Acid rising in throat ▪ Morning sickness ▪ Stiffness and swelling of joints ▪ Muscle soreness caused by lactic acid buildup ▪ Colicky infants who vomit curdled milk after eating
#11: Nat Sulph Sodium Phosphate	-green-yellow forehead, temples -blueish redness in nose/front of ears -redness in external corner of eyes -tongue looks dirty and greenish	Head, liver (associated with the color green)	<ul style="list-style-type: none"> ▪ Confusion ▪ Heaviness, irritable ▪ Depressed ▪ Periodic sadness ▪ Feel every change from dry to wet weather and feel best in warm, dry air 	<ul style="list-style-type: none"> ▪ Digestion beyond the acidity help Nat Phos provides ▪ Headaches after an injury to the head (after swelling is gone) ▪ Headaches from sunlight ▪ Asthma which worsens with dampness

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Cell Salt	Chemical Name	Focus	Emotional Symptoms	Physical Symptoms
#12: Silicea/Silica Silica Oxide	-shining skin, polished -waxy yellow/pale skin -deep-recumbent eyes -slit eyeleds -laughter lines -crow's feet -small skin pores -vertical wrinkles in front of ears -brittle hair -dry nose	Bones, teeth, glands, hair, nails, skin, mucus membranes	<ul style="list-style-type: none"> ▪ Shyness, timidity ▪ Lack of self confidence ▪ Lack of "grit"—physical and sometimes moral ▪ People who are concerned about their image, hypersensitivity ▪ Sensitivity to cold ▪ Exhaustion within the first few hours of waking 	<ul style="list-style-type: none"> ▪ Boils or abscesses that are painful but not discharging yet ▪ Hastens the pus-formation process ▪ Sweaty hands, feet, or armpits ▪ Athlete's foot ▪ Constipation ▪ Hair and nails are weak, thin, and break easily ▪ Building the health and strength of bones after a fracture
Bioplasma			A combination of all 12 cell salts.	

References:

1. *Dr. Schuessler's Biochemistry* by J.B. Chapman, M.D. London: New Era Labs, 1973.
2. The 12 Tissue Salts or Cell Salt Remedies; Fundamental homeopathic remedies by Peter Brodhead, CN; May 22, 2001
<http://www.brighterdayfoods.com/PDFDocs//LR72WHCKJQ1V9LTGKT8CGWX7TM5B1NP5.PDF>

Chart information compiled by Kelly Harrington, MS, RD, Nutritionist for HealthyGoods.com. Revised 2.28.13.

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