



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

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The 12 Cell Salts

Cell Salt Names	Tissues and Body Parts	Functions	Emotional Symptoms	Physical Symptoms
<p>#1 Calc Fluor <i>CALCAREA FLUORICA</i> Calcium Flouride “Elasticity Salt” “Tooth Strengtheners”</p>	<p>Bones Elastic Tissues Joints Ligaments Muscles Teeth Veins</p>	<p>Provides elasticity to tissues, preserves contractile power of the elastic tissues.</p> <p>Useful for teething, gum or dental pain, toothaches, and sensitive teeth. Helps resist dental cavities. If given to children helps the teeth to grow in straighter with a wider palette.</p> <p>Improve circulation.</p> <p>Expectorant for colds and coughs.</p>	<p>Indecisiveness Low Self-Esteem</p>	<p>Anemia and Nosebleeds Carpal Tunnel Syndrome Deficient or Soft Tooth Enamel Delayed Dentition and Growing Pains (In Children) Hernia with Pain Loss of Elasticity and Tone in Tissues: Lax or Flabby Skin, Muscles, Ligaments, or Veins Poor Digestion Skin Cracks and Chapping Stiff Achy Joints Wrinkles</p>
<p>#2 Calc Phos <i>CALCAREA PHOSPHORICUM</i> Calcium Phosphate “General Tonic” “Bone Health”</p>	<p>Bones Connective Tissues Glands Muscles Nerves Teeth</p>	<p>Assists normal growth and development, restores tone and strength.</p> <p>Aids digestion, aids bone and teeth formation, and tooth re-mineralization.</p> <p>Restores cells, heals fractures, helps osteoporosis, balances glandular disorders.</p> <p>Good for sore throat, TMJ issues, and difficulty swallowing.</p>	<p>Depression Desires Solitude Discontent, Restlessness, Mind Wanders Feeling Overwhelmed Lack of Motivation Mental Weakness Poor Concentration, Poor Memory</p>	<p>Anemia, Poor Digestion, Bone Diseases, Glandular Disorders, Structural Stress or Weakness Arthritic Joints, Back and Neck Pain, Painful, Cold, and Numb Poor Tooth Formation, Growing Pains, and Headaches (In Children)</p>



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#3 Calc Sulph <i>CALCAREA SULPHURICA</i> Calcium Sulfate “Cell Healer” “Blood Purifier”	Blood Mucous Membranes Mucus or Secretions that are Yellow Skin	Purifies blood. Cleanses lymphatic system. Assists removal of waste products from the blood.	Fatigue Laziness Worrying About Imaginary Problems	Cold Cough Sinus Congestion with Thick Yellow Mucus, Sore Throat Craving for Fruit and Acid Flavors Frontal Headaches with Nausea, Feeling Worse When Hot Nerve Sensitivity Skin Conditions with Yellow Discharges: Boils, Abscesses, Slow Healing Wounds Open Infections, Wounds, Eruptions, Pimples, Acne, Sores, And Shingles, Dry Eczema, Cradle Cap
#4 Ferr Phos <i>FERRUM PHOSPHORICUM</i> Iron Phosphate “First Aid Salt” “Oxygen Carrier”	Blood Blood Cells Blood Vessels Hair Muscles Nerves	First-aid remedy. Helps absorb iron. Helps headaches. Helps low hemoglobin in pregnant women. Oxygen carrier, increases oxygenation and circulation. Reduces bleeding.	Dull and Listless After Overheating or Fever	Anemia Blood Loss Early Stages of Fever, Cough, Cold, Or Congestion Elevated Temperature, Elevated Pulse Inflammation and Inflammatory Pain in General Injuries Nosebleeds



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#5 Kali Mur <i>KALI MURIATICUM</i> Potassium Chloride “Blood Purifier” “Gland Tonic”	Blood Glands Mucous Membranes Muscles Saliva White Mucus	Assists digestion. Cleanses and purifies the blood. Fights infection, help sinus infections, sore throats, runny noses, ear infections, and ear pressure. Helps clear white discharges. Reduces swelling. Treats burns.	Anxiety, Nervousness Apathy, Irritability Homesickness Hypochondriasis Mental Confusion Sluggishness	Coughs, Stuffy Nose with Head Cold Dandruff Diseases That Cause Blisters (I.E.: Chickenpox, Measles, Burns, Acne, Infections with White Discharges) Light-Colored Stools White Residue on Tongue, Swollen Glands, Earaches, Tonsil Issues
#6 Kali Phos <i>KALI PHOSPHORICUM</i> Potassium Phosphate “Nerve Nutrient” “Brain Energizer”	Blood Body Fluids Brain Muscles Nerves Skin	Helps anxiety, depression, stress, mental focus, memory, headaches, irritability, and fatigue. Helps shingles. Helps sprains and strains. Helps tonsils. Nerve nutrient, assist breathing, contributes to a better disposition, sharpens mental faculties.	Anxiety Crying, Feeling Mildly Depressed Without a Cause Homesickness Impatience Irritability, Ill Humor, and Tantrums Moodiness Nervous Exhaustion and Brain Fatigue Screaming While Awake or Asleep, Self-Pity Sleepwalking, Stress and Nervous Tension Timid or Shy Trouble Concentrating	Chronic Fatigue Syndrome from Brain Overuse or Sensory Overload Dizziness Nerve and Sleep Disorders or Insomnia Night Terrors and Nightmares Poor Memory Restoration and Recovery of Nervous System, Relaxation Skin Issues including Shingles Tonsillitis



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<p>#7 Kali Sulph <i>KALI SULPHURICUM</i> Potassium Sulphate “Skin Balance” “Detoxifier”</p>	<p>Intestines Joints, Elastic Tissues Lungs (associated with Yellow Mucus) Most Tissues, Skin, Mucous Membranes Teeth, Fingernails</p>	<p>Balances metabolism. Benefits respiration. Heals mucous membranes. Heals skin. Lubricates and stops friction within the body. Oxygenates tissues. Strengthens hair.</p>	<p>Aversion to work and feels as though the day is a burden Complains of tiredness to avoid work or commitments Feeling boxed in Feeling timid Shy</p>	<p>Brittle Nails Eruptions of the Skin (Pimples, Psoriasis, Eczema, and Blemishes) and Scalp (Dandruff and Cradle Cap) Excess Perspiration Fatigue Hot Flashes, Constipation Loose Cough but Mucus is Difficult to Cough Up Oily Skin Stiff Joints Thick Yellow or Green Mucus or Discharge from a Cough, Cold, or Earache Travelling Pains</p>
<p>#8 Mag Phos <i>MAGNESIA PHOSPHORICUM</i> Magnesium Phosphate “Nerve Relaxant” “Anti-Spasmodic Salt”</p>	<p>Bones Muscles Nerves Teeth</p>	<p>Helps body absorb magnesium. Protects and restores rhythmic movement of muscle tissues. Relaxes body. Relieve muscle spasms and menstrual cramps, ticks and twitches, and hiccups, and spasmodic coughing. Relieves tension headaches.</p>	<p>Being Extra Sensitive Impulsiveness Insomnia from Brain Exhaustion</p>	<p>Flatulence Gallbladder Pain Kidney Pain Menstrual Cramps or Pains Muscular Twitching Sharp and/or Stabbing Pains That Come and Go (Including Headaches, Neuralgia, Sciatica) Stomach or Intestinal Cramps</p>



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#9 Nat Mur <i>NATRUM MURIATICUM</i> Sodium Chloride “Fluid Balancer” “Water Distributor”	All Body Fluids Cartilage Glands Mucous Membranes Skin	Assists cell division in normal growth. Assists with digestion. Balances body fluids. Balances glandular activity. Diminishes water retention. Distributes water. Nutrition augments. Produces hydrochloric acid in stomach.	Control Issues Deep Grief Easily Weeps Excessive Sleepiness Hopelessness Isolation Low Spirits, Dejection, and Despondence	Cold Sores, Blisters, or Painful Mouth Ulcers Cold with Watery or Clear, Thin Mucus Constipation Craving for Salt Dry Cough and Congestion Dry Mouth, Dry Lips, Dry Skin, Dry Fingernails, and Cuticles Eczema Hay Fever Heartburn High Blood Pressure Hives After Exertion Lower Back Ache That Is Improved by Laying on a Hard Surface Such as the Floor Toothache Water Retention, Edema, Puffy Eyes Weak Eyes



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<p>#10 Nat Phos</p> <p><i>NATRUM PHOSPHORICUM</i></p> <p>Sodium Phosphate</p> <p>“Acid Neutralizer”</p>	<p>Brain and Nerve Cells</p> <p>Joints</p> <p>Stomach, Intestines, and Digestive System</p>	<p>Helps assimilate and digest fats and other nutrients.</p> <p>Helps balance bile issues.</p> <p>Neutralizes acid and reduces stomach acidity.</p> <p>Reduces arthritis symptoms.</p> <p>Reduces seasickness.</p>	<p>Depression</p> <p>Desire to Pick Nose</p> <p>Low Self-Esteem</p> <p>Sleeplessness</p>	<p>Colicky Infants Who Vomit Curdled Milk After Nursing or Bottle-Feeding</p> <p>Digestive Issues Including Reflux, Gas, and Parasites</p> <p>Esophageal Reflux, or Gerd</p> <p>Food Allergies and Sensitivities</p> <p>Golden Yellow Coating on Base or Root of Tongue</p> <p>Grinding of Teeth</p> <p>Hives</p> <p>Kidney or Bladder Problems or Infections</p> <p>Morning Sickness</p> <p>Muscle Soreness Caused by Lactic Acid Buildup</p> <p>Pain and Acidity from Stomach After Eating, Heartburn, Indigestion, Gas</p> <p>Sensitive, Disordered Digestive Tract</p> <p>Stiffness and Swelling of Joints, Gout, Rheumatism, Lumbago</p>



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#11 Nat Sulph <i>NATRUM SULPHURICUM</i> Sodium Sulfate “Excess Water Eliminator”	Head Kidneys Liver Pancreas (Associated with the Color Green)	Balances bile. Cleanses and supports kidneys, pancreas, liver. Eliminates excess water. Helps cold and flu symptoms. Treats rheumatic ailments.	Being Irritable Confusion Fear Gloom and Depression Periodic Sadness	Asthma (Worsened by Dampness and/or with Yellow Mucus) Bitter Taste in Mouth Headaches Following Head Injury (Especially After Swelling Recedes) Headaches from Sunlight Influenza Liver Ailments Malaria Nausea Sensitive to Climatic Changes Especially from Dry to Wet Weather, Prefers Warm Dry Air Thrush and/or Brownish Green Coating on the Tongue



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<p>#12 Silicia</p> <p><i>SILICEA</i></p> <p>Silica Oxide</p> <p>“Cell Cleanser”</p>	<p>Bones, Teeth</p> <p>Connective Tissues</p> <p>Glands</p> <p>Hair, Nails, Skin</p> <p>Mucous Membranes</p> <p>Nerve Sheaths</p>	<p>Assists with bone healing after a fracture.</p> <p>Cleanses and assists with elimination for the body.</p> <p>Initiates the healing process.</p> <p>Insulates nerves.</p> <p>May help counteract untoward effects of vaccinations for newborns, small children and pets.</p> <p>Moves boils and abscesses forward to the pus formation stage (ultimately to assist cleansing).</p> <p>Promotes growth and development in premature babies, frail babies, or those slow in developing.</p> <p>Restores various body activities after injury.</p> <p>Strengthens hair, skin, nails, and connective tissue.</p>	<p>Emotionally Hypersensitive</p> <p>Lack of Courage, Fortitude, and Being Straightforward</p> <p>Lack of Self-Confidence</p> <p>Overly Concerned About Body Image and Persona</p>	<p>Athlete’s Foot</p> <p>Babies Who Vomit Their Mother’s Milk</p> <p>Boils Are Abscesses That Are Painful but Not Yet Releasing Discharge</p> <p>Constipation</p> <p>Exhausted Within the First Few Hours of Waking</p> <p>Groggy in The Morning</p> <p>Hair, Skin, and Nails Are Weak and Thin and Break Easily</p> <p>Overly Sensitive to Cold</p> <p>Sweaty and/or Smelly Hands, Feet, or Armpits</p>