



Schuessler's Twelve Tissue Salts

Homoeopathy as we know it today dates back to the 18th Century, and the work of German physician Dr Samuel Hahnemann. In the 19th Century, a disciple of Hahnemann, Dr W.H. Schuessler, started his own research and it's from his work that New Era® biochemic medicines have evolved.

Dr Schuessler's research isolated twelve mineral tissue salts that are vitally important to the day-to-day healthy functioning of the body. Rather than treating 'like with like', these remedies treat ailments by correcting imbalances or deficiencies in the body's cell nutrition, helping the body to restore itself to health.

THE TWELVE SINGLE SALTS

Calcium Fluoride (Calcarea Fluorica or Calc. Fluor.)

Elastic tissue builder, muscular weakness, impaired circulation.

Calcium Phosphate (Calcarea Phosphorica or Calc. Phos.)

General nutrient, ideal tonic, impaired digestion

Calcium Sulphate (Calcarea Sulphuricum or Calc. Sulp.)

Blood purifier, minor skin ailments

Iron Phosphate (Ferrum Phosphoricum or Ferr. Phos.)

Oxygen carrier, coughs, colds, chills, fever, headaches

Potassium Chloride (Kalium Muriaticum or Kali. Mur.)

Blood conditioner, coughs, colds, bronchitis, The Children's Remedy

Potassium Phosphate (Kalium Phosphoricum or Kali. Phos.)

Nerve nutrient, nervous exhaustion

Potassium Sulphate (Kalium Sulfuricum or Kali. Sulp.)

Oxygen exchanger, bronchial catarrh, minor skin eruptions with scaling

Magnesium Phosphate (Magnesia Phosphorica or Mag. Phos.)

Nerve stabilizer, darting pains, cramps, neuralgia

Sodium Chloride (Natrum Muriaticum or Nat. Mur.)

Water distributor, dryness or excessive moisture in any part of the body

Sodium Phosphate (Natrum Phosphoricum or Nat. Phos.)

Acid neutralizer, digestive upsets, heartburn, rheumatic pain

Sodium Sulphate (Natrum Sulfuricum or Nat. Sulph.)

The liver salt - excess water eliminator, biliousness, influenza

Silicon Dioxide (Silica)

The Cleanser, impure blood, boils, pus formations

TISSUE SALT COMBINATIONS

Combination A Ferr Phos. Kali Phos. Mag Phos.

For neuralgia, neuritis, sciatica

Combination B Calc Phos. Kali Phos. Ferr Phos.

For general debility, nervous exhaustion and during convalescence

Combination C Mag Phos. Nat Phos. Nat Sulph. Silica.

For acidity, heartburn and dyspepsia

Combination D Kali Mur. Kali Sulph. Calc Sulph. Silica.

For minor skin ailments and scalp eruptions, eczema, acne, scaling of the skin etc.

Combination E Calc Phos. Mag Phos. Nat Phos.

Nat Sulph.

For flatulence, colic and indigestion

Combination F Kali Phos. Mag Phos. Nat Mur. Silica.

For nervous headaches, migraine when associated with nervous weakness

Combination G Calc Fluor. Calc Phos. Kali Phos. Nat Mur.

For backache, lumbago, piles and where there is an over-relaxed condition of the tissues (loss of elasticity)

Combination H Mag Phos. Nat Mur. Silica.

Hay Fever & Allergic Rhinitis

Combination I Ferr Phos. Kali Sulph. Mag Phos.

Fibrositis, muscular pains

Combination J Ferr Phos. Kali Mur. Nat Mur.

For coughs, colds, chestiness. The winter seasonal remedy

Combination K Kali Sulph. Nat Mur. Silica.

For brittle nails, falling hair

Combination L Calc Fluor. Ferr Phos. Nat Mur.

For over-relaxed conditions of veins and arteries. Varicose veins and circulatory disorders

Combination M Nat Phos. Nat Sulph. Kali Mur. Calc Phos

For rheumatic pain

Combination N Calc Phos. Kali Mur. Kali Phos. Mag Phos.

For menstrual pain

Combination P Calc Fluor. Calc Phos. Kali Phos.

Mag Phos.

For aching feet and legs, poor circulation and chilblains

Combination Q Ferr Phos. Kali Mur. Kali Sulph. Nat Mur.

For sinus disorders

Combination R Calc Fluor. Calc Phos. Ferr Phos.

Mag Phos. Silica.

For infants' teething pains and to aid dentition

Combination S Kali Mur. Nat Phos. Nat Sulph.

For stomach upset, biliousness, sick headache. The summer seasonal remedy for digestive and intestinal disorders and lassitude

