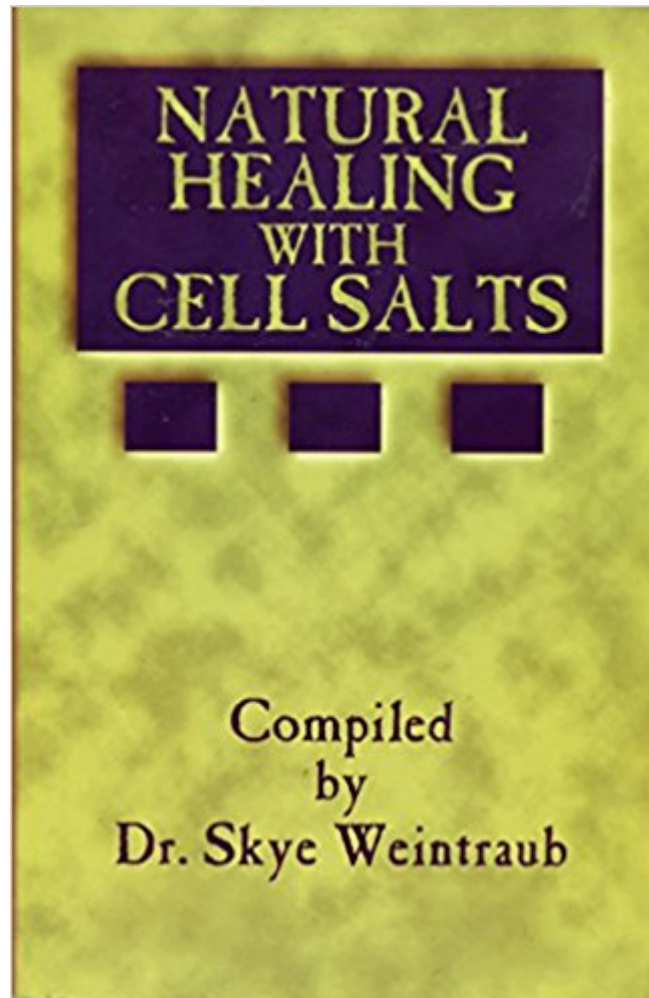




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# Natural Healing With Cell Salts



## Synopsis

Well nourished cells provide us with the building blocks of health. So says Dr. Weintraub's *Natural Healing With Cell Salts*, the most comprehensive guide to cell salt therapy. This reference book provides an in-depth look at the delicate nature of our bodies' cells and how cell salts work to help maintain a proper balance. For trained health care practitioner and the inexperienced lay person alike, *Natural Healing With Cell Salts* gives invaluable information regarding the relationship between healthy cells and cell salts, how to select cell salts, and the specific salts and their uses for various ailments.

## Book Information

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## Customer Reviews

Dr. Skye Weintraub is a Naturopathic Physician, receiving her medical education and training at the National College for Naturopathic Medicine in Portland, Oregon. Dr. Weintraub specializes in the identification and treatment of food and environmental sensitivities, and dietary and nutritional counseling. She is a member of the American Association of Naturopathic Medicine.

This book is awesome and you can learn a whole lot in healing with tissue salts. There are 12 essential tissue salts that this book focus on. massage can improve symptoms. Calc phos is important for the skeletal system, teeth and connective tissues. As a mineral compound, calcium phosphate constitutes over half of your bone structure. As a tissue salt, it is naturally helpful in healing fractures, for conditions relating to the digestive tract and for coldness and numbness from poor circulation. Calc phos is often beneficial for anemia as well as for poor growth and development

in children. It can promote the development of teeth and help with teething problems or decaying teeth. It can also be used to speed recovery when convalescence from illness is delayed. Pains related to Calc phos tend to be worse at night. Calc sulph

Calc sulph is a blood purifier that is often useful with acne, abscesses, ulcers and wounds that have become infected. Calc sulph closes and clears up an infection. This remedy is indicated for infections that are slow to heal, and when the discharges are yellow, thick and possibly bloody. Calc sulph can prevent an oncoming cold or sore throat.

Ferr phos

Consider this tissue salt in the first stage of any inflammation where the skin or mucous membrane is red, painful and swollen. Ferr phos can relieve fevers, especially where the skin is hot and dry and the cheeks flushed. Typically, there will be thirst. The head may be congested and throbbing. Ferr phos is indicated with painful sore throats, laryngitis, earaches and similar inflammatory conditions in the beginning stages. It is also useful immediately following an injury to help stop the blood flow if there is bleeding, or to reduce swelling, heat, redness and pain. With sprains or strains, the pains are worsened by movement; elevate the limb and apply a cold compress. Ferr phos is an oxygen supplier to the cells, so it is useful for anemic conditions, particularly when they occur as a result of heavy bleeding.

Kali mur

Kali mur should be considered with weak and sluggish conditions. It acts as a blood purifier when infections discharge a thick, white or gray substance. It is useful in skin eruptions and also in infections after the initial inflammatory stage. In injuries where swelling occurs, use Kali mur during the initial swelling phase. Kali mur is useful for infections such as tonsillitis, head colds and earaches when the swelling is marked. With infectious bronchitis, the phlegm is thick and may cause rattling and wheezing. Poor digestion, when it develops after eating rich or fatty foods, also benefits from Kali mur. The tongue is typically coated white and the stools may be lighter in color, indicating sluggishness of the liver.

Kali phos

This tissue salt is particularly suited to conditions relating to the nerves. It is beneficial for anxiety and nervousness, for irritability from frayed nerves, or for poor memory, typically accompanied by fatigue. Kali phos will relieve insomnia, asthma, headaches and indigestion if they are triggered by a temporary attack of nervous tension. This tissue salt is also useful for treating physical conditions relating to the nerves, including shingles and skin conditions where there is itching and a crawling feeling. Nerve pains or spasms, and cramps not relieved by Mag phos, are often helped by Kali phos.

Kali sulph

Kali sulph helps with conditions of the skin and mucous membranes. These skin conditions typically develop a discharge which is yellow and sticky or watery, common in the later stages of an infection. The tongue may be covered with a slimy, yellow coating. Crusty or scaling skin problems also benefit from this remedy. Diarrhea and sinus infections past the initial stages with a slimy, yellow quality are typical uses for Kali sulph. Digestive complaints

and colic with gas or shifting pains may be helped by this tissue salt. Typically, the conditions are better in cool, open air, and worse in warm, stuffy rooms. Kali sulph is a remedy for cramps not relieved by Mag phos, especially when some of the above symptoms are also present. Mag phos is the chief tissue salt to consider for cramps and spasms in the muscles or nerves. Nerve pains are typically sharp and may shoot along the nerve. This tissue salt quickly relieves cramping pains and colic that are improved by warmth, pressure and doubling over. Cold drafts and cold water tend to worsen the condition. Tension headaches and fitful, spasmodic coughs often benefit from Mag phos. In the acute stages, this tissue salt acts more quickly when taken dissolved in some hot water.

**Nat mur** This tissue salt's main function is to properly distribute body fluids. If excess dryness or water retention occurs, this indicates a need for Nat mur. Water-filled blisters, insect bites, hives that itch, and dry eczema are skin conditions this tissue salt often heals. Colds and hay fevers with watery mucus and sneezing, usually accompanied by a loss of smell and taste, also indicate Nat mur. Other problems helped by this tissue salt are constipation, digestive complaints, and headaches that are worse in the morning and from the sun. Often a craving for salt develops, and the spirits tend to be low. Sometimes, there is an associated feeling of hopelessness.

**Nat phos** Nat phos is an acid-neutralizing tissue salt. It is useful for an acidic stomach which causes nausea, gas, sour belching or a thick, white coating on the tongue. Nat phos is a useful remedy for morning sickness or motion sickness, when the vomiting is sour. Since overacidity is also the source of many arthritic complaints (including gout), Nat phos is often helpful. This tissue salt also regulates bile production, and can be used for jaundice, gall-bladder colic and indigestion from rich or fatty foods.

**Nat sulph** Nat sulph regulates the distribution of water and the flow of bile. This tissue salt is beneficial for the liver, pancreas, intestines and kidneys. Jaundice, bitter belching and dark-colored, greenish stools and diarrhea all suggest a need for this tissue salt. The coating on the tongue is typically greenish brown. Nat sulph is often beneficial for flus and colds and is another remedy for morning sickness, when there is a bitter taste in the mouth. In the respiratory system, this tissue salt should be considered for asthma brought on by humidity. The effects of head injuries may be remedied by Nat sulph.

**Silicea** Silicea is well known as a tissue salt to ripen infections and eliminate them through the surface. It acts as a blood cleanser and is useful in abscesses, tonsillitis, sties and other infections to promote the formation of pus when an outlet is available. The tissue salt Silicea supports the bone structure and connective tissues. When it is lacking, the nails, hair and bones may become weak. Weakness and poor stamina may be evident in other parts of the body, so this tissue salt should be considered if these problems fail to resolve and if injuries heal poorly. It can also be used for absent-mindedness and weak memory. Consider Silicea for neuralgia when

Mag phos fails. Excessive or suppressed perspiration can also be restored to normal with this tissue salt. 5 stars for this well written book and a strong recommendation to buy.

I highly recommend this book, along with the cell salts I bought also on . I have helped myself with minor ailments and am sleeping better as a result.

This is a good explanation of the different cell salts and their function. Alphabetical symptom list is very easy to use.

I like cell salts, sometimes called tissue salts. I purchased the salts and the book. I take them myself and also give them to my cats. I have signed up for a class on the salts.

If you only buy one book about Cell Salts, this is the one. It is easy to read, easy to diagnose and quick to figure out what they are all about. I have worn out my first copy of this book, so my purchase was a replacement. Absolutely fascinating!!

An excellent resource. Lists ailments in a detailed manner, making it easy to identify one's specific concerns and the cell salts which can address each of them.

Interesting book and facts. I highly recommend it to anyone who is interested in all natural healing. Found it at a great price too.

Great book. I bought used and someone has written in this book a lot. Very informative and detailed about symptoms and cell salts to help.

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