Cell Salt Series: David vs. Goliath



You may be asking, “What on earth do David and Goliath have to do with cell salts?” Well, let me tell you a story about my father’s experience with *Nat phos.*

You see, my father carried a five-pound jug of Tums around with him in his car. I have no idea where he even found this gargantuan size. But, I’m not kidding; he practically bought Tums by the oil drum!

Why did he need so many? Because he popped them in his mouth *all the time*. They’d work for a short time, but then he’d eat something again and have to pop a couple more. Tums were his constant companion.

When I first started learning about homeopathy, I said, “Dad, why don’t we replace your Tums with the cell salt *Nat phos* 6X.”

Visualize this – my little, itsy-bitsy bottle of *Nat phos* was suddenly in a face-off against his giant drum-size of Tums. It was like David versus Goliath. You remember how that battle turned out, right? Well, this battle was no different.

Dad loved this small, elegant homeopathic medicine because it fit in his shirt pocket, whereas his giant Clorox-bottle of Tums wasn't exactly portable.

He most especially loved that he no longer was popping tablets into his mouth continually.

At first, he had to take his *Nat phos* several times a day: before every meal and before bed. But in short order, he could take it once a day (before lunch and wouldn't need it again before dinner or before bed).

Soon, he only required it every couple of days. And, eventually, he could eat almost anything! He just needed it on certain occasions when he ate poorly – most specifically, fried foods from restaurants.

David – little, tiny *Nat phos* – beat the stuffing out of the Goliath Tums!

So, you can imagine my surprise, when a couple of years later, I noticed my father popping a Tums into his mouth.

His acid indigestion had returned, and – even though he was a brilliant man, a trained musician, and an excellent businessman – he had completely forgotten the success he had with *Nat phos*. (Or maybe it was just because he had an inventory of thousands of Tums in "back stock" and wanted to use them up.)

I said, "Dad, what are you *doing*? Why aren't you taking *Nat phos*?"

"Oh, yeah. That's right!" And with that, he returned to his

shirt-pocket-sized homeopathic remedy. This time, his acid indigestion was uprooted in much shorter order – a couple of weeks rather than a couple of months. That's how homeopathy works!

So, when you think of acidity, think of *Nat phos*. It can be beneficial in cases of gout (described in a Moms with Moxie podcast as one remedy we use in conjunction with others).

It can also help with weight gain, as described in my blog, Fat, Frumpy and Frustrated (especially for those with acidity issues indicated by soft, sour stools or even turning jewelry green on fingers).

Like all homeopathic remedies, *Nat phos* may come in a small bottle, but it packs a powerful (and victorious) punch!

Warmly,

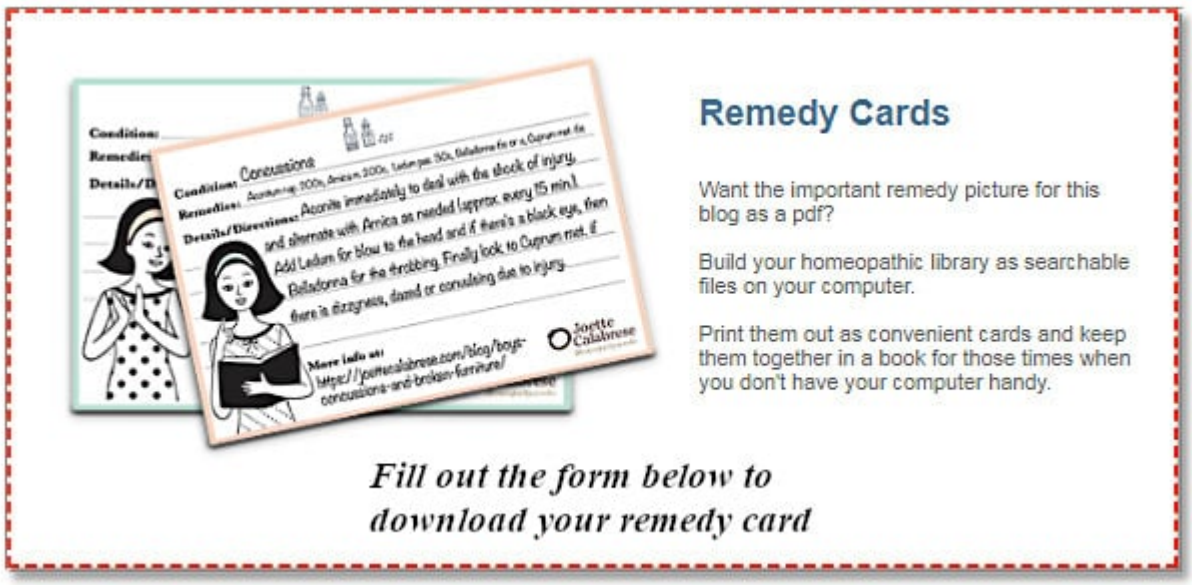


P.S. If you're interested in learning more about the cell salts, and how I use *Nat phos* for a host of other conditions, check out my CD/digital download entitled, *Cell Salts; The Easy Homeopathy™* to help you get a firm grasp on all of the cell salt remedies. *Nat phos* actually has hundreds of uses that I know you'll put into service in no time.

And of course, if digestive issues are your specific interest, my course *Good Gut, Bad Gut* goes deeply into many seemingly complicated topics relating to the digestive system. (Actually, with my protocols, they're often super easy to fix.)

P.P.S. If you're looking for all of the posts in my series on the cell salts, here are the links for your convenience:
Calc phos
Ferrum phos
Mag phos
Nat phos
Kali phos
Calc fluor
Nat mur
Nat sulph
Silicea
Calc sulph
Kali sulph
Kali mur

P.P.P.S. For all Gateway to Homeopathy Study Group graduates, keep your groups together. You'll want to know Cell Salts like the back of your hand – Gateway II should be at the top of your list.



Cell Salt Series: David vs. Goliath
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