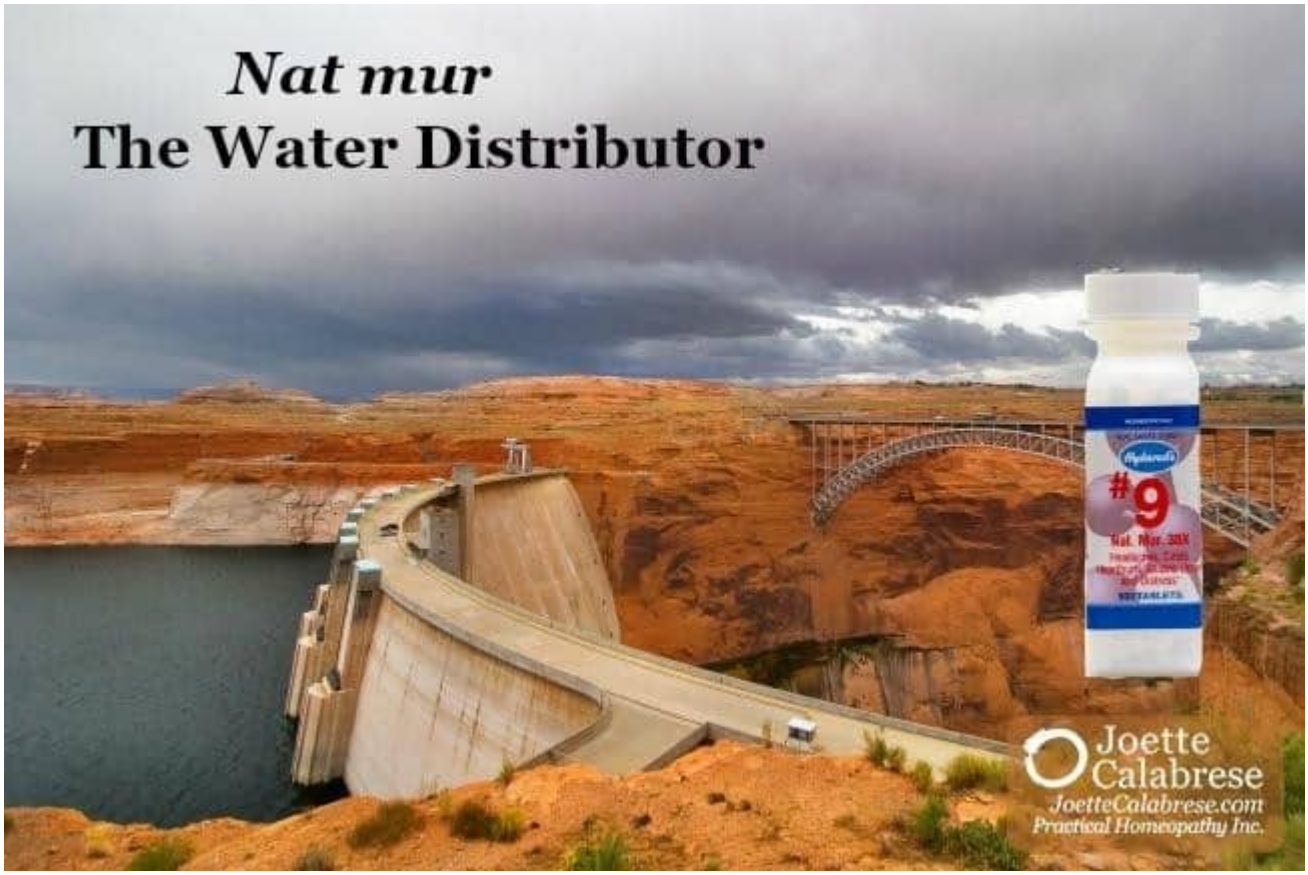
Cell Salt Series: *Nat mur*, The Water Distributor



Did you know our human bodies are, on average, about 60 percent water?

Remarkable, right?

Doesn’t it make you wonder, though, how the water stays effectively distributed throughout our systems? Why don’t we slosh when we walk … or dry up and blow away, for that matter?

Well, it’s because of salt!

While the human body contains a variety of salts, sodium chloride makes up about 0.4 percent of our bodies (fairly equivalent to the salt content of the ocean).

If the delicate balance between water and salt is off, our

health – and even our emotions – can become disrupted.

The next in my series on cell salts is *Natrum muriaticum*. *Nat mur* (as it's more commonly called) is simply sodium chloride!

Because we're partially made of this salt, *Nat mur* is very powerful in its ability to keep our water content in balance – and the word "balance" is the key.

Nat mur is indicated for both ends of the spectrum – whether our symptoms involve too little fluid or too much. For instance, *Nat mur* would be called for when addressing either dry eyes or excessive tearing of the eyes (lacrimation), as it also would when craving either salty foods or having an aversion to salt.

There might be constipation (because there's not enough fluid) or diarrhea (from too much). An individual requiring *Nat mur* may experience low spirits or dejection. They may also experience weakness as a result of low potassium.

I had an elderly male relative who suddenly became so profoundly weak, he felt as though he couldn't even lift his eyelids. He thought he was having a stroke! His son immediately called me, not realizing I was sitting in traffic in the middle of Kolkata, India!

I learned the following technique from my friend Dr. Pratip Banerji. So, this long-distance advice was to dissolve about a teaspoon of salt into a glass of warm water and have him drink it.

Being half a world away, I couldn't rule out the possibility of low blood sugar playing a part in this episode, given his history. So, I also suggested adding sugar in the water as well.

He began to sip the soothing beverage while I waited on the

phone and within minutes, he returned to his usual self! Even in spite of this occurrence having plagued him for hours.

Interestingly, my relative had just come out of the hospital only a few days earlier where he had felt this same alarming sensation time and again.

A full blood panel was run and showed *no* problems! (This honestly makes me wonder if some of these blood tests are not as accurate as we are led to believe! I see inconsistencies far too many times. This, of course, can lead to unwarranted or erroneous treatments dictated by the results of the test rather than the symptoms the person displays – or lack of symptoms, which can be equally important. It's my belief we should treat the *person*, not the lab report.)

Anyway, these episodes repeated occasionally, but never with this severity again.

Why? First, he continued to use the saltwater blend (with salt added "to taste," as one might desire in a broth) daily for some time.

What's more, we added the cell salt *Nat mur* 6X to his regimen, twice daily, to keep his potassium at a balanced level. Eventually, he no longer needed to sip the saltwater and depended on *Nat mur* 6X to keep his fluids in a healthy balance.

So, think of *Nat mur* as nature's water distributor. Whether too much or too little, *Nat mur* will prompt the body to regulate itself back into balance. And what could be better than encouraging the body to naturally take care of itself?

Pass on the good news of homeopathy!

Warmly,



P.S. If you're interested in learning more about the cell salts, and how I use *Nat mur* for 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.

If you are ready to continue your homeopathy education, I suggest you employ *Gateway to Homeopathy I*, my guided study group curriculum. You can assemble your own study group with friends and family. Or, if you don't have a group of your own, we can help you find one through our dedicated Facebook page.

We now also offer *Gateway to Homeopathy II* as an exclusive offering for those who have completed the prerequisite (find the link on your Study Group Resource Page). The *Gateway II* curriculum covers cell salts in much more detail.

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



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