

Cell Salt Series: Back to School Means *Kali phos*



Sending your child off to college requires a lot of preparation and packing.

Have all the textbooks? Check. ✓☐

Bed linens and towels? Check. ✓☐

Notebooks and other supplies? Check. ✓☐

Computer? Check. ✓☐

Kali phos?

Wait ... what?

Don't let your college student leave without the "Back to School" cell salt, [*Kali phos*](#). If your child has already left for school, send it as a surprise care package!

When I sent my sons off to school, I made sure they each had a bottle of this priceless cell salt with them. It's invaluable for the mental stress college students invariably experience.

Why? Because *Kali phos* is a nerve nutrient – primarily focused on central nervous conditions. On my CD, [*Cell Salts: the Easy Homeopathy*](#), I discuss the importance of this medicine for general wellbeing and a contented disposition, as well as the sharpening of mental abilities.

I've called it the "happy cell salt". But it could also be called the "smart cell salt" as well. (If professors knew this, they might choose to keep a big bowl of *Kali phos* on their desks for their students!)

Symptoms calling for *Kali phos* include feeling ill-humored, lazy, irritable, or over-fatigued yet experiencing insomnia – as a result of mental over-exertion.

Kali phos is tailor-made for intense studying. If your child is worrying about upcoming exams? *Kali phos*. If your child complains she can't remember what she just finished studying? *Kali phos*. If your child calls to say, "If I could JUST SLEEP!!!" That's *Kali phos*.

And before I forget, if your child is a student athlete, *Kali phos* is also helpful for *physical* over-exertion that leads to these same symptoms.

So, how would they utilize it? Well, *Kali phos* 3X or 6X is generally taken twice a day for as long as the symptoms persist. If necessary, it can be used for long periods of

time – as long as the stress remains. If the symptoms abate, the remedy is then discontinued until such time that the symptoms might return.

(Note: when *Kali phos* – also known as *Kali phosphoricum* or Dipotassium phosphate – is used in the 30th or 200th potency, it is still considered a cell salt. But, here we are specifically referring to its utilization in the 3rd or 6th potency. I like to use 3X, but it's often difficult to find. In the United States, we usually find 6X readily available and of good service.)

How much more effective and efficient will your college student be when their nervous systems are bolstered, and they are less fatigued? With the high cost of college tuition these days, buying a little study “insurance” for around \$12 is a no-brainer! That's why I always say every mother should make sure their college-bound child has a bottle of *Kali phos* on their desk, just as my sons do! It may be the best going-away gift you could give them.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. While we're on the subject, if your child is away at school, be sure to send a homeopathy kit along with them. Illnesses and issues will arise while they're away – it's only natural. When you advise them what remedy to take, it won't do them any good if they don't have it on hand!

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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