

Cell Salts: The Basic Building Blocks



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It's only human nature that when we possess so many of something, we start to organize them into groups or categories. Right?

Homeopathy is no different. Indeed, homeopathic medicines are categorized into groups such as animal remedies, plant remedies, poisonous plant remedies, nosodes, cell salts, and more.

And thankfully so, since some countings consider there are over 6,000 different homeopathic remedies available worldwide.

Let's take a closer look at the cell salts, shall we?

Cell salts are made from minerals that represent the basic building blocks of human tissues, bone, skin, etc. There are only twelve of them:

- *Calcium fluoride (Calc fluor)*
- *Calcium phosphate (Calc phos)*
- *Calcium sulphate (Calc sulph)*
- *Ferrum phosphate (Ferrum phos)*
- *Potassium chloride (Kali mur)*
- *Potassium phosphate (Kali phos)*
- *Potassium sulphate (Kali sulph)*
- *Magnesium phosphate (Mag phos)*
- *Sodium chloride (Nat mur)*
- *Sodium phosphate (Nat phos)*
- *Sodium sulphate (Nat sulph)*
- *Silicea (Sil)*

Cell salts are known for their low potencies: 3, 6 or 12, but they can be (and are often) used in high potencies as well.

Some people look at them as supplements. And, in a way, they can certainly act as such.

In fact, back when I first started using cell salts with my children for growth conditions, *I* used them that way. I wanted to ensure that my children grew as robustly as possible, so I didn't use them only as a medicine.

You might say I used them as a "just in case" supplement. And, as such, I used them in a 6x potency.

But, because my knowledge has deepened and my experience has developed throughout the years, I now consider them more as a medicine rather than a supplement.

These days, I am more inclined to use them for a specific pathology. And, when used for a specific condition, I prefer to use them in a 3X potency. Since 6X is more commonly found in the U.S. when 3X can't be found, 6X will likely do.

What would I consider a specific pathology?

Let's stick with the subject of growing children that I mentioned earlier. For instance, any of these growth issues in a child would be a specific pathology:

- Growing pains
- Teeth not emerging
- Teeth not hardening
- Hair growth too thin
- Loss of appetite
- Anxious
- Catching colds easily
- Getting headaches easily
- Not robust
- Insomnia

If I observed any of those conditions, my choice would be [Calc phos 3X](#) daily, until improved. This can take from days, depending on the severity, age, condition, etc., up to many months.

(Before I forget, *Calc phos 3X* can also be used for insomnia in adults, too – not just for children. It's a decidedly good cell salt to keep on hand.)

Of course, keep in mind that this is how I use *Calc phos* in my practice. This does not preclude a mom from using it as her child is growing as long as there is a specific pathology to treat.

But, I would encourage moms to use it judiciously and have a rationale ... only if it's observed that there is some growth issue to stay ahead of.

Hence, to clarify, I would urge that it *not* be used as a preventative if the child is well and robust.

Why?

Because homeopathy is medicine and as such, ought not be used “just because”. This rationale is used for taking Vit C, Vit D, vitamins, etc., and I don’t believe that it is sound justification for daily use.

Going back to our discussion of potency, I should also mention that sometimes I use *Calc fluor*, for instance, in a 12X potency because as per the great masters of homeopathy, it’s the potency that seems to be more readily absorbed.

If you want more information, I have created a CD/digital download entitled, [Cell Salts; The Easy Homeopathy™](#) that will help you get a firm grasp on these specific remedies.

Because there are only twelve of them, they are much easier to get started with than an entire *materia medica*. Plus, I utilize the same system to teach you that I used myself when memorizing over 300 remedies for my certification exams. It works!

Now, I believe I promised you a very exciting announcement, didn’t I? Well (drum roll, please), I am thrilled to offer you a brand-new study guide – a continuation of our original guided study group curriculum.

Yes, *Gateway to Homeopathy II* will be launching very soon. This will be an exclusive offering for those who have completed the prerequisite [Gateway to Homeopathy I](#).

In this new study group curriculum, you’ll go deeper into homeopathy.

You’ll learn much more about cell salts, strategies for colds and flu, how to build your emergency kit, aggravations and provings, how to use a *materia medica*, and other practical subjects for your family.

I encourage you to round up your study group again and continue your education together.

But remember, to access this course, you must have taken [Gateway to Homeopathy I](#) first. So, if you've not started nor joined a study group yet, this might be just the time to do so.

I don't think you'll be sorry you devoted the time to this way of life.

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a long, flowing tail that loops back under the main part of the signature.

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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