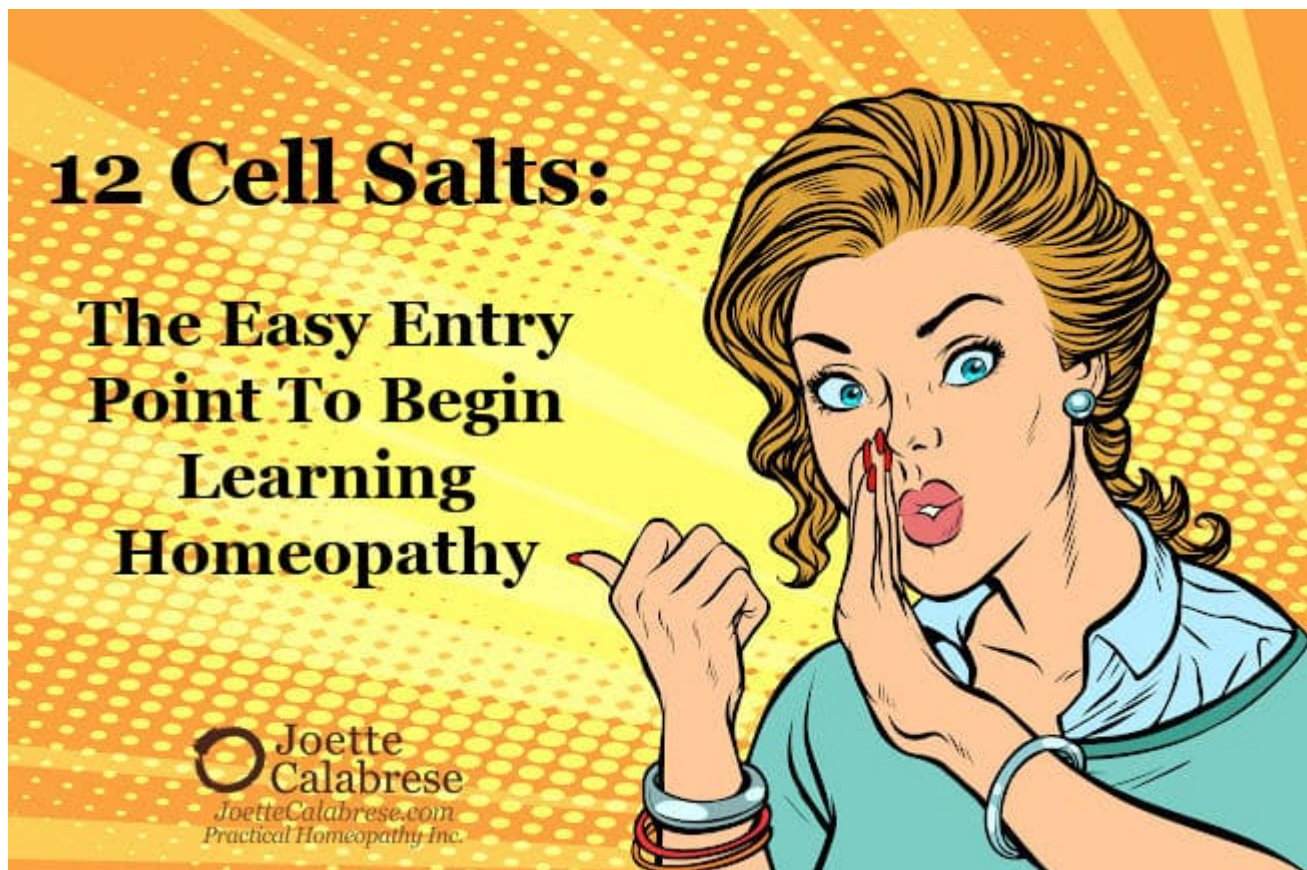


12 Cell Salts: The Easy Entry Point to Begin Learning Homeopathy



Last week, I wrote that "[It's Never Too Late to Learn,](#)" and I stand by that statement. Indeed, young or old, now is the time to gather more information about homeopathic medicines.

However, I certainly understand that some people are just not ready to take on *all* of homeopathy. Let's face it, the repertory, which contains information about over 1,500 homeopathic medicines, is over 2,300 pages long. (Including the cell salts.)

Of course, *Practical Homeopathy*® demystifies the homeopathic paradigm, which was once considered esoteric, into an understandable, reproducible, safe and effective health care

solution available to all. This method significantly reduces the time required to transition from neophyte to confident healer.

Cell Salts: The Easy Homeopathy

When faced with something one considers daunting, it's easy to simply give up before you begin. That calls up the old expression, "How do you eat an elephant? One bite at a time."

So, if you're not ready to dive in feet first to all homeopathy has to offer, just take the first bite. Understanding the 12 cell salts is an easy entry point to begin learning homeopathy as a whole. (Yes, there are only 12 cell salts – plus, a combination medicine called [Bioplasma®](#), that contains all of them in one dosage.)

Do we take cell salts every day?

The cell salts (also known as tissue salts) are all necessary for optimal human health. Consequently, many people think, "Well then, I should be taking Bioplasma every day!"

No – insert unpleasant game show buzzer here – wrong answer.

Granted, there has been a long-standing difference of opinion regarding whether cell salts are considered nutritional supplements or strictly homeopathic medicines in the usual sense.

Me? At different points in my life, I've thought of them as both. You might say they're on the cusp. However, the scale tilts towards cell salts being homeopathic medicines because the question remains: Can you prove a cell salt?

Yes, indeed, you can prove a cell salt because it's a homeopathic medicine. (If you don't know what I am referring to by a "proving," refer to my [Podcast 49: Shedding Light on Provings and Aggravations](#).)

So, if someone decides to employ *Calc fluor* on a daily basis because they don't want to develop wrinkles later in life, they may find that their jaw starts to ache or they experience pain in their shoulder or elsewhere, after using it for too long. Indeed, students have reported to me that this has occurred.

These unexpected and previously unexperienced symptoms indicate that maybe the *Calc fluor* was never necessary, or it was necessary once upon a time, but isn't needed anymore.

What it really tells us is that it's time to stop employing the medicine.

Now, that said, when my kids were younger, I put [*Calc phos*](#) in their milk, so they had it every day. *Calc phos* is known to encourage healthy bones, and it's one of our best medicines for growing children.

When I was pregnant and later nursing, I utilized [*Calc fluor*](#), noted for its application in conditions involving elasticity. For instance, when skin is too loose, *Calc fluor* can help it rebound. When skin is too tight, it can help ameliorate the tightness.

Always have a good rationale for using a cell salt.

Yet, I do consider the cell salts to be *medicine*. In other words, we're not going to use them "just because." We're going to use them when needed, as with my children's growing bones and my new-mother skin. We require a justifiable reason; no flaccid reasons need apply. We should have a strong rationale that can stand up in court.

Remember, you can overdo even a good thing.

So, we're not going to treat a hangnail (unless the hangnail is pathological). We're not going to treat our hair so that it

doesn't get thin later in life.

If a person is nervous, we might consider [Kali phos](#). If the person is suffering from cramps, we would most likely choose [Mag phos](#), as discussed in my previous blog, [Grab Your Mug; It's Mag Phos](#).



Remedy Cards for the cell salts

Rather than repeating the Remedy Cards here, I encourage you to read my entire cell salt series and download the free Remedy Cards specific to each of the twelve cell salts.

[Calc phos](#)

[Ferrum phos](#)

[Mag phos](#)

[Nat phos](#)

[Kali phos](#)

[Calc fluor](#)

[Nat mur](#)

[Nat sulph](#)

[Silicea](#)

[Calc sulph](#)

[Kali sulph](#)

[Kali mur](#)

[When Is a Cell Salt Not a Cell Salt? \(Spoiler Alert: Never.\)](#)

If you enjoy this content, please share it. Also check out my [podcasts](#), [Monday Night Lives](#), and connect with me on [YouTube](#), [Instagram](#) and [Facebook](#).

What's another name for an entry point? A Gateway!

Years ago, I produced CDs containing a wealth of information about cell salts, titled ["Cell Salts: The Easy Homeopathy."](#)

However, my more highly recommended path to learning the cell salts is through the Gateway to Practical Homeopathy®. After the foundational [Gateway I](#), an entire lesson in the [curriculum of Gateway II focuses on the cell salts](#) (just one reason why I urge my students not to forego Gateway II. It's an integral part of the foundational Gateway program.

With the proper training, you can join the thousands of students who have come before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Pass on the good news!

Warmly,

A handwritten signature in black ink, appearing to read 'G. L. Williams', with a large, stylized loop at the beginning.