Convalescence with Cell Salts

If you’re just starting out with homeopathy, you’ve probably discovered just how well it brings swift relief to injuries and illnesses. But don’t stop there!

Did you know about two easy cell salts, which when combined, help the weakened body during convalescence?

Calc phos 6x and *Ferr phos 6x* are two remedies, which do amazing work after an illness has taken its toll. They rebuild, replenish and rejuvenate!

I like to recommend taking them together in water. Drop 4 pellets of each, together in 4 ounces of water. Take a sip (approx. 1 tsp), every 3-4 hours, for several days after an illness. Keep this aqueous solution nearby in a glass bottle or mug but they may also be taken by simply tossing 3-4 pills in the mouth until they dissolve.

Either way, it works in the same fashion…..by restoring wellness to its full capacity.