



THE TWELVE SCHUESSLER HOMEOPATHIC TISSUE REMEDIES

Description	Body Parts	Function	Symptoms
CALC FLUOR 6X Calcarea Fluorica, HPUS	Bones, elastic tissues, veins, arteries, teeth, joints	Gives tissues the quality of elasticity, preserves contractile power of elastic tissue.	Cracks in the skin, loss of elasticity, relaxed condition of the veins and arteries, piles, sluggish circulation, loose teeth.
CALC PHOS 6X Calcarea Phosphoricum, HPUS	Bones, muscles, nerves, brain, connective tissues, teeth	Aids normal growth and development, restores tone and strength, aids digestion, aids bone and teeth formation.	Anemic state of young girls, blood coagulation problems, blood poverty, imperfect circulation, bone weakness, rickets.
CALC SULPH 6X Calcarea Sulphurica, HPUS	Blood, skin	Blood purifier and healer that removes waste products from the blood.	Pimples, sore throat, cold, all conditions arising from impurities in the blood.
FERRUM PHOS 6X Ferrum Phosphoricum, HPUS	Muscles, nerves, hair, blood vessels, arteries, red blood cells	First aid, oxygen carrier, supplementary remedy.	Congestion, inflammatory pain, high temperature, quickened pulse, lack of red blood corpuscles.
KALI MUR 6X Kali Muriaticum, HPUS	Muscles, blood, saliva	Treats burns, aids digestions, cleanses and purifies the blood.	Sluggish conditions, catarrhs, sore throat, glandular swelling, white colored tongue, light colored stools, coughs, and colds.
KALI PHOS 6X Kali Phosphoricum, HPUS	Muscles, nerves, skin	Nerve nutrient, aids breathing, contributes to a contented disposition, sharpens mental faculties.	Nervous headaches, lack of pep, ill humor, skin ailments, sleeplessness, depression, timidity, tantrums
KALI SULPH 6X Kali Sulphuricum, HPUS	Skin, intestine, hair, stomach, tissue cells	Oxygen carrier, antifriction, maintains hair, benefits perspiration and respiration.	Boxed in feeling, intestinal disorders, stomach catarrh, inflammatory conditions, eruptions on the skin and scalp with scaling, shifting pains.
MAG PHOS 6X Magnesia Phosphoricum, HPUS	Muscles, nerves, bones	Anti-spasmodic, benefits the nervous system, helps ensure rhythmic movement of muscular tissue.	Menstrual pains, stomach cramps, flatulence, neuralgia, sciatica, headaches with darting stabs of pain, cramps, muscular twitching.
NAT MUR 6X Natrium Muriaticum HPUS	Cartilage, mucus cells, glands	Water distributor, aids nutrition and glandular activity, aids cell division and normal growth, aids digestion.	Low spirits, headaches with constipation, heartburn, tooth ache, hay fever, craving for salt and salty foods, weak eyes
NAT PHOS 6X Natrium Phosphoricum HPUS	Nerves, muscles, joints, digestive organs	Acid neutralizer, aids in the assimilation of fats and other nutrients.	Stiffness and swelling of the joints, acidic blood conditions, rheumatism, lumbago, worms, golden-yellow coating at root of tongue
NAT SULPH 6X Natrium Sulphuricum, HPUS	Liver, digestive system	Eliminates excess water, ensures adequate bile, removes poison-charged fluids, treats rheumatic ailments.	Influenza, humid asthma, malaria, liver ailments, brownish green coating of the tongue, bitter taste in mouth
SILICA 6X Silicea, HPUS	Connective tissues, skin	Cleanser and eliminator, initiates the healing process, insulator of the nerves, restores the activity of the skin.	Smelly feet and arm pits, pus formation, abscesses, boils, tonsillitis, brittle nails, stomach pains.

HEALTH CHART

This health chart has been designed to help you to help yourself. Having a healthy and well-balanced body is a goal we would like to help you reach. Using this chart should assist in choosing the correct biochemic tissue salt for your body's needs.

Remedies	Calc Fluor #1	Calc Phos #2	Calc Sulf #3	Ferrum Phos #4	Kali Mur #5	Kali Phos #6	Kali Sulph #7	Mag Phos #8	Nat Mur #9	Nat Phos #10	Nat Sulph #11	Silicea #12
Abscesses			X	X	X	X						X
Acidity								X		X	X	X
Anemia		X		X	X	X				X		X
Asthma		X			X				X	X		X
Backache	X			X		X		X			X	
Bedwetting				X		X			X	X		
Biliousness					X						X	
Bronchitis		X		X	X		X		X			
Catarrh				X	X		X		X			
Chilblains	X	X				X	X					
Colds				X	X				X			
Colic	X							X			X	
Constipation					X				X	X	X	
Convalescence		X		X								
Coughs		X	X	X	X		X	X				X
Cramps		X						X				X
Croup		X			X			X				
Diarrhea		X	X	X	X	X		X	X	X	X	
Ear			X	X	X	X	X		X			
Eyes					X				X	X		X
Fever				X	X	X	X		X			
Hair							X		X			X
Hay fever						X		X	X			X
Hemorrhoids	X	X		X								
Headache		X	X	X	X	X	X	X	X	X	X	
Hiccups								X	X			
Hives				X			X		X		X	
Indigestion		X			X	X	X	X			X	
Influenza		X		X	X		X				X	
Lumbago	X	X		X						X	X	
Menstruation		X		X	X	X		X	X	X		
Rheumatism				X						X	X	X
Sciatica						X		X			X	
Sinus	X	X		X	X		X		X			X
Skin	X	X	X		X	X	X		X			X
Sleeplessness						X				X		
Stress		X				X		X				
Sore Throat	X	X	X	X	X							
Sunstroke				X					X			
Teeth	X	X	X	X		X		X		X		X

The Biochemic System of Medicine calls for the use of only twelve remedies, known as the homeopathic tissue salts, all normally present in healthy blood and tissues. These tissue salts are vital constituents of the body, which combine with other organic substances in creating and maintaining the millions of cells of which the body is composed. Thus any tissue salt deficiency or imbalance may result in illness, the symptoms, varying according to the salt, which is lacking. By supplying the deficient tissue salt, the cells can again function normally and health should be restored. The Biochemic Tissue Salts are not unnatural drugs, but vital cell foods prepared homeopathically, in extremely subdivided form, which ensures their ready assimilation and leads to a speedy restoration of that balance in the system, which spells health and fitness.