

Simple Home Care Cell Salt Puzzles

Cell Salts 3x-12x: Calc flour, Calc phos, Calc sulph, Ferr phos, Kali mur, Kali phos, Kali sulph, Mag phos, Nat mur, Nat phos, Nat sulph, Silicea

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| <p>1) Blood: anemia Which two cell salts build the blood and may support in simple anemia? a) Mag phos b) Ferr phos c) Calc phos d) Silicea</p> | <p>6) Inflammation: early stages of colds, flus Which 3 cell salts are often taken in the early stages of a cold? (scratchy throat, sneezing, drippy nose, irritated mucous membranes) a) Ferr phos, Kali mur, Nat mur b) Ferr phos, Calc sulph, Kali sulph c) Ferr phos, Mag phos, Calc phos d) Nat mur, Calc sulph, Kali sulph</p> |
| <p>2) Fatigue: convalescing You are finally over a cold, but still feeling exhausted . What cell salt might help? a) Calc sulph b) Silicea c) Kali mur d) Calc phos</p> | <p>7) Inflammation/Infections: late stages Which cell salts are often indicated in late stage infection? (Bronchitis, Otitis media, Sinusitis) a) Calc flour, Calc sulph, Silicea b) Nat phos, Silicea, Kali sulph c) Kali sulph, Calc sulph, Silicea d) Mag phos, Nat mur, Nat phos</p> |
| <p>3) Fatigue: mental & emotional fatigue She complains of fatigue and nervous tension caused by her upcoming exam schedule. What cell salt may help to calm her nerves? a) Nat Mur b) Nat phos c) Kali phos d) Silicea</p> | <p>8) Inflammation: cuts Ouch ... I cut myself with a knife. Which remedy might slow the bleeding quickly? a) Calc phos b) Nat phos c) Kali phos d) Ferr phos</p> |
| <p>4) Structure: fractures, dental caries, thinning bones. Which three cell salts have an affinity for bone and teeth? a) Kali phos, Kali mur, Kali sulph b) Ferr phos, Mag phos, Calc phos c) Silicea, Calc sulph, Mag phos d) Calc phos, Calc flour, Silicea</p> | <p>9) Digestion: indigestion I ate too fast and too much. Now I have acid indigestion. Which cell salt might help? a) Nat phos b) Kali mur c) Kali phos d) Calc phos</p> |
| <p>5) Cramps: restless legs/calf cramps Life has been stressful recently and now I'm having cramps in my legs at night that are keeping me up. Which two cell salts can help? a) Mag phos b) Calc phos c) Kali phos d) Nat phos</p> | <p>10) Digestion: indigestion Dinner was really heavy and now I feel a bit nauseous, tired and have a slight headache. Which cell salt(s) might help? a) Nat phos b) Nat mur c) Mag phos d) Nat sulph</p> |

Quick Review of PowerPoint Presentation: Use the power of observation to identify the signs & symptoms of the body's natural healing response and then support that natural process with the cell salt(s).

Take the Case:

- 1) Look for a change in sensation: *What is the feeling?* Burning, Sharp, Cramping, Throbbing, Tingling, Cold, Stitching, Shooting, etc. *What makes the feeling better or worse?*
- 2) Look for a change in the natural balance: *What was the insult? What is the body doing? What is slowing down and/or speeding up?* Drying, Cracking, Bruising, Bleeding, Oozing, Erupting, Blistering, Discharging, etc. *What is the discharge like?* Thin, Thick, Dark, Light, Color, Odor, Texture

A simple look at the body's defense system:

Initial Response to insult: Inflammation characterized by heat, redness, swelling and pain

(Does the body need a boost with ferrum phos, nat mur, kali mur? Perhaps kali sulph?)

Secondary Response to insult: Deep cleansing with Re-balancing & Re-building

(Does the body need extra calc sulph, kali sulph, nat sulph, silica?)

Star Cell Salts in Structural Support: Calc phos, Calc fluor, Silica (there are others – check the MM)

Nerve Nutrients: Ferrum phos, Nat phos, Kali phos, Mag phos, Calc phos (there are others – check the MM)

Books

Homeopathic Cell Salt Remedies by Nigey Lennon and Lionel Rolfe

Focused, brief, accessible MM, as well as remedy suggestions for common complaints. Nice starter book!

The Healing Echo: Discovering Homeopathic Cell Salt Remedies by Vinton McCabe

This book is dense and has a stronger material medica section with remedy suggestions for common complaints, but may be overwhelming for the beginner.

Cell Salt Instructional

Excellent introductory article, DVD set and kit for purchase. Miranda Castro: www.mirandacastro.com

Check-out: Cell Salts: The Easy Homeopathy with Joette Calabrese at www.joettecalabrese.com

Excellent 110 minute audio with 9 pg. handout. Kim Kalina: <http://www.uheal.net/teaching.htm>

Teleosis Homeopathic Collaborative www.homeocollaborative.org

Resources for purchasing cell salts kits

Suppliers: Homeopathy Overnight, Homeopathy World, 1800Homeopathy, Luyties, Natural Health Supply, I&E Organics and many Natural Food Stores, Some Holistic Pharmacies, VitaminShoppe, Vitacost, Amazon

Answer Key: Note, there may be more than one good way of answering the questions depending upon how you see the puzzles.

- 1) b Mini-Repertory: Anemia and Fatigue from anemia
- 2) d Mini-Repertory: Fatigue from physical weakness, Tonic: when convalescing after illness (a second answer might be Biochemic phosphates – a phosphate mix)
- 3) c Mini-Repertory: Fatigue from nervous tension, Nervous exhaustion, Tonic after too much study/mind work, Anxiety
- 4) d Mini-Repertory: Tooth decay, Teeth tonic, Tonic after a growth spurt, Osteoporosis, Bone tonic, Injury-speed healing of fracture
- 5) a, b "A" is a great first choice. Add in "b" if an extra boost is needed. Mini-Repertory: Cramps
- 6) a Mini-Repertory: Colds, Cough, Croup, Discharges, Tongue Coated. Check the MM to confirm your choice.
- 7) c Mini-Repertory: Colds, Cough, Croup, Discharges, Tongue Coated. Check the MM to confirm your choice.
- 8) d Mini-Repertory: Nosebleeds (You have to think outside the box to get that one from the mini-repertory.)
- 9) a Mini-Repertory: Indigestion Check the MM to confirm your choice.
- 10) d Mini-Repertory: Indigestion Check the MM to confirm your choice. b or a may help too.