

The table below details the scope of action and main indications for which I prescribe tissue (cell) salts in my practice. It is by no means exhaustive. It also lists the astrological 'months' relevant to each salt. Because these minerals are an integral part of the body some people find that even though they are not showing outward signs of deficiency they benefit from a 'top up' of each of the salts during the indicated astrological period.

No.	Tissue Salt	Sphere of action	Some complaints that the remedy may be beneficial for	Astrological Indication
1.	Calc Fluor (Calcium Flouride)	Interference with absorption into the cells which leads to a relaxed condition resulting in hardening & swelling of the tissues. Part of the surface of bones & tooth enamel and a major component of elastic fibres.	Haemorrhoids, enlarged veins, swollen & hardened glands. Sluggish circulation, muscular weakness, ailments of tendons, ligaments and fibrous tissue, teeth loose in their sockets & enamel deficiencies. Cracks in skin especially hands and toes.	Jun 21 st – Jul 22 nd
2	Calc Phos (Calcium Phosphate)	A major constituent of bones. Promotes healthy cellular activity and restores tone to weakened organs and tissues. Restorative after acute disease and infection. Defective nutrition, imperfect growth & decay.	Use when generally run down and when powers of recuperation are lacking. Especially useful for infants, teenagers and the elderly. Give to infants when teething. Fractures respond well to Calc Phos when given with Ferr Phos. Give when general chilliness predominates.	Dec 21 st – Jan 19 th
3	Calc Sulph (Calcium Sulphate)	The chief builder of epithelial tissue, important in the formation of new skin cells and the elimination of waste. Deficiency results in a discharge of pus. A great blood purifier and healer. Helps the liver detoxify.	Causes suppurating tissue to discharge readily (whilst SIL hastens suppuration, Calc Sulph closes a process that has gone on for too long). Therefore useful in the latter stages of catarrh, bronchitis, boils, ulcers and abscesses.	Oct 24 th – Nov 22 nd
4	Ferr Phos (Ferrum Phosphate)	The primary first aid remedy as it carries oxygen throughout the body and strengthens blood vessel walls. This is iron in phosphate form and the body uses iron to kill off viruses.	Always use in the first stage of inflammation – coughs, colds, earache, sore throat and childhood diseases. Effective during plane travel to reduce ear pain caused by pressure changes. Give after sprains & fractures. Menopausal hot flushes with sleeplessness.	Feb 20 th – Mar 20 th
5	Kali Mur (Kali Muriaticum)	An essential constituent of muscle, nerve, blood and brain cells. Useful in treating severe inflammation in chronic conditions. A building agent that aids the convalescent process. The throat and Eustachian tubes are the organs most influenced by Kali Mur.	All complaints with thick, white discharge. Especially useful after Ferr Phos and along with it in cases of fever, swollen throat and swelling from injury. Chronic tonsillitis. Earache and swelling of glands around ears.	May 21 st – Jun 21 st
6	Kali Phos (Kali Phosphoricum)	Used around the world as a natural tranquiliser, this is the remedy for jangled nerves. As a part of nervous tissue it is also a useful remedy in irritating skin ailments.	Indicated when there is a lack of nerve power, prostration, nervous headache, depression, brain-fog and stress from shock or grief. Useful for shingles, menopausal symptoms where restlessness & nervousness predominates and insomnia due to worry.	Mar 21 st – Apr 19 th
7	Kali Sulph (Kali Sulphuricum)	Kali Sulph is known as the anti-friction cell salt and aids in conditions of the lungs, sinuses and bronchi. It is also important for healthy skin. It builds and distributes oil in the body and if deficient pores become clogged and sticky, yellow discharges exude from the skin, mucus membranes or any orifice in the body.	Builds new cells when the old ones have been damaged or killed by disease. Useful for treating dandruff, eczema and hot, dry, harsh skin which lacks oil. It is often prescribed for asthma where the lungs are filled with loose, yellow matter that is easily coughed up. Any yellow discharges may benefit from Kali Sulph.	Aug 23 rd – Sep 23 rd
8	Mag Phos (Magnesium Phosphate)	The primary function of Mag Phos is in correcting violent ailments especially spasm. It is a nerve	Mag Phos is the one tissue salt which always acts best when dissolved in warm water and sipped (rather than being	July 23 rd – Aug 22 nd

		<p>stabiliser and reduces spasmodic, darting pains such as those found in sciatica and neuralgia. Taken with Calc Phos it helps in most types of cramps.</p> <p>Deficiencies of Mag Phos result in flatulence, convulsions and nerve disturbances and its main organs of affinity are the muscles and heart.</p> <p>Magnesium is found abundantly in cereal grains but most people don't get enough through their diet.</p>	<p>dissolved in tablet form under the tongue).</p> <p>In practice I prescribe this remedy mostly for menstrual cramps and for the involuntary twitching of legs in the evening and at night.</p>	
9	Nat Mur (Natrium Muriaticum)	<p>Nat Mur is the body's water distributor and is present in every fluid and solid part of the body. Its prime function is to maintain a proper degree of moisture throughout the system.</p> <p>Exceptional dryness or excessive moisture indicates a need for Nat Mur.</p>	<p>The organs in the body most influenced by Nat Mur are the kidneys and sinuses and it is the number 1 tissue salt for headaches.</p> <p>It is an anti-histamine remedy so is very useful in the control of hay fever symptoms.</p> <p>Imbalances in the lymphatic system, blood, spleen and mucus membrane lining of the alimentary canal respond well to this remedy.</p>	Jan 20 th – Feb 19 th
10	Nat Phos (Natrium Phosphoricum)	<p>This is the great acid balancer of the body and the principle remedy of acid conditions in the blood such as rheumatism and gout.</p> <p>It neutralises acid to bring the body back into balance.</p>	<p>Nat Phos is the natural answer to dyspepsia, heartburn and digestive upsets and can be taken in place of antacid medication. It also aids in the digestion of fats.</p> <p>Excess acidity in the blood may cause intense emotional symptoms such as hate, envy, criticism and jealousy and Nat Phos can help restore emotional balance.</p>	Sept 24 th – Oct 23 rd
11	Nat Sulph (Natrium Sulphuricum)	<p>Nat Sulph adjusts the density of intercellular fluids and fluids in the liver and pancreas. It carries water away from the tissues and helps eliminate toxins.</p> <p>Any complaint such as chills or flu where there is a need to regulate the excretion of excess fluids.</p>	<p>It is the chief tissue salt used in the treatment of both diabetes and asthma and useful in the latter stages of digestion.</p> <p>Nat Sulph has an affinity with the liver which may make it useful in the treatment of hepatitis.</p>	Apr 20 th – May 20 th
12	Silica (Silica Oxide)	<p>Often known as the 'homeopathic surgeon', this remedy cleanses and eliminates waste and aids in the discharge of pus. It is a basic nutrient of the skin, hair and nails and works well in constitutions that are imperfectly nourished due to deficient assimilation.</p>	<p>Promotes suppuration of boils and abscesses and a useful tissue salt in cases of pilonidal sinuses.</p> <p>It can help expel foreign bodies such as glass splinters from the body and dissolve the urate deposits of arthritis and gout.</p> <p>Hair, skin and nails are continuously sloughing off cells and benefit greatly from Silica's strengthening properties.</p>	Nov 23 rd – Dec 20 th