

## THE CORNERSTONES OF TISSUE SALTS

### **Calc fluor ELASTICITY SALT**

Disorders of connective tissue: prolapse, haemorrhoids, varicose veins. Hard glands, caries of bones and teeth. Tongue cracked or mapped.

### **Calc phos NUTRITION TONIC**

For healthy bone and teeth formation. Tonsillitis, cramps, anaemia. Better for heat, worse for cold, wet.

### **Calc sulph BLOOD CLEANSING**

Yellow-green exudates from any surface, boils, pimples, for healing wounds and ulcers. Tongue coated, clay-yellow.

### **Ferr phos OXYGEN CARRIER**

Inflammation, fever, sore throat, earache. Low resistance to infection, listlessness, fatigue, anaemia. Tongue is clear.

### **Kali mur GLANDULAR HEALTH**

White mucus congestion and exudation, glandular swellings, lymph congestion, coughs, colds and white sputum, asthma, 2nd stage of inflammation. Tongue coated thickly, white.

### **Kali phos NERVE NUTRIENT**

Exhaustion, irritability, depression, nervous tension, insomnia. Better for rest, worse for exercise.

### **Kali sulph SKIN BALANCE**

Yellow discharge from lungs, skin and digestive tract. Dry scaly, unhealthy skin, poor hair, 3rd stage of inflammation. Tongue is coated creamy-yellow.

### **Mag phos NERVE and MUSCLE RELAXANT**

Cramps, twitches and hiccups. Muscular spasm, especially in the middle of the back. Colic. Menstrual pain. Better for warmth, pressure, massage.

### **Nat mur FLUID BALANCER**

Cold, especially beginning with sneezing, loss of smell. Cold sores, fluid accumulation. cravings and aversion to salt, 1st stage of inflammation. Tongue is clear or frothy.

### **Nat phos ACID NEUTRALISER**

Poor acid-alkaline balance. Rheumatism, arthritis, gout. Sour stomach, heartburn. Tongue is creamy or yellow at the back.

### **Nat sulph WATER ELIMINATOR**

Excessive water accumulation. Lymph congestion. Liver and gallbladder congestion, biliousness. Tongue clear or brown.

### **Silica CELL CLEANSER**

Poor skin, hair and nails. Tendon, ligament and disc problems. Styes, cysts and boils.

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**For further information and supplies for  
The Health Kit please contact:**

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 **naturopath  
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*Getting you back on track*

# THE TISSUE SALT KIT

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**All you need to know  
about your Tissue Salt Kit**

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# Tissue Salts are the minerals essential to the human body for health and vitality. Dr. W. H. Schuessler studied this biochemistry in the early 1800s and used his own theory to formulate a unique system of cellular therapeutics called Biochemic Tissue Salts.

## HIS LOGIC WAS THAT

1. The human body contains twelve vital minerals (tissue) salts in perfect balance for normal cell function and health maintenance.
2. When the balance is disturbed, an abnormal condition leads to disease.
3. To re-establish equilibrium, these vital mineral salts need to be administered in a readily assimilated form. The most effective is a homoeopathic (diluted) preparation, which is a minuscule amount and passes rapidly into the bloodstream.

## THE TISSUE SALTS KIT CONTAINS

- Twelve vials of Tissue Salt remedies
- One vial of Rescue Remedy with over 480 pillules in each
- One 25ml bottle of Propolis
- One jar of Bump Ointment
- Tissue Salts Quick Guide

## AIM OF THE TISSUE SALT KIT

It is designed to provide assistance to a carer capable of observing signs and symptoms of minor ailments and injuries.

With guidance from the Tissue Salts Quick Guide booklet, a Tissue Salt can be chosen and administered to help re-establish a balance of mineral salts, thereby supporting the body in restoring health.

The Tissue Salt kit is not intended to replace conventional first-aid or professional health care. It is designed to provide knowledge and assistance to individuals wishing to address minor health issues by supporting the body's ability to overcome them.

## TISSUE SALTS

Tissue Salts are low-potency preparations. That is, they contain minerals in minuscule amounts that can be easily absorbed. They are safe for infants, adults, and the elderly.

## HOW AND WHEN TO ADMINISTER THE REMEDIES

One dose = One to four pillules or drops.

Drop the pillules into the lid and then under the tongue in a clean mouth. In acute cases, they may be administered every half hour, every two hours in milder cases, or three times a day in chronic cases. Repeat the dosage until the symptoms subside, then discontinue.

Remedies should be taken with a clean mouth, i.e., free from food, drink, tobacco, coffee, and toothpaste. One remedy may be administered simultaneously with another. Professional advice should be sought for more than minor issues if the symptoms do not change within three to four days.

## STORAGE

Remove the Propolis and Bump Ointment from the container. These are not Tissue Salts. The Best Before date of the Bump Ointment is extended with refrigeration.

Always keep Tissue Salts in the container in which they were supplied. Never transfer them to another bottle. Store the remedies in a cool, dark place away from pungent odours, such as perfumes and menthol. Discard any remedies that are spilt.

## THE TISSUE SALTS QUICK GUIDE

The Tissue Salts Quick Guide provides information on selecting a Tissue Salt to address health concerns. You will be able to treat yourself, friends and family safely and effectively and help the body to overcome many issues you previously sought help for.

This publication will guide the reader to a suitable remedy for common ailments and help build an understanding of the Tissue Salt treatment system.

**Bump Ointment:** Hypericum ø, Calendula ø, Arnica ø, Rhus Tox 3x, Ledum 3x & Rescue Remedy in an oil-base cream. Use sparingly. For bruising or straining of tissues and muscles. For puncture wounds, insect bites, for sealed grazes, cuts, sores or abrasions. It helps stop internal bleeding (bruising), promotes healing and contains antiseptic properties. For all rashes including nappy rash, gravel rash or rash with an itch.

**Rescue Remedy (Bach Flower):** This remedy is useful in all conditions where shock is an element, so it is useful in all first-aid situations. It reduces the trauma emotionally and physically, balances emotions, and reduces pain, enhancing the body's own healing forces. Dosage: one to four pillules or drops under the tongue as needed.

**Propolis** is a natural antibiotic made by bees. Its antiseptic properties assist the body in fighting bacterial, viral, and fungal infections. Propolis also promotes wound healing and decreases inflammation.

It can be diluted and used topically as disinfectant.

**Adults:** Drink, gargle or irrigate with five to ten drops in water three times daily. A preventative dose of once a day protects against potential infections.

**Children:** One to five drops in small amount of water.  
**CAUTION:** People who have allergies to bee products may need to test topically before swallowing.