

Active kids, aging athletes, and weekend warriors find gentle, fast-acting support

Nurture Your Inner Athlete with Homeopathic Cell Salts

by TANYA RENNER, CCH, RSHom(NA)

With his discovery of 12 essential mineral salts, Schüssler believed that homeopathy could be greatly simplified. A cell salt remedy is selected according to the "the law of deficiency."


For over a century, *the 12 cell salt remedies*—as defined by homeopathic physician Wilhelm H. Schüssler—have been helping to keep people hearty and healthy. I first discovered these remedies (also called *tissue salts*) as a mother of two active boys. We were a family of weekend warriors, and I began using cell salt remedies to support speedy recovery from injuries. As my comfort and familiarity with the remedies grew, it occurred to me that I might also use them to support athletic performance and nurture the inner athlete. This led to more research and home testing, and soon I was sharing my discoveries and excitement with others. Within a few short years, cell salt use for sports performance increased greatly among my friends and colleagues. We continue to be amazed by this small set of 12 homeopathic remedies, and we want to share our successes with you.

But first a little history ...

In the 1800s, improvements to the microscope and rapidly evolving laboratory sciences led to new insights into the healthy

functioning of the human body. In 1858, pathologist Rudolf Virchow published *Cellular Pathology*, in which he wrote, "Every form of suffering is only based on a disorder in the cells. Only the cell can become sick—the cell, the smallest functioning unit of the human body." Other cell researchers of this era were thinking along similar lines; researcher Jacob Moleschott concluded that in order to stay healthy, the cells must be nourished by essential inorganic "constituents."

The work of these researchers greatly influenced German homeopathic physician Wilhelm Schüssler (1821-1898), who investigated the chemical make-up of human cells by analyzing the ashes of human tissue. His research led him to believe that all tissues could be reduced to 12 essential inorganic mineral salts; in their absence, cells cease to function properly, and disease develops. Schüssler declared: "The inorganic substances in the blood and tissues are sufficient to heal all diseases which are curable ... by supplying to the cells the cell-salts needed for a normal condition to exist,



thereby destroy[ing] the breeding place for the fungi, germs, or bacilli.” Today we recognize these salts as essential macro-minerals.

A simpler method

With his discovery of 12 essential mineral salts, Schüssler believed that homeopathy could be greatly simplified. He concluded that the active ingredients in any homeopathic remedy were really the inorganic minerals that affect cellular metabolism, so perhaps the only remedies the body really needed were these 12 “cell salts”: *Calcarea fluorica* (calcium fluoride), *Calcarea phosphorica* (calcium phosphate), *Calcarea sulphurica* (calcium sulphate), *Ferrum phosphoricum* (iron

A couple doses ... were all that was necessary to see good improvement in the leg stiffness.



They are easy to use, fast-acting, and gentle.

phosphate), *Kali muriaticum* (potassium chloride), *Kali phosphoricum* (potassium phosphate), *Kali sulphuricum* (potassium sulphate), *Magnesia phosphorica* (magnesium phosphate), *Natrum muriaticum* (sodium chloride), *Natrum phosphoricum* (sodium phosphate), *Natrum sulphuricum* (sodium sulphate), and *Silica* (silica).

He named his new method the “Biochemic System of Healing” and employed only these 12 salts prepared by the homeopathic pharmaceutical process of trituration—repetitive dilution and grinding with a mortar and pestle of a very small amount of a mineral salt in lactose. The resulting low-potency remedy (typically 3X, 6X, or 12X) was then pressed and shaped into a tiny, quick-dissolving tablet. (This is different from the homeopathic pharmaceutical process of repetitive dilution and succussion in an alcohol-water solution, then applying the resulting remedy solution—which could be any potency from low to high—to small, round, slower-dissolving, sucrose pellets.)

In Schüssler’s biochemic system, a cell salt remedy is selected according to the “the law of deficiency.” In other words, the body’s signs and symptoms point to certain mineral deficiencies, and when the appropriate cell salt remedies are

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taken to restore the minerals, he believed the tissues would be strengthened, which would lead to healing. For this reason, some people liken his method to using mineral supplements—except that cell salt “supplements” have been prepared according to the homeopathic pharmacy process. Because cell salt remedies are low potency by homeopathy’s standards, they typically do contain a tiny amount of the original mineral salt within them.

Cross-pollination between methods

Certain homeopathic remedies were in common use before Schüssler deemed them “cell salts” (e.g., *Natrum muriaticum*, *Silica*), so they are often prescribed according to classical homeopathic principles based on their extensive provings and the law of similars, rather than according to Schüssler’s law of deficiency. Other remedies, such as *Magnesium phosphorica*, were first introduced into homeopathy by Schüssler; classical homeopaths later conducted provings that corroborated most of Schüssler’s indications for *Magnesium phosphorica* and expanded upon them. In his *Dictionary of Practical Materia Medica*, J.H. Clarke writes of *Magnesium phosphorica* and Schüssler’s indications: “This sketch of Schüssler’s is confirmed in every point by [H.C.] Allen’s proving, and by the clinical use of

Mag. p. in the highest attenuations. ... But it is only right to say that Schüssler arrived at them by a way of his own, which shows that there are other means besides provings of finding the keynote symptoms of remedies.”

Clearly, much crossover can take place between Schüssler’s biochemic method and the classical homeopathic method. Current descriptions of cell salt remedies found in homeopathic references may well include indications for use from both sources—Schüssler’s theories and classical homeopathic provings. Some professional homeopaths use the cell salts according to Schüssler’s method (perhaps as an adjunct to constitutional prescribing or as targeted support for a physical condition) while others avoid his method since it is not based on the classical homeopathic principles of “like cures like” and provings.

So, is there actually any difference between cell salt remedies and homeopathic remedies? For instance, is the homeopathic remedy trituration *Mag phos* 6X different from the cell salt remedy *Mag phos* 6X? No, the remedies are the same; only the theory or principles that a person uses to decide which remedy to use might be different. It’s important to remember, however, that we typically only give cell salt remedies according to Schüssler’s principles in low potency 3X, 6X, or 12X triturated tablets.

Dig Deeper into Cell Salts

To learn more about the cell salt remedies, check out these resources.

LOOK AND LEARN: Excellent article by Miranda Castro from *Homeopathy Today*, January-February 2008 <http://www.mirandacastro.com/articles/CellSalts.htm>
Also, her DVD, *Gentle Little Souls: The 12 Fabulous Cell Salts* at this site.

LISTEN AND LEARN: Excellent 110-minute audio with handout.
<http://www.uheal.net/teaching.htm>



RESOURCE BOOK: *Homeopathic Cell Salt Remedies* by Nigey Lennon and Lionel Rolfe.

FREE ONLINE BOOK: *The Biochemic System of Medicine* by George W. Carey. The Library of Congress, Internet Archive.
<https://archive.org/details/biochemicsystemo00car>

Experience & success stories

In my experience, cell salts prescribed according to Schüssler's method can address simple ailments effectively and also provide deep-acting support. They are easy to use, fast-acting, and gentle, making them well suited to home care. The 12-remedy kits are inexpensive and make great gifts for kids headed off to college or for people who are looking for an easy place to start with homeopathy.

At Teleosis Homeopathic Collaborative, I teach first-year students about the cell salts in weekend one or two—and then we have one to four years of wonderful success stories coming back to us every month! We call them “true life adventures,” and you’ll get to read some of the sports-related ones below.

Perhaps you will be inspired to use homeopathic cell salt remedies yourself! Be sure to start slowly and build on experience. Use the remedies alongside other common-sense supports, such as sound nutrition and an Epsom Salt bath for sore muscles. Always consult a professional for help with chronic, complex complaints. And if you are already working with a homeopath for your health care, keep them informed about any cell salt or other homeopathic remedies you take.

“Wow, I couldn't have run these races without those cell salts you gave me!” she said afterwards.

Runner beats own “Personal Record”

by Laurie Desmarais-Melcuk, a Teleosis alumnus who lives with her family in Western Massachusetts.

My son did cross-country running (5K) for the first time last fall, and I suggested he try the cell salts to see if they would affect his performance. It turned out to be a great experiment because the time it takes an athlete to run a particular course doesn't vary by much. When people break their former records, 30 seconds is a pretty big deal.

Because the minerals calcium and magnesium are essential to muscle contraction, we decided to use the corresponding cell salts *Calcarea phos* and *Magnesium phos*. Running also demands good utilization of oxygen by the lungs and muscles, and because iron is essential to oxygen metabolism, we included *Ferrum phos* in our experiment, too.

He used the cell salts for the first time during a practice run, taking *Ferrum phos* 6X about three hours before running and *Calc phos* 6X and *Mag phos* 6X about one-half hour before running. When I asked how it went, he replied: “I couldn't feel my legs.” That scared me a bit until he explained that, usually, it is pain in his legs that limits how fast he can run: “This time, I couldn't run fast enough to make my legs hurt.” Then he added, “But I couldn't breathe!” We made a guess that it might be better to take *Ferrum phos* 6X closer to the start of the race, to help with oxygenation in the lungs.

The next time, before an actual race, he took *Mag phos* 6X, *Calc phos* 6X, and *Ferrum phos* 6X together about one-half hour before running. Result: he P.R.'d (new vocabulary for me—means he broke his own “Personal Record”) by almost two minutes! And this was on a harder course than his previous best time. His coach was stunned. My son reported no breathing problems during the race, and his legs felt much less tired than after races without the cell salts.

After these good results, he continued the cell salt protocol before every race and did very well. I suggested he might want to experiment to see what would happen if he *didn't* take the cell salts but, of course, he was more interested in the possibility of running faster than in testing homeopathy. Once, however, he forgot to bring the cell salts with him for a particular race—and he ran significantly *slower* on what was supposed to be an easier course!

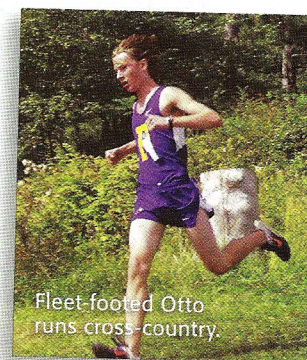
My son continues to successfully experiment with *Calc phos* 6X and *Mag phos* 6X for muscle aches after sports-related activities—it's been great to see him feel like he has these tools to use!

Athlete overcomes overtraining injuries

by Alice Neiler, a Teleosis alumnus practicing in Rhineback, NY, who can be reached at Sattva Homeopathy, aliceneiler@gmail.com.

My son Otto used cell salts to relieve repetitive stress injuries and overtraining pains during his high school long-distance running career. His first injury was a stress fracture with bone pain and notable hard swelling around the fracture site. He took *Calc phos* 6X to promote union of the fracture, *Calc fluor* 6X to address the induration (hardened tissue), and *Silica* 6X for its affinity for bone and for strengthening and stabilizing weakened tissues. He took them together, three tablets each for a total of nine per dose, three times per day. By the second week, all his complaints were significantly improved so he reduced the dose to twice daily for two more weeks. After this, he stopped taking them as he had no symptoms whatsoever. Additionally, he used a leg brace for support

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Exercise Smarter: Your Quick-Start Guide to Cell Salts

Natural support & enhanced performance in sports & fitness

by TANYA RENNER, CCH, RSHom(NA)

It's no surprise that the homeopathic cell salt remedies are rapidly gaining popularity with athletes! These twelve remedies are natural, easy to use, and quick-acting. That's why the cell salt kit is the first thing I pack for a weekend of athletic adventure.

The cell salts are believed to assist the body in absorbing and utilizing macro-minerals and are selected by careful observation of the body's natural signs and symptoms. Next time you are packing the sports bag, remember to throw in a cell salt kit!

Nine ways to nurture the inner athlete

The following information comes not only from a survey of the literature on cell salt remedies but also from experience. All the remedy suggestions below have been tested numerous times by me and students at Teleosis for these various situations, and we have found that they work well.

- **Muscle cramps:** *Mag phos* 6X eases muscle spasms and cramps, especially in the legs during prolonged exercise. Use as a preventative. When *Mag phos* fails to bring relief, add *Calc phos* 6X. Calcium and magnesium work synergistically; magnesium increases permeability of cell membranes, while calcium tightens cell membranes.

- **Endurance:** *Mag phos* 6X, *Calc phos* 6X, and *Ferrum phos* 6X taken in combination are the athlete's favorite because they seem to improve endurance and performance. Glucose metabolism in muscles is dependent on magnesium. Calcium promotes healthy cellular activ-

ity and restores tone to weakened tissues. Iron carries oxygen throughout the body.

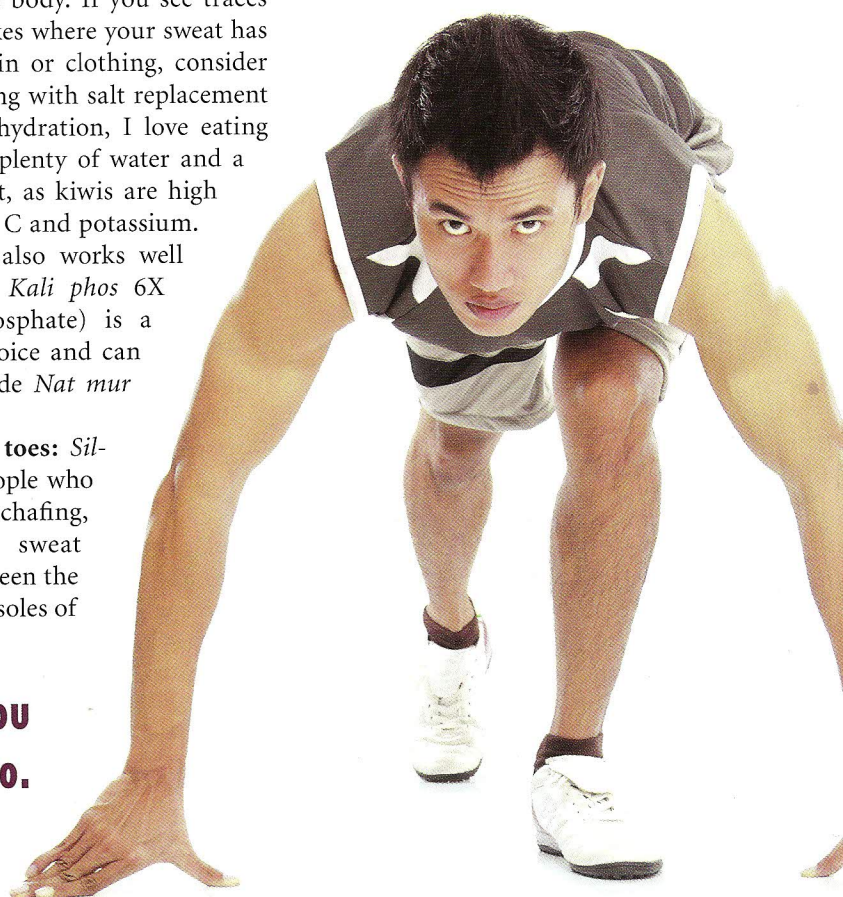
- **Nervous exhaustion:** When nerves get the best of you, think of *Kali phos* 6X. This remedy is perfect for pre-competition jitters and post-competition nervous fatigue. *Kali phos* is sometimes called "the tranquilizer" of the cell salt remedies.

- **Dehydration:** Good hydration is essential for athletes. Try using *Nat mur* 6X to increase the body's ability to retain water. *Nat mur*—made from sodium chloride or table salt—attracts moisture to tissues in the body. If you see traces of white salt flakes where your sweat has dried on the skin or clothing, consider *Nat mur* 6X along with salt replacement solutions. (For hydration, I love eating kiwi fruit with plenty of water and a pinch of sea salt, as kiwis are high in both vitamin C and potassium. Coconut water also works well for hydration.) *Kali phos* 6X (potassium phosphate) is a good second choice and can be used alongside *Nat mur* 6X.

- **Chafing of toes:** *Silica* 6X is for people who suffer from toe chafing, because they sweat excessively between the toes and on the soles of

their feet. The mineral silica helps balance perspiration and is a supportive element in connective tissue.

- **Injury:** Bleeding helps cleanse a wound, but sometimes it continues longer than necessary. Need to stop bleeding quickly? *Ferrum phos* 6X works beautifully. Some people dilute a couple of tablets in water and apply with a compress, while others take the remedy orally. I've even seen a *Ferrum phos* 6X tablet placed directly on a bleeding wound (in a pinch) stop the bleeding immediately. *Ferrum phos* 6X is also the first cell salt remedy indicated in recent injuries to soft tissue, and it is ideally suited for cuts, bruises, and sprains. Iron assists with the oxygenation of tissue and strengthens blood vessel walls.



**With a little knowledge and practice, you
can nurture your inner athlete, too.**

Experience & success stories (continued)

• **Bone complaints:** *Calc fluor 6X*, *Calc phos 6X*, and *Silica 6X* are ideal tonics for stressed or injured shins and bones. Add in *Ferrum phos 6X* after recent injury or excessive stress to bony tissue. Calcium and silica build strong bones, and *Calc fluor* is known as a natural producer of suppleness and elasticity.

• **Sprains:** Immediately after a sprain, choose *Ferrum phos 6X* and *Kali mur 6X*. After the initial swelling starts to decrease, make a compress from *Calc fluor 6X*, *Ferrum phos 6X*, *Mag phos 6X*, and *Kali mur 6X* dissolved in tepid water and apply to injured area to support repair. *Mag phos 6X* may be particularly helpful when a sprain is very painful on standing. *Ferrum phos* is known for helping inflammation and congestion. *Kali mur* is said to destroy the body's wastes and build fibrin, which promotes healing. *Calc fluor* is known as a connective tissue rebuilder, and *Mag phos* is said to be a nerve tonic.

• **Depletion:** *Ferrum phos 6X* helps maintain energy while training and encourages more rapid recovery after depletion. *Ferrum phos* carries oxygen to tissues and supports healthy circulation.

How to take cell salts

As with all homeopathic remedies used for self-care, take them for a limited time only. Following cell salt principles, take 3X, 6X, or 12X potencies. Dose according to the severity of the symptoms; that is, take the remedy more frequently for more acute conditions and less frequently for more minor conditions. Once you have moderate improvement, reduce the frequency of dosing. Stop taking altogether once you have significant improvement. Also, if you have no improvement after a few doses, stop taking and consult a professional homeopath. (To learn more, see "Dig Deeper into Cell Salts" on page 36.)

ABOUT THE AUTHOR



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wellness. She also has a private practice in New Hampshire where she combines her experience as a wellness coach and homeopath.

and compression for the first six weeks on his doctor's recommendation; however, it appeared that the area was completely healed in four weeks.

More definitive was the healing of his chondromalacia—also known as patellofemoral pain syndrome (damage to the cartilage under the kneecap from overuse, injury, or a kneecap that is not aligned properly). Following a three-week backpacking trip, Otto's cross-country season began with very intense training. He developed pain in the knee directly behind the patella (knee cap) along with a cracking sensation and swelling. He used the same formula—*Calc phos 6X* for joint pain, *Calc fluor 6X* to support elasticity and repair of ligaments, and *Silica* to strengthen and stabilize tissues. He saw immediate and definitive improvement in his symptoms within 24 to 48 hours. He then reduced the dose to twice a day for ten days, after which he had no trace of any symptoms and no recurrence for the remainder of the season.

A formula Otto often used for ill effects from overtraining included his old friends *Calc phos 6X* and *Calc fluor 6X* with the addition of *Mag phos 6X* (indicated for cramps, especially when better from heat). Typical onset was when the weather was getting colder; in spite of daily stretching, his hamstrings and calves would tighten and cramp up, and his legs looked stiff when he walked or ran. A couple doses of three tablets of each of these three remedies were all that was necessary to see good improvement in the leg stiffness, and he never took this formula for more than three days at a time. He also got some relief from hot baths, especially with Epsom salts added.

Overall, we found the cell salt remedies invaluable in supporting Otto's athletic performance and resolving injuries. Additionally, I often noticed a pickup in his energy and mood when he took the remedies.

Boost for a marathon runner

by Robin Channell, RN, BSN, a Teleosis alumnus who has practiced nursing for over 20 years; she lives in Massachusetts with her young, active family.

A friend who is an avid runner frequently enters marathons "just for fun." One day, she expressed concern to me that she had signed up for two marathons in two major cities one week apart when she wasn't in marathon-running shape. "Do you have anything up your homeopathy sleeve?" she jokingly asked. And I answered, "As a matter of fact, a friend of mine just helped her son run a 5K with cell salt support." She said, "I'm in. What do you have?"

So for the Boston marathon, she took one dose of two pellets each of *Ferrum phos 6X*, *Calc phos 6X*, and *Mag phos 6X* one-half hour before the race. At mile 12, she felt so tired that she really wanted a caffeine boost to keep going, so she drank a cola. After finishing the race, she took one package of Bioplasma Sport—a combination of the 12 cell salts combined with some electrolytes in a powder form sold by Hyland's Homeopathic, which is great for when the body is depleted of minerals, especially after a marathon. In hindsight, I wish I had given her two packages, so she could have taken one at the 12-mile mark instead of the cola beverage. (I had recommended she take it after the marathon, as that is when I had anticipated more bodily inflammation, lactic acid build-up, muscle cramps, and overall fatigue.) Her running time wasn't as good as her previous races though, and I was concerned but she was not. "I told you I didn't train like I normally do, and without your help I wouldn't have done as well as I did," she said. "And I will definitely use the cell salts again next week for the other marathon."

The next weekend, she took two pellets of *Ferrum phos 6X*, *Calc phos 6X*, and *Mag phos 6X* one-half hour before the race, again at the 10-mile mark, and again at the 20-mile mark. She had no desire for caffeine half way through the race as she had the week before. "Wow, I couldn't have run these races without those cell salts you gave me!" she said afterwards. "I was so unprepared—I can't believe I even finished. Those cell salts really worked for me. Thank you!"

She had signed up for two marathons in two major cities one week apart when she wasn't in marathon-running shape.



They worked brilliantly for those energy dips ... *Calc phos 6X* and *Ferrum phos 6X* helped me enjoy a full day of climbing without fatigue.

Help for a high altitude workout

by Tanya Renner, CCH, RSHom(NA)

I live at sea level in New England, but I love traveling to higher ground. In the high mountains, however, I often feel the effects of altitude, including lethargy, breathlessness, dizziness, headaches, nausea, and sleeplessness with overactivity of the mind despite physical exhaustion. To minimize these effects, I use the homeopathic remedies *Arnica montana* 30c (made from the "mountain tobacco" plant) and *Coffea cruda* 30c (made from coffee), according to classical homeopathic indications. *Arnica* is helpful for "ailments from over-exertion" and altitude sickness, and *Coffea cruda* is wonderful for sleeplessness accompanied by exhaustion and overactivity of the mind. On a recent cross-country skiing trip in the Montana mountains, these two remedies worked beautifully for my altitude sickness symptoms!

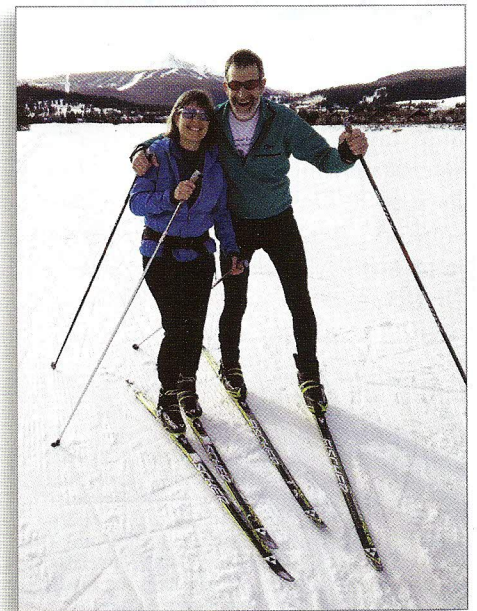
There were a few times during the vacation, however, when I felt a noticeable drop in energy, and sometimes this happened just as my feet hit the ground in the morning—not a good start when

you plan to spend the rest of the day skiing up a mountain! This is where the cell salts come in. We know our red blood cell count increases when we move to higher altitudes, and it stands to reason that we need nutrients to support these extra red blood cells. According to George Carey's *The Biochemic System of Medicine* book, *Calc phos 6X* and *Ferrum phos 6X* have a strong affinity for blood tissue. He says: "*Calc phos* supplies new blood-cells," and "*Ferrum phos* is helpful after the new blood cells have been supplied by *Calc phos*." Also, *Ferrum phos* is a "component of the blood, and without it the exchange of oxygen and carbonic acid between the lungs and tissues could not be carried on."

These two cell salts sounded like a good match for my symptoms and the situation. As it turned out, they worked brilliantly for those energy dips. *Calc phos 6X* and *Ferrum phos 6X* helped me enjoy a full day of climbing without fatigue on several occasions. This is impressive, because I was working out hard, and fatigue is always a problem for me at high altitudes. Thanks to homeopathy for saving another vacation!

Get started!

Are you intrigued by the cell salts? With a little knowledge and practice, you can nurture your inner athlete, too. These stories are shared by people like you and me, who look for simple, natural, and effective ways to enhance athletic performance. To learn more, see "Dig Deeper into Cell Salts" on page 36 and "Your Quick-Start Guide to Cell Salts" on page 38.



Tanya Renner with husband Klaus Renner, cross-country skiing on Lone Mountain, Big Sky, Montana.