

NASH March 2017, Cell Salts

Ways Homeopathic Cell Salts: 1) They seem to increase the body's ability to absorb and assimilate essential nutrients. When the body has what it needs, it heals. 2) They are a terrific teaching tool for new students and the public. 3) Clients can use cell salts with family members who are not currently working with a homeopath. 4) Clients can use them when you aren't available to help. 5) They are gentle, safe, effective, powerful and empowering.

Take the Case: Use the power of observation to identify the signs & symptoms of the body's natural healing response. Support this natural process with the cell salt(s).

1) Look for a change in sensation: *What is the feeling?* Burning, Sharp, Cramping, Throbbing, Tingling, Cold, Stitching, Shooting, etc. *What makes the sensation 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. Discharging is the body's attempt to balance.

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? Perhaps ferrum phos, nat mur, kali mur.
- Secondary Response to insult: Deep cleansing with Re-balancing & Re-building
- (Perhaps 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 and accessible MM, as well as remedy suggestions for common complaints. Excellent 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.

The Biochemic System of Medicine by George Carey is available for free at The Library of Congress, Internet Archive.

Homeopathy Today, Summer 2015: "Nurture Your Inner Athlete with Homeopathic Cell Salts" by Tanya Renner, CCH, RSHom(NA) (Ask me for a copy: TRHomeopath@gmail.com)

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>

Cell Salt Training with Karen Allen: <http://karenallenhomeopathy.com/training/on-demand-classes/adjuncts/adjunct-cell-salts-introduction/>

Resources (USA) 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