

Homoeopaths sometimes find that symptoms of a physical nature are slow to respond to homoeopathic remedies and feel that some form of physiological support is required, either as a stand alone form of treatment or to work alongside constitutional treatment. The tissue salts work very well in this way and do not interfere with homoeopathic remedies.

The tissue salts are easy to prescribe for yourself and are said to work most effectively in a combination. They are completely safe and free of toxins and side-effects, and you can give them to your children and pets. The Clinic stocks tissues salts in their individual forms and in combinations, prepared as tablets, or we can make up your requirements in liquid.

CALC FLUOR (Elasticity Salt)

For relaxed conditions of the tissues, eg varicose or enlarged veins, piles, chronic synovitis, backache with dragging, bearing down pains. Also of value in conditions which affect surface of bones, cracks and cuts in skin, or trouble with teeth enamel.

CALC PHOS (Nutrition Tonic)

Deficiency of Calc Phos causes defective nutrition. Restores tone to weak tissues and organs, assists in digestion and assimilation, and is good as a general tonic. Is concerned with formation of teeth and solidity of bones, therefore of great value in growing children. Simple anaemia (with Ferr Phos) often with pain and spasm and sensation of cold and numbness. Also consider for chilblains, pruritus, enlarged tonsils and nasal polyps.

CALC SULPH (Blood purifier)

Is indicated where a condition arises from impurities in the blood stream such as abscesses and ulcers, Works in combination with Kali Mur for catarrh, acne, etc and should always be thought of first for adolescent pimples and gumboils. Also useful for neuralgia and frontal headaches in older people.

FERR PHOS (First Aid Salt)

This is the oxygen carrier and therefore essential to health and life, making Ferr Phos a good supplementary remedy no matter what the presenting complaint. Congestion, inflammation, high temperature and rapid pulse all indicate Ferr Phos. Good in early stages of any acute disorder, and can be administered frequently until inflammatory process subsides. Anaemia, muscular strains and sprains, and frequently used in the treatment of children's ailments. Bleeding cuts, wounds and abrasions can be treated with a little powdered Ferr Phos applied directly to the site of injury.

KALI MUR (Blood Conditioner)

A deficiency of this salt results in thick, white discharges affecting skin and mucous membranes. Also for glandular and chronic rheumatic swellings. Works well with Calc Sulph to cleanse and purify the blood. Very useful in infantile eczema, and with Ferr Phos for a variety of children's ailments. Other key symptoms include white coated tongue and light coloured stool. For conditions affecting respiratory system – coughs, colds, bronchitis, tonsillitis, as well as important in digestive disturbances, especially from eating fatty or rich food.

KALI PHOS (Nerve Nutrient)

Useful for treatment of "nervous" conditions such as headaches, dyspepsia, insomnia, depression and lowered vitality. Also consider for shingles and nervous asthma (with Mag Phos).

KALI SULPH (Skin Salt)

Like Ferr Phos, it carries oxygen to the cells and a deficiency can lead to chilliness, flashes of heat, and pains in the limbs which move around. Other symptoms may include a yellow slimy coating on the tongue, yellow or green discharge from any mucous surface and scaling of the skin. Is useful for Athlete's Foot, Psoriasis and brittle nails, and helps maintain healthy hair in combination with Silica and Nat Mur.

MAG PHOS (Nerve Relaxant)

Affinity for nervous system and a deficiency can result in cramps and spasms. Quickly relieves muscular twitches, hiccups, cramps and sharp twinges of pain. Particularly effective for menstrual pain. Symptoms are usually worse from cold and touch, and better for heat, pressure or bending double. Take frequently until relief is obtained.

NB: Works more quickly if dissolved in hot (not boiling) water and sipped.

NAT MUR (Water Distributor)

Excessive moisture or dryness anywhere in the body is a good indicator for Nat Mur, and symptoms are many and varied. For example, colds with water discharge and sneezing, unrefreshing sleep, loss of taste and smell, craving for salty foods, dry skin, headache with constipation. One of the most important tissue salts as two thirds of our bodies are made up of water, and hence disfunction in this area can lead to widespread problems.

NAT PHOS (Acid Neutraliser)

Regulates consistency of the bile and is therefore indicated in jaundice, colic, sick headaches and gastric problems. Promotes absorption of water (Nat Mur distributes water and Nat Sulph eliminates excess water). Deficiency allows uric acid to form salts in joints and tissues, causing stiffness, pain and swelling. Indicated in gout and indigestion from fatty or greasy foods. Discharges are creamy golden-yellow with similar coating on tongue.

NAT SULPH (Water Eliminator)

Important for healthy function of the liver, ensuring disposal of waste fluids which accumulate in the blood and tissues. Therefore, important in treating rheumatic problems, flu, biliousness, and other conditions related to the liver. Other symptoms include sandy deposits in the urine, a brownish-green coating on the tongue and a bitter taste in the mouth.

SILICA (Toxic Eliminator)

Indicated in conditions where there is a history of poor assimilation. Acts mainly upon bones, joints, glands and skin, and is indicated where there is pus formation or suppuration, eg boils, styes, abscesses, etc. Brittle nails and unhealthy hair are also indicated.

Proprietary combinations are also available at the clinic and if you feel a tissue salt combination may be of help, we would be happy to advise you on a suitable complex.

Tissue salts are generally available in the 6x potency as small tablets which can be dissolved under the tongue or in a glass of warm water. The dose is one tablet three times a day for adults, ½ for children and ¼ for infants. It is recommended that a course of tissue salts, whether alone or in a combination, should be taken for a minimum of three months. In acute conditions a dose can safely be taken every half hour, until the situation stabilises. The usual guidelines for taking homoeopathic remedies apply to tissue salts also.

REMEDY INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the website for a full list of stockists

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
Australian Family Homoeopathy – Callinan
The Handbook of the Biochemic Tissue Salts –
Martin & Pleasance
The Twelve Dynamic Elements of Good Health -
Wells

IMPORTANT

Taking of Homoeopathic Remedies:

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink, is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise, when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle.
7. Store your remedies away from direct light, heat and strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

TISSUE SALTS

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.

The Twelve Tissue Salts of Dr Schussler work gently on the physical structure of the body, building, repairing and maintaining health over a period of time. They are prepared in very low homoeopathic potency (6x and 12x usually) and pass rapidly into the body through the bloodstream. They can be used effectively alongside homoeopathic treatment on a long term basis and in combination can be good for chronic problems such as recurrent hay fever, indigestion, varicose veins and difficult dentition.

Schussler was a 19th century (1821 to 1896) doctor of medicine, physiological chemist and a physicist. He had a scientific vision far ahead of his time, a system of medicine which related to cellular balance within the body, the theory of which he named Biochemistry. He put his theories into practice in his clinic, with great results, and this system of medicine is used today by many people around the world.

OWEN HOMOEOPATHICS

443 Great Eastern Highway Redcliffe WA 6104
Phone: 08 9277 9565 Fax: 08 9277 9192
E-Mail: Jan@h-e-c.com.au Web: www.h-e-c.com.au