

The 12 tissue salts of Dr. Schuessler work gently on the physical structure of the body; building, repairing and maintaining health over a period of time.

They can be dissolved under the tongue and are quickly absorbed in the bloodstream.

Tissue salts are generally taken with a dosage of 1-2 tablets 3-6 times daily for adults until the condition is cured. In acute cases the remedy can be taken 1 tablet every 5 minutes until relief.

Children under 12 years take 1-2 tablets every hour in acute cases and for a chronic condition 1 tablet 3-4 times daily.

They should be taken 30min. before meals or 1 hour after and nicotine, alcohol and hot spices should be avoided.

They can be taken individually or in combinations of usually 2 or 3 tissue salts.

After serious or long-term illness, the body is often depleted in more than one tissue salt so it's not unusual to take several.

There is no harm in taking more than one at a time; your body will excrete any surplus.

There are usually no side effects; but sometimes symptoms get worse for a short period of time as the remedies begin to work.

Here are the 12 Schuessler salts, their properties and uses:

1. **Calcium fluoride (elasticity salt)**

Used for muscular weakness, impaired circulation, enlarged varicose veins, eczema, Cuts and cracks in the skin

2. **Calcium phosphate (nutrition tonic)**

Used as a general nutrient, for impaired digestion, leg cramps, nervousness, fatigue, itchiness, allergies & nasal polyps; used in combination with ferrum phosphate for anaemia

3. **Ferrum phosphate (iron phosphate) (first aid salt)**

Oxygen carrier; used in the early stages of acute disorders like sprains and strains, anaemia, at the beginning of cold and flu; a little bit of a powdered tablet can be used to stop the bleeding of a cut or abrasion

4. **Kalium muriaticum (potassium chloride) (glandular tonic)**

For coughs, cold and bronchitis, the child's remedy; important in digestive disturbances (esp. from fatty food)

5. **Kalium phosphoricum (potassium phosphate) (nerve nutrient)**

Useful for treatment of nervous conditions such as headaches, nervous exhaustion, dyspepsia, insomnia, depression and lowered vitality; also used for shingles and nervous asthma (with Magnesium phosph.)

6. **Kalium sulphate (potassium sulphate) (skin salt)**

Used for chronic inflammations with yellow mucus, aids in detoxification; used for chronic sinusitis, eczema, acne, psoriasis; Used with silica for brittle nails and thin hair

7. **Magnesium phosphate (nerve relaxant)**

also called the **hot seven**
Relieves muscular twitches, darting pains, cramps, neuralgia; very effective also for menstrual cramps; take frequently until relief; works better if dissolved in hot (not boiling) water and sipped

8. **Natrium muriaticum (sodium chloride) (water distributor)**

For excessive moisture or dryness anywhere in the body; various symptoms such as headaches, dry skin, eczema, dandruff

9. **Natrium phosphate (sodium phosphate) (acid neutralizer)**

Used for stomach upset, heartburn, colic, gout, indigestion, rheumatic pain and stiffness

10. **Natrium sulphate (sodium sulphate) (liver salt)**

Used for water retention, flu, liver and gall bladder problems, nausea, rheumatism

11. **Silica (silicea) (cleanser and detoxifier, skin salt)**

Used for pimples, boils, abscesses and other skin conditions with pus; cracked, brittle nails, stress, dull looking hair, rheumatic pain

12. **Calcium sulphate (blood purifier)**

Assists the liver in the removal of waste products; used for skin problems, acne, slow-healing wounds, chronic sinusitis; works well with Kalium mur. and Natrium sulph.

You can also use the Schuessler Tissue Salt by indication. Here are a few examples for common health problems:

Anxiety

Use tissue salt no. 5 one tablet six times daily

Nervousness

Use tissue salt no. 5 one tablet every 30min.

Restlessness

Use tissue salt no. 8 alternating with tissue salt no. 11 one tablet three times daily

Insomnia

Use tissue salt no. 5 one tablet three times daily

Dizziness

Use tissue salt no. 5 one tablet every hour

Lack of appetite

Use tissue salt no. 11 three times daily 1 tablet
If caused by emotional problems add no. 5 three times daily 1 tablet

Heartburn

Use tissue salt no. 9 alternating with no. 10 and no. 3 each once daily 2 tablets

Bloating

Use tissue salt no. 7 every half hour in hot water and sip until better

Too much stomach acid

Use tissue salt no. 9 right after meals two-three tablets

Diarrhea

In the beginning use tissue salt no. 3 one tablet every 15min.
With cramps: use tissue salt no. 7 one tablet every 15min. in hot water and sip until better
With water stool: use tissue salt no. 8 one tablet every 15min.

Constipation

Use tissue salt no. 8 alternating with tissue salt no. 3 each one tablet three times daily

Cold

In the beginning use tissue salt no. 3 one tablet every 10min.
At outbreak: use tissue salt no. 4 one tablet every 15min.

Runny Nose

Use tissue salt no. 3 alternating with tissue salt no. 8 one tablet every 10min.

Sore throat

Use tissue salt no. 3 alternating with tissue salt no. 4 2 tablets each three times daily

Bronchitis/Coughing

In the beginning use tissue salt no. 3 one tablet every 15min.
With dry cough: Use tissue salt no. 7 one tablet every 5min. until relief
With thick flame, hard to get rid of: Use tissue salt no. 4 1 tablet every hour
With flame, easy to cough out: Use tissue salt no. 6 one tablet every hour

Fever

Under 39 Degree Celsius use tissue salt no. 3 one tablet every 10min.
Over 39 Degree Celsius use tissue salt no. 5 one tablet every 10min.

Hoarseness

from cold: Use tissue salt no. 3 alternating with tissue salt no. 4 one tablet every 15min.
from overusing: use tissue salt no. 3 alternating with tissue salt no. 5 and tissue salt no. 7 one tablet every hour

Sweaty feet

Use tissue salt no. 11 two tablets three times daily

Gall bladder infection

Acute: use tissue salt no. 3 one tablet every 15min. and in addition use tissue salt no. 10 one tablet every hour

Hair loss (over longer period of time)

Use tissue salt no. 5 alternating with tissue salt no. 11 two tablets twice daily

Muscle soreness (shoulder and upper arms)

Use tissue salt no. 1 one tablet three times daily

Muscle weakness

Use tissue salt no. 5 alternating with tissue salt no. 2 one tablet three times daily

The biochemical tissue salts according to Dr. Schuessler

Short information from
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What are Schuessler Tissue Salts?

Developed in the 1870s by Dr Wilhelm Schuessler, a German homeopathic physician, this therapy is based on the theory that many health problems are caused by a lack of certain mineral (or tissue) salts in the body.

He determined that imbalance in one or more of these salts led to specific health problems and diseases, but that the balance can be restored by taking the necessary mineral element.

Dr. Schuessler believed that tissue salts could restore mineral deficiencies that made the body more susceptible to illness.

There are 12 different tissue salts in total. All of them are minerals like rock salt.

1. Calcium fluoride
2. Calcium phosphate
3. Ferrum phosphate (iron phosphate)
4. Kalium muriaticum (potassium chloride)
5. Kalium phosphoricum (potassium phosphate)
6. Kalium sulphate (potassium sulphate)
7. Magnesium phosphate
8. Natrium muriaticum (sodium chloride)
9. Natrium phosphate (sodium phosphate)
10. Natrum sulphate (sodium sulphate)
11. Silica (silicea)
12. Calcium sulphate

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