

12 Essential Minerals For Cellular Health: An Introduction to Cell Salts



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CONTENTS

Preface	vii
Chapter 1 <i>An Introduction to Cell Salts</i>	1
Chapter 2 <i>The 12 Schuessler Cell Salts: Your Comprehensive Guide</i>	6
Chapter 3 <i>Six Ways to use Cell Salts: Inside and Out</i>	21
Chapter 4 <i>Cell Salts for First Aid, Emergencies, and Surgery</i>	25
Chapter 5 <i>Cell Salt Solutions: Combinations for Healing</i>	30
Chapter 6 <i>Cell Salt External Uses</i>	45
Chapter 7 <i>Facial Signs of Cell Salt Deficiencies</i>	59
Chapter 8 <i>Cell Salts for Detoxification, Using the Seasons of the Zodiac</i>	63
Chapter 9 <i>Additional Testimonials</i>	65
Bibliography	68
Index	69
About the Author	72

PREFACE

As a homeopathic practitioner, I have used cell salts for several years with gratifying results. Recently, I completed a six-month practical study on the effects of cell salts in sixty-three people. Although personal results varied, you will read their positive comments throughout this book.

Cell salts have always been considered an important part of healing in homeopathy. They have been neglected in the English-speaking part of the world for many years. In this book I am bringing them back to light, where you will find easy, applicable ways to use them. The cell salts are available in most healthfood stores, and their healing power is available to every family. You can also find cell salts at www.daveshealth.com.

Much of what has been written on cell salts is in older medical language, which may be hard to understand. Here, cell salts are explained in a more comprehensive fashion, simply, and in our modern language. You will also find a section on external uses, something seldom revealed in the English language.

Anyone can use this system to find fast and lasting health benefits. Every family needs cell salts to improve their health and prevent possible illness. Share this book with your friends or family, and have better health.

– David R. Card



Dr. Wilhelm Schuessler

CHAPTER 1

An Introduction to Cell Salts

Dr. Wilhelm Schuessler, a medical doctor born in Germany in the 1800s, incorporated homeopathy into his practice with great success. He also learned from the early pioneers of biochemistry about **12 Essential Minerals** required for cellular health, namely:

- Calc Fluor (calcium fluoride)
- Calc Phos (calcium phosphate)
- Calc Sulph (calcium sulphate)
- Ferrum Phos (iron)
- Kali Mur (potassium chloride)
- Kali Phos (potassium phosphate)
- Kali Sulph (potassium sulphate)
- Mag Phos (magnesium phosphate)
- Nat Mur (sodium chloride)
- Nat Phos (sodium phosphate)
- Nat Sulph (sodium sulphate)
- Silicea (silica)

Healthy cells amount to a healthy person. Dr. Schuessler found that the lack of one or more of these 12 minerals (often called **tissue salts**) put the body out of balance and into “dis-ease.” He developed them homeopathically, so they could be easily taken and assimilated. Many of the conditions that we experience today are due to the lack of particular minerals in our bodies.

Schuessler cell salts are the 12 minerals essential to the body's functions. In their preparation, these minerals are ground finely into milk sugar and diluted, so they become small enough to be absorbed by the tissues of the body, internally or externally. In this form they can go right to the cells of our tissues.

These tissue salts provide harmonious cellular chemistry for optimal health, which is why they are more commonly known as **cell salts**. When our cells are deficient in minerals, we experience loss of energy, unclear thinking, or emotional discomfort. This is where cell salts shine. They quickly get minerals to our cells to help us regain or maintain our health.

All bodily functions and conditions are influenced on a cellular level by these essential minerals; therefore **they can help any condition or disease. The signs of deficiency of these minerals can be seen by looking at a person's face.** The technique of facial diagnosis has been used for years. Signs of deficiency can be seen in the texture or color of skin, puffiness, dryness, lines, etc.

As a nutritionist, herbalist, and homeopathic practitioner, I have found that cell salts tend to be overlooked in Homeopathy. After reading a German book about how to read mineral deficiencies on a person's face (*Antlitzdiagnostik* by Peter Emmrich), I began to use cell salts and study facial diagnosis of mineral deficiencies in my own practice. The results were astonishing! People began asking for more information, so I wrote the book *Facial Diagnosis of Cell Salt Deficiencies* (Hohm Press, 2005). I also had an artist draw what the deficiencies look like for each of the twelve tissue remedies. These drawings were included in "The Power of Cell Salts Seminar" which I presented in Salt Lake City, Utah in October of 2005. That month we began a practical study

with our customers, done over a six-month period with sixty-three cases. You will see comments from study participants throughout this book.

Cell salts may be taken internally, or used externally in creams, baths, or sprays. Cell salts are generally used in the 6x potency (strength). There are several manufacturers, but I prefer the Hyland's brand because it is easily accessible at most health-food stores. There are also many other fine brands.

Cell salts in lactose are soft and dissolve within seconds in the mouth, water bottle, bath, or lotion. When taken in water, they can even be acceptable by lactose-intolerant people. There are homeopathic tissue salts in liquid-coated sucrose pellets for those who are lactose intolerant, if lactose cell salts used in water do not suffice. They are easily given to children, as most children like the sweet taste.

Cell Salts have enriched my practice. I recommend them for many acute and chronic ailments, and have seen my patients' health improve. The change is gradual, and I explain to my patients it may take several months. But, once they have experienced improvements, whereas over-the-counter or prescription drugs just cover up the problem, they return and ask how they work and are eager to continue their cell salts. These remedies are another medicinal tool I use to help people heal.

– Dr. Cindi Croft, D.O.

Some of the minerals in cell salts have many uses, including:

- **calcium** (3 forms) for bones, elastic tissue support, and digestion (assimilation)
- **iron** for oxygenating the blood, hemoglobin, and artery and vein strength

- **potassium** (3 forms) for nerve and brain function, mucus problems, and skin problems
- **magnesium** for all types of pain, especially neuralgia, and muscle spasms
- **sodium** (3 forms) for digestive power, body water balance, and high body-acidity
- and **silica** for bones, hair, skin, and connective tissue.

Most clients take the **tablets in a 12- to 24-ounce water bottle** that they sip all day. Each sip is a dose. The water chemistry creates a uniform mineral matrix that, when taken in this manner, allows you to overrule the usual homeopathic protocol to not drink with or following a dosage. However, cell salts are best when taken dry from the cap of the bottle to the mouth to avoid contamination (do not allow the cap to touch the lips). When using the dry method don't drink for 5 minutes before or after taking the pellets, and store them 3 feet away from electronic appliances to avoid electromagnetic fields rendering them useless. The many uses of cell salts follow this section (*See* Chapter 2).

Anyone can buy and use the 12 cell salts, separately or in combination, without fear of toxicity. This includes pregnant or nursing women; old or young alike; those taking medications; and even those using other natural therapies. Cell salts do not react with medications because they are supplying minerals on a cellular level.

Buy them individually or in a 12-bottle set to make formulas for your particular conditions. (*See* Chapter 5, Cell Salt Solutions, for combinations.)

Experience the power of cell salts for yourself, to get healthier; or use them as a tonic to improve your immune system. For more information, go to www.daveshealth.com.

I am certain that by adding cell salts to my daily routine, in addition to my normal vitamins and eating more raw foods, that I do have much more energy and I believe I feel a better mental balance and more harmony in my life.

– D. Michel, age 51

CHAPTER 2

The 12 Schuessler Cell Salts: Your Comprehensive Guide

Learn about the benefits of each cell salt. In this section, you will find:

- Description of each cell salt: its purpose for the body.
- Location of the cell salt: where the cell salt is commonly found in the body.
- Function: the biochemistry of cellular health, as certain minerals create specific functions in the body.
- Common Uses: most frequent conditions that are benefited by the cell salt
- Modalities: the conditions that affect the body, based on time, temperature, emotions, etc. Watch for the symbol that tells what makes the condition become better (>) or worse (<).

Also included are descriptions about Bioplasma, and Biochemic Phosphates; two combinations I often recommend.

THE TWELVE CELL SALTS

#1 Calc Fluor (Calcium Fluoride)

Description: Calcium Fluoride is essential to the connective tissue of the body; for all conditions of tissue weakness,

prolapse, or excessive hardness. It helps the tendons, ligaments, and joints of the body. Calc Fluor is used extensively for the teeth, instead of fluoride treatments for children, to strengthen enamel. Medical fluoride causes brittleness. Anywhere you find hardness of tissues, this remedy applies, which makes it valuable for cataracts of the eyes. Any extreme sagging of muscle or tissue also calls for this salt.

Calc Fluor helped to decrease all the facial signs of deficiency.
– B. Hansen, age 55

Location: Found in bone covering (Periosteum), teeth enamel, blood vessel walls, and skin cells.

Function: ELASTIC FIBER, formed by the union of calcium fluoride with protein and fats, it strengthens enamel – helps prevent tooth decay; gives elasticity/rebound to tissues, including the skin; also helps the body absorb hard lumps, especially on bone surfaces.

Common Uses: Bone problems; bone spurs; breast fibroids; cataracts; cysts; hemorrhoids; indigestion; cracking joints; weakness in lower back; enlarged lymph glands; deficient teeth enamel; varicose veins.

Modalities: Symptoms worse < cold, wet, change of weather, damp weather, sprains, beginning motion. Symptoms better > by continued motion, heat, applications of heat, rubbing.

#2 Calc Phos (Calcium Phosphate)

My nails started growing after a couple of years of splitting and breaking. – J. Graves, age 31

Using Calc Phos along with “Teeth Roots” (Dave’s homeopathic combination), people thought I had whitened my teeth. – J. Felice, age 50

Description: Calcium Phosphate is used for bone health, injuries, and osteoporosis. Calcium metabolism, when disturbed, can cause osteoporosis or bone spurs (same problem, different manifestations). This salt treats both of them over the course of several months. It is also useful for teeth and digestive problems.

Location: Found in bones, cartilage, tendons, inner parts of teeth, and digestive fluid.

Function: BONE TISSUE. Calcium phosphate unites with protein and uses it as cement to build bone tissue. Bones are about 57 percent calcium phosphate. It also helps with assimilation problems, anemia, nerve pain, and more.

Common Uses: Anemia; arthritis; backache; bone inflammation; brittle or soft bones; broken bones; craving for smoked meats; diabetes; eczema; swollen glands; gout; headaches; hemorrhoids; hernia; incontinence; infections; swollen knees; lameness; nerves (pain): like electrical shocks; osteoporosis; smoking; cavities of teeth; teething problems; tonsillitis; toothache; worms.

Modalities: Symptoms worse < teething, loss of fluids, exposure to cold damp wind, thinking of symptoms, puberty, eating fruit, night. Symptoms better > summer warmth, dry weather, lying down, rest.

#3 Calc Sulph (Calcium Sulphate)

I had an impetigo blister that I would get on my chin. I took Calc Sulph and it cleared up. – S. Price, age 37

Description: Calcium Sulphate is used for infections, pus, and general toxicity of the body. The discharges are yellow and filled with pus. This salt is used to detoxify the body and improve digestion (in my experience). Other uses are to finish, and clean up, chronic infections and improve the immune system.

Location: Found in skin (epithelial tissue) and in the blood (for clotting).

Function: SKIN & TISSUE SUPPORT. Calcium sulphate, by its union with protein, assists Kali Mur to form epithelial (skin) tissue, to hold it intact.

Common Uses: Acne; anal abscess; boils; burns; conjunctivitis; cradle cap; diarrhea; enlarged glands; hang nails; tendency toward infection; itching feet; mastitis; sore throat; yellow mucus discharges.

Modalities: Symptoms worse < dampness, drafts, stimulants, evening, sleep, menses. Symptoms better > open air, bathing, doubling over, uncovering.

#4 Ferrum Phos (Iron Phosphate)

Description: Ferrum Phosphate (iron) is important for oxygenation of the blood. It is very useful for low fevers and at the first signs of a cold or flu. It is the most useful for nose bleeds or other blood conditions, even hemorrhages. It is helpful for balancing iron in the body, whether it is high in some situations, or low in others, such as seen in pregnancy. It works to reduce anemia by helping the body to absorb iron.

Location: Found in blood (hemoglobin), vein and artery walls, and capillaries.

Function: OXYGEN CARRIER. The proper amount of Ferrum Phos in the blood carries oxygen to all parts of the body. Lack of oxygen increases circulation and creates excess heat.

Common Uses: Anemia; arthritis; bedwetting; bronchitis; cough; cystitis; diarrhea; earache; eye inflammation; low-grade fevers; head cold; headache; heart palpitations; hemorrhoids; hernia; hip inflammation; hoarseness; incontinence; indigestion; inflammations; injuries; morning sickness; stiff neck; nosebleeds; painful periods; pneumonia; prolapse; tinnitus.

Modalities: Symptoms worse < motion, noise, nights and 4 – 6 AM, suppressed perspiration, on right side of body, consuming sour foods, cold drinks, meat, and coffee. Symptoms better > cold, bleeding, lying down, rising, passing stools, and solitude.

Kali Mur and Mag Phos together helped with a recent bout of diarrhea. – S. Snyder, age 53

#5 Kali Mur (Potassium Chloride)

Description: Potassium Chloride is used with medium fever conditions. It is useful for mucus conditions of the body, especially for mucus of the lungs with coughs, allergies, etc. The conditions for this cell salt are grey or thick white mucus.

Location: Found in blood-fibrin (protein).

Function: FIBRIN (fibrous protein). Kali Mur is the worker of the blood that forms fibrin and properly diffuses it through the tissues of the body. It keeps body fluids in correct thickness, including blood, and works on mucus conditions.

Common Uses: Acne rosacea; auto-immune diseases; blood clots; boils; bronchitis; bruising; canker sores; croup; cystitis; deafness; earaches; Eustachian tubes; facial redness; medium to high-grade fevers; chapped hands; head cold; heart palpitations; hip inflammation; indigestion from fats; kidney inflammation; morning sickness; mumps; nasal congestion; swelling; eczema; sore throat; white vaginal discharges .

Modalities: Symptoms worse < cold drinks, open air, drafts, night, dampness, sprains, motion, menses, fatty, rich foods. Symptoms better > rubbing, and letting hair down.

#6 Kali Phos (Potassium Phosphate)

I used Kali Phos for anxiety. I felt more aware of my stress levels. It helped keep them in check. I also pinpointed what made my anxiety levels too high and tried to deal with them in a different way.— T. Thompson, age 29

I have had less stomach problems, i.e., bloating, stomach aches. — S. Robbins, age 48

Kali Phos has made a big difference with me. Mentally I was less stressed. My thoughts were clear and I didn't feel so foggy. — K. Couch, age 66

Description: Potassium Phosphate helps the nerves and gray matter of the brain. When the nerves are depleted by stress, we can experience sleeplessness or depression. Kali Phos is also used in pain and paralysis, fear, suspicion, weakness of memory. This remedy is for the anxious and nervous person. Nerves affected by Kali Phos are of the central nervous system.

Location: Found in the gray matter of the brain, and nerves.

Function: BRAIN. The basis of brain or nerve function is Kali Phos.

Common Uses: Anemia; asthma; brain injury; bad breath; canker sores; croup; cystitis; depression; dizziness; epilepsy; exhaustion; facial neuralgia; gangrene; nervous headaches; heart palpitations; hysteria; mastitis; light menstruation; dry mouth; nervousness; nosebleeds; sciatica; tinnitus; varicose veins; whooping cough.

Modalities: Symptoms worse < excitement, worry, fatigue, pain, cold dry air, mental or physical exertion, eating, early morning, puberty, being alone, sitting. Symptoms better > menses onset, sleep, eating, warmth, rest, gentle motion, cloudy weather, company.

#7 Kali Sulph (Potassium Sulphate)

Kali Sulph has helped in getting rid of ridges in my nails.

– C. Baker, age 44

Kali Sulph has caused a slight lightening of age spots.

– M. Baker, age 58

Description: Potassium Sulphate is specific to the third stage of inflammation or resolution. We find yellow discharges wherever there is a lack of sulphate in the system. There is breakdown of the skin and high fevers from infections or inflammations. This is the body's attempt to foster the bacteria to do their job of getting rid of self-inflicted toxins from a poor diet or polluted conditions of living in the modern world. When usage brings on sweating, it is near the end of the toxic condition. Kali Sulph is used for eczema, sinusitis, asthma, psoriasis, and more.

Location: Found in skin, scalp, and hair.

Function: OIL MAKER & DISTRIBUTOR. When this salt falls below the standard in quantity, oil and fats are improperly used and clog the pores of the skin.

Common Uses: Age spots; arthritis; brown spots; rattling

mucus in chest; yellow dandruff; deafness; facial neuralgia; high-grade fevers; wandering pains; scarlet fever; vitiligo; yellow discharges.

Modalities: Symptoms worse < warm air, heated rooms, noise, evenings, consolation, after eating. Symptoms better > walking, cool air, fasting, open air, and heated room.

My cramps are considerably less during menstruation since taking Mag Phos. – S. Krohn, age 45

Took sciatic pain away. – J. Callahan, age 55

Mag Phos helped a lot with the redness in my skin. It took a lot of it away. – M. Harvey, age 38

#8 Mag Phos (Magnesium Phosphate)

Description: Magnesium Phosphate is a nerve remedy also, but deals with muscular nerves and fibers. The symptoms are cramping, fast onset, primarily on the right side of the body. This mineral affects and feeds the heart and cardiovascular system. It is a great antispasmodic, useful for many areas of the body, including menstrual cramps. If symptoms are relieved by heat and pressure, this is a sign of the need for Mag Phos.

Location: Found in nerves (white fiber), muscles, and heart muscle.

Function: SPASMODIC CONDITIONS. The white fibers of nerves and muscles need Mag Phos to keep them in proper tune or function.

Common Uses: Angina; back chills; sharp pains in back; bed-wetting; bloating; child colic; colon cramps; darting pains; double vision; eczema; epilepsy; facial neuralgia; gas; neuralgic headaches; labor pains; leg cramps; menstrual cramps; neck pains; nightly aggravations; spasmodic cough; spasms.

Modalities: Symptoms worse < cold air, drafts, touch, nights, on right side, and from lying on right side, milk, motion, exhaustion. Symptoms better > heat, pressure, bending double, hot bathing, and friction.

#9 Nat Mur (Sodium Chloride)

Nat Mur seems to help with my headaches.

– P. Hamilton, age 41

Has helped with allergy symptoms of sneezing and runny nose.

– S. Wilcox, age 43

Nat Mur helped with my water retention and my shingle outbreaks while the Kali Phos helped with my stress levels.

– C. Tree, age 52

Description: Sodium Chloride, or common table salt, is one of the most famous cell salts for digestion, arthritis, and water distribution problems. The key is dryness of the mucus membranes or excessively watery discharges. Emotionally one sees grief and personal isolation. The person is very sensitive; prefers to be alone (for a defense). There may be malnutrition, constipation, anemia, and thin salty watery discharges from the body.

Location: Found in digestive system, blood (moisture), skin (moisture), kidney, and bladder.

Function: WATER DISTRIBUTOR. Water constitutes over 70 percent of the human body; therefore the carriers of water must be in like proportion.

Common Uses: Weak back and neck; bronchitis; canker sores; clear thin discharges; constipation; salt craving; deafness; depression; dryness; facial neuralgia; fear of emotions; fever blisters; grief; sweaty hands; hangnails; hay fever; throbbing headaches; heart palpitations; herpes I & II; introversion; parasites; sexual aversion; shy; greasy skin; loss of sense of smell; sneezing; loss of taste; teething with drooling; frequent urination.

Modalities: Symptoms worse < 9-11 AM, sun, heat, physical exertion, talking, writing, reading, bread, noise, music. Symptoms better > sweating, rest, open air, going without regular meals, and deep breathing.

#10 Nat Phos (Sodium Phosphate)

I noticed a difference [improvement] with gastrointestinal problems with Nat Phos.— S. Krohn, age 45

I was amazed at how my ugly blemishes began to disappear using Nat Phos and Nat Sulph. – J. Eggertson, age 58

Description: Sodium Phosphate governs the acid balance of the body. Alkalinity is health, and over-acid conditions allow for disease. The tongue often has a yellow mucus coating. Acid signs are

seen as sour body-smell or sour-smelling discharges. Indigestion is a sign of lack of this salt. Candida infections, or vaginal yeast, as well as parasites come with over-acid conditions also.

Location: Found in stomach, mucus membranes, and lymphatic system.

Function: BODY ACID BALANCE. A certain amount of acid is necessary and always present in the blood. Excess acid is nearly always due to a deficiency of Nat Phos.

Common Uses: Acidity; acne; ankle itching; conjunctivitis; diabetes; hives; jaundice; morning sickness; parasites; pH imbalance; vomiting of sour fluids; yellow creamy discharges.

Modalities: Symptoms worse < milk, sugar, mental activity, during menses, thunderstorms, sex. Symptoms better > pressure, cold, and open air.

#11 Nat Sulph (Sodium Sulphate)

Nat Sulph and Kali Sulph have been shrinking a liver spot on my face. – C. Baker, age 44

Nat Sulph helps with stomach aches. – P. Hamilton, age 41

Description: Sodium Sulphate is responsible for liver health and is used for those with head injuries where one has become depressed and irritable. As with all sulphates, deficiency shows up as yellow discharges. This salt is responsible for helping the body to get rid of excess water. This is valuable for those with

water retention. One can also use this for all kinds of hepatitis. Used for diabetes and also for asthma in children, especially in damp weather. This person may also be experiencing bad-smelling gas.

Location: Found in intercellular fluids.

Function: WATER REGULATOR. A deficiency of this salt prevents elimination of excess water in the tissues, blood and fluids, causing a water-logged condition.

Common Uses: Alcoholism; asthma; bloating; coughing; depression; diarrhea; gas; head injury; indigestion with bitter taste; liver problems; loose or huge stools; suicidal; sun sensitive; swelling; testicular swelling; excessive urination; vomiting of bitter matter.

Modalities: Symptoms worse < cold damp weather, head injuries, lying on the left side, light, music, vegetables, cold food and drink. Symptoms better > open air, passing gas, warmth, pressure, breakfast, sitting up.

#12 Silicea (Silica)

Description: Silica is responsible for connective tissue strength and the body's ability to rid itself of foreign objects. This is done by creating pus that discharges toxic waste. This remedy can dissolve scar tissue, and is very useful for keloid scars, skin problems, and vaccination reactions. Emotionally, those needing Silica are timid; their hands and feet are continuously cold. They often wear sweaters in the heat of the summer because of air conditioning.

I think that Silicea helped strengthen my back bones.

– D. Bytheway, age 73

Using Silicea, nails grew fast and long, moons started to show.

Skin seems to be smoother on face. – L. Miller, age 66

Ten years ago, I was in an accident and needed stitches in my chin. Off and on over the years the scar has bothered me. After taking Silicea for approximately three months, my scar split and I removed two stitches. Using cell salts can bring about amazing results. – J. Pettit, age 27

Location: Found in hair, skin, nails, periosteum (bone covering), nerve sheath, and bone.

Function: SURGEON. This salt is indicated in all suppurative (pus-forming) processes until the infiltrated parts have fully discharged the matter, to eliminate it from the system. It is also used for connective tissue support. Helps dissolve excess scar tissue.

Common Uses: Scarring from acne; boils; cold feeling; cysts; epilepsy; exhaustion; facial neuralgia; smelly feet; sweaty feet; head sweating; hemorrhoids; hip joint disease; infections; thin, breaking nails; sleepwalking; scars; shyness; timidity; ulcers; vaccination reactions.

Modalities: Symptoms worse < cold air, drafts, head uncovered, nervous excitement, new moon, milk, menses, night. Symptoms better > warmth, urination, and wrapping the head tightly.

TWO IMPORTANT CELL SALT COMBINATIONS

These cell salt combinations are commonly sold in health-food stores.

1. Biochemic Phosphates are the perfect combination to soothe the nerves. In this combination it contains Calc Phos, Ferrum Phos, Kali Phos, Mag Phos, and Nat Phos. Many people claim it helps with depression, anxiety, and panic attacks. It can be taken by itself or while using anti-depressant or anti-anxiety medications. There are no drug interactions as these are essential minerals in minute doses.

2. Bioplasma is a collection of all the cell salts conveniently packaged in one formula, used as a tonic to support and improve immune functioning. The body needs minerals for chemical and electrical health of the body. Most people use Bioplasma to support good health, detoxify, and rebuild mineral reserves. Use: Go slowly at first (by starting with only a few tablets) and increase little by little for maximum effect. Overuse can make the body detoxify too quickly.

I feel better overall since taking cell salts, but I have to say that the biggest difference I've noticed is that my face has cleared up a lot and I have less problems with breakouts and redness on my face, and that has improved my self-esteem and my emotional well being. — S. Krohn, age 45