

[Biochemic Cell Salt Remedies](#)

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Tandavan, Doctor Dr. Schuessler of Oldenburg Germany published in 1873, "An Abridged System of Homeopathic Therapeutics," a "new system" of treating human diseases based upon the idea that cures could be obtained by using those salts that naturally occurred in the human cells and tissues. He based his system upon "the physiological fact that the structure and viability of the organs of the body are dependent upon certain necessary quantities and proper apportionment of its organic constituents."

This is known as the "Biochemic" approach. According to this theory, any disturbance in the amount (usually a deficiency) or balance of these tissue salts constitutes disease. He further postulated that replacing the "deficient" cell salts would bring about the harmony among the tissues that is required for health. He determined that blood has, besides its organic elements, the inorganic salts of potash, lime, silica, iron, magnesium and sodium. Nerve cells are principally phosphate salts of magnesium, potassium, sodium and iron. These are commonly identified by their abbreviated biochemic names as Mag. Phosph., Kali Phosph., Nat. Phosph., and Ferr. Phos., respectively. Muscle cells have the same with the addition of potassium chloride (Kali Mur.). Connective tissue cells have as the main constituent silica, and the elastic tissues have calcarea fluoride (Calc. Fluor.). In bone there is calcarea fluoride, magnesia phosphate (Mag. Phosph.) and large amounts of calcarea phosphate (Calc. Phos.).

None of these tissues can be healthy unless they contain sufficient amounts of these salts in the proper states of equilibrium. By the study of disease processes and analysis of the required tissue salts, a complete alternative system was developed.

The required salts were furnished in a potentized form in decimal dilutions, usually 6X, utilizing the homeopathic method of succession (shaking) and trituration (grinding). This dilution assures that the action of the salts is on the physical level

and able to replace any deficiencies.

An example of the efficacy of this dosage form is that Glauber Salts (sodium sulfate) given to the patient in a concentrated form produce a rapid and complete, strong evacuation of the bowel contents. It is, indeed, used as a cathartic. If this same salt, however, is given in minute and potentized amounts (homeopathic style), it is absorbed from the gut into the blood and distributed throughout the body to give the Biochemic effect, among other things a diuresis (increasing the flow of urine).

Both acute and chronic disease conditions can be treated by tissue or cell salts. If the case is acute, a prescribed dose is dissolved in water and given to the patient in small (teaspoon) doses every hour or so until relief is seen. In the chronic cases the prescribed salt is given in the prescribed dose three to four times a day. This is continued for a month or more. The usual precautions about food or drink one half hour before and after also apply. At times if a more profound effect on the body is desired a 3x or 4x potency may be used; however, for self care it is advisable to stay with the 6x potency.

The Twelve Tissue Remedies of Schuessler by Boericke and Dewey is available from several publishers, in Homeopathic pharmacies and in many health food stores. It covers the theory, therapeutic application, materia medica and a complete repertory of these remedies homeopathically and biochemically considered. There are also multiple pamphlets and handbooks. A short amount of study will allow one to use these alternative remedies for many conditions. The remedies can be inexpensively purchased from homeopathic pharmacies and many health food stores. Since these are natural constituents of the body rather than foreign drugs, there is very little possibility of harm in the use. This is another safe and effective system whereby we can partake in our own well being.

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