Facial and Physical signs of tissue salt deficiency

1. CALCIUM FLUORIDE
   TISSUE ELASTICITY  
   TOOTH ENAMEL  
   BONE COATING  
   Calc fluor is important in the elastic fibres of the body (skin, muscles and blood vessels) and for the surface of bones and teeth
   Facial signs  
   1. Cubical fold (inside corner of eye)  
   2. Lines on face  
   3. Flaky skin  
   Physical signs  
   1. Broken skin, cracked heels  
   2. Calluses on hands, feet & elbows  
   3. Flabby skin, stretch marks  
   4. Cold sensitive teeth  
   5. Hardened glands, piles  
   6. Varicose veins  
   7. Spastic colon  

2. CALCIUM PHOSPHATE
   CELL RESTORER  
   Calc phos is a major constituent of bones and teeth. It is very useful in childhood conditions such as "growing pains" by helping to ease the bone pain.
   Facial signs  
   1. Pale wax-like ears  
   2. Entire face appears waxy  
   3. Soft white teeth  
   Physical signs  
   1. Fear & worry  
   2. Shy & withdrawn  
   3. Pins & needles  
   4. Palpitations  
   5. Tickling cough with no mucus  
   6. Weepiness  
   7. Easily frightened with "jumping heart"  
   8. Blood disorders  
   9. Delayed bone healing after fractures  

3. CALCIUM SULPHATE
   BLOOD PURIFIER  
   DISINTEGRATES OLD CELLS  
   Calc sulph is needed where there is suppuration (pus formation) such as with wounds slow to heal, boils, ulcers, abscesses and acne.
   Facial signs  
   1. Adult acne, severe adolescent acne  
   2. Boils, carbuncles, ulcers  
   Physical signs  
   1. Boils, carbuncles on body  
   2. Formation or discharge of pus anywhere on the body
4. FERRUM PHOSPHATE
OXYGEN CARRIER
ANTI-INFLAMMATORY
FIRST AID SUPPLEMENT

Ferrum phos is very helpful in the early stages of a cold or viral infection, when it is difficult to get clear symptoms on which homeopathic remedies to prescribe.

Facial signs
1. Dark rings under eyes
2. Entire outer ear is red
3. Red forehead/flushed face

Physical signs
1. Flu/colds
2. Shortness of breath
3. Bacterial/viral infection
4. Fatigue from a lack of oxygen
5. Temperature regulator
6. Bleeding
7. Vascular pains (headaches)
8. Menstruation
9. Low immune system

5. KALIUM MURIATICUM
BLOOD CONDITIONER
CLEANSER & DETOXIFYING AGENT

Kali mur helps in any condition with thick white discharge and in thickening of the blood.

Facial signs
1. Bluish, white half moon under eyes
2. Entire face white, person feels nauseated

Physical signs
1. Nausea (morning sickness)
2. Warts, skin attachments
3. Congested lungs
4. White discharge from anywhere in the body
5. Allergies
6. Snoring
7. Sinus, hayfever

6. KALIUM PHOSPHATE
MENTAL & PHYSICAL EXHAUSTION
NERVE & BRAIN CELL NUTRIENT
STRONG ANTISEPTIC

Kali phos is a great nutrient for the nerves and brain and helps with brain-fog, irritability, timidity and muscular debility associated with nerve weakness (usually after an acute illness).

Facial signs
1. Greyish area around mouth
2. Entire face grey
3. Deep sunken temples

Physical signs
1. Memory loss/ no concentration
2. Hyperactivity in children
3. Insomnia
4. Inability to comprehend
5. High temperatures
6. Halitosis
7. Mental & physical exhaustion
8. Functional brain disorders (senility)
7. KALIUM SULPHATE
KIDNEY CLEANSER
OXYGEN CARRIER
Kali sulph helps to carry oxygen to the cells and is useful in circulatory problems and inflammations. It also helps in skin problems and where discharges are yellow.

Facial signs
1. Brown spots & freckles (age spots)
2. Bronzy yellow face colour

Physical signs
1. Desire for cool air
2. Intestinal disorders
3. Stomach catarrh
4. Chronic conditions

8. MAGNESIUM PHOSPHATE
NERVE NUTRIENT
ANTI-SPASMODIC
GENERAL PAINKILLER
Magnesium phos is excellent as an anti-spasmodic and helps in such situations as menstrual cramps.

Facial signs
1. Pink/red on sides of nose
2. Bloatedness
3. Nervous tension
4. Hunger pains
5. Muscle cramps
6. Hot flushes
7. Nerve pains (sciatica)
8. Menstrual pains

Physical signs
1. Teething
2. Nervous tension
3. Muscular cramps
4. Hot flushes
5. Nerve pains
6. Menstrual pains

9. NATRIUM MURIATICUM
WATER DISTRIBUTOR
Natrum mur is used when there is a disturbance of the water metabolism, such as in excessive dryness or oedema. It works to distribute water in the body.

Facial signs
1. Puffiness under eyes
2. Sponginess of cheeks
3. Silvery white under eyelashes
4. Naso-labial lines

Physical signs
1. Itchy eyes & skin
2. Watery eyes & nose
3. Swelling anywhere in the body
4. Arthrosis/gout
5. Proneness to mosquito bites
6. Lack of energy
7. Excessive thirst
8. Craving for salty things
9. Cold hands & feet
10. Constipation
10. NATRIUM PHOSPHATE
ACID NEUTRALISER
Natrum phos is used where there is an excess of acid and where the bile is important (colic, jaundice, gastric problems). It works to create water.

<table>
<thead>
<tr>
<th>Facial signs</th>
<th>Physical signs</th>
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</thead>
<tbody>
<tr>
<td>1. Greasy skin, T-zone</td>
<td>1. Smelly feet &amp; sweat</td>
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<tr>
<td>2. Large pores, pimples, blackheads</td>
<td>2. Heartburn</td>
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<tr>
<td>3. Drooping cheeks</td>
<td>3. Craving for sweet things</td>
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<tr>
<td>4. Tight or no pores</td>
<td>4. Cradlecap &amp; nappy rash</td>
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<td></td>
<td>5. Burning sensation on skin</td>
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<td>6. Constipation</td>
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<td>7. Yellow discharge anywhere in body</td>
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11. NATRIUM SULPHATE
EXCESS WATER ELIMINATOR
LIVER CLEANSER
Natrum sulph, like Natrum phos and Natrum mur, regulates the quantity of water in the system. It helps where there is a greenish discharge.

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<td>1. Red outer edge of ear</td>
<td>1. Thick furry tongue</td>
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<tr>
<td>2. Bluish reddish nose</td>
<td>2. Hang over from over indulgence</td>
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<tr>
<td>3. Green-yellowish face colour</td>
<td>3. Asthma</td>
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<tr>
<td>4. Liver problems</td>
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12. SILICEA
SKIN CONDITIONER
ANTI-STRESS CELL SALT
Silicea is indicated in all cases of slow pus formation. It helps to ripen an abscess and promote discharge, such as in resolving boils or tooth abscesses.

**NOTE:** Silica is contra-indicated where foreign articles are present i.e. Heart stents, IUD, breast implants, metal pins, pacemakers etc.

<table>
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<tbody>
<tr>
<td>1. Wrinkles</td>
<td>1. Stress</td>
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<tr>
<td>2. Glossy shiny nose tip</td>
<td>2. Irritation, whining in children</td>
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<td>3. Dull fluffy hair</td>
<td>3. Aggression</td>
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<tr>
<td>4. Skin problems</td>
<td>4. Can’t get out of bed</td>
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<td>6. Deep sunken eyes</td>
<td>6. Twitching of eyes, involuntary twitching</td>
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<td>7. Headaches</td>
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<td>8. Septic conditions</td>
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<td>9. Haematoma re-absorption (i.e. after stroke)</td>
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</tbody>
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