

Schuessler Tissue Salts

There is nothing miraculous in the action of these remedies; their virtues are derived from the application of principles based upon the laws of nature. They are to the ailing what food is to the starving man. They bring ease by the logical process of removing the cause of disease. The biochemic system of medicine rests upon a firm foundation; it has stood the test of searching investigation. The more recent discoveries in the field of biological research, and the findings of present-day biochemists, confirm its teachings. In fact, later discoveries, made after his death, serve to pay handsome tribute to the wonderful insight and true medical genius of Dr. W. H. Schuessler, the founder of Biochemistry.

THE TWELVE TISSUE SALTS

THEIR PLACE AND FUNCTION IN THE HUMAN ECONOMY

1. CALC. FLUOR. (Calcium Fluoride)

Calc. Fluor. gives tissues the quality of elasticity. It combines with the organic substance albumin to form organic elastic tissue and is found in the walls of the blood vessels, in muscular tissue, in connective tissue, in the surface of bones and in the enamel of teeth. A deficiency of Calc. Fluor. results in a loss of elasticity and consequent relaxed condition. Its main function is the preservation of the contractile power of elastic tissue.

Whenever symptoms are traceable to a relaxed condition, e.g. a relaxed condition of veins and arteries, piles, sluggish circulation, a tendency to cracks in the skin, (notably in the palms of the hands and between the toes), this tissue salt is indicated. Calc. Fluor. is also useful in the treatment of diseases affecting the surface of the bones and joints and when the teeth become loose in their sockets and decay rapidly. The elasticity of muscular tissue and supporting membranes becomes impaired when this tissue salt is deficient, resulting in muscular weakness, bearing-down pains, etc. The symptoms are generally worse in humid conditions and are relieved by massage and warmth.

Telltale Facial Sign: Cubicle folds Single lines which run from the inner corner of the eyes and swoop down below the eyes. The longer and deeper these lines are, the greater the deficiency.

Other Facial Signs to Help Confirm the Deficiency:

Prominent Wrinkles/Folds below the Eyes

Brown or Black Coloring around the Entire Eye

Broken Capillaries

Scaling or Flaking Skin

Chapped Lips

Periodontitis, receding gums

Shiny Skin

Body signs

Cracks in skin, loose teeth, sluggish circulation, stony hardness.

Varicose veins, painful legs, hemorrhoids, receding gums, extreme tiredness, cataract.

Always give with silicea

Constitution - weak connective tissue, weak vessels, sensitive skin

2. CALC. PHOS. (Calcium Phosphate)

Calc. Phos. is the tissue salt concerned with nutrition. It combines with albumin and is indicated when there are albuminous discharges. Without Calc. Phos. there could be no blood coagulation. It will assist the action of a more directly

indicated tissue salt and thus produce more rapid results. It promotes healthy cellular activity and restores tone to weakened organs and tissues. This tissue salt is concerned with the formation of bone and teeth and thus becomes an important remedy for children. It aids growth and normal development and should be given in cases of backwardness more particularly where there is bone weakness or recurring tooth troubles.

Calc. Phos. is the biochemic remedy for rickets. It is a constituent of saliva and gastric juice. It assists digestion and assimilation and favours the building up of a sturdy, robust constitution. This is the remedy for any period of convalescence; its restorative power will speed recovery and replenish the body's reserves of strength. Calc. Phos. is the tissue salt for blood poverty and conditions associated with imperfect circulation. In the anaemic states often seen in young girls, this remedy should be given. Calc. Phos. pains can be severe and "fixing" and they tend to be worse at night. There may be a creeping sensation of the skin, also numbness and coldness of the limbs. Calc. Phos. has always been prized as a restorative.

Telltale Facial Sign: A White Coating on the Tongue

The upper surface of the tongue will have a white coating.

Other Facial Signs to Help Confirm the Deficiency:

Skin Will Appear Waxy

Halitosis [Chronic Bad Breath]

The Nose Will Appear White

The Top of the Head Will Sweat

A Rough and Raspy Voice

Body signs

General debility, malnutrition, anemia, imperfect circulation, bone fractures, rickets, teething disorders, excess mucous or cold, enlarged tonsils and swollen glands, chilblains, skin, cyst, rheumatic pains and swelling of the joints, kidney troubles during pregnancy, menstrual troubles, leucorrhoea, growing children and old people.

Give with Kali Phos.

Constitution – Narrow hipped, narrow breasted, anemic people

3. FERR.PHOS. (Iron Phosphate)

Ferr. Phos. is the pre-eminent Biochemic First Aid. It is the oxygen carrier. It enters into the composition of haemoglobin, the red colouring matter of the blood. It takes up oxygen from the air inhaled by the lungs and carries it in the blood stream to all parts of the body thus furnishing the vital force that sustains life. It gives strength and toughness to the circular walls of the blood vessels, especially the arteries. Freely circulating, oxygen-rich blood is essential to health and life and for this reason, Ferr. Phos. should always be considered as a supplementary remedy, no matter what other treatment may be indicated by the symptoms.

Congestion, inflammatory pain, high temperature and a quickened pulse, all call for more oxygen and it is Ferr. Phos. that is the medium through which oxygen is taken up by the blood stream and carried to the affected area. This tissue salt can be given with advantage in the early stage of most acute disorders, and it should be administered at frequent intervals until the inflammatory symptoms subside. It is also indicated where there is a lack of red blood corpuscles, as in anaemia, and as a first aid remedy for haemorrhages. It would be difficult to find a case of illness where Ferr. Phos. could not be used to advantage, irrespective of any other treatment that may be given. It is an excellent remedy for ailments associated with advancing years and it is one of the most frequently needed remedies in the treatment of children's ailments. Bleeding from wounds, cuts and abrasions, can be controlled with a little powdered Ferr. Phos., applied directly to the injured parts. A few tablets may be crushed for this purpose or the tablets may be dissolved and used as a lotion (see directions, external applications). Ferr. Phos. should also be thought of as a first-aid in cases of muscular strains, sprains etc.

NOTE: Ferr. Phos. is in no sense an iron tonic. Its action is entirely nutritional and without any side-effects.

Telltale Facial Sign: Full Dark Lower Eyelids

The entire lower eyelid from corner to corner will have a grayish black appearance.

Other Facial Signs to Help Confirm the Deficiency:

Redness in the Forehead and Cheeks

Red, Hot Ears

Red Tongue

Grayish Black Color around the Nose

Pale Gums

Inconsistent or Light Pigment in the Lips

Body signs

Congestion, inflammatory pain, high fever.

Redness of skin, cut pain bruises, hemorrhages, dull throbbing headaches, insomnia, palpitation of the heart, sore throat, cold, bronchitis, rheumatic pains, lumbago, anemia, inflammation of bladder and kidneys.

Constitution – Slender, slight, lively, nervous and anemic.

4. KALI MUR. (Potassium Chloride)

Kali Mur. is the remedy for sluggish conditions. It combines with the organic substance fibrin. Thus a deficiency of this tissue salt causes fibrin to become non-functional, and to be thrown off in the form of thick, white discharges, giving rise to catarrhs and similar symptoms affecting the skin and mucous membranes. Its action is complementary to that of Calc. Sulph., as both remedies are concerned with cleansing and purifying the blood. In conditions calling for Kali Mur., the blood tends to thicken and to form clots. In alternation with Ferr. Phos. it is frequently needed for the treatment of children's ailments. Kali Mur. is the remedy for thick, white fibrinous discharges. Other prominent symptoms are a white-coated tongue and light-coloured stools (lack of bile). Torpidity of the liver is another indication. In alternation with Ferr. Phos. it is frequently needed in the treatment of inflammatory diseases, particularly those affecting respiration - coughs, colds, sore throats, tonsillitis, bronchitis, etc., also for children's ailments such as measles and chicken pox and where there are soft swellings, e.g. mumps, croup. Kali Mur. is concerned with the production of saliva and is therefore important in the early stages of digestion. The symptoms may be worse after eating fatty or rich foods and there may be lack of appetite. With Nat. Mur. it is utilised in the production of hydrochloric acid, and is thus an essential link in the process of digestion. This tissue salt is useful as a first aid for the treatment of burns.

Telltale facial sign: Squinting, As If Light-Sensitive. Those with potassium chloride deficiency will squint as though the light is bothering their eyes.

Other Facial Signs to Help Confirm the Deficiency:

Milky White Skin [Also Present in Vitamin D Deficiency]

Swollen Lymphatic Knots White Coating on the Tongue [Also See Calcium Phosphate]

Flaking of the Skin

Body signs

sluggish condition, sore throat, white colored tongue, light colored stools, coughs and colds. Second stage of catarrh, inflammations of bronchial tube, swollen glands, mumps, hoarseness, swollen tonsils, stuffy noses, white or grey secretions, sluggish liver, constipation, swellings, rheumatism, skin rashes with scaling, use with Silicea and Kali Sulph.

Constitution – Slim type with weak nerves.

5. KALI PHOS. (Potassium Phosphate)

Kali Phos. is a nerve nutrient. It is the remedy for ailments of a truly nervous character. School children often need this tissue salt; it helps to maintain a happy, contented disposition and sharpens the mental faculties. Early symptoms may be very slight, scarcely noticeable in fact, except to a mother's watchful eye. There may be fretfulness, ill-humour, bashfulness, timidity, laziness and similar indications; indeed, any display of what is sometimes described as "tantrums" may be regarded as a symptom of Kali Phos. deficiency. Kali Phos. is the remedy for nervous headaches, nervous dyspepsia, sleeplessness, depression, languid weariness, lowered vitality, grumpiness and many other conditions which may be summed up in the modern colloquial phrase, "lack of pep". But do not regard Kali Phos. as merely a pick-me-up; this tissue salt is an important constituent of nervous tissue and consequently has a wide and powerful influence on the bodily functions. It covers those ailments comprehended by the term "nerves". Kali Phos. is also indicated in the treatment of irritating skin ailments, such as shingles, to correct the underlying nervous condition. It is helpful for breathing in nervous

asthma. The symptoms are usually worse from mental and physical exertion and from cold. They are ameliorated by rest, warmth and sometimes by eating.

Telltale Facial Sign: Sunken Temples

Look for indents just beyond the outside corner of the eyes.

Other Facial Signs to Help Confirm the Deficiency:

Grayish Skin, Mainly in the Chin Area

Gray Eyes

Absent Expression

Brown Coating on the Tongue

Dry Tongue

Periodontitis

Bleeding Gums

Halitosis [Chronic Bad Breath]

Body signs

Nervous headaches, ill humor, skin, sleepless, timid. Nervous exhaustion, indigestion, insomnia, headaches, sensitive skin itching, general skin troubles, burning sensation (Arsenic), Take with Ferrum Phos. Brain fog.

Constitution- Slim types with weak nerves.

6. KALI SULPH. (Potassium Sulphate)

Kali Sulph. works in conjunction with Ferr. Phos. as an oxygen-carrier. It assists in the exchange of oxygen from the blood stream to the tissue-cells, thereby completing the respiratory process initiated by Ferr. Phos. Internal breathing of the tissues depends upon Kali Sulph.; external breathing is the function of Ferr. Phos., if we designate the exchanges of gases in the lung in this way. Kali Sulph. has a beneficial effect on respiration and is indicated in those cases where there is a feeling of "stuffiness" or desire for cool air. It is also the anti-friction salt ensuring the smooth working of all parts, thus acting in the manner of a lubricant. Kali Sulph. is indicated where there is a sticky, yellowish discharge from the skin or mucous membrane, as in certain forms of catarrh. Eruptions on the skin and scalp, with scaling, call for this remedy and it helps to maintain the hair in a healthy state. Other symptoms include chilliness and shifting, fleeting pains. It is useful in the treatment of intestinal disorders, stomach catarrh, and in inflammatory conditions to promote perspiration. The symptoms are generally worse in the evening, or in a closed, stuffy atmosphere, and are better in the fresh air.

Telltale Facial Sign: Dark Eyelids

The entire upper eyelid will be dark in color.

Other Facial Signs to Help Confirm the Deficiency:

Yellowish-Brown Skin

Sun Induced Freckles on the Skin

Dandruff Which Sticks to the Head

Yellow, Slimy Coating on the Tongue

Body signs

Boxed in feeling, stomach catarrh, eruptions on skin and scalp, shifting pains (Puls).

Third stage of inflammations, catarrhal conditions with yellow discharge, bronchitis, loose phlegm, skin eruptions with oily discharge or inactive dry scaling skin, eczema dandruff, hair loss, psoriasis, ring worm, gastro duodenal catarrh, constipation, shifting rheumatism, evening aggravation and by heat.

Give with Kali Phos and Ferrum phos.

Constitution – Rheumatism, nervous disorders, disorders of the joints, Skin.

7. MAG. PHOS. (Magnesium Phosphate)

Mag. Phos. is known as the anti-spasmodic tissue salt. Its main function is in connection with the nervous system where it supplements the action of Kali Phos. When a deficiency of Mag. Phos. occurs, the white nerve fibres contract, causing

spasms and cramps. This tissue salt is of importance to muscular tissue, ensuring rhythmic and coherent movement. Mag. Phos. is quick to relieve pain, especially cramping, shooting, darting or spasmodic pains.

Mag. Phos. is indicated for nerve pains, such as neuralgia, neuritis and sciatica, and headaches accompanied by shooting, darting stabs of pain. It relieves muscular twitching, cramps, hiccups, convulsive fits of coughing and those sudden, sharp twinges of pain that are so distressing. It also relieves menstrual pains. Stomach cramps and flatulence respond to treatment with this tissue salt. These symptoms may be aggravated by cold and by touching and are relieved by the application of heat, by pressure and by bending double. The doses may be taken at frequent intervals until relief is obtained. Because magnesium has been assumed to be plentiful in the diet, some authorities have considered a deficiency unlikely. But this is not necessarily so, as recent research has proved that some diets provide insufficient magnesium for the body's needs.

NOTE: Mag. Phos. will often act more rapidly when the tablets are taken with a sip of hot water.

Telltale Facial Sign: Red Spots

Look for red spots on the cheeks or neck.

Other Facial Signs to Help Confirm the Deficiency:

Otherwise Pale Skin

Convulsions in the Corners of the Mouth/Lips

Twitching of the Eyes

Body signs

Menstrual pains, stomach cramps, flatulence, neuralgia, sciatica, headaches with darting stab, muscular twitching. Heart troubles, earache, whooping cough.

Give with Ferrum Phos and Kali Phos.

Constitution - Overly nervous, pain sensitive, slim type.

8. NAT. MUR. (Sodium Chloride)

Nat. Mur. is the water-distributing tissue salt. It enters into the composition of every fluid and solid of the body. Because of its powerful affinity for water, it controls the ebb and flow of the bodily fluids; its prime function being to maintain a proper degree of moisture throughout the system. Without this tissue salt, cell division and normal growth could not proceed. It is closely associated with nutrition, with glandular activity and with the internal secretions which play such an important part of the physiological process. Excessive moisture or excessive dryness in any part of the system is a clear indication of a Nat. Mur. deficiency. The resulting symptoms are many and varied but there will always be an underlying factor of too much or too little water. Here are some typical symptoms:

Low spirits, with a feeling of hopelessness; headaches with constipation; blood thin and watery with pallor of the skin, which sometimes has a greasy appearance; difficult stools, with rawness and soreness of the anus; colds with discharge of watery mucus and sneezing; dry, painful nose and throat symptoms; heartburn (waterbrash) due to gastric fermentation with slow digestion, the food remains too long in the stomach; great thirst; tooth-ache and facial neuralgia with flow of tears and saliva; eyes weak, the wind causes them to water; hay fever, drowsiness with muscular weakness; chafing of the skin; hang-nails; unrefreshing sleep - tired in the morning; after-effects of alcoholic stimulants; loss of taste or smell; craving for salt and salty foods; stings and bites of insects - apply locally as soon as possible.

An important function of Nat. Mur. is the production of hydrochloric acid. Too little acid means slow digestion, especially of calcium rich foods. Remember, approximately two thirds of your body is composed of water; hence the vital role played by Nat. Mur., the water distributor, in all the life processes.

Telltale facial sign: Deep Naso-labial Fold

These are the lines that run from the corners of the nose, where the nose flares and run down the outside corners of the lips. If these lines are present and are deep, this is the strongest indication that the individual is deficient in sodium chloride.

Other Facial Signs to Help Confirm the Deficiency:

Shiny Upper Eyelids [Almost Wet Appearance]

Bright Upper Eyelids [Reddish]

Bloated or Puffy Face

Dandruff
 Clear Mucus like Coating on the Tongue
 Silver Stripe below the Eyelashes
 Swollen Taste Buds
 Rash on the Upper Forehead
 Itchy/Dry Skin

Body signs

Low spirits, headache with constipation, heartburn, tooth ache, weak eyes. Skin disorders, watery blisters, cold sores, itching eczema, insect stings, fluid accumulation, dryness of mouth, constipation, indigestion, cracking joints, restless, irritable, painful discharge from the eyes, watery cold catarrh, intermittent chills, sunstroke, fatigue on walking.

Constitution- Anemic and rheumatic types.

9. NAT. PHOS. (Sodium Phosphate)

Nat. Phos. is an acid neutraliser. It is the principal remedy for the wide group of ailments arising from an acid condition of the blood. This tissue salt is also of importance for the proper functioning of the digestive organs. The assimilation of fats and other nutrients is dependent on the action of this remedy. A deficiency of Nat. Phos. allows uric acid to form salts which become deposited around the joints and tissues giving rise to stiffness and swelling, and other painful rheumatic symptoms. Nat. Phos. is indicated whenever symptoms of acidity are present, such as acid dyspepsia, pain after eating and similar digestive disorders. Other indications are highly coloured urine, golden-yellow or creamy coating at the root of the tongue (the whole tongue may sometimes present the appearance of a piece of washleather), worms, nervous irritability. Sleeplessness caused by indigestion can sometimes be remedied with a dose of Nat. Phos. kept handy by the bedside. This remedy is of importance in the treatment of rheumatism, lumbago, fibrositis and associated ailments. An acid state of the blood occurs when there is a deficiency of the soothing, acid-neutralising tissue salt, Nat. Phos.

Telltale Facial Sign: Hanging Cheeks

Where excess skin in the jowl area appears to hang lower than the jawbone.

Other Facial Signs to Help Confirm the Deficiency:

Greasy or Dull Shine on the Forehead
 Greasy or Dull Shine on the Nose
 Large Skin Pores
 Blackheads and Other Pimples
 Pale Mucous Membranes [Nostril Cavities]
 Double Chin
 Yellowish Coating at the Back of the Tongue

Body signs

Stiffness and swelling of the joints, rheumatism, lumbago, golden yellow coating on the root of the tongue. Sour taste in the mouth, flatulence, jaundice, gallstones, diarrhea, bilious disorders, rheumatic pain, gout, worms, kidney and bladder weakness, inflamed or ulcerated throat, gums, exudation from skin sores. Give this before other medicines.

Constitution - nervous, hyperacidity.

10. NAT. SULPH. (Sodium Sulphate)

Nat. Sulph. regulates the density of the intercellular fluids (fluids which bathe the tissue-cells) by eliminating excess water. This tissue salt largely controls the healthy functioning of the liver; it ensures an adequate supply of free-flowing, healthy bile, so necessary for the later stages of digestion. The removal of poison-charged fluids, which are the normal result of the chemical exchanges constantly taking place in the tissue-cells, is brought about by the action of Nat. Sulph. If conditions arise which allow these waste fluids to accumulate in the blood and tissues, auto-intoxication (self-poisoning) is the result. Nat. Sulph. ensures the disposal of these poison-charged fluids and its importance in the treatment of rheumatic ailments is therefore self-evident. Nat. Sulph. is indicated in the treatment of ailments affecting the liver, e.g. biliousness.

Sandy deposits in the urine, watery infiltrations, a brownish-green coating of the tongue and a bitter taste in the mouth are some of the symptoms. It is the principal remedy in the treatment of influenza. Humid asthma, malaria and other conditions associated with humidity need this remedy. A few doses of Nat. Sulph. will help to dispel that languid feeling so often experienced during a spell of humid, oppressive weather.

Telltale Facial Sign: Redness Only in the Exterior Corners of the Eyes

When only the outside corners or points where the two eyelids [upper and lower] meet, there will be strong and notable redness.

Other Facial Signs to Help Confirm the Deficiency:

Greenish Yellow Complexion Especially in the Forehead or Temples

Bluish Redness on the Nose

Bluish Redness in Front of the Ears

Tongue Will Have a Dirty or Greenish Appearance

Body signs

Influenza, humid asthma, malaria, liver, brownish green coating of tongue, bitter taste in mouth. Vomiting of bile, gallstones, constipation, diarrhea, grippe and chills, For people who put on weight despite dieting. Worse in wet weather.

Constitution - Corpulent, gouty with liver disorders.

11. SILICA (Silica Oxide)

Silica is a cleanser and eliminator. It is a deep-acting remedy which helps the body to throw off non-functional organic matter that may have arrived at a given point during Nature's effort to eliminate it from the system. It can often initiate the healing process by promoting suppuration and breaking up pathological accumulations, e.g. abscesses. Silica is a constituent of the hair, skin, nails and surfaces of the bones. It also acts in the manner of an insulator for the nerves. In cases of checked perspiration, Silica restores the activity of the skin, thereby aiding this important cleansing process. It is the biochemic remedy for offensive perspiration of the feet and arm-pits.

Silica is indicated wherever there is pus formation or threatened suppuration, e.g. abscesses, boils, gumboils, styes, etc. It is useful in the treatment of tonsillitis when pus has begun to form. Brittle or crippled nails and diseases affecting the surfaces of the bones need this remedy. Silica is helpful as a supplementary remedy in cases of dyspepsia and pains in the region of the stomach. The symptoms are usually worse at night and in the morning and are relieved by the application of heat.

Telltale Facial Sign: Deep Wrinkles [Crows Feet/Laugh Lines... Etc.]

Deep folds or wrinkles such as crows feet, laugh lines or vertical folds in front of the ears are the main signs of a silica deficiency.

Other Facial Signs to Help Confirm the Deficiency:

Shining Skin [Entire Face]

Waxy Yellow or Pale Skin

Deep Recumbent Eyes [Indicates a Long-Term Deficiency]

Convulsions of the Upper Eyelids

Convulsions of the Inner Section of Lower Eyelids

Small Skin Pores

Brittle Hair

Dry Nose

Body signs

Smelly feet and arm pits, pus formation, boils, tonsillitis, brittle nails, stomach pains. Copious night sweats, insufficient perspiration, red eyelids, styes, eye lens, carries.

12. CALC. SULPH. (Calcium Sulphate)

Calc. Sulph. is a blood purifier and healer. It is found in the liver where it helps in the removal of waste products from the blood stream and it has a cleansing and purifying influence throughout the system. Calc. Sulph. cleans out the accumula-

tion of non-functional, organic matter in the tissues and causes infiltrated parts to discharge their contents readily, throwing-off decaying organic matter, so that it may not lie dormant or slowly decay and thus injure the surrounding tissues. Calc. Sulph. is indicated in conditions arising from impurities in the blood stream. It supplements the action of Kali Mur. in the treatment of catarrh, acne, etc. and it should always be given when pimples occur in adolescence. It checks the weakening drain of suppuration too long continued, e.g. abscesses and wounds which will not heal readily and tend to become septic. If taken in the early stage, it will prevent a sore throat from developing and in the same way, it will often cut short a threatening cold. The symptoms are generally worse after getting wet and are better in a warm, dry atmosphere.

Telltale Facial Sign: Liver, Sun or Kidney Spots on the Face. These are Brown or yellowish spots around the eyes forehead or cheeks.

Other Facial Signs to Help Confirm the Deficiency:

Adult Acne or Severe Juvenile Acne Boils or Abscesses [on the Face or Body]
Soft Tooth Enamel

13. KALI. ARS. (Potassium arsenite)

For skin conditions eg: eczema (itching) & warts, as well as for intestinal complaints, states of weakness, menstrual discomfort, menopause. A general supporter of the thyroid gland, potassium arsenite also supports the skin, hair, liver, kidneys and brain. Potassium arsenite is the rescue remedy for panic attacks. It is often called nature's Ativan. Also used to treat many skin issues, menstrual discomfort and weakened states.

Telltale Facial Sign: Narrow, Sunken Cheeks

Where the cheeks on the face indent and appear sunken.

Other Facial Signs to Help Confirm the Deficiency:

Appearance of Unexplained Scratches on the Face Hands or Arms
Scaly Eczema
Sunken Eyes [in Long-Term Deficiencies]

14. KALI. BROM. (Potassium bromide)

For nerves, relaxation and sleep (tension related), headache, migraine, restlessness. Supports the entire doctrine system, if your hormones are not in balance, then potassium bromide is the go to tissue salt. Most commonly used in hyperthyroidism, sleeplessness, neuralgia and inflammations.

Telltale Facial Sign: Constant Worried Look on the Face When the individual constantly has a look of worry in their eyes.

Other Facial Signs to Help Confirm the Deficiency:

Protruding Eyes [Bulging]
Tired Eyes
Acne

15. KALI. IOD. (Potassium iodide)

Anxiety & Skin disorders - Supports the thyroid gland and is beneficial for goitre, depression, dry skin, heart and brain activity, racing heart, dizziness and sweating. Yet another powerhouse tissue salt, potassium iodide supports the thyroid, kidneys, liver, stomach, spleen, skin and hair. Most often used in hypothyroidism, is also used quite often for high blood pressure and depression. To list the benefits of potassium iodide would literally require another book to be written just for it.

Telltale Facial Sign: Goiter or Inflammation of the Thyroid Area

We all have skin folds or wrinkles that circle our necks, but in people with a potassium iodine deficiency the fold on the same plane as thyroid will circle around. When it reaches the thyroid region due to inflammation of the thyroid or a goiter.

Other Facial Signs to Help Confirm the Deficiency:

Slight turn in one eye

Constant clearing of the throat
 Protruding eyes
 Sweaty forehead

16. LITH. MUR. (Lithium chloride)

Removal - Supports rheumatism and is beneficial for herpes, urethral inflammation, renal disease and urinary disorders. Mood swings, manic depressive illness, chronic rheumatism, thyroid function issues; insomnia, weight loss, weakness.

Other Facial Signs to Help Confirm the Deficiency:

Blinking
 Eczemas
 Reddened eyes
 Swollen eyes
 Tired look

17. MANG. SULPH. (Manganese sulfate)

Formation of blood - For anaemia, diabetes, hepatitis, osteoporosis, rheumatoid arthritis, infertility, pregnancy and weak nerves. The natural purifier of blood, a builder of cartilage, manganese sulfate is one of the most powerful of all tissue salts. It supports the formation of blood, the entire nervous system and metabolism. The most common uses are in treatment of leukemia, anemia, arthrosis and osteoporosis.

Telltale facial sign: Anemia – light colored gums, Complete lower eyelids dark... Manganese is responsible for the up-take of iron and if deficient in manganese, and iron deficiency is almost certain.

Other Facial Signs to Help Confirm the Deficiency:

Scaly Rashes
 Facial Paleness
 Facial Expression Which Seems Fatigued
 Yellowish Complexion

18. CALC. SULF. (Calcium sulfide)

Vitality - For the elimination of oxidation and harmful substances, amalgam or mercury poisoning and for exhaustion with weight loss. Not to be confused with Calcium Sulphate as they are very different, Calcium sulfide supports the skin mucous membranes and muscles. Used for detoxification with amalgam poisoning, to battle weight loss [prevents weight loss] and for rheumatism.

Telltale Facial Sign: A Look of Fatigue

A tired expression on the face. The main functions or purposes of calcium sulfide are to clear the body of heavy metals and in cases of rheumatism. Those who are deficient calcium sulfide will also have an acidic body.

Other facial signs to help confirm the deficiency:

Cradle cap in infants

19. CUPRUM. ARS. (Copper arsenite)

Central Nervous System disorders - For eliminating heavy metals, Parkinson's disease, Multiple Sclerosis, osteoporosis and rheumatism. Essential to the liver and gallbladder, copper arsenite supports the nervous system, skin, digestive system and is also used to chelate heavy metals within the body. The most common uses are immunodeficiency, asthma and heavy metals poisoning.

Telltale Facial Sign: Wrinkles and Appearance of Dirty Skin. Copper arsenite is essential to the skin, as well as detoxing the body. The face will have many deep folds and appearance of dirty skin.

Other Facial Signs to Help Confirm the Deficiency:

Pale or Bluish Skin

Overproduction of Saliva – Frequent Swallowing
Excessive Sweating

20. KALI. ALUM. SULPH. (Potassium Aluminium Sulphuric acid)

For the elimination of heavy metals, assisting the nervous system, Parkinson's, Alzheimer's, bloating, constipation, flatulence, dizziness and dry mucous membranes (irritating cough). Also known as Alum, this tissue salt is essential to both the skin and muscles. Its main uses are irritant coughs, flatulence and dry mucous membranes.

Telltale Facial Sign: Crusting in the Nasal Passages

The outer nasal passages will have crusts and appear dry and scaly.

Other Facial Signs to Help Confirm the Deficiency:

Dry Skin

Unexplained Appearance of Scratches

21. ZINC. MUR. (Zinc chloride)

Immune System - For eliminating heavy metals and acidity, Multiple Sclerosis, prostate complaints, infertility, thin hair and white nail spots. An antioxidant and powerful regulator of the immune system, zinc chloride should be the number one tissue salt as it is essential to every cell in the body. The most common uses of zinc chloride are immunodeficiencies, infertility in women and for nervous conditions.

Telltale Facial Sign: Cystic Acne in Adults

Cystic acne is small boil like, plus filled blemishes or pimples on the skin.

Other Facial Signs to Help Confirm the Deficiency:

Herpes Simplex – Cold Sores

22. CALC. CARB. (Calcium carbonate)

Vitality - For severe exhaustion, anti-ageing, permanent stress, weak constitution and chronic mucous membrane complaints. Used mainly by the lymphatic system and bones, calcium carbonate is also used as a weight loss supplement, and an antiaging supplement and used in children with developmental delays. Calcium carbonate helps the body metabolize fats.

Telltale Facial Sign: Face Will Appear Puffy or Swollen

As stated, in those with calcium carbonate deficiencies the face/cheeks will appear swollen or puffy.

Other Facial Signs to Help Confirm the Deficiency:

Large Skin Pores

Dermatitis

Excessively Full Hair

23. NAT. BICARB. (Sodium bicarbonate)

Body Acid balance - For heartburn, uric acid/ "over acid" conditions of , weakness of metabolism and waste elimination. Should I ever be diagnosed with cancer, sodium bicarbonate is the absolute first thing that I will reach for in order to create an unfriendly environment for cancer tumors. Although it never seems to be addressed, bicarbonate is also produced in the kidneys, and any sign of kidney dysfunction should include sodium bicarbonate and potassium as a first line of treatment. Many people looking to detoxify their bodies look to the antioxidants in silica, but sodium bicarbonate is one of the most powerful detoxifying tissue salts.

The most common uses however are for over acidic conditions, heartburn and metabolism weakness.

Telltale Facial Sign: over Acidic Signs, Redness, Large Skin Pores.

Look for signs of an over acidic body. These include vascular redness in the face and enlarged skin pores.

Other Signs to Help Confirm the Deficiency:

Eczema on the Face

Rashes on the Face

24. ARS. IOD. (Arsenic iodide)

Skin Allergies - For all allergy symptoms, hay fever, bronchitis, night sweats, intestinal disorders, bluish extremities, rashes and acne. A powerful hormone regulator, arsenic iodide is also responsible for clearing the lymphatic system, as well as detoxifying the lungs and skin. Most common uses are for allergies, acne and hayfever.

Telltale Facial Sign: Reddened Eyes/Bloodshot Eyes

Look for vascular redness within the eyes. Chronically bloodshot eyes are a sign of an arsenic iodide deficiency.

Other Signs to Help Confirm the Deficiency:

Facial Acne

Narrow Cheeks

Skin Rash

Unexplained Scratches on the Face

25. AURUM. MUR. NAT. (Aurum chloride sodium or gold)

Supports the body's day and night rhythm and female reproductive organs. Beneficial for Sleep disturbances; hormone production, eye sight, blood pressure, liver disease, immune support and rheumatism. Gold chloride may be a future treatment for anxiety issues as it regulates the penal gland. It also is essential to regulating the functions of the liver in the heart. Most commonly used for sleeping disturbances, heart weakness and menstrual discomforts.

Telltale Facial Sign: Facial Warts

Look for warts on the face.

Other Facial Signs to Help Confirm the Deficiency:

Itchy Facial Skin

26. SELENIUM (Selenium)

Liver, blood - vessels For the immune system, heavy metal elimination, eye metabolism, dry skin, infertility, herpes, liver, detox and psoriasis. One of the most powerful antioxidants, selenium is used to normalize metabolisms, boost liver sufficiency and help battle exhaustion.

Telltale Facial Sign: Cold Sores – Herpes Simplex

Selenium is an antioxidant and Immune System Booster. Those who are deficient in Selenium will often be prone to cold sores.

Other Facial Signs to Help Confirm the Deficiency:

Liver Spots on the Face

Jaundice

Excessively Nervous in Appearance

27. KALI. DICHROM. (Potassium dichromate)

Blood sugar metabolism - For diabetes, cholesterol, obesity, stress and mucous membrane complaints. Potassium dichromate, also known as GTF chromium is most often used in people with prediabetes to regulate their blood sugars. Also used as a weight loss tool and as a prevention against arteriosclerosis.

Telltale Facial Sign: Ulcers or Abscesses on the Face

Look for ulcers or abscesses on the cheeks, chin or forehead.

Other Facial Signs to Help Confirm the Deficiency:

Gray Hair

Runny Nose

Painful Swallowing