

## Tissue Salts

Modern horses are subject to numerous environmental stresses, soil acidity leading, loss of minerals, devitalised diets, pollution, malabsorption, hard training schedules, overly processed and devitalised foods and long-term stabling. Tissue Salts work at a basic cellular level and provide the means whereby the actual cells are able to use organic substances (food) and water to operate normal functions within the body as well as repair it in cases where mineral levels may be depleted.

During the 19th century noted biochemists and physiological scientists discovered the fundamental importance of specific inorganic (MINERAL) elements to the normal life and functioning of all of the cells of the body. Twelve inorganic mineral elements were isolated and their respective functions researched. Dr. Schuessler named these mineral elements 'tissue salts'; in varying combinations they make up every cell in the body. These tissue salts or "cell salts" are vital mineral constituents of the body. By combining with organic substances in the body they may produce and maintain the health of the tissue cells in situations where these mineral elements are deficient. Dr Schuessler noted that lacking in any of these salts, a loss of health occurred and once the deficiency or imbalance was corrected the body could heal itself.

It is important to note that tissue salts are not drugs, but valuable micro dose cell foods prepared homeopathically. This form ensures rapid and easy assimilation, for the speedy restoration of the natural balance of the body system.

Tissue salts are among the gentlest, most supportive, remedies in homeopathy and can aid in preventing and alleviating illness. Because of the homeopathic preparation, they are perfectly safe at any dosage, yet can often restore a deficiency faster and often more effectively than a supplement.

### The Twelve Tissue Salts

- Calcium Fluoride (Calc. Fluor.) - Elasticity Salt
- Calcium Phosphate (Calc Phos) - Nutrition salt and GeneralTonic.
- Calcium Sulphate (Calc Sulph) - Cell Healer and Blood Purifier
- Ferrum Phosphate (Ferr Phos) - First Aid Salt and constituent of Haemoglobin.
- Kali Muriaticum (Kali Mur) - Blood Conditioner.
- Kali Phosphate (Kali Phos) - Nerve Nutrient.
- Kali Sulphate (Kali Sulph) - Skin Salt.
- Magnesium Phosphate (Mag Phos) - Nerve Relaxant & Anti Spasmodic Salt.
- Natrum Muriaticum (Nat Mur) - Fluid Balancer & Water Distributing Salt.
- Natrum Phosphate (Nat Phos) – Acid Neutraliser
- Natrum Sulphate (Nat Sulph) – Water Eliminator
- Silica (Silica) – Toxic Eliminator



**elementals**  
EQUINE THERAPIES

### Selecting the Remedy and Directions

The key to success in using the tissue salt therapy is the accurate linking of the symptoms with the appropriate tissue-salt. Symptoms are significant pointers to the tissue-salt needed in any given case. Each of the tissue-salts has its own distinct symptoms 'picture', i.e., the spasm, cramps and neuralgias of Mag Phos., acidity which points to Nat Phos., excess dryness or watery discharges which call for Nat Mur. and so on.

### Dose

As with any homeopathic treatment, the idea is to administer the remedy until you see improvement, let the body continue to do what it can and then only repeat as needed. In general, a horse should be given 1ml per dose.

In chronic cases, three doses daily will suffice, but for acute conditions, a dose should be taken every half hour until relief is obtained; thereafter the frequency of dose should be gradually reduced to three times daily. 'Acute' means of sudden onset and short duration. 'Chronic' means of long continuance or lingering. A 'chronic' ailment may have 'acute' phases and for such phases the directions for acute conditions will apply.

**Fact sheet**