

Quick Reference Guide

The 12 Minerals

1. **Calcium fluoride (Calc fluor)** – The Elasticity Salt.

Acts as a toning agent in the body. Gives elasticity to tissues, tightens what has stretched (ie. sprains, prolapse) but also hardens outer shells (like bones and teeth). Also has the ability to soften what has hardened (calluses, calcification).

2. **Calcium phosphate (Calc phos)** – The Bone Salt.

Supports growth, teeth, bone health and strength (bone is 57% this mineral). Raises overall vitality and speeds healing. All cells require this mineral, so vital for new cell production (especially, but not only red and white blood cells). A remedy for anaemia when iron fails to help.

3. **Iron phosphate (Ferr phos)** – First-Aid Salt.

Allows red blood cells to carry oxygen. Vital for the immune response, fighting infections and to reduce inflammation. Aids healing of cuts and grazes

4. **Potassium chloride (Kali mur)** – The Gland Salt.

Supports lymphatic drainage (swollen lymph nodes are a sure sign of deficiency), congestion relief, and immune function. Pair with Iron at the first signs of colds and flu's. Required whenever we see a white coated tongue.

5. **Potassium phosphate (Kali phos)** – The Mind Salt.

A nervous system tonic for stress, fatigue, emotional upset and focus. Vital for forming the grey matter of the brain. Depleted by stress, required when learning. Very important mineral for students.

6. **Potassium sulphate (Kali sulph)** – The Skin Salt.

Our first point of call for skin rashes. Aids in getting oxygen into the cells, vital for detoxification, skin healing, and respiratory health.

7. **Magnesium phosphate (Mag phos)** – The Salt for Pain and Cramps.

Supports muscle relaxation, reduces cramps (calf, menstrual etc), aids digestion, promotes healthy nerve function and prevents nerve pain (stabbing shooting pains). Activates over 300 enzymes in the body so increases cellular metabolism.

8. **Sodium chloride (Nat mur)** – The Fluid Balance Salt.

Enables osmosis via the cell, so promotes hydration, increases cellular uptake of other minerals and nutrients. Aids digestion (a vital component of stomach acid) and activates the senses of taste and smell. Helpful for dry skin, dripping nose or other signs of fluid imbalance.

9. **Sodium phosphate (Nat phos)** – The Acid Balance Salt.

So many diseases have their roots in an acid environment. Acids are broken down via this mineral. Helpful for indigestion, reflux, helping the fat metabolism and combating cravings for sugar.

10. **Sodium sulphate (Nat sulph)** – The Cleansing Salt.

Eliminates fluid from the cell, promoting deep cleansing. Supports liver, gall and intestinal function. Very important mineral for detoxification (works even better when paired with #6 Kali sulph).

11. **Silicea (Silica)** – The Surgeon Salt.

Strengthens skin, hair, nails, bones and promotes healing of infections. Silica retains its ‘sharpness’ even at a molecular scale, allowing the body to use it to cut passage for debris or pus to escape the body. Dab silica on tough pimples, boils or infected splinters and see a head form and easy discharge come about swiftly and with minimal pains.

12. **Calcium sulphate (Calc sulph)** – Salt of Deep Cleansing.

Aids in skin healing, wound repair, and detoxification. This salt works in opposition to silica’s function – in that it works to dissolve infectious complaints that have gone on too long. Contained in the liver and gallbladder, this salt has a detoxifying effect on connective tissue and the blood.

