

# SYMPTOMS ASSOCIATED WITH EACH MINERAL DEFICIENCY

## #1 - ELASTICITY - CALCIUM FLUORIDE (CALCIUM FLUORATUM)

Symptoms indicating a lack of Calcium fluoride can include;

Visible tells indicating this deficiency

Back pain in disc area (Include #8 & #11)	Connective tissue weakness (inc. #8 & #11)	Conjunctivitis
Constipation	Dizzy spells (if severe include #3 & #4)	Eyesight-poor. Blurred vision after strain. Eyes often ache - (ligaments)
Fissures – split tissue – mouth corners etc.	Flabbiness (anywhere, and in general)	Haemorrhoids
Hyperkeratosis (thick callouses forming)	Glandular <b>hardening</b> (if soft swelling = #4)	Joints painful (generally)
Memory loss / poor memory	Menopausal complaints	Myositis (muscle inflammation)
Neuralgia (nerve pain)	Osteomyelitis (bone infection)	Periostitis (Bone sheath inflammation)
Prolapsed organs	RSI (repetitive stress injury)	Skin – rough and cracked. Chapped, sore lips / hands
Styes	Scoliosis	Teeth – loose (ligaments) Sensitive to cold (enamel)
Tendons – painful	Ulcers	Varicose veins
Cold hands & feet – (due to lax circulatory system)	Enlarged joints of fingers/ toes	Fine, dice like wrinkles

**Facial / skin tells** – Fine dice-like wrinkles (general).

Crow's feet. Reddish-brown colouring to the corner of the eyes. Lips cracked or chapped.

**Mucus / Tongue** – Hard, yellow nodules. Any hard, yellow discharges. A tickling cough. Tongue – rough and cracked (may be brownish in the elderly)

**Other visible tells** – Enlarged joints (fingers and toes)  
Deep cracks to the tissues (callouses, soles of the feet)

For anywhere in the body where a lack, or overabundance of elasticity is causing issues. Tissues that have over-stretched (prolapsed) can be tightened and toned back to a state of health through the use of this mineral - Calcium fluoride - #1

## #2 - BONE HEALTH - CALCIUM PHOSPHATE (C. PHOSPHORICUM)

Symptoms indicating a lack of Calcium phosphate can include;

Visible tells indicating this deficiency

Anaemia (chronic, when iron fails to remedy)	Allergies	Appetite (stimulate)
Bone diseases (general)	Icy-cold hands & feet	Colds & flu's
Eczema	Easy exhaustion	Eyes (light sensitive)
Halitosis	Hair loss	Hiccoughs
Hoarseness (chronic)	Memory lapses	Tonsillitis (prone to)
Osteoporosis	Bad posture (weak connective tissue)	Stiffness on waking
Tendency to infections (general)	Tooth problems	Digestive health (boost)
Convalescence (when healing / recovering)	Sweats (sudden)	Heavy limbs (fall asleep or pins&needles)
Lung disease	Slow healing (general)	Rapid mental fatigue
Lymphatitis – lymph system inflammation	Headaches in school children	Growing pains in children (a call for calcium)

**Facial / skin tells** – Face is waxy in appearance (showing first at the ears). Physical exertion causes a pale yellow/reddish complexion. 'Warm ivory' complexion overall – mainly focused on upper face. Freckles and copper coloured spots.

**Mucus / Tongue** – Tongue – thick white coating, furry sensation.

**Other visible tells** – Teething problems, Tooth disorders (general). Bone disorders (general). Eczema/rashes. Constantly exhausted. Curvature of the spine. Under developed muscles.

A major component of bone, teeth and the outer shell of every cell in the body. Involved in new cell production, this mineral is vital for both our base structure, and our everyday processes. Calming to the nerves, strengthening to bones, and a boost to the white blood cells of the immune system - Calcium phosphate - #2



### #3 - FIRST AID - IRON PHOSPHATE (FERRUM PHOSPERICUM)

Symptoms indicating a lack of Iron phosphate can include;

Visible tells indicating this deficiency

Bladder infections, Irritable bladder, Incontinence	Bruises (when slow to heal, or prone to)	Colds/Flu – infections (boosts detox ability)
Congestive headaches	Conjunctivitis	Dazed feelings
Epistaxis (nose bleeds)	Bulimia	Muscle pain (general)
Muscle weakness	Over-tiredness	Skin – sensitive
Sprains	Infections (general)	<b>Fever</b>
Learning difficulties	All <b>Inflammation</b> . Heat and throbbing in the body	Throbbing headaches
Speed healing of wounds - cuts, scratches, contusions	Treat burns – scalding, sunburn etc.	Speed metabolism – overall and in general
Hot and Flushed (face)	Phlegm-rusty colour	Diarrhoea after meals
Sleep interruptions, constant waking.	Shivering, rises in temperature.	At the first stage of coughs, bronchitis, whooping cough

**Facial / skin tells** – Eyes appear sunken. Bluish-black coloration surrounds the eyes, starting at the inner corner. “ferrum redness” – red, flushed face accompanied by sensation of heat, brought about by exertion or coldness.

**Mucus / Tongue-** Tongue is clear, or in acute cases, red and raw with the taste of bad eggs (indicating infection).

**Other visible tells** – Bruises very easily. Nettle-like skin rashes. Enlarged or engorged veins in the legs (Varicose or spider-veins). Lengthwise and crosswise grooves on the fingernails.

Oxygen is only able to bind to red blood-cells through the power of this mineral. All cells require oxygen as a kind of fuel for processes; the more oxygen, the more nutrients can be burnt, and more energy released. Boosts cellular metabolism, speeds healing ability of the body, aids phagocyte production (the body's 'invading cell eaters' - these destroy foreign bacteria), boosting immune ability. - Iron phosphate - #3

### #4 - GLAND TONIC - POTASSIUM CHLORIDE (KALIUM MURIATUM)

Symptoms indicating a lack of Potassium chloride can include;

Visible tells indicating this deficiency

Acne	Asthma	Appetite-poor
Bladder/Bowel infections	Bronchitis	Blood – Dark/black and too thick
Kidney infections.		
Bursitis	Colitis	Cysts
Inflammation accompanied by fever (alternate with #3)	Fistula	Gastritis
Glandular swellings	Hypochondria	Immune system – strengthen
Liver tonic	<b>Lymph nodes – swollen</b>	Mumps / Measles
Neurodermatitis (Itchy skin)	Pleurisy (Inflammation of sac/cavity of lungs)	Rheumatism – swollen joints. Arthritic complaints.
Skin infections	Throat infections	Varicose veins
Warts	Skin blisters with white contents	Leucorrhoea
Cataracts of various organs and/or mucus membranes	Tendons – sore and inflamed	Following vaccinations

**Facial / skin tells** – Face appears pale, milky-bluish complexion. Reddish colour may show on lower eyelids. Skin like alabaster, in young women the whole body may be pale like porcelain.

**Mucus / Tongue-** Tongue shows a white coating, thick and yellowish when chronic. Mucus is thick and white, whitish-grey or white, slimy and viscous. Chesty coughs with tough mucus.

**Other visible tells** – Warts on hands. Dry skin diseases with flouxy scaling visible. Bruises that change in colour (blue - yellow-green). Swollen joints.

Supports the lymphatic system and proper glandular functions, important for fighting infections (alternate with #3). Called for whenever white coatings are visible on the tongue. Controls proteins in solution, acts as an internal blood thinner, helping to prevent clotting. For tough, ropery mucus that requires thinning, and soft, swollen glands (when fighting something) - Potassium chloride - #4





## #5 - NERVE NUTRIENT - POTASSIUM PHOSPHATE (KALI PHOS)

Symptoms indicating a lack of Potassium phosphate can include;

Agoraphobia / Anxiety	Apathy / Mental fatigue	Circulation -poor
Concentration – loss of	Crying- bouts of sobbing	Delirium
Depression	Diarrhoea	Fatigue(general)
Fearfulness	Feelings of dread, terror	Gastro complaints (of a nervous nature)
Halitosis	Hungry after eating (picking after dinner)	Hypo tension
Hysteria	Insomnia	Leuconthoea
Loss of drive	Mouth hygiene (boost)	Muscle atrophy
Nervous tension / Psychosis	Sadness (pervasive) Weeping	Stress – supportive
Thought process – poor or impeded	Mood swings – reactive, irritable, temper	Heart palpitations
Paralytic appearance after stroke, diphtheria or polio (nerve damage)	Weakness in inflectional diseases ("internal antiseptic")	Assists in preventing cell decay.

Visible tells indicating this deficiency

**Facial / skin tells** – Sunken temples(chronic). Dirty, unwashed appearance. Face is pale, ash grey in colour. Lower eyelids pale, ash grey. Localized hair loss

**Mucus / Tongue-** Tongue shows mustard like coating, may be dry and breath unpleasant.

**Other visible tells** – Physical and mental capabilities limited, depressive atmosphere. Wounds heal badly, tendency to infections. Hyperactivity in children.

Essential for proper nerve and muscle function, when deficient both mental and physical capabilities suffer. The primary mineral the grey matter of the brain is composed of, making this salt the most important remedy for mental afflictions. Sooth nerves, boost the mood and mental abilities(learning requires building new neural pathways, an expensive endeavor).

Known as the 'internal antiseptic', helps prevent cell decay - Potassium phosphate - #5

## #6 - OIL BALANCE - POTASSIUM SULPHATE (KALI SULFURICUM)

Symptoms indicating a lack of Potassium sulphate can include;

Asthma (chronic)	Bladder infections	Conjunctivitis
Blood poisoning	Children's illnesses (recovery phase)	Colds (recovery phase)
Cough (barking sound)	Deafness (as result of swelling of the ear)	Eye infections
Eczema	Gastritis (chronic)	Headaches
Joint infections	Muscles (aching generally)	Neurodermatitis (wandering itchy skin – thickening skin)
Mouth infections		
Nose infections (infections of membranes general)	Middle ear inflammation	Overeating. Bloat (stomach pressure)
Pharyngitis (pharynx inflammation – sore throat)	Rhinitis (coryza) – Nasal membrane inflammation	Scarlet fever
Skin rashes	Dandruff – Hair falling	Need for cold fresh air (stuffy rooms aggravate)
Sulphurous flatulence	Scanty, late menstruation	Predisposed to ear / throat infections
Predisposition to bad skin (pimples / acne)	Liver and kidney infections (promotes detoxification of membranes)	Runny nose with yellow phlegm

Visible tells indicating this deficiency

**Facial / skin tells** – skin brownish – yellow in colour, especially noticable (darker) on the lower eyelid. Colour may also show as spots (freckles, age spots, moles )

**Mucus / Tongue-** Yellow phlegm, heavy cough accompanied by audible mucus rale (rattle on breathing). Tongue coated yellow at rear, throat often inflamed.

**Other visible tells** – Skin problems with yellow, sticky exudations. Exudates may form a crust and flake or scale off. Yellow crusts at eyelids. Extreme thirst with desire for ice cold beverages.

The maker and distributor of oils in the body, dictating viscosity. Thick oils can clog pores and turn secretions inwards, causing problems. An important element involved in the respiration ability of the epidermis and mucus membranes of the body. For problems with oils, and support of the mucus membranes, Kali sulph promotes oxygenation and detoxification of these tissues. - Potassium sulphate - #6



## #7 - ANTI-SPASMODIC - MAGNESIUM PHOSPHATE (MAG PHOS)



Symptoms indicating a lack of Magnesium phosphate can include;

Alcohol abuse	Autonomic Nervous System (support)	Blood pressure (High or low)
Bronchial asthma	Cholesterol (high or low)	<b>Cramps and spasms</b>
Eye pains with double vision	Excitement – quick, irrational (in children)	Flatulence Colic in infants - (severe spasmodic abdominal pain)
Hyper or Hypo tension	Immune system weakness	Insomnia
Menstrual pain	Migraines	Mucus caught in throat (frog-in-throat sensation)
Neck pain and stiffness	Nervousness (general)	Neuralgia (general) <b>Any and all nerve pain</b>
Pale skin (when not anaemic)	Respiration (improve function)	Sneezing (convulsive)
Spasms & twitches – Facial tics	Muscle stiffness (general)	Vision (double)
Toothaches (general)	Teething complaints	Craving: chocolate or sweets
Writers cramp	Whooping cough	Yawning (perpetually)

Visible tells indicating this deficiency

**Facial / skin tells** – ‘Magnesia redness’ is witnessed in the bright red, ‘rose cheeks’ seen often in children. These red circles show either side of the nose and are roughly 3cm in diameter. Red cheeks show after exertion, upon embarrassment or alcohol consumption.

**Mucus / Tongue**– Tongue clear, no visible indicator. Mucus – no visible indicator.

**Other visible tells** – Facial tics, twitches. Nervous itching. Prone to cramps / spasms.

An anti-spasmodic, known as the biochemic pain and cramp remedy. Magnesium is required for ATP production, the element used in every cellular function, therefore it has extensive and constant uses in the body. Activates over 300 enzymes in the body, supports healthy nerve and muscle function. Supports the heart, and balances cholesterol levels. Called for whenever nerve pain is felt, spasms or twitches occur - Magnesium phosphate - #7

## #8 -FLUID BALANCE- SODIUM CHLORIDE (NATRIUM MURIATICUM)

Symptoms indicating a lack of Sodium chloride can include;

Anaemia	Arthritis	Bloat after eating
Burning sensation when urinating	Burns (internal and external application)	Circulation -poor (cold hands & feet)
Cough – dry, persistent and tickling	Craving – Salt	Despondency. Dazed sensations
Debility / Weakness (generalised)	Diarhoea (when much water)Dry/ cracked Skin/membranes	Dry/ cracked Skin/membranes
Emaciation, loss of appetite.	Eczema – with weeping	Eye-ache with constant watering
Lack of milk production in mothers.	Face puffy – fluid retention. Oedema in limbs.	Hair falling
Haemorrhoids	Nervousness	Nose running – dripping
Pleurisy (inflammation of lung sac/cavity lining)	Restless & fidgety	Joints – rheumatic pain and audible cracking sound
Saliva – excess or lack of	Sweating (sudden and profuse)	Thirst (acute after eating)
Thoughts – difficulty gathering and focusing	Tired and weak (continued and generalised)	Weeping – uncontrolled and unstimulated
Undernourished and run-down appearance	Pessimistic, tired and pale	Impaired sense of smell and taste (taste is required to activate digestion)
Chronic inflammation of eyes /ears Nose bleeds (common)	Constipation accompanied by ‘raw, sore anus’	Constipation accompanied by headaches

Visible tells indicating this deficiency

**Facial / skin tells** – Skin shows a gelatinous sheen, face may be puffy or spongy. Eyes water easily and frequently. Skin on the face can be likened to that of an ‘orange peel’ with open, visible pores (chronic deficiency) seen mainly on the cheeks/nose. Cracked lips and dark rings around the eyes.

**Mucus / Tongue**– Tongue clear, or can appear slimy and streaked. Saliva may be frothy, bubbly, and either lacking or over-abundant (fluids out of balance, one way or the other). May occasionally taste salt in the mouth.

**Other visible tells** – Skin overall appears withered and dry, or swollen with fluids. Eczema and insect bites weep, and are slow to heal. Excessive thirst, and desire for salty foods.

**(This desire for salt frequently leads to excessive salt consumption, which aggravates this deficiency)**

The power of osmosis is bestowed to body fluids via this mineral. All processes require trading of nutrients, this can only occur through fluids that have the right balance of this mineral. To create new cells, manufacture saliva, to engage the function of taste and initiate digestion; this mineral is required. For wherever excessive dryness or wetness occurs - Sodium chloride - #8



## #9 - ACID BALANCE - SODIUM PHOSPHATE (NAT PHOS)



Symptoms indicating a lack of Sodium phosphate can include;

Acid re-flux	Acne Facial spots (generalised)	Arthritis
Blackheads / Boils	Calculi (stones – kidney, gall etc)	Corns / callouses – especially when accompanied by sweaty feet
Gastroenteritis (chronic)	Gout. Joint pain (with silica #11 dissolves uric acid crystals)	Greasiness – face and hair appear greasy. Grease may be wiped off, but soon reappears.
Heartburn (pyrosis) Hyper-acidity (general)	Headaches (with accompanying stomach pain)	Indigestion
Lactic acid build up after work-outs – breaks this down, assisting recovery	Obesity	Rheumatism
Skin pustules / ulcers	Sour taste in mouth	Uric acid calculi (crystals forming in joints, causing pain)
Worms – parasites in general	Wounds – slow to heal	Shiny, oily – greasy appearance
Problems after fat consumption	Pimples and blackheads – excessive	Sweat – acidic, stains clothes yellow
Sickness/nausea/biliousness	Mood swings – quick temper	Puffy cheeks, double chin

Visible tells indicating this deficiency

**Facial / skin tells** – Face will appear greasy, this may be wiped off, but soon reappears. Hair appears greasy. Large pores, pimples and black heads frequent. Hanging fat visible in cheeks, jowls (chronic). The 'Acid mask' – an inflamed redness, focused on the center of the face can be seen in acute cases

**Mucus / Tongue**– Tongue can be coated greyish, whitish or yellow, often thick coating. Damp in appearance. Sour, or bitter taste in mouth.

**Other visible tells** – Greasy smears left on glasses, items that are touched. Thick, horny skin on the soles of the feet. Fat visibly accumulates in areas such as cheeks and jowls.

The body runs slightly alkaline, when healthy. This mineral controls acid levels within the body, sugar, caffeine and animal products require this mineral for processing. Lactic acid produced by muscular activity is also broken down by this mineral. Uric acid crystals (like in gout) can be dissolved with this and #11. For all acidic conditions, or conditions aggravated by fat consumption - Sodium phosphate - #9

## #10 - WATER ELIMINATOR - SODIUM SULPHATE (NAT SULPH)

Symptoms indicating a lack of Sodium sulphate can include;

Abscesses	Asthma	Bitter taste in mouth – soapy or sulphurous
Cold sensations (when feeling ill)	Constipation	Cough – tight chest and yellow phlegm
Cystitis	Debility (generalised)	Diarrhoea (sudden onset)
Facial colour (greenish yellow hue) = Chronic	Fistulas	Gall-bladder disease
Gastric inflammation	Influenza	Jaundice
Liver diseases, boost liver function (toxins are eliminated with fluids)	Metabolic disorders (general)	Nightmares
Oedema – fluid retention in face / extremities	Overindulgence (alcohol, tobacco, wine in particular) almost a reliance	Pancreatitis (acute pancreas inflammation)
Pain – Sudden onset to left hip or left heel. Can't lay on left side	Sleep disturbances – wake up tossing and turning	Stomach ache – no defined cause
Urine – watery green on first evacuation	Easily exhausted – daytime fatigue.	Bad-tempered and melancholic. 'Bilious temperament'
Tendency to accumulate tissue fluid, feels cold even in bed	Prone to stitches and pain over liver region	Frequent flatulence & morning diarrhoea
Irritable bowel syndrome	Bed-wetting in children (controls bladder function)	Burning edges of eyelids Sensitive scalp

Visible tells indicating this deficiency

**Facial / skin tells** – Face appears greenish-yellow in hue. Some inflammatory redness may be present. Nose may appear noticeably red (Drinker's nose). Redness is dull and matt, may appear at the corners of the eyes, and the nose. Tip of nose red-blue, root may show yellow-green hue. Prominent in acute cases, but subtle and overlapping in chronic cases.

**Mucus / Tongue**– Tongue can be coated a dirty brownish, or greenish colour. Taste in mouth is soapy or bitter

**Other visible tells** – Swollen limbs (oedema). Skin blisters with yellowish matter. Rashes that flake away yellow matter. Corns, soft warts and fungal skin infections.

Provides a regulatory function to the body's fluids. Toxins are stored in body fluids for transport and disposal, without this mineral oedema forms. Involved in bile production, liver support, kidney function & support, and is vital to detox ability. The primary means by which the body transports waste matter from the cells to be excreted via the kidneys. Combats fluid retention, cleanses and flushes the body - Sodium sulphate - #10



## #11 - SURGEON SALT - STRUCTURE, FORM - SILICA (SILICIC ACID)

Symptoms indicating a lack of Silica can include;

Abscess (silica is required to cut the passage for expression)	Absent-mindedness / despondency	Allergies
Arteriosclerosis (arteries thickening, hardening)	Bruises – tendency to bruise	Cold sensations of hands & feet (circulatory system lacking strength)
Diaphoresis, or Hyperhydrosis (Excessive sweating)	Fistula	Removing foreign bodies (splinters etc)
Growth disturbed – Hair or Nails	Haemorrhoids (alternate with #1)	Lung infections. Ear infections.
Lymphoma – abnormal growth of lymph tissue	Nervousness – on edge Restlessness	Revulsion to cooked meals
Rushes of blood to the head (circulation strength)	Sensitivity to – Noise or Light	Swallowing – difficult
Sweaty feet	Swollen glands (with #3 & #4)	Tonsillitis – Tissue infections general
Ulcers (tongue and mouth)	Varicose veins	Weakness – generalised
Pimples – painful / difficult	Nails / hair – brittle	Oversensitive to external impressions
Lack of initiative / interest in life – depressive.	Night sweats – offensive sweats in general	Incapable of physical or mental effort

Visible tells indicating this deficiency

**Facial / skin tells** – Shiny, glassy skin – almost transparent (commonly observable in the elderly). Deep-set wrinkles on the face – prominent 'crows feet'. Vertical, tightly packed wrinkles directly in front of the ears. Eyes sunken into their sockets (chronic).

**Mucus / Tongue-** Tongue appears slimy, may be coated brownish. Tongue may be dry, and worse in the morning hours. Possible soapy taste in mouth.

**Other visible tells** – Poor posture, curvatures of the spine (Scoliosis). Premature wrinkling and sagging of the skin, or alternatively, skin shiny and taught as if pulled back tightly (both showing imbalance of structure). Skin in front of shin bones – shiny and taught. Shiny bald head. Hair and nails – brittle.

Imbues tissues with strength and resiliency, increases water holding capacity of cells. Vital for the production of collagen, and the manufacture of the protein substances necessary for the formation and maintenance of cartilage, connective tissues, tendons and bones. Used by the body like a scalpel to cut passages for the drainage of decaying matter (pus) from the body.

Tightens and tones the tissues. - Silica - #11

## #12 - BLOOD CLEANSER - CALCIUM SULPHATE (CALC SULPH)

Symptoms indicating a lack of Calcium sulphate can include;

Abscess, boils & cysts (in alteration with #11)	Acne	Bladder infections, Kidney infections
Catarh (mucus flow) – chronic. Blood present in mucus.	Children (asking not to be covered at night- wanting to remain cool)	Colds – with heavy discharge
Coughs – when mucus remain in the larynx.	Connective tissue support Cartilage, tendons, ligaments, joints and coatings of the body.	Ear – middle ear infections
Bronchitis – persistent	Gout	Nail infections Sinus & throat infections
Disturbed liver function	Infertility (required for a suitable environment for baby to grow)	Keratitis (inflammation of the cornea)
Insomnia, weakness of memory, dizziness	Neuralgia (nerve pain)	Periostitis (inflammation of bone sheath)
Metabolic stimulant	Rheumatism	Stomach ulcers
Pyoderma (skin diseases involving excessive pus)	Weakness, weariness (general)	Wounds – generally slow to heal

Visible tells indicating this deficiency

**Facial / skin tells** – Face may show a yellowish-brown hue, dirty in appearance. 'Ageing marks' and moles possible.

**Mucus / Tongue-** Tongue may appear yellow, or loamy in appearance (towards the rear, base of tongue). Ulcers at the sides of tongue (painful) a common complaint.

**Other visible tells** – Wounds heal slowly, and are prone to secretions. Boils, ulcers and carbuncles can all indicate a need for this mineral.

Vital for the formation and maintenance of cartilaginous tissues, and the formation of certain amino acids. Involved in enzyme and hormone release and function. Assists in purifying the blood and aids in coagulative ability. Boosts detox ability of these connective tissues (bursa/cartilage etc.) A cleansing remedy - promotes cells to discharge waste, and supports the liver and gall bladder - Calcium sulphate - #12

