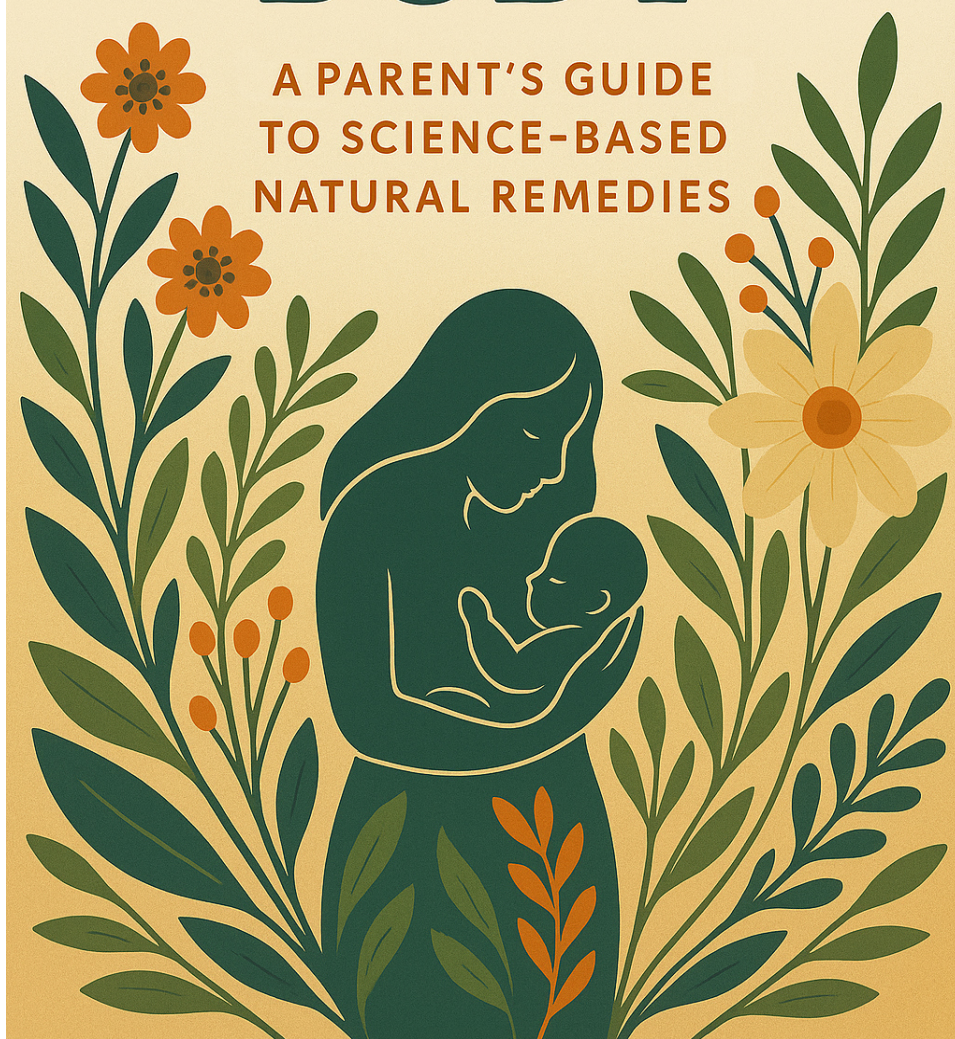


THE MINERAL BODY

A PARENT'S GUIDE
TO SCIENCE-BASED
NATURAL REMEDIES



The Mineral Body

A Parent's Guide to Science-Based Natural
Remedies

By Lauren Shea



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ISBN: 9798282444995
First Edition: May 2025
Printed and distributed by Amazon KDP

Disclaimer:

This book is for informational purposes only and is not intended as a substitute for medical advice, diagnosis, or treatment. Always consult your healthcare provider for any health concerns.

A Message from the Author

This guide was created with care and a deep respect for the natural intelligence of the human body. The biochemic mineral suggestions and food insights within these pages are drawn from time-tested tradition and current knowledge in natural health.

The writing of this book was inspired by my own personal findings, dealing with the health of myself and loved ones. My easy pregnancy and birth of my strong and healthy son was the final straw in whether or not to write this. Doctors couldn't believe my blood results, as I refused prenatal vitamins or folic acid supplements. I chose biochemic minerals and microgreens instead (pea specifically is bursting with folate – the real thing that folic acid is attempting to be).

The aim of this book is to empower you with tools, insights, and gentle remedies that support the body's own healing intelligence. Truly, it is the cells of the body that do the actual healing; we are simply providing them the exact biological nutrients they need to do this.

When used wisely and attentively, these minerals can become your lifelong ally in raising vibrant, resilient children. I wish you all the success that I have had thus far.

Thank you for taking this step toward true biological health. You are your child's greatest advocate—and you're doing an amazing job.

To my loved ones, in the hopes this makes managing health easier, and
to my Son, my greatest motivator.

Also to you dear reader, as in this age of deficiency and toxicity; we're
changing the world, one healthy child at a time.

Table of Contents

Preface.....	9
INTRODUCTION.....	1
The Power of Biochemic Minerals in Childhood Health.....	1
Why Mineral Balance is Key to Strong Immunity, Development & Vitality.....	3
How to Use This Guide.....	5
Understanding Deficiency Signs in Children.....	7
CHAPTER 1 – UNDERSTANDING BIOCHEMIC MINERALS....	9
The Role of Minerals in the Body.....	9
How Deficiencies Lead to Common Childhood Issues.....	11
Quick Reference Guide – The 12 Minerals.....	15
CHAPTER 2 – THE 12 ESSENTIAL MINERALS & THEIR FUNCTIONS.....	19
#1 – Calcium fluoride (Calcarea fluorica / Calc fluor)	19
#2 – Calcium phosphate (Calcarea phosphorica / Calc phos)	21
#3 – Iron phosphate (Ferrum phosphorica / Ferr phos)	23
#4 – Potassium chloride (Kalium muriaticum / Kali mur)	25
#5 – Potassium phosphate (Kalium phosphorica / Kali phos)	27
#6 – Potassium sulphate (Kalium sulphurica / Kali sulph)	29
#7 – Magnesium phosphate (Magnesium phosphorica / Mag phos)	31
#8 – Sodium chloride (Natrum muriaticum / Nat mur)	34
#9 – Sodium phosphate (Natrum phosphorica / Nat phos)	36
#10 – Sodium sulphate (Natrum sulphurica / Nat sulph)	38
#12 – Calcium sulphate (Calcarea sulphurica / Calc sulph)	44
CHAPTER 3 – HOW TO USE THE BIOCHEMIC MINERALS	46
Dosing Guidelines.....	46
CHAPTER 4 – HOW TO IDENTIFY DEFICIENCY SIGNS.....	50
.....	57
CHAPTER 5 – THE ROLE OF NUTRITION IN THE MINERAL BALANCE.....	58
Using Biochemic Minerals Alongside Food and Lifestyle Changes.....	58
How Diet Supports Biochemic Minerals.....	61
Foods Rich in Each Mineral	63

CHAPTER 6 – SUPPORTING GROWTH & DEVELOPMENT THROUGH THE STAGES.....	66
Minerals for Newborns (0-6 Months).....	66
Minerals for Infants (6 Months – 2 Years).....	70
Minerals for Toddlers & Preschoolers (2-5 Years).....	75
Minerals for School-Age Children (5-12 Years).....	79
Minerals for Teenagers (13-18 Years).....	86
CHAPTER 7 – PRACTICAL TOOLS FOR PARENTS.....	94
Super foods.....	94
Creating Meals as Medicine.....	104
Case Study Templates	124
REPERTORY	134
Appendix.....	160

Preface

This book is an introduction to practical biochemistry (or mineral therapy) for both treating illnesses and promoting healthy growth from newborn to adulthood. The health and well-being of our children are our greatest responsibilities as parents. We want them to grow strong, thrive, and have the best possible start in life. Yet in today's world, where illnesses, nutritional deficiencies, and chronic conditions are becoming increasingly common, many parents find themselves searching for safe, yet natural and effective ways to support their child's health. This book is a guide to accomplish just that, to understand the **biochemic minerals** (tissue-salts or cell-salts), a profound yet simple system of nourishment that has been helping families for generations.

Biochemic minerals, also known as **cell salts**, are not foreign substances or synthetic remedies; they are the very foundation of the body itself. Every organ, bone, muscle, and fluid in the body is built upon these essential minerals, and every function we perform relies on their presence in the right balance. These minerals are not just beneficial—they are essential. Without them, the body cannot properly assimilate vitamins, proteins, or other nutrients. When deficiencies arise, they manifest as symptoms ranging from mild discomfort to chronic disease. Understanding these minerals means understanding the **true building blocks of health**.

Biochemistry is quite literally the chemistry of life, Bio (Greek for life) + Chemistry, which is defined as “the branch of science concerned with the substances of which matter is composed, the investigation of their properties and reactions, and the use of such reactions to form new substances”.

The biochemic form of healing is concerned with the restoration of balance of the most basic minerals of the body, the true foundation stones of health, ensuring all the complex tissues and organs that are composed of these basic minerals are functioning optimally. This results in the state we call health. Any imbalance of these mineral parts results in dis-ease of body systems, or what we call symptoms of illness. This is due to the fact that the body is constantly re-creating itself, with approximately 330 billion cells being destroyed and recreated daily (around 1% of your cells). The quality, health and functionality of these new cells depends most importantly on the tissue salts the body has on hand to make them with.

Since the time of Dr. Wilhelm Heinrich Schuessler, who identified the twelve essential biochemic minerals, countless parents have used these safe, gentle remedies to address everything from colic and fevers to growing pains, infections and behavioural concerns.

Unlike conventional medications, which often suppress symptoms, biochemic minerals work with the body, **restoring balance and supporting natural healing**. These minerals do not force the body into action; they simply provide the raw materials the body needs to function perfectly. In this way, they represent the purest form of healing: targeted nutrition at a cellular level. This book is designed to empower parents

with the knowledge and confidence to use biochemic minerals in their own homes.

You will learn:

- **The functions and effects of each of the twelve basic mineral salts**, ensuring you know what you are doing and why when you choose to use them.
- **What minerals are involved in every stage of growth**, from infancy to adolescence.
- **How to recognise signs of deficiency**, ensuring your child receives the nutrients they need before imbalances lead to illness.
- **Which minerals correspond to common childhood ailments**, allowing you to address health concerns naturally and effectively.
- **How to integrate mineral-rich nutrition** into your child's diet to support long-term wellness.

Biochemic minerals are one of the safest, gentlest, and most natural ways to foster **strong immunity, robust growth, and overall vitality**. They require no complex dosing, have no harmful side effects, and are easily absorbed by the body. By learning how to use these minerals, you will be providing your child with the most fundamental tools for lifelong health.

This book is more than just a guide; it is an invitation to take an active role in your own body chemistry. It is a reminder that the body is **innately intelligent** and that, when given the right support, it has an extraordinary ability to heal and thrive. As you read through these pages, may you feel empowered to take charge of your child's health with confidence and clarity.

INTRODUCTION

The Power of Biochemic Minerals in Childhood Health

Every parent wants their child to thrive—physically, mentally, and emotionally. But in today’s world, many children experience nutrient deficiencies due to depleted soils, processed diets, stress, and environmental toxins. This is where biochemic minerals, also known as cell salts, come into play. These natural, homeopathically prepared mineral compounds help support the body at a cellular level, providing the essential building blocks for growth, healing, and resilience.

Dr. Wilhelm Heinrich Schuessler, the pioneer of biochemic mineral therapy, identified **twelve essential mineral salts** that the body requires to maintain proper function. When deficiencies arise, symptoms manifest—whether in the form of slow growth, weak immunity, emotional imbalances, or chronic health issues. By supplementing with the correct mineral salts, we can restore balance, aid natural healing, and **empower parents** with an effective, safe, and gentle approach to childhood health.

Many of the common ailments of childhood are simply signs of deficiency the child runs into during certain phases of growth. Some examples of this are reflux or colic in infants corresponding to growth spurts, where the body is using up the stores of minerals involved in bone growth, which also happen to regulate acidity in the body. These minerals involve magnesium,

and when that is low pain and cramps are much worse – leading to bouts of painful colic. Magnesium also binds to the gases of digestion, reducing the amount of gas infants have to deal with, while also increasing the contractile power of the intestines, making moving gas out much simpler.

Hyperactivity in children can be a lack of the minerals involved with processing sugars, or simply a drain in the minerals involved in building a complex and ever expanding nervous system. Supplementing these minerals during these growth phases not only addresses these symptoms, but also ensures the growth is accomplished smoothly and perfectly, giving your little one the best possible start in life, with healthy nerves and bones that are going to last a lifetime!

Why Mineral Balance is Key to Strong Immunity, Development & Vitality

Minerals are the foundation of life. They are necessary for every biochemical process in the body—helping regulate metabolism, energy production, nerve function, digestion, bone strength, and even emotional well-being. While vitamins and macro-nutrients (proteins, fats, and carbohydrates) are essential, **they cannot function optimally without a proper balance of minerals.**

What this means is, before we can worry about if we are getting enough of this vitamin, or that amino acid, we must first ensure the basic minerals are functioning correctly. Thankfully, when our minerals are balanced, we often see that our ability to uptake vitamins and other nutrients are hugely improved! When we combine the biochemic minerals with healthy eating habits, sunshine and a decent amount of physical activity, we rarely need to supplement vitamins and other nutrients.

With a healthy balance of body minerals, if we do choose to supplement other nutrients, our uptake ability is at its highest, making sure you will get your money's worth.

Compare this to if we are deficient in the minerals and choose to supplement, possibly our cells will just be inefficient at absorbing the nutrients, but there is also the risk that we cannot metabolise these nutrients at all! In these cases, the high doses of vitamins can act on the body as toxins, as without the ability to metabolise them, the liver and kidneys must work extra hard to cleanse the body of them. If you have experienced purchasing supplements and having no helpful effects or even ill-effects from them, this is likely the reason.

For children, ensuring **adequate mineral intake** is crucial at every stage of development:

- **Infancy** – Supports immune defences, digestion, and early bone, brain, nerve and organ development. Prevents and remedies common problems like colic, reflux and ‘purple crying’.
- **Toddler Years** – Essential for cognitive and overall growth, teething, emotional regulation and preventing common childhood ailments. Ensure your rapidly growing little one can form bone and neural cells efficiently and without signs of deficiency (like emotional upheaval - tantrums!)
- **School Age** – Affects focus, learning ability, and resistance to colds and infections. Prevent or remedy the dreaded growing pains, and fight sniffles and colds before they set in.
- **Teen Years** – Plays a huge role in emotional stability, bone strength, hormonal balance, and skin health. Enhance learning ability and make the body more resilient to stress and mental health disorders.

When a child’s mineral balance is **optimal**, their body naturally resists infections, heals quickly, the mind is sharp, emotions are more easily regulated, and they thrive with energy and vitality.

How to Use This Guide

This book is designed to be a **practical resource** for parents looking to give their children the best possible start in life, and also help manage everyday complaints in a simple and effective way. It will guide you through:

- Understanding the **12 essential minerals** of the body, their functions and uses.
- Identifying **common childhood complaints** and their related mineral deficiencies.
- Learning **which minerals to use** for growth spurts, teething, fevers, colds, digestive troubles, emotional upsets, and more.
- Understanding how to **safely administer** biochemic minerals at different ages.
- Recognising **deficiency signs** early to prevent bigger health issues
- Using **food sources** to naturally support mineral intake, including handy meal ideas.
- Tracking your **first case treated** with the minerals, to bolster confidence and log your successes!

This guide is not about replacing necessary medical care (a broken bone will still require a hospital trip) but rather **empowering you** with safe, natural tools to support your child's wellness at home. When this is a habit, especially when implemented early, it will become your best defence against illness and even against disease in later life.

By becoming familiar with the 12 biochemic minerals, you arm yourself with the very best tools for preventing illness or deficiency becoming serious enough to warrant conventional medical intervention.

Nourishment is the remedy, therefore, let the remedy be nourishment.

Understanding Deficiency Signs in Children

Each biochemic mineral plays a specific role in the body. When one is deficient, symptoms appear—sometimes subtly, sometimes dramatically. Recognising **early signs of mineral depletion** can help prevent illness and promote better overall health.

Here are some **common deficiency symptoms** to watch for:

- **Iron phosphate (Ferr phos)** – Prone to frequent colds, low energy, slow recovery from illness, anaemia.
- **Calcium phosphate (Calc phos)** – Poor appetite, weak bones/teeth, growing pains, fatigue.
- **Magnesium phosphate (Mag phos)** – Muscle cramps, restlessness, colic, nervous tension.
- **Potassium phosphate (Kali phos)** – Anxiety, mood swings, difficulty concentrating, poor sleep.
- **Silicea (Silica)** – Brittle nails, weak hair, slow wound healing, low immune response.

Each chapter will explore these and more in detail, helping you pinpoint what your child may need and how to restore balance.

‘Symptoms’ of deficiency are separate to the **visual signs of deficiency**, some examples of which are;

- **Iron phosphate (Ferr phos)** – Face flushes red with palpable heat.
- **Calcium phosphate (Calc phos)** – A waxy, cheesy colouration to the eyebrows, nose and ears.

- **Magnesium phosphate (Mag phos)** – Bright red ‘cherub cheeks’ like we see on a classic Santa Clause.
- **Potassium phosphate (Kali phos)** – Ash-grey colouration around the eyes.
- **Silicea (Silica)** – A polished shine to skin, or sunken in eye sockets.

By learning to recognise how the body is speaking to you about its deficiencies, either in visual or symptomatic clues (or a combination of the two), you will be able to address deficiencies as they come up, without them having to evolve into true illness, or what we call dis-ease.

By the end of this book, you’ll have a **comprehensive understanding** of the biochemic minerals and the confidence to use them effectively to support your child’s health—naturally and holistically.

CHAPTER 1 – UNDERSTANDING BIOCHEMIC MINERALS

The Role of Minerals in the Body

When the body of a human or animal is cremated, what is left over are the inorganic or mineral components of the body. When analysed in detail, we find that the composition of bone is different to that of flesh or organs. While all 12 of the biochemic minerals are present in the blood, they are present in different amounts and combinations in the differing tissues of the human or animal body.

What is certain, is that you cannot have bone without calcium, sodium, phosphorus, silica and fluorine. You cannot have flesh without sodium, sulphate, calcium, potassium, fluoride and chlorine. And you cannot have blood without all 12 of the biochemic minerals.

Minerals are the fundamental building blocks of life, beginning with basic formation, but continuing to be vital all throughout our life. Every cell in the human body relies on them for essential functions, from nerve signalling and muscle contraction to enzyme activation and immune system support. Without adequate mineral intake, bodily systems begin to function inefficiently, leading to imbalances that can manifest as various health issues.

For children, minerals are particularly crucial because their bodies are growing and developing at an accelerated rate. At birth, the average brain of

a newborn is only about 25% of the size that it will become in adulthood. In the first year of life, the brain will double in size, and by the age of only 3 years it will be 80% of the adult size! Minerals like Potassium phosphate are vital for this process, as the grey matter of the brain requires this mineral for its formation.

How Deficiencies Lead to Common Childhood Issues

Deficiencies are often inherited and may appear as genetic traits. One common example of this is a mother who has a narrow jaw and tooth crowding. She goes on to have children that all seem to have inherited the mother's lack of space, leading to uneven and crowded tooth formation.

This will appear to be genetic on the surface, but biochemistry gives us another view on what is happening. A lack of calcium during the formative years leads the body to make choices and prioritise where it spends this most valuable resource. Growing bones is very mineral intensive, and the body may have to make sacrifices during this process if there is not ample calcium and other bone minerals to go around. The mother suffered growing pains in her formative years and her jaw did not form as widely as it could have – leading to her own tooth crowding.

Now, she has started her own pregnancy with a lower calcium level than is optimal. Her body will happily pull resources from her bones and tissues to form her child, but if her base minerals are low to begin with, and her nutrition is also lacking in minerals, the child therefore is destined to repeat what the mother has gone through.

This condition can also come about due to a lack of Magnesium in the soils where crops are grown – this is becoming a global issue in today's world. It is relevant to the above example, as without ample magnesium, our ability to uptake and utilise calcium is hugely decreased. Wherever mass farming and NPK fertilisers are being used, the magnesium levels in the soils are plummeting. Studies have also shown correlations with increased levels of cancers in regions that have lost their magnesium levels, making this an issue of huge impact.

When a child lacks essential minerals, whether this is due to inherited deficiencies, poor nutrition or the mass farmed and mineral-empty produce – their body cannot function optimally.

By identifying these deficiencies early, parents can **proactively address their child's health** and support natural healing without resorting to harsh medications.

The result is not only the remedy of these symptoms, but you are ensuring that the deficiency does not progress further and develop into a chronic disease or a seemingly sudden illness that ‘comes out of nowhere’. The following are some common **childhood complaints** and their potential mineral deficiencies:

- **Frequent colds, fevers, and infections** → Lack of **Iron phosphate** (Ferr phos) and **Potassium chloride** (Kali mur).
- **Slow growth or brittle bones** → Lack of **Calcium phosphate** (Calc phos), **Calcium fluoride** (Calc fluor) and **Silicea** (Silica).
- **Hyperactivity, concentration issues, frequent tantrums or restlessness** → Lack of **Potassium phosphate** (Kali phos) and **Magnesium phosphate** (Mag phos).
- **Digestive issues such as constipation, bloating, or poor absorption** → Lack of **Sodium chloride** (Nat mur) and **Sodium phosphate** (Nat phos).
- **Poor dentition, prone to tooth decay or caries** → Lack of **Calcium fluoride** (Calc fluor) and **Calcium phosphate** (Calc phos).
- **Bed-wetting** → Lack of **Sodium sulphate** (Nat sulph) and possibly **Potassium phosphate** (Kali phos) if linked to anxiety.

- **Growing pains** → Lack of **Calcium phosphate** (Calc phos) and **Magnesium phosphate** (Mag phos).

The body is speaking to you in symptoms, each with a corresponding mineral. Once we change our thinking in this way, symptoms are valuable messengers that help us keep our bodies running smoothly, just like the blinking light in your car is there to help save you money and heartache.

Another example of how deficiency can lead to issues is that of ‘auto **immune** diseases’. I had a patient in her early 20’s come to me having just been diagnosed with MS (multiple sclerosis).

This condition is described as “a chronic, autoimmune disease affecting the central nervous system, where the body's immune system mistakenly attacks the myelin sheath” (protective covering of the nerve).

After being immersed in the biochemical understanding of how the body functions, considering that the body could ‘mistakenly attack itself’ seemed ludicrous to me.

Consider this. The human body replaces on average 330 billion cells each and every day. Cells are destroyed and recreated, and this is not always a perfectly even number. High stress levels and poor diet will ensure more cells die off than are replaced. But even if that level remained somewhat even, we still need to have on hand the resources needed to create new cells, in order for us to form new healthy cells.

This patient was presenting with a sudden, unpredictable disconnecting of her right eye’s vision. She would be driving or going about her day, then suddenly lose all depth perception as her right eye just went dark! Doctors told her this was incurable and destined to only get worse.

This is just how it goes for auto-immune diseases. If you cannot medicate it better, then it cannot be cured from the view point of modern medicine.

While from a biochemic point of view, it was so simple! What are the main biochemical elements needed to form new myelin? These minerals combined with one other that I could see she was low on, served to eliminate her symptoms in under a month. Her body finally had the resources needed to form functional myelin! Now, when her body performed her daily 330billion cell replacement, she was no longer losing myelin and damaging her nerves, rather, she was rebuilding them!

Modern medicine does not have the option to ‘nourish the problem’ and so therefore could not come to a place where it could conceive of a remedy. There was nothing for them to wage war against, no bacteria or pathogen causing the nerve damage. All that was needed was the original ingredients that formed the myelin to begin with!

Due to our mass farming practices and love of instant foods, the bulk of diets these days are shockingly low on minerals and nutrients. Even when we attempt to purchase fresh produce, if it has been grown in NPK mass farmed paddocks, the soils are depleted, and so therefore are the crops.

There is also the love of synthetic vitamins and minerals, as these are patentable and profitable to create, although the body itself has trouble recognising them. This can lead to synthetic versions building up in the body and causing signs of deficiency, as imperfect substances cause imperfect results.

While this may seem very complicated, it is also very simple. Twelve original mineral salts are the foundation to your body cells. From these body cells come all body systems, and thus all body functions. Nourish the cells back to good health, and you will see true health blossom as a whole.

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.

CHAPTER 2 – THE 12 ESSENTIAL MINERALS & THEIR FUNCTIONS

This chapter will focus on diving deep into the 12 minerals, giving you a practical understanding of the roles each mineral plays in our biology, what organs and body systems they are contained in, and where and how each mineral will be applicable. After reading through this, the quick reference guide from the last chapter will become much more useful.

#1 – Calcium fluoride (Calcarea fluorica / Calc fluor)

Function: Wherever elasticity is found in the human body, you will find this mineral. In tissue and organs it imparts the quality of elasticity, allowing the body to flex and stretch, and then come back to its original shape. Think of the beating of the heart, and the pulsating of the arteries – this is only possible due to calcium fluoride.

Contained in large amounts in the bones, primarily the outer coating, where it provides both a hard outer shell as well as a shock absorbing quality. The teeth contain an even higher amount of this mineral, where the quality of tooth enamel and thus our resistance to caries and decay is largely dependent on the amount of calcium fluoride contained.

Note – this is not the same form of fluoride found in most drinking water supplies, the water generally contains byproducts of the fertiliser industry (sodium fluoride (NaF); sodium fluorosilicate (Na₂SiF₆); and fluorosilicic acid (H₂SiF₆)). These forms are not native to the body, and therefore only serve to cause trouble as the body attempts to use them (i.e. fluorosis of teeth and bones, impaired neurodevelopment, kidney and liver damages).

This mineral will also serve to soften what has hardened (glands, liver cirrhosis, goitre, lymph nodes, calcification and calluses) bringing balance back to body tissues. It is a toning agent and structural mineral, working closely with collagen, elastin, keratin and other proteins that serve as framework substances in the body.

Indicated for all ailments where relaxed condition of the elastic fibres are causing trouble, or wherever issues are arising in the enamel of teeth, surface of the bones or walls of the blood vessels. Especially important for pregnant women (take internally and apply externally throughout pregnancy to the stomach to prevent stretch marks and to the groin and thighs to reduce chances of tears during childbirth) and for growing children. This is a very slow working mineral so patience is advised while supplementing.

Found in: The bones, epidermis and teeth. Required in a potent form in the brain, heart, eye lens, lungs, kidneys, outer sheath of the nerves, ligaments, tendons and muscles.

Application: Bone troubles (fractures, brittle bones, deformations), cataracts, cold extremities (poor circulation), dizzy spells, fissures, flat feet, flabbiness of tissues, haemorrhoids, hard warts, hearing problems (age related), joint problems, poor memory, repetitive strain injuries, rhagades, school children's headache, pregnancy, prolapse, scoliosis, sensitive gums,

teeth sensitive to cold, tooth decay, tendency to sprains and strains, varicose veins, vision problems, weak connective tissue, and weak ligaments.

#2 – Calcium phosphate (Calcareo phosphorica / Calc phos)

Function: The second most prevalent mineral in the human body. This salt works with proteins in the body, where it can transmute them into a kind of organic cement used to build bone (57% of bone is calc phos). When deficient, we can run into a condition where bone cells are not replaced as quickly as they are dying off. Since red and white blood cells are manufactured in the bone marrow, this deficiency may lead to anaemia and reduction in immune function.

A very important mineral with both structural and functional applications. During pregnancy and childhood this mineral is used in large amounts for the building and upkeep of the child's skeletal system. Supplementing during pregnancy will ensure the mothers bones are not depleted, this will aid in protecting her against future osteoporosis. As this mineral keeps proteins functional in the body, and all human cells contain protein, we can see how this mineral is vital for general cell health and replication. Both healing and recovery from illness will be sped up through the use of this mineral.

Acidity in the body can cause a depletion of this mineral (this is a leading cause of osteoporosis), as can disruptions to the monthly menstrual flow (via stress, the pill or menopause) as this is a vital process women use to shed excess acidity and proteins. During menopause, when calc phos is depleted, the cleansing function of the menstrual flow is carried on instead by sweats.

Keeping this mineral in balance will assist the body in keeping an alkaline state.

Growing pains in children can be remedied through the use of this mineral in large doses, as this is a sure sign the bones are calling for more resources. During growth spurts children can easily take 4 tablets after each meal (4x tablets 3 times per day), ointments can also be used, and relief will be felt in days.

A calming and relaxing mineral that works particularly well with Magnesium phosphate, as both of these minerals have a sedating effect on the nervous system. Particularly useful when taken together before bed, they will relax the nerves and calm the heart, aiding in producing deep and restful sleep.

Found in: All human cells, primarily the bones – the most widely distributed biochemic mineral. Main targets are the bones and bone marrow, blood, dentin, the gastro-intestinal tract and mucous membranes.

Application: allergies, anaemia (stubborn, that doesn't respond to iron), bad posture (weak connective tissue), chronic lack of appetite, eczema, eyes (light sensitive), frequent nosebleeds, general feeling of ill health, growing pains, hoarse voice, icy cold hands and feet, leucorrhoea, muscle cramps, night sweats, numbness, pins and needles, sleeplessness, susceptibility to colds and flu's, teething problems, tonsillitis, tooth decay, weak stomach.

#3 – Iron phosphate (Ferrum phosphorica / Ferr phos)

Function: This mineral gives red blood cells the ability to hold and carry oxygen, and is also responsible for giving blood its vibrant red colour. As oxygen is required by all body cells, tissues and organs as a kind of fuel, we can see how broadly influential this mineral is.

When we are deficient in this mineral, the circulation of blood is increased as the body attempts to carry enough oxygen to all parts of the body. This results in a more rapid pace; just like if six men were attempting to do the work of nine. The increase of motion is changed to heat in the body, and results in the condition we call fever. The discomfort felt during bouts of fever is further aggravated by the widespread lack of oxygen in the cells, which translates to weakness and fatigue.

Deficiencies in iron interfere with overall metabolism and the functions of other cell salts, in that they lose their ability to transmute organic matter into other biological substances (as this often requires oxygen). This results in a build up of waste products needing to be purged from the system, and nearly always causes a depletion in potassium chloride.

During fevers it is advised to take iron at short intervals (1 tablet every 15 minutes, alternating with potassium chloride). If the temperature reaches 38.5°C (101.3°F) Potassium phosphate should be used instead of iron, until the temperature begins to subside. Continue with #3 (Ferr phos) and #4 (Kali mur) once the temperature has come back down again.

Contained in large amounts in the muscles, iron is burnt up like a kind of fuel during physical exertion. Children returning home from sports with red, flushed, hot faces show a need for this mineral. When competing or

participating in sporting events, marathons etc, an effective form of fuel would be to crush 10 tablets each of iron phosphate and magnesium phosphate in 1 litre of water. This can be sipped before, during and after to keep cellular energy levels high, allowing for enhanced output of the muscles and a reduction in overall fatigue.

Iron is involved with many enzymatic processes within the body, is used to generate energy, and speed healing. Consider this a very important remedy for any acute complaints, cuts, grazes or wounds and at the start of any cold, flu's or infections.

Should the cold, flu or chest infection etc begin to set in, potassium chloride should then also be taken. If the condition still manages to set in, then we will use potassium sulphate to clean out the accumulated phlegm and debris leftover by the infection.

Called for whenever we see inflammation in the body.

Found in: Primarily the blood, but also all cells of the body, especially muscle cells. Also targets blood vessels, the intestinal tract, joints and muscles.

Application: Acute stomach problems, anaemia, any wounds or injuries, bladder infections, children's diseases, colds, coughs, earache, easy bruising, fevers, first stage of illness, for all inflammation, incontinence, muscle weakness, overexertion, over tiredness, skin sensitive, sprains, summer diarrhoea, throat infections (infections general), tonsillitis.

#4 – Potassium chloride (Kalium muriaticum / Kali mur)

Function: This mineral is responsible for uniting with proteins in the body and creating biological fibres called fibrin. This fibrin serves to act as a matrix structure to aid in sealing and healing wounds and also giving blood its clotting ability. Without a proper balance of this salt the ability to hold fibrin in solution is inhibited, leading to either an excess of fibrin (blood-clot risk) or a lack of fibrin (reduced clotting ability).

Often called the gland salt or gland remedy, this mineral is heavily involved with the lymphatic system and the body's ability to detox foreign matter. Fibrous substances like mucus and phlegm are released via the mucous membranes through the power of Kali mur. These exudations bind to materials causing inflammation, providing the body with a means of neutralising the aggravating toxins. This matter, once saturated with toxins and other waste products is then flushed from the body.

Both Ferr phos and Kali mur are our first line of defence when we want to strengthen the immune system. When we think of infections, we are aware that our defences are down, which has allowed some invading bacteria or pathogens to breed up in number, and through their own metabolic activities we have an excess of toxic waste matter left behind. This matter is both excretions of the pathogens and also decaying and damaged cells. The Iron allows the body to oxidise this waste matter into smaller more synthesizable parts that is then bundled up in the fibrous exudations of Kali mur. Through the power of these two minerals, the detritus on which the bacteria is thriving on, is removed and cleaned up from the cells and tissues, drastically decreasing the pathogen's ability to multiply, reducing inflammation and preventing more cell degradation.

The function of the lymphatic system relies heavily on this mineral, and signs of swollen lymph nodes are a sure sign of deficiency. When low, we have a lowered ability to keep the lymphatic fluid from becoming clogged with waste matter. As soon as we have congested lymph nodes we are left with a backlog of waste that quickly causes trouble in the system. Stop infections from becoming prolonged and taxing battles by keeping the lymph systems flowing. Dosing with Kali mur and Ferr phos will quickly unblock lymph nodes, allowing for much swifter recovery. Use at the acute rate as soon as any signs of lymphatic swelling are noticed.

Thick white or whitish grey phlegm that is coughed up, white secretions of mucous membranes, white coatings on the tongue or flour like scaling of the skin are all sure signs of a deficiency in this mineral.

Found in: Nearly all cells, the brain, nerves and muscles. Targets the mucous membranes, cornea, lymphatic system, middle and inner ear, the lungs, synovial membranes of the joints and the glandular system.

Application: acne, arthrosis, asthma, bladder infections, bronchitis, coughing with ropy expectorant, cysts, earaches with congestion, gastritis, gout, immune boost, infections, middle ear aches, poor appetite, sensitive to fatty foods, swollen lymph nodes, throat infections, varicose veins, warts, wheezing rattling chest, whooping cough.

#5 – Potassium phosphate (Kalium phosphorica / Kali phos)

Function: This mineral is the single most important mineral for the mind and emotions. Wherever a distressed, depressed, or anxious state of mind is causing trouble, Kali phos is sure to help. The grey matter of the brain requires this mineral for its formation and upkeep. Combined with fatty acids, oxygen, water and proteins this mineral can form the fluids essential to both brain and cell function.

Stress depletes this mineral, as does heavy bouts of study, making this mineral an extremely important one for students. Forming new neural pathways (learning) is a very resource intensive process for the body. When we are low on the salts needed to create these new pathways, we become disinterested, tired and irritable when asked to continue attempting to learn. This is not just a personal choice, rather the body itself is rebelling against the request to spend more resources than it feels it can justify. Supplementing Kali phos in these instances will lower stress levels, balance the emotions, increase vitality and give the body the resources it needs to form these new pathways.

Potassium is the single most important mineral inside the cell, and Potassium phosphate in particular is found mainly in the mitochondria (the energy generating and respiratory organelle of the cell). Sodium chloride (the most important extracellular mineral) has a special relationship to this mineral, and the two often work very well together. Sometimes called the biochemic antiseptic, Kali phos helps prevent the toxins produced by fatigue and degeneration from causing further tissue breakdown. When taken with Sodium chloride, another mineral that works well in the detox of toxins, the two minerals help stimulate and promote cellular repairs. This is another reason why Kali phos is called for when a fever reaches higher temperatures

(38.5C / 101.3F), not to bring the temperature down as does Iron phosphate, but to protect and help repair any tissue damages caused during. This will speed the rate of recovery after a fever, as the tissue breakdown and the toxins this releases will be hugely reduced through the power of Potassium phosphate.

Deficiency in this mineral results in a condition of lowered vitality, we see the eyes look dull, the overall appearance seems unwashed and unkempt, enthusiasm is suppressed and the emotions are all lowered and depressed. Individuals will be prone to stress, anxiety, depression, fear and even agoraphobia. These highly anxious individuals will shy away from social interaction and challenging academic activities (where possible), and prefer to self soothe with simple comforts like television, computer games and comfort foods.

Found in: The brain, nerves and muscle cells. Tissue fluids of the brain and nerves. Stimulates the heart. Targets the central nervous system, autonomic nervous system and particularly the gastro-intestinal nerves.

Application: anxiety, anxiety with heart palpitations, apathy, aversion to intellectual activities, bouts of sobbing, difficulty focusing, dysmenorrhoea (painful menstruation), fear (dread or terror), gastric complaints aggravated by nerves, hair loss, halitosis, hunger after eating, insomnia, irregular heartbeat, leucorrhoea, melancholy, memory loss, poor circulation, poor concentration, psychosis, sadness, stress, thought processes difficult, slow or poor, tiredness and fatigue in general.

#6 – Potassium sulphate (Kalium sulphurica / Kali sulph)

Function: The most important mineral for the upkeep and general health of the skin. sulphur and Iron are both known for their affinity with oxygen, both in the earth as elements, in chemistry and in our biology. Iron phosphate draws oxygen into the blood cells from the lungs for transport to any and every cell in the body, and it is via the Potassium sulphate present in the cell that this oxygen is pulled into these cells from the blood.

This mineral is the first point of call for most disorders of the skin, as the skin contains a large amount of this mineral. For ‘bad skin’, rashes, pigmentation disorders, pimples, ‘age spots’, itchiness and scaling of the skin, Kali sulph will prove beneficial. The sulphur content of this salt makes it indispensable for detoxification, both the liver and mucous membranes utilise this salt for the detoxification of pathogens and removal of toxins.

This remedy is called for at the 3rd stage of any infection, after the illness has set in in order to begin purging toxins, reducing phlegm and mucus, repairing mucous membranes and for overall healing. Remember, #3 (Iron phosphate) at the first sign of illness, adding in #4 (Potassium chloride) once the illness feels like it is setting in, and then if you haven't managed to prevent it getting any worse and symptoms progress, then we add #6 for deep cleansing and to begin repairs.

This mineral has an affinity for body oils, and we see high amounts of this mineral in the scalp and hair, which when in balance helps prevent dandruff. These body oils, when we are deficient in Kali sulph, can thicken and begin to clog the pores of the skin. The human body is constantly emitting steam from the many pores that cover our skin (approximately 3500 sweat tubes

per square inch). Hold your hand up to a mirror or glass to see this steam emission in action!

When the oils become thickened through deficiency, they can clog these pores and prevent this steam escaping. This steam is part of the detoxification processes, allowing liquid waste products to be expelled from the body, but when pores are blocked this waste is then turned inwards, causing havoc to internal mucous membranes. Oily, yellowish, slimy exudations from any orifice or secreted through the skin are a sure sign of need of this mineral.

Deficiency in this mineral can cause inflammations of the mucous membranes, heaviness of the chest with or without a cough, rattling in the chest, yellowish colouration of the face, sinus complaints and coughs with yellow phlegm. Supplementing will bring more oxygen to the organs and mucous membranes and aid the body in drainage and detoxing areas of congestion.

Found in: The skin, liver, pancreas and mucous membranes. Targets iron rich cells like that of muscle tissue, the mucosa, respiratory tract, conjunctiva, bronchi, stomach and uterus.

Application: bladder infections, chronic asthma, coughs (barking sound), coughs (accompanied by rattling in the chest), dandruff, earwax production (too much), eczema, heavy runny nose, itchiness, joint infections, muscle ache, neurodermatitis, pimples, promotes detox, psoriasis, recovery phase of illness, sinus infections, skin problems, skin rashes, yellow exudations (phlegm, skin secretions).

#7 – Magnesium phosphate (Magnesium phosphorica / Mag phos)

Function: The pain and cramp remedy, this mineral is the most important one for the health and maintenance of our nerves. Any conditions that produce piercing, shooting nerve pains will benefit by supplementing Magnesium phosphate. Muscles and muscle fibres in particular also have a great affinity for this salt, and when we have deficiencies, the white muscle fibres can contract in a condition we call cramps or spasms. When this happens it is advised to take a large dose of Mag phos (5-10 tablets) in hot water to sip, and applying some externally to the area will help speed remedy.

When painful stomach/abdominal cramps occur, mag phos can bring swift relief, especially when the cramps are due to gases formed during digestion. Mag phos has the ability to bind to the ammonia gas formed during digestion, swiftly bringing down the pressure and thus reducing pain. This is especially important for infants who are experiencing colicky pains. Mag phos will reduce the gasses in the infant's stomach as well as stimulate the peristaltic movement (contractions that move fluids/food through the digestive tract).

Known to activate over 300 separate enzymes in the body! Enzymes are the catalysts responsible for breaking certain nutritional elements down for digestion and assimilation, rendering certain toxins inert and ready for elimination, maintaining DNA health, building up complex molecules and much more. For this reason Mag phos can be beneficial in treating allergies (where the reaction is caused by a lack of enzymes involved in breaking down said allergen).

For balancing cholesterol levels or blood pressure (high or low) Magnesium phosphate is called for. Indeed for all involuntary processes (like arterial constriction or the movement of villi in the intestines pushing food along) Mag phos is utilised, keeping the contractile forces balanced and strong. Regulating and balancing to the hormones and glandular systems of the body, especially the thyroid.

When we are deficient in Mag phos, our ability to absorb and utilise Calcium phosphate is also weakened, as these two minerals work synergistically together. This can result in an over-excited nervous system and digestive complaints that do not respond to conventional medicine. If we are wanting to treat symptoms that fall under the domain of Calc phos, and they are failing to respond to our treatment, we should look to see if Mag phos levels could be influencing our ability to utilise the calcium. Due to this relationship with Calcium, Mag phos is an important element to keep in mind when treating bone or tooth troubles (along with Calc fluor).

A deep sleep remedy (when paired with Calc phos), sedating to highly strung nerves and balancing to the contractile powers of the body. During the end of pregnancy, both Mag phos and Calc fluor should be taken in preparation for labour (5x Mag phos and 3x Calc fluor tablets taken 3x daily) for the last 6 weeks. This will build up muscle and contraction power in the form of reserves of muscle 'fuel' (Magnesium) and help tone the tissues towards enhanced ability to stretch without issue (Calc fluor). On the actual day of labour, 20 tablets of magnesium can be dissolved in a water bottle for sipping on the day to promote strong and productive contractions.

Craving chocolate is a sign of deficiency, and both coffee and electromagnetic radiation (phones, pc, televisions) can deplete this mineral. Once very accessible and widespread, the mass farming culture we have has depleted the soils of Magnesiums, leading to deficient crops, deficient stock

feed and deficient meat products. This then translates to a deficient population.

This becomes all the more important when we begin to realise that remnant cultures who are still living off the land and have not yet conformed to our mass production society, have significantly lower levels of cancers and heart diseases while simultaneously having much higher Magnesium levels than the average ‘civilised’ person. Studies are continuing to show that higher magnesium levels are often linked to lower levels of cancer, although as usual, as is always seen with natural remedies - “more studies are needed” before we can make any claims.

Found in: Nerve and muscle cells. Autonomic nervous system, involuntary muscles, glands, heart, bones, intestine, brain, spinal cord, lungs, spleen, thyroid, pancreas and kidneys.

Application: alcohol abuse, blood pressure (high or low), cholesterol (high or low), colic, cramps/spasms, double vision, flatulence, headaches (stabbing pain), hypertension, hypo-tension, irrational excitement (especially in children), menstrual pain, nervousness (general), neuralgia, muscle spasms, sciatica, sharp – sudden pains, sleeping disorders, toothache, whooping cough.

#8 – Sodium chloride (Natrium muriaticum / Nat mur)

Function: This most important mineral allows for osmosis to occur in the body. The fluid balance mineral, Nat mur allows the body fluids to carry nutrients into and waste products out of the cell. Without this mineral the fluids of the body would be inert and useless. This is the second most prolific mineral in the human body (Calcium phosphate is the first).

Nat mur is responsible for our sense of smell and taste functioning, and when we lose either of these that is a sure sign of deficiency. These two senses are vital for proper digestion. Scents tell our body to begin producing enzyme rich saliva, and when we begin chewing our food this is actually the first stage of digestion! This is one reason why it is very important to take time to really chew your food well. The second stage is when taste signals to your stomach to begin producing strong digestive acids. The nutrients you gain from foodstuffs are reliant on how well you chew (and pre-digest) your food, and how well that food is then dissolved (or broken down) by the stomach acid.

Without Nat mur (also a component of stomach acid itself), our digestion would be hugely hindered. Food would not break down properly meaning less nutrient uptake, we would have excess gases produced leading to discomfort and some of the food would ferment leading to toxins needing removal, leading to additional inflammation and energy drain.

Sodium chloride is vital for any and all cell creation. Contained in all body fluids and tissues, it has a positive effect on building up blood supply. It is needed for our metabolism as well as for general cellular metabolism. A very important remedy that should be considered at all times, as without enough

of it, we have trouble getting the other minerals where we would like them to go.

An important mineral for the production of and maintenance of mucus (along with Kali mur). This fluid balancing mineral can bring relief for clogged stuffy noses as well as for post nasal-drips. For any conditions where the body's water levels are out of balance (skin too dry, eyes that keep watering, etc.) Nat mur will bring relief.

Common table salt, there is no shortage of this mineral in today's world, but here we run into a paradox. Because all packaged and boxed foods are so saturated with this mineral, we see the balance getting thrown out of whack in the body. An overabundance of this mineral will bring about the same symptoms as a shortage, and in both cases, dosing with the biochemic minerals will bring about swift relief.

Very important for detoxification, just like the old home remedy of using salt water to cleanse a wound or piercing, Nat mur plays a cleansing role at a cellular level. Binding to both metallic or organic poisons in the body, and helping to transmute them for removal from the body (a lot like how salt will speed the rusting of metals!). Pairing Sodium chloride with Potassium phosphate, we then have the ability to purge the toxins of organic decay from the body (those that produce fatigue) aiding in keeping energy levels high and preventing more decay and inflammation from these toxins.

Found in: All body fluids and tissues (the most important extracellular salt). Mucous membranes, cartilage, kidneys, blood, stomach acid. Targets the mucosa, autonomic nervous system, respiratory tract, skin, genitals, heart, liver and thyroid.

Application: anaemia, arthritis, aversion to bread, bad breath, bloat after eating, burning on urinating, burns, coughs (tickling, dry), detoxification,

dry skin, fluid balance, hair fall, insect bites, lack of breast milk, lack of drive, lack of sense of smell/taste, loss of appetite, migraine, open pores on the face, poor quality of sleep, post-nasal drip, puffy moist skin, regeneration (general), sore nose (excessive blowing), split lips, sweats (sudden, profuse), thermal balance, thirst (excessive or lacking), thoughts difficult, tired during the day, weeping, weak nerves (reactivity).

#9 – Sodium phosphate (Natrium phosphorica / Nat phos)

Function: This mineral has the primary function of breaking down acids in the body, preventing an acidic condition of the tissues and body fluids. Considering that most diseases have their roots in an acidic environment, we can already see how broadly influential this mineral is. Too much acid in the body causes inflammation, and when left long enough, begins to damage cell membranes leading to the death of cells. This will surely lead to secondary deficiencies as the body struggles to make repairs while the ambient pH continues to cause cell damage and tissue inflammation.

This mineral is an important buffer to the digestive juices, and when low we have impaired digestion. Partly digested foods will ferment, inflaming the intestinal linings and causing an influx of bile, this then results in bilious diarrhoea or other bilious disorders. Sodium phosphate is required to neutralise the acidity in these cases, but Sodium sulphate is then also needed to help cleanse and soothe the inflamed intestinal linings to bring about a full remedy.

The main causes for acidity in the body in this day and age are processed, denatured foods. Sugar content will also cause troubles for acidity regulation, and so will stress levels. Bad eating habits will often leave a 'gnawing' sensation in the stomach which is easily mistaken for hunger, and follows with a craving for sweets, refined flour, white breads, baked goods and sugary drinks.

When children have become used to such sugary and processed diets, we see this condition creep in. One area that can be affected adversely is the lymphatic system, where a build up of acids can cause proteins in the lymph fluids to coagulate, leading to lymphatic blockages. If left untreated this can cause much bigger problems for the body such as lymphadenosis (diseases of the lymph nodes). Generally when we see lymphatic swelling we think of Kali mur, but in cases where excess sugars and junk food have been involved, Nat phos is sure to bring relief.

A vital mineral for the digestion of proteins and fats, and when deficient the body becomes inefficient at fat decomposition, which then becomes a huge contributor to the condition of obesity or excess adipose in the body. Greasy skin is often seen before we begin seeing the fatty tissues build up in the body, and this is one method the body uses to try and excrete the excess lipids that it is having difficulties processing. This grease causes a shininess to the skin and can be wiped away only to reappear again, and will eventually result in blackheads forming. Greasy marks on spectacles, cups, etc, are a sure sign of a need for this mineral. When the acidic condition carries on long enough the sweat is affected, at first becoming more pungent, but over time increasing in acidity until yellow marks are left on clothing, and in some cases becoming strong enough to eat holes at the armpit and groin areas of clothing.

Children and infants who are prone to reflux, yellow-greenish diarrhoea belly aches and cramps show a need for this mineral. Parasites like roundworms thrive in an acidic condition, and a prolonged course of Nat phos will neutralise the acids that create the ideal breeding ground for these parasites. Acids that the body has attempted to lock away can form uric acid crystals and end up deposited in the joints – leading to the painful condition we call gout (an inflammatory arthritis). In these cases, we must use Nat phos and Silica to first dissolve these crystals and then neutralise the acids completely. This same uric acid can also choose to bind to calcium or magnesium and calcify into the stones we call gallstones or kidney stones, or even become stony deposits in joints. Again both #9 and #11 will be called for to disintegrate these formations and then neutralise the acids.

Found in: The lymph, nerves, stomach and blood. Muscle, brain cells and cellular fluids. Targets the gastrointestinal tract, lymphatic system, gallbladder and bile regulation.

Application: Acne, acid reflux, arthritis, blackheads, calculi produced by uric acid, chronic gastro, cystitis, dyspepsia, facial spots, frequent diarrhoea, gallstones, greasy skin, gout, heartburn, indigestion, joint pains, kidney stones, obesity, oily skin, over acidity, slow healing wounds, sour vomiting, swollen lymph glands (when bad diet is present or when Kali mur fails to remedy), worms, yellow coating at base of tongue.

#10 – Sodium sulphate (Natrium sulphurica / Nat sulph)

Function: Sodium sulphate has the primary function of being a water eliminator in the body. It has the chemical power to carry twice its weight in water out of the body, and due to its ability to carry waste matter and toxins out with this water, we refer to it as being the biochemic ‘cleansing flow’. Many chemical processes in the body will release water as a byproduct, from the breaking down of acids to breathing in air, H₂O is produced as a byproduct, and will require Nat sulph to ensure we don’t have cells that become too waterlogged.

During hot and humid weather, when the air is overcharged with water as mist, the act of breathing will draw in so much water that we run the risk of the bloodstream becoming overcharged with water. This doesn’t happen quickly, but a cyclone event or when travelling to another country where the body is subject to a climate it isn’t used to, we can run into this trouble. It is in this state, when the blood has become saturated due to not enough Sodium sulphate, that we can have malarial troubles (or even cholera or yellow fever). Malaria may come from the plasmodium parasites mosquitoes carry, but these parasites can only thrive in a terrain that is overcharged with water. For all three of the above dis-eases, Nat sulph will bring remedy, and can be taken as a preventative when travelling to humid regions.

All shaking chills and fever that is followed by sweats will benefit from Nat sulph. This is in fact the one of the body’s methods for an emergency draining of fluids in the absence of enough Nat sulph to perform the task. Tiny muscular contractions cause the shivering seen over the entire body, in an attempt to (much like wringing out a wash-cloth) squeeze excess fluid out of cells. Chills are due to excess water, the shaking and tremors are the attempt to squeeze out this fluid, the heat and fever is due to the friction of

the shivering, and the sweats are the successful results – although this whole procedure is very draining to the body. Remedy may be felt for a short time after a large sweat-out, but without travelling to higher altitude with drier air, or supplementing Nat sulph, we are likely to see this condition repeat itself in a day or two as fluids build up again. Note – prolonged fevers tend to cause a drain on the nerve salt Kali phos, and any and all states of initial fever will cause a drain on Ferr phos, and so will benefit from its supplementing.

Sodium chloride is the fluid balance mineral and has the job of pulling water into cells, contributing to basic metabolism and cell division. Sodium sulphate has the job of pulling this water out of cells to be taken to the kidneys and other organs for excretion. Both of these minerals are vital for basic hydration, and each in their own way contribute to detoxification, although Nat sulph has more affinity for the excretory organs. The other superpower Nat sulph has is the ability to neutralise the toxins that build up in body fluids, dissolving them into their more manageable parts and through chemical affinity, dragging them out for excretion.

Nat sulph is also required to keep the bladder functioning properly, as it is involved with stimulating the sensory nerves that give us the feeling of needing to urinate. This awareness of the bladder and properly functioning nerves are vital to prevent the action of spontaneous bed-wetting. Making Nat sulph an important mineral to be aware of with young children struggling with making it through the night dry.

An important tonic for the liver, gallbladder and pancreas. Sodium sulphate is involved in regulating the bile producing cells of the liver, aiding in proper digestion, good metabolism and toxin elimination. Due to its close relationship to the excretory organs, this is an important remedy for the detox and upkeep of these organs. Secretions that result from this deficiency have a bitter taste and will be greenish to yellow-green in appearance.

Found in: The body fluids. Targets the gallbladder, liver, gastrointestinal tract, urinary tract, colon and pancreas.

Application: asthma, bags under eyes, bitter taste in the mouth, cold sensations when ill, constipation, coughs (green-yellow phlegm), diarrhoea (sudden onset), diarrhoea in the morning, drinker's nose, foul wind, flu's, gallbladder disease, irritable bowel, jaundice, liver disease, nightmares, oedema, swollen legs/hands/eyelids, tossing and turning in sleep, urine (watery green), weeping rashes.

#11 – Silica (Silicea)

Function: Considered the surgeon salt of biochemistry, silica is the mineral the body uses to cut a passage to the surface for the release of any trapped debris in the tissues. This is possible due to the fact that silica (quartz) retains its basic structure even when crushed microscopically small. Even the most minute particles of silica can retain their sharp qualities, making them the perfect tools for the discharge of pus or debris like splinters. A lack of silica will be seen in pimples that are tough, sore and swell up red and angry. The less silica that is available, the more difficulty the tissue will have in pushing unwanted matter out. The remedy here is to take silica internally, but also dab silica externally on the problem area, overnight you will see the development of a 'head', and very quickly the pain will subside and discharge of the trapped contents will come about.

Also called the salt for hair, skin and nails, or the biochemic beauty remedy (when paired with Calc fluor). Silica imparts the glossy finish to hair and nails and also helps impart strength and resilience. A stalk of straw, corn, wheat or shaft of bamboo would not stand so tall and strong if it did not contain so much of this strengthening mineral. The outer coating of bones are

also assisted in maintaining their hardness through this mineral (in combination with #1 Calc fluor).

We call silica the beauty remedy due to its ability to increase the solidity or ‘plumpness’ of cells, which on mass increases cohesiveness or firmness of tissues. When supplemented regularly, it proves a preventative to the early signs of ageing such as crows feet or other facial wrinkles. When this mineral is deficient, the skin of the face becomes thin and ‘glassy’, almost transparent. Cuts, tears and grazes happen much more frequently as the skin has less resilience and toughness in the absence of silica. When we pair silica with the elasticity salt Calcium fluoride, we have the most potent beauty remedy possible, in terms of maintaining skin health, plumpness and preventing wrinkles and early ageing signs. This is further proven when we look at the tissue of young people, who have as much as 50% more silica (and also water holding potential due to the cellular ‘plumpness’) than that of elderly people.

An important remedy to keep in mind when combating conditions of acidity, as when these states have been prolonged we can amass the products of acidity in crystalline or stony forms. Uric acid crystals that cause gout or arthritis like pains in the joints or extremities, kidney or gallstones will all require silica to dissolve, and also Sodium phosphate to completely neutralise. Acidic conditions can also begin to aggravate and damage nerve tissue, and in these cases too silica and Nat phos will be needed for remedy.

For the treatment of infections, where they are proving stubborn to move due to trapped debris (like abscess, boils or ear infections), silica should be given (as well as Ferr phos and Kali mur) to bring swift relief. With stubborn ear infections, 5 tablets may be given as often as 5 times per day (make this simpler by dissolving them in hot water to sip slowly, letting the fluid sit in the mouth before swallowing). This will allow any trapped pus to flow freely

from the ear, bringing down the pain and pressure very quickly. Continue this treatment for at least a few days, and include 1 tablet of both Ferr phos and Kali mur during this time (to both keep inflammation down and enhance the lymphatic system, making recovery easy for the body)

Silica has a regulating effect on perspiration, it allows for the elimination of toxins through the epidermis, and when low we see a spike in body odour as these toxins are not removed efficiently. Both strong body odour and smelly feet are signs of low silica. The specialised white blood cells called phagocytes (eater-cells) who specialise in eating up bacteria and debris that can cause infection, body odour or inflammation require silica to function well. Here we see the broad functionality silica has in terms of tissue integrity, visual appearance and even immune function, making this one very versatile mineral.

Found in: All cells, and therefore all organs. A very important building substance for forming tissues. Targets the connective tissue, hair, nails, skin, the lymph system, teeth, bones and the nervous system.

Application: abscess, allergies, arteriosclerosis, boils, brittle nails, bruises easily, children with thin arms and legs (Calc phos and Calc fluor will also help), crows feet, ear infections, early ageing, haemorrhoids (with Calc fluor), itchy skin, night sweats, over-sensitivity to external impressions, poor memory, restlessness, sensitive to light/sounds, skin infections, smelly feet, splinters, stinky sweat, stretch marks, styes, sunken eyes, sweaty feet, tooth decay, tooth ulcers, tongue ulcers, tough, stubborn acne, varicose veins, weak discs (inter-vertebral discs), wrinkles (with Calc fluor).

#12 – Calcium sulphate (Calcarea sulphurica / Calc sulph)

Function: A very important mineral for chronic conditions that have gone on too long. This mineral works very well in alteration with silica, and it performs a complimentary although somewhat opposite action. Where silica promotes the discharge of pus from tissues, Calc sulph helps to dissolve this pus when a condition has become stagnant. When infections have become chronic and silica itself isn't bringing about a swift recovery, Calc sulph most surely will.

This mineral is found in the cartilage of the body and influences the formation and upkeep of connective and supportive tissues. Calc sulph is involved in the cleansing and maintenance of these tissues specifically, as well as all tissues generally. Considered a purifying salt, Calc sulph is also known as the biochemic blood cleanser. Supportive of overall health, blood quality, proper coagulation, and helps to detoxify connective tissues. Assists with healthy, clear skin.

Provides a stimulatory effect on metabolism through sulphur's affinity for the 'burning' or oxidising processes that occur within the cell, increasing energy levels. Promotes the release of specific hormones that act as the chemical signals to regulate metabolic processes, raising the metabolism to healthy levels. Involved in the functioning of certain enzymes that increase the efficiency of metabolism, further increasing energy levels and decreasing the amount of energy involved in digestion. Our ability to utilise certain amino acids is dependent on this mineral.

In the lining of the stomach Calc sulph provides the function of an acid barrier, it covers the surface of the stomach lining and ensures no damages are done during digestion. When conditions of the stomach arise like that of

ulcers, Calc sulph should be considered to replenish this protective barrier and prevent further inflammation and aggravation.

Calcium sulphate promotes health by helping to prevent cell membrane disintegration when we have disturbances in the body tissues. Wherever we have cases of suppuration or open, weeping wounds that are slow to heal, we should consider this salt. Combining this remedy with Silica in alteration is often a reliable way to use this mineral, as these two complement each other's functions. A very important mineral for deep cleansing.

Found in: Connective tissue, muscles, liver, gallbladder. Also the heart, brain, epithelial cells and the spleen. Targets chronic, non-healing processes in the body, wherever suppuration processes have gone on too long (ie. ulcers, open wounds, boils or carbuncles), wherever they appear.

Application: Abscess (with silica), boils, carbuncles, children (asking not to be covered at night, needing to stay cool), chronic bladder infections, chronic catarrh, chronic ulcerations, colds with heavy nasal discharge, coughing up thick yellow mucus, disturbed bone growth, gout, infections of ears or nails, infertility, keratitis, neuralgia, pimples, rheumatism, shin-splints, sinusitis, skin eruptions, slow healing wounds, slow metabolism, stomach ulcers, suppurating bronchitis, suppuration in the mucous membranes or skin, thick yellow pus (sometimes blood streaked).

CHAPTER 3 – HOW TO USE THE BIOCHEMIC MINERALS

Dosing Guidelines

Biochemic minerals are safe for all ages, including newborns. The minerals are extremely finely diluted (similar to that of homeopathic remedies), so much so that when we **allow them to dissolve in the mouth** they are absorbed directly through the buccal mucosa (cheeks) and sublingual tissues, straight into the bloodstream. Keeping in mind that it takes a single blood-cell less than a minute to go from the heart, around the entire body and get back to the heart again, we can see how quickly we can get these minerals having their effects.

The human body has its own innate intelligence, and minerals will be taken to where they are most needed. Should you be targeting an external ailment, such as a rash, and happen to have an unknown issue in an organ that requires the same mineral, the body will always prioritise the organ. In this case it is recommended to continue internal use, but you may also choose to apply the mineral topically to ensure the rash begins healing. Do this by either dissolving tablets in a drop or two of water, or by using the mineral in cream form.

When choosing a rate of dosage, we must consider two things; Is the problem acute or chronic? And what is the age we are treating?

Dosage for Acute Afflictions

This is aiming at sudden onset symptoms and injuries.

Examples of acute cases include: cuts, sprains, burns, colds and flu's, UTI's, diarrhoea, sudden blocked or dripping nose, panic attacks, asthma and allergies. Also applicable for sudden bouts of emotional distress.

The average dose is 1 tablet taken in short intervals.

- **Newborns (0-6 months):** up to 3 tablets over the course of a day. Dosing $\frac{1}{2}$ tablet per dose – until symptoms subside. Create a paste by adding a few drops of boiled water to the tablet and dabbing at the corner of the mouth.
- **Infants (6-12 months):** 3-4 tablets dissolved in water, over the course of a day. (Dissolve into a bottle or sippy-cup of water, and offer mouthfuls regularly throughout the day.) Continue until symptoms cease.
- **Children (1-12 years):** 1 tablet every 1-2 hours until symptoms subside.
- **Teenagers and Adults (13+ years):** 1 tablet every 15-30 minutes until symptoms subside.

Dosage for Chronic Afflictions

These are ailments that remain fixed over long periods of time. The same set of symptoms repeat, and the healing process seems either stunted or non-existent.

Examples of chronic cases include: eczema, allergies, asthma, acne, tooth or bone complaints, depression, etc.

- **Newborns (0-6 months):** 1 tablet dissolved in a small amount of water, once per day.
- **Infants (6-12 months):** 1 tablet dissolved in water, twice per day.
- **Children (1-12 years):** 3-4 tablets over the course of a day.
- **Teenagers and adults (13+ years):** 2-3 tablets, 3 times per day.

Advice for Topical Issues

When treating rashes, joint pains, arthritic complaints or other topical issues, applying minerals to the skin will speed remedy. Simply wet the tablets and apply as a paste, or purchase the minerals in cream form.

Dosage when using Multiple Minerals

Minerals can be taken into the mouth and dissolved together, or added into water and sipped throughout the day. Only Nat mur needs be taken on it's own, as its mineral power allows it to pull apart (dissolve) other mineral salts.

We want to aim to have the minerals sitting against our permeable membranes (cheeks and tongue) as long as possible for the best uptake. Simply sit the minerals under the tongue, or allow the fluid time to sit in the mouth for a few seconds before swallowing.

Advice for dosing babies

The biochemic minerals are safe to use on infants from the first day they are born. We have a few options for administering the minerals. The most gentle method is via the breastfeeding mother, who takes the minerals at the adult rate and allows the breast milk to carry the minerals. For more instant action we can dissolve the minerals into a bottle of milk or boiled water, or even add a few drops of water to a tablet and dab the paste at the corner of the infant's mouth. Don't worry if the baby pushes the paste back out, the skin and tongue will still be absorbing the minerals.

Children and Adults

Dissolve the tablets in the mouth for fastest results. Place the tablets under the tongue and allow them to dissolve for the best uptake. If you are taking larger doses, dissolving the day's minerals into 1 litre of water to sip over the course of the day may be more convenient. Be sure to slowly sip the water, allowing it to sit in the mouth for a few seconds for best absorption.

For Instant Results

These minerals work very quickly, but there is a way to increase the uptake even further. This is especially useful for the pain and cramp remedy with Magnesium phosphate.

Take 5-10 tablets and let them dissolve in boiling water. Let this water stand until it has cooled enough to sip, and slowly sip the hot liquid, allowing it to sit in the mouth for a few seconds each time before swallowing.

The heat brings blood to the surface of the cheeks and speeds the uptake into the bloodstream, allowing for the quickest possible results.

CHAPTER 4 – HOW TO IDENTIFY DEFICIENCY SIGNS

Deficiencies don't only present as physical, emotional, or behavioural symptoms. Parents should be aware of more subtle signs of deficiency, like changes in the faces of their children, and the coatings of the tongue. Even the casts (phlegm, mucus, snot etc) of the body are indicators of the current biochemistry and are worth understanding. Each mineral also has specific indicators, like being soothed by heat and aggravated by cold, etc.

If you have attempted to dose minerals based on symptoms alone and that has not worked, try using the guide below instead. The most accurate diagnosis are managed only when the symptoms agree with what the face, tongue and other tells are showing us.

By addressing these imbalances early, parents can **prevent chronic health concerns** and support long-term well-being. Acute issues may not always show as visible signs in the face straight away (ie. with a cut, sprain or burn) but chronic deficiencies will become visible over time, allowing you to see these deficiencies in real time.

Use this as a guideline, as each body is different and you may see all or only one or two of these signs. Signs become more obvious the longer the deficiency has been around, but may start to overlap with other deficiencies if left untreated (we often see this in adults, children are usually a lot clearer to see, as they have not had as long to carry these deficiencies).

#1 – Deficiency of Calcium fluoride

Facial tells: From the inner corner of the bottom eyelid, fine crosshatched wrinkles can be observed (seen most easily when the patient looks upwards). These crosshatched wrinkles may stretch up and cover the upper eyelid. A reddish-brownish hue can be seen in this same area, and this may spread over the entire face in some rare cases. A shine like varnish on the skin.

Tongue: May be dry, cracked or brown (especially in the elderly).

Casts: Lumps or small yellow nodules.

Specific Indicators: Symptoms are relieved by warmth and aggravated by cold and damp. Enlarged joints or deep cracks in tissues.

#2 – Deficiency of Calcium phosphate

Facial tells: Waxy appearance of the face (a warm ivory hue). This colour appears first on the ears, sides of the nose and forehead. May eventually extend over the whole face.

Tongue: Sweet taste in the mouth, furry sensations. Thick white coating.

Casts: Tenacious and albumin-like (similar to egg white). Clear.

Specific Indicators: Symptoms relieved by warmth and rest, aggravated by motion, draughts, cold and getting wet. Teething issues, bone disorders, constant exhaustion.

#3 – Deficiency of Iron phosphate

Facial tells: Acute deficiency will show as a feverish redness that appears first at the ears and forehead that spreads over the cheeks. This redness will have more heat to it than surrounding tissues and will feel like a mild burning sensation to the patient. (Common after physical or mental exertion). More chronic deficiency will show as the ‘ferrum shadow’, a ring under the eyes starting at the root of the nose and stretching down, under and around the

eye. The line will be a dark maroon to bluish black. The longer the line and the darker the colour the heavier the deficiency.

Tongue: Clear. Sometimes slight red discolouration.

Casts: 'Rusty' coloured. Coughs are tickly or painful.

Specific Indicators: Symptoms relieved by resting, cold compress or cooling in general. Aggravated through heat, physical activities and at night. Lengthwise and crosswise grooves on the fingernails. Bruises easily.

#4 – Deficiency of Potassium chloride

Facial tells: The face will be milky in colour (milky-bluish or milky-reddish). This may be isolated to the lower eyelids or spread over the whole face. "Skin like alabaster". Some cases will see this colour cover the entire body.

Tongue: White coated. Sometimes seen as thick white to yellowish grey

Casts: Tough, thick, ropy secretions. White or whitish grey. Chesty coughs.

Specific Indicators: Symptoms relieved by warmth. Aggravated by fatty or spicy foods, cold, dampness and movement. Warts, skin rashes with floury scaling.

#5 – Deficiency of Potassium phosphate

Facial tells: Unwashed appearance. Eyes dull and ‘sparkless’. Blank expressions. Ash grey colour around the eyes and chin. Sunken in temples indicate a chronic deficiency.

Tongue: Dry. Possibly yellow-brownish. Foul breath.

Casts: Nil.

Specific Indicators: Symptoms relieved by company with others, rest, warmth and eating. Aggravated by forced movement (exercise), noise, being alone (especially at night). Depressed atmosphere, wounds slow to heal, slow thinking, hyperactivity in children,

#6 – Deficiency of Potassium sulphate

Facial tells: Jaundice (extreme cases), yellow-brown hue to the skin, especially the eyelids and chin. ‘Ageing spots’, melasma (pigmentation changes), moles etc. on the face.

Tongue: Yellow coating especially at the rear of the tongue. Slimy.

Casts: Tough yellow and slimy. Profuse phlegm.

Specific Indicators: Symptoms relieved by cool, fresh air, being outdoors and dry weather. Aggravated by warmth and enclosed, stuffy spaces. Skin troubles with yellow, sticky exudations. Yellow crust at eyelids, thirst for ice cold beverages.

#7 – Deficiency of Magnesium phosphate

Facial tells: Bright red round marks at either side of the nose (“cherub cheeks”). These facial tells may appear suddenly. Blushes come easily. Redness may cover the whole face, no heat coming off the skin (although heat may be felt by the one blushing).

Tongue: Clear.

Casts: Unspecific.

Specific Indicators: Symptoms relieved by warmth and pressure. Aggravated by cold, acidic foods, nighttime and light touch. Facial tics, twitches, nervous itching and prone to cramps.

#8 – Deficiency of Sodium chloride

Facial tells: Skin has a ‘gelatin shine’, cheeks are puffy and the pores are open and visible. The more the pores are visible the worse the deficiency. Chronic cases end up with texture close to an orange peel.

Tongue: Clear but slimy.

Casts: Either thin and watery with bubbles (too watery), or thick (too dry) and tough to move - #8 will re-hydrate the stuck phlegm and make coughing it up easier.

Specific Indicators: Symptoms relieved by fresh air, sweating, tight clothes and bathing. Aggravated by hot sunshine, damp, fog, mornings, salty foods and intellectual activities. Excessive thirst, craving salt, dry skin. Eczema and insect bites weep and heal slowly.

#9 – Deficiency of Sodium phosphate

Facial tells: Oily skin, especially around the nose, forehead and chin. Greasiness of skin and hair, blackheads, double chin and puffy cheeks. The middle of the face can flush red.

Tongue: Yellowish-white coating, wet.

Casts: Honey-like, yellow or acidic.

Specific Indicators: Symptoms relieved by daylight, avoiding sugar, protein and meat. Aggravated by fatty foods, heavy meals, sweets, cold and damp. Greasy marks left on glasses, calloused skin on the soles of feet.

#10 – Deficiency of Sodium sulphate

Facial tells: Greenish-yellow hue to the skin. ‘Drinkers nose’ (root of nose will show greenish-yellow, arch will show redness and the tip will show reddish-blue). An inflammatory redness may show on the cheeks as well (The stereotypical Santa shows ‘drinkers nose’ and inflammatory redness of cheeks). Swollen bags under the eyes.

Tongue: Coating of brownish-green, bitter taste in the mouth.

Casts: Thick, yellow-green and profuse.

Specific Indicators: Symptoms relieved by dry, warm weather and through movement. Aggravated by wet or foggy weather, dampness, flour in the diet and mornings. Music might trigger bouts of sadness. Oedemas, soft warts and fungal issues.

#11 – Deficiency of Silica

Facial tells: Skin appears to have a polished shine that prevents the pores being visible. Wrinkles and ‘crow's feet’. Skin transparent or glassy. Eyes sunken in indicate a chronic deficiency.

Tongue: Dry or slimy with a brownish coating. Ulcers of the tongue.

Casts: Chronic, thick and yellow.

Specific Indicators: Symptoms relieved by warmth, rest and dry weather. Aggravated by evenings, changes in the weather, light and noise, menstruation. Brittle hair and nails, boild and tough pimples.

#12 – Deficiency of Calcium sulphate

Facial tells: Yellow-grey waxy colour. ‘Ageing spots’ all over. Pimples in youth. Nodules and swellings.

Tongue: Prone to painful ulcers at the sides of the tongue. Coating like dry clay, or a loamy yellow. Sensation of a ‘cut’ or hurt tongue. Bitter, sour or soapy taste.

Casts: Chronic, thick, yellow and streaked with blood.

Specific Indicators: Symptoms relieved by dryness, warmth and eating fruit. Arthritic complaints benefit from cold compresses. Aggravated by warmth, changing weather, being around water. Wounds that heal slowly and weep, bad skin to the point of boils and carbuncles.

Keep in mind – these are the minerals you are made of, there are no known contraindications or bad reactions from taking these cell-salts, and the doses are extremely finely diluted, like those of homeopathy. Don’t be afraid to take a mineral if you think it is needed, even if you aren’t 100% certain you have chosen the right one. Acute conditions will respond very quickly, so you will soon know if you have made the correct choice. Chronic conditions may take longer to show any improvement, so allow 3 or so days before you attempt to change the mineral(s) you have chosen. This is how you learn the true power of these minerals, and begin to become fluent in using them.

In some cases, you may have chosen the correct mineral to address the chosen complaint, but you still don't see any improvement. In these cases a secondary deficiency will be stopping us getting the target minerals where we want them (ie. low Sodium chloride meaning transport of minerals is hindered, or low Magnesium phosphate meaning Calcium uptake is low etc.).

In these cases, I advise re-reading through the 12 minerals in depth, or contacting your biochemic mineral practitioner for a more detailed diagnosis.

Note – it is always wise to increase your water intake while taking the minerals, as nearly all bodily functions require water. If we are improving the bodies ability to perform it's functions, we should be increasing the amount of fluid (the means by which it can accomplish this) as well.

CHAPTER 5 – THE ROLE OF NUTRITION IN THE MINERAL BALANCE

Using Biochemic Minerals Alongside Food and Lifestyle Changes

While cell salts help restore the balance, **proper nutrition and lifestyle choices** are equally important. To try and remain deficiency free and support the healing processes of the body, we must also be wise in our daily habits. Try encouraging:

- A **mineral-rich diet** with whole foods.

Avoiding packaged and instant foods wherever possible, as the amount of additives and preservatives used today is extremely detrimental to the body and microbiome. Aiming to get local, organic produce wherever possible, or better yet, growing your own! Sprouts and microgreens are simple ways that anyone can boost the amount of home grown organic vegetables in the diet, without breaking the bank and with minimal space (both do best grown indoors!)

If you have some outdoor space, a chicken coup is an amazing way to get rid of food scraps while also providing yourself with some amazing organic produce! Nothing compares to home grown chicken eggs, you won't believe the difference in colour and flavour when compared to supermarket eggs.

- Regular **outdoor play and sunshine**

Moving the body is not just about weight management. Exercise helps regulate the emotions, balance the hormones, detox the body (through sweat) and benefits the brain! The metabolic processes of every cell in the body benefit, and oxygen levels are raised, increasing our energy levels even as we expend energy!

Vitamin D is a fascinating substance. It is produced via the action of sunlight on the skin, much like photosynthesis occurs in a plant! This vitamin, which functions a lot more like a hormone in the body, is essential for the utilisation of calcium, phosphorus and other minerals and many other vitamins. Without a proper balance of Vitamin D, our ability to metabolise other vitamins and minerals is severely lowered. It is also an essential nutrient for the health of the heart, nerves and glands of the body.

- **Adequate hydration** to support mineral transport in the body.

Almost every process of the body requires water in one way or another. For the transport of minerals and nutrients around the body, and the transport of waste products out of the body – fluids are required.

This is extra important when we begin supplementing (any form of supplements!). When you introduce something into the body, in taking some extra fluids is always a good idea. This way you are always sure the body is hydrated enough to move the supplements where you want them, can deal with whichever processes you are engaging or boosting with said supplement, and in the case where the body doesn't need this supplement (common with vitamins or pharmaceutical grade high doses of vitamins or minerals), allowing the liver to process these more easily.

The body does not store water, and so requires fresh water every single day. Minimum recommended amounts of water are as follows;

- **Adults** – need an average of 2.5L (Men and breastfeeding or pregnant women need 2.5-3.5L)
- **Teenagers** – 1.5-2.5L
- **Kids (4-13)** - 1.2L – 1.5L
- **1-3 years** – 1L
- **0-12 months** – 0.7-0.8L (initially taken as breast milk, eventually supplemented as pure water. More note should be taken of this with formula fed infants who require water sooner and more frequently than breastfed babies.)

How Diet Supports Biochemic Minerals

A child's diet directly affects how well their body maintains the balance of minerals and how quickly they are depleted. The main dietary factors that impact mineral levels include:

- **Too much processed food** → Depletes essential minerals, stresses the body, amasses toxins and damages the microbiome. Offering minimal true nutrition, these act more as problems that the body must expend energy and minerals to process and excrete.
- **Excess sugar** → Can block absorption of certain minerals, cause inflammation in the body, alter the body's pH toward a more acidic state and impair overall metabolism. Sugars are vital to life and brain function, but complex sugars (complex carbohydrates) should be prioritised always. Care should be taken to minimise exposure to the simple sugars (white processed sugar, sweets, sodas etc.) as these are the sort to spike blood sugar levels leading to energetic crashes, impaired concentration and irritability. Aim to keep treats as treats and never staples.
- **Deficient produce** → Mass farmed produce are regrown each season in the same depleted soils, with only minimal nutrients added back in. The crops are deficient in nutrients, often transported huge distances (further depleting nutrients pea, beans and broccoli for example lose about 50% of their Vitamin C content just two days after harvesting) and may also harbour pesticide, fungicide and herbicide residues.
- **Gut health** → A healthy microbiome enhances nutrient uptake, breaks down certain substances our body could not on its own, helps prevent allergies and even alters our moods! Studies are now showing the state of the microbiome has a huge impact on the brain and our emotions through the gut-brain axis (a network of nerves and neurons that run through your GI tract). Supporting the

microbiome is vital to health, and so important for maximising the nutrition we can uptake from foods.

So basically, avoiding the three main damaging factors will help support a healthy gut biome, this in turn will help ensure we are getting the most nutrition possible out of each meal. Too much sugary processed foods will disrupt the balance of gut flora, allowing less beneficial strains to thrive. These sugar loving microbiota will then send stronger and stronger signals (or cravings) to the brain, making it harder and harder to resist eating these same foods, and causing emotional disruptions when you attempt to change the diet (seen acutely in children and teenagers).

Luckily, by simply aiming to reduce the amount of processed, packaged foods we are eating each day goes a long way in lowering the amount of sugar and additives we ingest and the damage done to our microbiome. Getting out in nature, touching the soil, leaves and petting animals is beneficial to the microbiome. Eating fresh fruit and vegetables that have not been processed, and so still have a living microbiome on their surface adds strength, variety and number to our microbiome, increasing beneficial strains. Visiting local produce growers to harvest truly fresh produce, or better yet, growing your own is the best way to ensure a truly nutrient rich meal, free from harmful sprays or coatings.

Foods Rich in Each Mineral

- **Calc fluor** – Leafy greens, almonds, bone broth, carrots, mild cheeses (cottage cheese etc.), nettles, prawns, brazil nuts, walnuts, almonds, legumes, lentils, snow peas, sesame seeds, parsley, spinach, mould ripened cheeses (like brie), lentils.
- **Calc phos** – Dairy, nuts, seeds, fish, brewers yeast, bone broth, raw nuts, eggs, broccoli, parsley, blackberries, porcini mushrooms, poppy seeds, snow peas, chickpeas, yoghurt, cheese, lima beans, broccoli, green beans, prawns, lentils.
- **Ferr phos** – Red meat, lentils, spinach, beets, Sweet potato, brewers yeast, pumpkin seed, sunflower seed, onion, bran, eggs, almonds, sprouted seeds, comfrey, red clover, lima beans, mussels, wheat germ, rye germ, mushrooms, game meat, buckwheat, soy, rye.
- **Kali mur** – Bananas, coconut water, kelp, avocados, meat, dried fruit, fresh vegetables, asparagus, tomato, cabbage, celery, cruciferous vegetables, eggplant, bananas, oily fish (sardines, herring, mackerel), nettles, snow peas, sesame seeds, mutton, dried mushrooms, dates, clams, hard cheese, yeast flakes, chestnuts, cress, oats.
- **Kali phos** – Nuts, banana, whole grains, avocado, dandelions, oregano, brewers yeast, marjoram, sunflower seeds, wheat bran, lentils, chickpea, onions, sweet corn, spinach, artichokes, blue veined-cheese, soft cheese, sesame seeds, pine nuts, pistachios, chestnuts, mushrooms, parsley, parmesan cheese, poppy seeds, almonds, garlic, clams, chicken, cashew nut, liver, salmon, halibut.

- **Kali sulph** – Asparagus, leeks, pumpkin seeds, sprouted seeds, eggplant, corn, carrots, kelp, hazelnuts, chestnuts, brussel sprouts, watercress, figs, kelp, raisins, apples, snow peas, wheat, soft cheese, sesame seeds, pistachio nut, dried mushrooms (slippery jack, honey agaric, morel), clams, pike, cod, salmon, trout, oats, barley, mackerel, rye, wheat, parsley.
- **Mag phos** – Dark chocolate, legumes, tomato, zucchini, bananas, dark leafy greens, beetroot, rice, barley, bran, seeds, rolled oats, brewers yeast, molasses, millet, lentils, peppermint, string beans, watercress, sprouted seeds, nuts, mushrooms, garlic, spelt wheat, chicken, brown rice. **Depleted by:** Coffee, tea, alcohol, white flour and excessive sugar.
- **Nat mur** – Celery, watermelon, Himalayan salt, Celtic salt, beetroot, green vegetables, dried figs, sultanas, eggs, strawberries, gooseberries, huckleberries, apples, molasses, brewers yeast, carrots, nettles, dried truffle, sesame seeds, cream cheese, soft cheese, hard cheese, fennel, goose, lentils, lima bean.
- **Nat phos** – Apple cider vinegar, pineapple, green beans, eggs, sunflower seeds, sultanas, dried fruits, brewers yeast, carrots, beetroot, leafy greens, dill, crayfish, eggs, nettles, lima bean, dried truffle, celery, lobster, hard cheese, sesame seed. **Depleted by:** Tea, coffee, canned foods, carbonated beverages, white flour and white sugar.

- **Nat sulph** – Seaweed, cucumber, asparagus, fresh salad greens, celery, leafy greens, fresh fruits, carrots, dried fruits, sultanas, beans, spinach, prawns, scallops, soft cheeses, hard cheese, fennel, cashews, porcini mushrooms, lentils, coconut, goose.
- **Silicea** – Oats, cucumber, radishes, bell peppers, bamboo shoots, oats, borage, dried apricot, leafy greens, pumpkin seeds, sunflower seeds, strawberries, asparagus, parsley, salad greens, barley, corn, potatoes, beetroot, whole wheat, avocado.
- **Calc sulph** – Garlic, onions, cruciferous vegetables, natural cheeses, watercress, parsley, dried fruits, figs, sunflower seeds, egg yolk, dried fruits, cashew, broccoli, cabbage, hard cheese, snow peas, porcini mushrooms, parsley, poppy seeds, prawns, almonds, lentils, soft cheese, hazelnuts, brazil nuts.

CHAPTER 6 – SUPPORTING GROWTH & DEVELOPMENT THROUGH THE STAGES

Minerals for Newborns (0-6 Months)

Common Concerns and how to Remedy.

The newborn stage is a time of rapid development, body weight will typically double in the first 6 months, the brain is creating thousands of new connections as everyday more skills are being learnt (or unlearned, as the brain is constantly re-creating these connections in an attempt to master these new skills). The entire skeletal system is growing, enlarging and hardening and all of this requires minerals. Deficiencies are bound to arise, and many parents face challenges such as:

- **Insufficient milk supply in mothers** ⇒#8,#2,#4
- **Too much milk** ⇒#10
- **Milk is too salty, or bluish-white** ⇒#8
- **Breast hardening** ⇒#8
- **Mastitis** ⇒#9 Concentrate on feeding with one breast at a time. Ensure you are draining each breast as much as possible each feed, aiming to get down into the fatty milk layer to avoid clogging ducts. (Soaking the breast in very warm salted water or having a hot shower before feeding will promote better flow and assist the infant in draining the breast) Avoid excessive pumping as the more milk you remove, the more you produce!
-- with heat ⇒#3, #9

- with heavy milk flow ⇒#10
- if any pus is present ⇒#11,12
- badly smelling ⇒#5 (see doctor!)
- **Neonatal jaundice** ⇒#6,#10,#3
- **Colic** ⇒#7,#2
 - with excessive winds ⇒#10
 - with diarrhoea ⇒#8,#2
- **Reflux** – when accompanied by sour smelling sick-up ⇒#9

This is usually less an issue of acidity as an issue of space in the stomach and time spent lying down. Aim to feed in a more upright position, burp regularly and watch you are not over feeding them. Small sporadic spit-ups are common in under 6 month olds and not to be concerned about.
- **Cradle cap** – Dry, flaky skin on the scalp. ⇒#4,#8,#3

Applying a very gentle moisturiser an hour before bath time will soften some of this dry skin. When in the bath, gentle abrasion with a soft washcloth or soft baby-brush will help remove layers. Aim to take small amounts off this way over a period of a few weeks, never force parts off as you may expose raw bleeding flesh that will be at risk of infections.
- **Sleep struggles** ⇒#2,#7 – Adjusting to life outside the womb can disrupt sleep patterns, and infants have immature circadian rhythms. Patience is needed here as hunger, over stimulation or certain growth phases (like sleep regressions, that coincide with rapid brain development) can drastically impact sleep patterns. Remember these disruptions are always temporary.
- **Coughs** ⇒#8
 - with a rattle in the chest ⇒#6,#8
- **Nappy Rash** – acid neutralisation ⇒#9
 - ease inflammation, aid skin healing ⇒#3,#6
 - when chronic ⇒#5,#9,#8

- **Fever** ⇒ #3 frequently.
– fevers over 38.8c (101.3F) ⇒#5 frequently until fever drops, then #3. **Note** – high fevers are serious. If improvement is not seen very quickly, doctor's assistance is advised.
- **Thrush** ⇒ #12,#3,#4
- **Umbilical hernias** – accompanying medical treatment (usually a hernia band) increasing elasticity, resilience of tissues and decreasing inflammation ⇒ #1,#11,#3
- **Diarrhoea** – be wary of dehydration, replenish fluids as soon as possible and regularly until remedied ⇒#8,#10,#5
– with green runny stool ⇒#10
- **Constipation** – generally only seen in bottle-fed babies. Stools should be seen at least once every second day. ⇒#3,#7,#9
- **Vaccinations** – as often as completely necessary, and as few as possible. As preparation for the body beforehand, in between and for support afterwards. To boost immune function, reduce inflammation and fevers, aid the lymph system. ⇒#2,#3,#4

Minerals For This Stage of Development

These are the vital minerals for the proper development of each body system during this phase of growth. Keep an eye out for any symptoms of lack of these minerals, or simply begin taking them yourself if you are breastfeeding. It is important these minerals are available to the growing body to help prevent any malformation or unpleasant symptoms.

It is safe to include some of these minerals as supportive agents (even if no symptoms have shown yet) during these growth phases. Simply take them yourself if breastfeeding or add them into bottles if formula feeding.

If dosing the infant directly (mineral paste or through bottles), aim to supplement a maximum of 2 or 3 different types per day, and don't exceed a full tablet for each mineral selected. Less is more with biochemistry, especially in infants.

1. Brain and Nervous System

- **The Brain** – synapse formation, neurotransmitter function, overall brain development ⇒#5,#7
- **Nervous System** – promotes healthy formation of the myelin sheath of the nerves ⇒#1,#11
- **Cell Metabolism** – Increase oxygen content in the blood, supportive of brain cell metabolism ⇒#3

2. Immune System Strengthening

- **Overall** – Formation of healthy white blood cells and overall strengthening tonic ⇒#2
- **When Symptoms Arise** – Increased oxygen enhances immunity, while increased lymphatic action supports body defences ⇒#3,#4
- **Increase Effectiveness** – efficiency and defensive action of white blood cells require ⇒#11

3. Bone, Muscle and Blood Formation

- **Healthy bones require** ⇒#2 for the bulk. ⇒#1 for a hard (yet not brittle) outer shell. ⇒#7,#11 for healthy bone-cell metabolism.
- **Muscle tissue formation** ⇒#7,#3,#6 as main ⇒#8,#5 supportive of tissue formation in general.
- **Blood formation** ⇒#3 helps to prevent the anaemia common to when fetal haemoglobin transitions to adult haemoglobin. ⇒#2,#8

helps prevent anaemia that does not respond to iron supplementing. Keeping in mind, blood contains all 12 of the biochemic minerals.

4. Digestive System Maturation

- **Enzyme production** – colic relief, reduction of digestive gasses and support of smooth muscle function ⇒#7
- **Digestion** – for the breakdown and utilisation of proteins ⇒#2
- **pH Regulation** – Regulation of stomach acidity, helping infants break down lactose (especially formula fed babies) ⇒#9

5. Emotional and Sleep Regulation

- **Emotions** – the main mineral for emotional distress, ease fussiness and stress by supporting the mind and nerves ⇒#5
- **Getting to Sleep** – relaxation of muscles and promoting deeper sleep #7,#2
- **Resilience** – reduce reactivity by strengthening nervous system resilience ⇒#5,#11

Minerals for Infants (6 Months – 2 Years)

Infants go through incredible transformations in growth, brain development, mobility and immunity during this phase. This is a critical window for nutrition since deficiencies here can have life-long effects.

The brain is forming trillions of new connections, and by age 2 it will be 80-90% of its adult size. The gut microbiome is maturing and will be considered established by age 2, the health of this will influence whether the child has

any allergies. After 6 months of age, the innate immunity inherited from the mother at birth begins to wear off, (breastfeeding will still give added immune support for its whole duration, imbuing immunity to any disease or illness the mother has come into contact with through her life – but formula will not) meaning some extra support through minerals might be needed. Expect more growth and weight gain, with most 2 year olds quadrupling their birth weight and growing an average of 30cm!

Common Concerns and how to Remedy.

- **Teething** – for any inflammation or when there is fever ⇒#3
 - some children experience mild colds, and to support clean eruption ⇒#8
 - increase elasticity to make breakthrough easier ⇒#1
 - nerve nutrient to support emotions and increase energy at site of eruption, speeding the process ⇒#5
 - if there is trouble with tooth cutting through ⇒#11
 - supportive of building dentin ⇒#2
- **Brain development** – slow learning, weak focus ⇒#5
- **Constipation** – digestive upsets with transition to solids ⇒#2,#8
 - difficulty passing stool, straining ⇒#11
- **Colds and Flu's** – at first sign of symptoms ⇒#3,#4
 - catches colds easily ⇒#3,#2
- **Sleep issues** – trouble falling asleep ⇒#2,#7
 - restless, unrefreshed sleep ⇒#5,#8
- **Growing pains** ⇒#2,#7
- **Night Sweats** – general ⇒#8,#11
 - acidic smell ⇒#9
 - profuse, head only ⇒#2
- **Weak bones** ⇒#1,#11,#7,#2 (supports bone growth overall)

- overall growth is delayed, child seems thin and undernourished
⇒#11,#2 (may need to continue for some months)
- **Eczema** ⇒#2,#11,#6
 - chronically weeping ⇒#4,#8
- **Loss of appetite** – increased oxygen increases the ‘fuel’ for cellular processes ⇒#3
 - increase digestive energy ⇒#5
 - support the pancreatic function ⇒#6
 - strengthen stomach acid and mucous membranes ⇒#8
 - aid the body in reducing the stress of excess acids ⇒#9

Note – the child may not require the amount of food we think they do, in these cases they will reject having more food than they can fit. Be mindful of this.

- **Tantrums** – irrational, sudden mood swings⇒#5
 - easily frustrated, sensitive ⇒#5,#2,#7
 - lights and sound aggravate ⇒#11
- **Weaning challenges** – emotional distress ⇒#5
 - supportive of nutrition ⇒#2,#7
 - supportive of immunity ⇒#3,#4
 - aid digestion of solids ⇒#2,#8
 - aid tolerance of formula ⇒#9,#8,#2
- **Digestive upsets** – frequent flatulence ⇒#7,#10
 - diarrhoea ⇒#3,#8
 - diarrhoea with green stool ⇒#10 (increase fluid intake!)
 - food sensitivities ⇒#2,#4,#11
- **Separation Anxiety** ⇒#5,#11 (strengthen emotional resilience)

Minerals For This Stage of Development

1. Support Rapid Brain Development

- **Synapse Explosion** – trillions neural of connections being made ⇒#5,#7
- **Myelination peaks** – Coordination and reflexes are improving rapidly, the nervous system is maturing, requiring nerves to be sheathed in fatty (myelin) tissue ⇒#1,#11
- **Sponge-like learning** – So much is happening in the brain at this age. Learning is mineral intensive ⇒#1,#3,#5,#8,#6

2. Digestive Maturity, Transitioning to Solids

- **Digestive Power** – Support food processing and digestive energy ⇒#2,#3,#5
- **Stomach Acid Production** – important for nutrient uptake, also sense of taste and smell ⇒#8
- **Enzyme Production** – over 300 separate enzymes require ⇒#7
 - breakdown of proteins ⇒#2
 - breakdown of fats and sugars ⇒#9
 - lactose sensitivity ⇒#2
 - gluten intolerance ⇒#4,#8

3. Immune System Strength

- **Maternal Antibodies Fade** – breast milk assists immunity, if on formula you can help supplement with ⇒#3,#4,#2,#11
- **Vaccinations, Exposure to Playgroups** – both tax the immune system as pathogens and toxins are introduced. For fevers ⇒#3
general vaccine pre and post care ⇒#2,#3,#4

- **Flu's, Colds, Infections** – onset of illness ⇒#3, #4
 - illness/ infections have set in, to help with recovery / phlegm or heavy mucus ⇒#6 taken with (#3,#4)
 - runny, dripping nose ⇒#8
 - thick green mucus ⇒#10
 - yellow, heavy mucus ⇒#12
 - swollen lymph nodes ⇒#4,#9

4. Skeletal System, Teeth, Soft Tissues

- **Growth Spurts** – growing pains ⇒#2,#7
 - bone salts ⇒#1,#2,#7,#11,#8
 - when the ligaments and tendons ache ⇒#1
- **Support of Teeth** – promote jaw growth, preventing tooth crowding in later life ⇒#2,#7
 - healthy tooth formation ⇒#1,#2,#8
- **Soft Tissues** – healthy skin ⇒#1,#11,#8,#5,#6
 - joint health ⇒#1,#8,#12,#2
 - healthy ligaments ⇒#1,#3,#11,#9

5. Emotional and Cognitive Development

- **Emotional Growth** – Separation anxiety peaks (8-18 months) ⇒#5,#2,#7
 - toddlers develop strong emotions and test boundaries – tantrums ⇒#5,#11,#2,#7
- **Leaps and Bound in Brain Development** – often lead to sleep regressions ⇒#7,#2,#5
 - supportive of brain development ⇒#5,#1,#8,#11
 - supportive of learning ⇒#5,#3,#8,#1,#22(calc. carbonate)

Minerals for Toddlers & Preschoolers (2-5 Years)

Now we are seeing much more mobility and independence from the child. During these years, as our toddler becomes more and more independent, sprains, cuts, bruises and other injuries are likely to occur. Growth is still happening at a rapid rate, the bones and body are getting bigger and bigger every day, requiring many of the same minerals as the last phase of growth did. There are a few ways this phase of life is different though.

We have now entered a phase of refinement, with the brain focusing on synapse pruning (the refinement of neural connections) instead of just making new ones. The physique is also changing, with the chunky and tottering toddler body now lengthening and slimming down into a more ‘child-like’ form. The cartilage-heavy bones of infancy are now beginning to ossify (hardening into true bone). The ‘toddler waddle’ is on its way out during this phase, as coordination improves and refinements are happening to the whole system.

Common Concerns and how to Remedy.

- **Illness / influenza / infections. ‘Children's diseases’**
 - 1st stage, at the very first signs of illness ⇒#3
 - 2nd stage, when it looks like illness is going to take hold (feeling run down, glands up, etc.) ⇒#4
 - 3rd stage, illness has taken hold and is well established, to aid in drainage and detox of the body (all illnesses or infections cause a backlog for lymph to process) ⇒#6
- **Injuries** – bug-bites ⇒#8 applied as a paste or as cream
 - cuts, scrapes, abrasions ⇒#3 cleanses and helps stop bleeding
 - #8,#6 regenerate skin. #1,#11 will help prevent scarring.

- burns ⇒#3,#8. Regular application of #8 will drastically speed healing.
- bruises ⇒#11,#3
- sprains ⇒#3,#4,#1,#2
- **Sinus Troubles** – sinusitis (sinus infection) ⇒#4,#6,#3
 - convulsive sneezing ⇒#7,#3
- **Regeneration after Illness** – ⇒#2,#3,#5,#8
- **Chicken Pox** – ⇒#3,#4,#6
 - in case of high fever or emotional upset ⇒#5
 - to assist in itch relief ⇒#7,#10,#8 as paste or cream.
- **Measles** “this disease is generally ushered in with symptoms of cold; short, dry cough; fever; redness of eyes, flow of tears” and will “precede eruption from three to five days”. Eruptions appear as small red spots or pimples, around the face and neck at first then over the whole body. On the 6th or 7th day, spots generally turn pale and disappear around the 9th day. – Biochemistry The New Domestic Treatment.
 - for inflammatory symptoms, redness of eyes and throughout ⇒#3
 - second stage, swollen glands, white coated tongue, light coloured stool – take throughout in alteration with #3 ⇒#4
 - if the rash becomes suddenly suppressed (delaying overall healing), after effects scaling of skin, to promote skin healing ⇒#6
 - inter currently, for excessive flow of tears or when tongue is coated in frothy bubbles of saliva, promotes regeneration of skin ⇒#8.

Note – Medical supervision is advised as meningitis has occurred as a result of measles complications. Medical treatment is antibiotics.

- **Scarlet fever** – for the fever, quick pulse, headache, sore throat and shivering, taken all throughout ⇒#3

- the chief remedy, in alternation with #3, taken to boost gland function and cleanse the body system of the toxins causing the rash ⇒#4
- where there is frothy, bubbly saliva, or the tongue is excessively dry ⇒#8
- to promote the process of the skin rash, peeling and healing, when perspiration is suppressed ⇒#6
- with foul breath, nervousness, stupor or exhaustion ⇒#5
- with any glandular swellings ⇒#4,#7,#9,#2
- to aid in convalescence and purification of the body ⇒#2,#10,#6

Note – Medical treatment is advised as complications can result in dangerous swelling of the brain or joints if not treated properly. Medical treatment is antibiotics.

- **German Measles (Rubella)** — frequent dosing of #3 at the very onset of symptoms may be sufficient. However, if more serious symptoms set in, then take as follows;
 - for inflammation and fever, take throughout ⇒#3
 - support of the glands and lymph, any glandular swelling or white coating to tongue, main remedy, take throughout in alternation with #3 ⇒#4
 - with low energy levels, to support strength ⇒#5
 - for the regeneration and health of the skin ⇒#6
 - when saliva is bubbly or frothy, and to promote regeneration ⇒#8

Note – Considered mild in children and adults, this condition is serious for pregnant women. Care should be taken to avoid any contact with pregnant women as exposure can lead to birth defects.

- **Mumps** – swelling of the parotid glands (salivary glands)
 - for the inflammation and mild fever ⇒#3
 - the main remedy for glandular swellings, alternate with #3 ⇒#4
 - with excessive salivation or any swelling of the testes ⇒#8
 - with bad breath ⇒#5

- **Dental Care** – protection of tooth enamel ⇒#1
 - support for the inner tooth ⇒#2,#7,#8
 - support of the nerves feeding the tooth ⇒#5
- **Vomiting** – ease stomach cramps by dissolving 5-10 tablets in boiled water, allow to cool then slowly sip, allowing mouthfuls to sit in the mouth before swallowing ⇒#7
 - with no other symptoms, of water, or of undigested food ⇒#3
- – with acidic smelling sick ⇒#9
 - of froth or transparent mucus ⇒#8
- **Struggles with Learning** ⇒#1,#5
 - memory is poor ⇒#1,#5,#8,#2,#9,#12
 - thinking is difficult ⇒#5,#8,#1,#11
- **Frequent Colds, Tantrums, Growing Pains and Sleep Disturbances** – as treated in the previous section.

Minerals For This Stage of Development

1. Brain and Nervous System

- **The Brain** – speech is expanding rapidly, thinking and emotional control is improving, imagination and abstract thinking is developing ⇒#5,#1,#8,#7,#11
- **Nervous System Refinement** – Continued support of nerve development ⇒#7,#5,#1,#11

2. Physical Body changes

- **Bye-bye Baby Bod**– The torso is lengthening, limbs are growing faster and the overall physique is changing into a more child-like form ⇒#2,#7,#11,#1

- **Bones are Hardening** – ossification is changing cartilage heavy infant bones into true bone ⇒#1,#11
- **Growing Pains** – the body's call for calcium ⇒#2,#7 (frequent dosing of 3 tablets ea.)

3. Jaw Expansion and Baby Teeth

- **The Jaw** – expansion is happening to make room for the future adult teeth, the mineral reserves of the body will dictate whether tooth crowding will occur in later life ⇒#2,#7
- **Tooth Decay** – enamel will require upkeep and strengthening to prevent tooth caries ⇒#1

4. Immunity is Still Building

- **Immune Tonic** – same as in previous sections, to prevent 'catching every cold' ⇒#2,#3
– basic illness protocol, ⇒1st stage #3 ⇒2nd stage #4 ⇒3rd stage #6

Minerals for School-Age Children (5-12 Years)

This is a time of refinement and slow and steady growth. Unlike the last few phases, things might feel like they start to slow down in terms of changes, and this is somewhat true, at least in terms of dramatic visual change. The body has entered a strengthening phase with focus on storing minerals for the rapid growth of puberty. This is quite an influential time for preventing future chronic disease like osteoporosis. Large muscle groups are

strengthening, logic, problem solving and attention span is increasing, empathy and emotional control is getting more refined.

Common Concerns and how to Remedy.

- **Adult Teeth Arrive** – pain relief and signs of fever ⇒#3
 - increase gum elasticity ⇒#1
 - increase nerve power, speeding rate of tooth eruption ⇒#5
 - reduce tension ⇒#7
 - fluid balance and quality of saliva ⇒#8
 - help with breakthrough of tooth ⇒#11
- **Flu Season** – take as a preventative ⇒#3,#4,#8,#5
- **Common Cold** – mild fever and cough ⇒#3
 - runny nose ⇒#8
 - with a cough ⇒#4
- **Coughs** – dry, without casts. Short, painful and tickling ⇒#3
 - dry, barking ⇒#2,#6
 - with phlegm, white or white-greyish ⇒#4
 - sore, tickling and aggravated by talking or cold drinks ⇒#11
 - loose, ample phlegm ⇒#10
 - worse in the evenings ⇒#6
 - convulsive ⇒#7
 - chesty, irritating, rattling sound in chest ⇒#8,#6
- **Tonsillitis** – for the inflammation ⇒#3
 - swelling of the glands, white coating on tongue ⇒#4
 - signs of puss, yellow sputum, or when chronic ⇒#12,#6
 - with a constant urge to clear the throat ⇒#7,#15(Kalium jodatum)
 - assist with healing phase ⇒#8,#6,#2,#5
- **Croup** – this often occurs when the air is dry, sitting in the bathroom with a hot shower providing steam may assist, as will humidifiers. **In combination with medical treatment** the

following will prove useful;

- to relax the respiratory tract ⇒#2,#7
- reduce inflammation and promote blood flow ⇒#3
- keeping the airways moist and soothing mucous membranes ⇒#8
- **Hyperactivity** – this can have many causes, dietary, environmental, emotional, changes to routine or sleeping patterns, stress levels etc. Minerals can provide some assistance, although care should be taken to find the underlying cause. ⇒#5,#2,#7
 - with reactivity to noise, lights or physical touch ⇒#11
- **Bed-Wetting** – this may have a few different causes, but if it is due to deficiency, in most cases frequent dosing of ⇒#10 will bring remedy. If no improvement, see below
 - improving blood flow to the urethral sphincter ⇒#3
 - improving nerve function too and strengthening muscles involved in urination ⇒#5
 - with symptoms of a disrupted fluid balance ⇒#8
 - in children with worms ⇒#9
 - infants or the elderly ⇒#2
 - after colds or flu's ⇒#3,#10
- **Nail Biting** – due to calcium lack ⇒#2
 - due to inner, subconscious tension ⇒#7
 - due to conscious anxiety ⇒#5
- **Hay Fever and Allergies** – reduce inflammation and allow glands to filter allergens more efficiently ⇒#3,#4
 - runny nose and irritated eyes ⇒#8
 - to promote detox of irritants ⇒#6,#10
 - preventative ⇒#3,#8,#2
 - with convulsive sneezing ⇒#7
 - lactose intolerance ⇒#2
 - gluten intolerance ⇒#2,#4,#3
 - balancing an overactive allergic response ⇒#24(Arsenum jodatum)

- **Childhood Obesity** – this can have a few different reasons for the buildup of fatty tissues. Emotional disturbance can lead to a building up of fatty tissue as a kind of ‘protection’, further aggravated by comfort eating of unhealthy foods. Build up of toxins that the body struggles to process may be stored in fatty tissue and begin to build up in the body.
 - deficiency of the mineral involved in fat decomposition ⇒#9, taken daily for some months
- **Stitch** ⇒#5,#7, large doses of both. Dissolved in hot water speeds effectiveness.
- **Sprains, Strains, Pulled Muscles or Tendons** – taken internally and applied externally, a paste can be made, or minerals purchased in cream form ⇒#3,#8 for the acute phase and #1,#11 for proper healing.
- **Fractures** – to promote blood flow, speed healing and increase energy levels, assisting in regeneration ⇒#3,#5
 - to provide the minerals needed for bone healing and regeneration ⇒#1,#2,#8,#11,#22(calc. carbonicum)
- **Foot sweat** ⇒#11
- **Body Odour** – to neutralise the bacteria contributing to odour ⇒#11
 - if due to acidic or fat heavy diet ⇒#9
 - if linked to anxiety or nervousness ⇒#5
- **Worms** – 2 tablets up to 6 times a day for 4 days, or until evidence the infestation has cleared ⇒#9
- **Learning and Concentration Issues** – ⇒#3,#5,#6,#8
- **Anxiety and Emotional Fluctuations** – Increased social interactions require emotional resilience ⇒#5,#11
- **Blue Lips** – a sign that blood flow is having trouble supplying the entire body. Organs are prioritised and the extremities show

evidence of a lack of blood. Especially visible after physical activities, like swimming ⇒#1, continued for some months

Minerals For This Stage of Development

1. “Latent Growth” Phase (Before the Puberty Surge)

- **Slow and Steady Bone Growth** – the bones are thickening and hardening, as well as lengthening as children grow an average of 5-7 cm each year. Growing pains are sure signs the body is calling for more minerals ⇒#2,#7
- **Storage of minerals** – in the bones is also happening, now is considered a prime time for the prevention of osteoporosis in the future ⇒#1,#2,#7,#8,#11

2. Support for Schooling and Further Brain Development

- **The Mind is Expanding** – schooling is a process of continuous mental expansion and refinement, these minerals will assist with learning ⇒#5,#3,#6,#8
- **Brain Fog, Mental Fatigue** – learning is resource intensive for the body, if we are low in the minerals needed for brain matter and neuron construction, the process of learning will be physically uncomfortable. Children who act as if to listen or answer questions is physically distressing show a lack of these minerals ⇒#5,#1,#8,#7
- **Social Changes** – increases in social awareness may lead to anxiety as the child is learning how they fit into a larger world. To increase emotional resilience ⇒#5,#7,#11

3. Support of Physique and Physical Demands

- **Large Muscle Groups Strengthen** – support of the formation of musculature ⇒#3,#6,#5,#8,#7
 - when the child experiences cramping easily or during the night ⇒#2,#7
- **Sports and Competitions at School** – to both support physical output and also allow your child to run their best time with less physical (and mineral) exhaustion ⇒#3,#7
 - take 5-10 tablets and dissolve them in 1L of water, sip throughout the physical activity to improve output drastically (as both minerals are required for physical exertion)

4. Immune Systems Continue Maturing

- **Immunity System Reaches Near Adult Levels** – this results in fewer but sometimes stronger colds. This should be treated as in previous sections, to prevent ‘catching every cold’ ⇒#2,#3
 - basic illness protocol, ⇒1st stage #3 ⇒2nd stage #4 ⇒3rd stage #6
- **Nutrient Absorption Improves** – making hearty soups, broths and stews more effective at helping prevent and heal from illness. Aim to include living foods in the diet as much as possible (sprouts, microgreens, fresh eggs and freshly picked fruit and veg).

5. Pre-Puberty Hormonal Shifts (Ages 9-12)

- **Early Acne** – reduction of inflammation at the site of pimple ⇒#3
 - nourishment for the glands, assisting toxin neutralisation ⇒#4
 - reduction of greasiness to the skin, acid neutralisation ⇒#9
 - with tough or stubborn pimples, assisting a head to form ⇒#11 (also as paste/cream)

- **Body Odor** – to neutralise the bacteria contributing to odour
⇒#11
 - if due to acidic or fat heavy diet ⇒#9
 - if linked to anxiety or nervousness ⇒#5
 - **Emotional Swings** – #5,#7,#11
-

Minerals for Teenagers (13-18 Years)

The teen years are a time of intense physical, emotional, hormonal and mental change. Right at the time of the most acute social awareness your child has experienced, come all the embarrassing body issues associated with this time of life (body odour, changes to the skin, greasiness, pimples and hair growth galore). This all happens rapidly along with emotional upheavals coming from the hormonal shifts and imbalances that come with puberty. Take all of this and consider today's beauty and perfection obsessed world, and it's enough to stress out anybody, let alone a young person. These huge body changes accompanied by rapid growth, increasing intellectual demands, stress and anxiety cause huge mineral demands to the body, and deficiencies are extremely likely to occur. These deficiencies result in the common ailments we see below.

Common Concerns and how to Remedy.

- **Hormonal Imbalance** – in general ⇒#21(zinc),#7,#2,#3
 - with any signs of thyroid function disruption ⇒#7,#2,#15(Kalium jodatum),#26(selenium)
 - due to the contraceptive pill ⇒#8,#4,#7,#21,#26, (#19 (Cuprum arsenicosum) and #3 levels may spike, biochemic minerals will bring about balance here too.)

Note – this is a broad topic with many minerals, vitamins and glands involved. A proper biochemic analysis is advised to ascertain what minerals are needed in each individual case, if the above general remedies do not suffice.
- **Mood Swings** – through periods of increased stress ⇒#5,#8
 - suspected hormonal cause ⇒#7,#2,#21
- **Acne and Skin Changes** – specifically with onset of puberty ⇒#11,#12

- with increased fat or processed food consumption ⇒#9
- in general ⇒#9,#4,#8
- skin is greasy, black heads form ⇒#9
- enlarged pores ⇒#8,#9
- hard acne ⇒#1
- accompanied by inflammatory redness (rosacea) ⇒#10
- difficulties forming a head ⇒#11 – all to be taken internally and applied externally.
- **Fatigue, Low energy, Poor Sleep** – due to rapid growth phase ⇒#2,#7,#8,#3
 - due to increased stress levels ⇒#5,#7,#8
- **Poor Focus, Brain Fog** – chronic ⇒#3,#5,#6,#8,#1,#2
 - due to increased stress levels, exam times ⇒#5,#7,#8
- **Headaches, Migraines** – take care to make sure adequate sleep and hydration is taking place. Sugary drinks and caffeine are diuretics and require an extra cup of water per cup taken. Headaches should be treated as according to specific symptoms;
 - after mental strain ⇒#5,#8,
 - with anaemia, or tightness like wearing a hat ⇒#2
 - half sided, splitting, hammering or with excess saliva ⇒#8
 - dull, at the top of the head or with pressure at the eyes ⇒#10
 - seemingly no cause ⇒#3,#5
 - pains seemingly change places, throbbing or shooting ⇒#7
 - starts in the neck ⇒#4,#11,#7
 - nagging, worse in the evenings ⇒#6
 - pain in the forehead ⇒#9
 - with dizziness, weakness, anxiety or nervousness ⇒#5
 - stabbing, throbbing pains that are oppressive ⇒#3,#11,#7
- **Digestive Issues** – due to poor diet choices ⇒#9
 - discomfort right after a meal ⇒#8
 - with water gathering in the mouth ⇒#8
 - nervous stomach ache ⇒#5

- with bloating ⇒#6
- vomiting of undigested foods ⇒#3
- vomiting of bile ⇒#10
- with stomach cramps, flatulence ⇒#7
- with sulphurous smelling flatulence ⇒#10
- generally weak stomach ⇒#8,#3,#7
- craves only ‘junk’ foods ⇒#9
- **Indigestion** – due to acidity ⇒#9
 - chronic ⇒#8,#9
 - with weakness ⇒#2
- **Insomnia** ⇒#8,#12
 - with restlessness ⇒#11
 - with nervousness ⇒#5,#7
 - with inner unrest ⇒#7,#8
 - with night sweats ⇒#11,#8
 - with numbness or tingling of limbs ⇒#2
 - feeling shattered in the mornings ⇒#5,#11
 - seemingly without reason ⇒#7, large dose in hot water to sip, and #2
 - specifically between 11pm-3am ⇒#10
- **Intoxication (poisoning) - Seek medical assistance!**
 - alcohol ⇒#10,#4,#8
 - anaesthetic ⇒#4,#5
 - drugs ⇒#5,#7
 - envenomation ⇒#8
 - vaccination ⇒#4
- **Bone Growth, Ligament and Joint Pain** – as in previous section ⇒#2,#7
 - bone salts ⇒#1,#2,#7,#11,#8
 - when the ligaments and tendons ache ⇒#1
 - joints ache – ⇒#2,#8,#12

- **Anxiety, Social Pressure and Mental Health** ⇒#5
 - with disruptions to sleep ⇒#5,#2,#7
- **Flu Season** – take as a preventative ⇒#3,#4,#8,#5
- **Common Cold** – mild fever and cough ⇒#3
 - runny nose ⇒#8
 - with a cough ⇒#4
- **Menarche (First Menstruation)** – for blood formation ⇒#3,#2,#8
 - in support of the glands ⇒#4
 - pain relief from cramps ⇒#7
 - support of the nervous system ⇒#5,#11
 - aiding in detox and drainage ⇒#12 (menses are a primary means for women to detox excess acids and proteins, helping to keep the body pure enough to grow healthy children)
 - support of the thyroid (which dictates body cycles, emotions, metabolism and more) ⇒#15(Kalium jodatum)
- **Monthly Cycle** – paleness on onset of period ⇒#2
 - yellowish colouration around the chin ⇒#6 (assistance in the breakdown of proteins)
 - greenish colouration to chin area ⇒#10 (assistance in purging water soluble toxins)
 - irregular cycle ⇒#4
 - with heavy white discharge before menses #4
 - yellowish discharge #6
 - pain (especially in younger girls) ⇒#3,#4,#7,#11
 - menstrual cramps ⇒#7,#2 (most effective when dissolved in hot water to slowly sip)
- **Menstruation; Bleeding** – too heavy ⇒#1
 - prolonged or too short ⇒#2
 - period is delayed ⇒#3
 - thick and clotty ⇒#4
 - thin and does not coagulate ⇒#5,#10,#8

- **Sports and Competitions** – basic support of ⇒#3,#7 (5-10 tablets of each dissolved in 1L of water to sip before and after will allow for less fatigue and enhanced output)
 - support lactic acid breakdown, lessening the pain of workouts ⇒#9
 - support of tendons and ligaments, sprain preventative, support healing ⇒#1,#11

Minerals For This Stage of Development

1. Pubertal Growth Spurt

- **Fastest Growth Since Infancy** – bones are lengthening rapidly, sometimes even faster than muscles and tendons can keep with, resulting in pain and discomfort around the joints (like in Osgood-Schlatter disease, the most common reason for knee pain in kids and teens)
 - to feed growing bones ⇒#2,#7,#1,#11,#8
 - to ease joint, tendon and ligament pains ⇒#1,#8,#12,#2
 - feeding muscle growth⇒#3,#6,#8,#2,#5
- **Bone Mineralization** – 45% of adult bone mass is formed during puberty, yet the bones are growing faster than the body can fully calcify, meaning teens are more prone to fractures, breaks and injuries. General bone ‘food’ is recommended ⇒#1,#2,#7,#8,#11
If the bones do not mineralize properly, we will have higher risks of issues in later life (osteoporosis, fractures, less minerals to spare during pregnancy etc.)

2. Brain Rewiring & Emotional Changes

- **Impulse Control** – the prefrontal cortex (decision-making, impulse control) is still developing. Increased activity in the

amygdala (emotions, stress responses) leads to mood swings & emotional sensitivity. Minerals supportive of this process
⇒#5,#11,#1,#8,#7

- **Dopamine** – the pleasure & motivation hormone fluctuates, making teens prone to risky behaviour & addiction. Talking to your child about this before it becomes evidenced in their behaviour can help. Minerals that are supportive include ⇒#5,#7,#2
- **Circadian changes** – increased sleep needs (9-10 hours), but shifting circadian rhythm makes teenagers prone to being night owls. This is further exacerbated by social media use, television and video games. Attempting to limit blue light exposure (blue-light filters, cut off time for technology) will help melatonin production and aid the body in falling asleep. Minerals that can assist here include ⇒#2,#7, 5 tablets of each in hot water, sipped before bed
– #25 (Aurum chloratum natronatum) assists with circadian balancing.

3. Hormonal Surge & Body Composition Changes

- **Boys** – massive testosterone surge (x30 times childhood levels) leads to muscle growth, deeper voice & facial hair. Minerals supportive of this include ⇒#21(zinc),#3,#6,#8,#5,#2
A diet rich in protein and healthy fats will also prove supportive.
- **Hormone Regulation and Support of the Glands** – ⇒#7,#4,#21
- **Girls** – increased estrogen and progesterone cause the development of breasts, widening of hips and the onset of the menstrual cycle. Production of these hormones require minerals, and the cycling of these hormones requires a healthy thyroid.
– supportive of estrogen production ⇒#2,#7,#19(Cuprum arsenicosum), #21(Zinc), #26(Selenium)
– supportive of progesterone ⇒#7,#2,#21,#19,#17(Manganese)

- basic thyroid support ⇒#15 (Kalium jodatum also called Potassium iodide)

4. Skin, Hair & Circulatory Changes

- **Sebaceous (oil) Glands Activate** – the initial activation phase will often be out of balance, with too much or too little body oil forming. Too much results in greasy skin and blackheads ⇒#9,#8,#6
 - too little results in dryness, itching and flaky skin ⇒#8,#6
- **Hair Growth and Body Odour** – to neutralise the bacteria contributing to odour ⇒#11
 - if due to acidic or fat heavy diet ⇒#9
 - if linked to anxiety or nervousness ⇒#5
 - itchiness of underarms, soreness ⇒#8,#10
- **Blood Volume Increases** – this rapid increase can make teens prone to dizziness and fatigue if mineral stores are depleted ⇒#2,#3,#8

5. Immune System Adaptation & Increased Susceptibility

- **Hormonal Fluctuations can Lower Immunity** – basic immune tonic ⇒#2,#8
 - cold and flu prevention, or at first sign of symptoms ⇒#3,#4
 - support of drain and detox (after bad nutrition, indulgence in alcohol etc.) ⇒#6,#10
- **Stress Levels** – depletes the immune system and lowers overall energy levels, making it easier to become ill ⇒#5
- **Digestive Issues** – the teenage phase is accompanied by heightened sensitivity to the neurotransmitter dopamine (the pleasure or reward chemical). This tends to lead to decisions of instant gratification and quick dopamine release over well thought out choices, especially when it comes to food.

- poor nutrition requires minerals to drain and detox ⇒#6,#10
- overindulgence in fatty or greasy foods ⇒#9,#8
- to cleanse the GI tract ⇒#9,#12

CHAPTER 7 – PRACTICAL TOOLS FOR PARENTS

Ongoing nutrition for the everyday, and some case-study templates for you to track your healing journey with biochemic minerals, this last chapter aims at giving you some practical tools to start using today.

Ensuring the diet is mineral rich is your best bet against protecting from future deficiencies. Stress, junk food, medications, change in season and even the electromagnetic fluctuations on the planet due to changing solar activities can cause disturbances in the minerals of the body, leading to deficiencies. The base nutrition (dictated by the foods we eat each and every day) is going to dictate how badly these factors impact the body.

Super foods

Maximising the nutritional value of the ingredients you are using in cooking is going to make a huge difference in the mineral content of your meals. Aiming for organic or home grown produce for every meal can be very expensive, so we are going to list some other strategies here that we can include, even on a budget. Bone broths are incredibly nutrient dense, and can be made as a bulk lot once every few months, divvied up into one cup lots and frozen in Ziploc bags, a perfect way to add nutrients to bolognaise, soups or stews, and in ice trays frozen to add into baby food. They contain every mineral needed to form healthy bones and bone marrow, as well as the minerals needed for joint, cartilage or ligaments (when you include chicken necks, feet or beef ribs, any parts that have cartilaginous tissues into the mix)

Sprouts or microgreens can be grown at home on a windowsill (microgreens) or even in a cupboard or kitchen bench (sprouts) for a cost effective way to get homegrown greens into every meal. The vitamin content of produce begins to deteriorate rapidly once the fruit or vegetable is picked, meaning the orange or fresh beans you buy from the supermarket may turn out to be practically empty of vitamin C by the time you eat it!

Pea microgreens on the other hand can be cut minutes before you dish up, and contain seven times the vitamin C of fresh blueberries! They are also an amazing source of folate, making them the perfect supplement to take throughout pregnancy (instead of folic acid, which is a synthetic, man-made version of folate that is difficult for the body to process)

Mature vegetables also contain up to 40x less nutrients per 100g when you compare them to microgreens, meaning a small handful of microgreens on a plate will be more beneficial to your loved ones than a pile 3 or 4 times as large of the mature vegetable (not to mention free of pesticides, herbicides and fungicides)

Chicken Bone Broth

I get all my ingredients from a local health food store that sells ‘chicken broth bones’ in a 750ml Chinese food container as a mixture of chicken bones and chicken wings. They also sell the same sized container full of chicken feet, cleaned, peeled and ready to cook! When making bone broth as a health tonic, do your best to find organic, grass fed bones and bits – this will maximise the mineral, fat and collagen content of your ingredients, leading to a richer and more potent stock.

Minerals: Calc fluor, Calc phos, Ferr phos, Nat mur, Nat phos, Mag phos, Silicea, Kali phos

Ingredients:

- 750ml container of chicken bones and wings
- 750ml container of chicken feet
- Celtic salt (*pepper, if not using for baby foods*)
- Optional extras; roughly chopped garlic, onion, parsley, celery, carrots (etc).

The above combination adds (Kali mur, Kali sulph, Calc sulph and Nat sulph, making the broth a mixture of all 12 biochemic minerals)

Instructions:

1. Add all bones and bits into the pot and cover with water
2. Throw in the chosen vegetables, season with chosen seasonings.
3. Cover the pot and bring to a low simmer for at least 6 hours, preferably 12-24 hours
4. Strain the broth and cool before separating.
5. Freeze in ice cube trays or one cup amounts for easy batch use.

A long slow cook of 12-24 hours is an ideal amount of time, resulting in a thick gelatinous stock once cooled. This jelly-like consistency is what we are aiming for, proving that we have pulled valuable gelatin from the collagen

and cartilage. The longer we slow cook, the more nutrient rich the end product will be. Bone broth gelatin is easy to digest, protective to the mucous membranes of the digestive system, supportive of joints, ligaments, tendons and a wonderful overall tonic for health.

When we combine the above mentioned vegetables into the mix, we end up with a potent health tonic that includes all 12 of the biochemic minerals! The best possible base for your soups, stews, bolognaises and baby foods!

Beef Bone Broth

Again, aim for organic grass fed bones for the best results. This may be achieved by talking to your local butcher or option for buying bones online and having them delivered frozen. This will ensure the most nutrient rich parts possible. As beef bones are so much larger we have much more bone marrow adding its goodness to the mix, meaning much more iron and trace elements like zinc and selenium!

Minerals: Ferr phos, Calc fluor, Calc phos, Nat mur, Nat phos, Mag phos, Silicea, Kali phos

Ingredients:

- 1.5 kg mixed beef bones (3-4 lbs) (*oxtail, knuckles, neck bones and/or short ribs*)
- Celtic salt (*pepper, if not using for baby foods*)
- Bay leaves
- Optional extras; roughly chopped garlic, onion, parsley, celery, carrots (*etc*)

Instructions:

1. Preheat the oven to 200c (400F)
2. Place your beef bones on a roasting pan, drizzle with olive oil and roast for 60 minutes, flipping them over half way.
3. Take a large pot, throw in your veggies loosely chopped, and all the soup bones, then cover completely with water. Add salt, bay leaves and pepper (if using) as well.
4. Bring the broth to a good simmer, then turn the heat to low, allowing it to lightly simmer for a further 12-24 hours.
5. Keep an eye on the pot, and add water as needed to keep all ingredients submerged.
6. Strain the broth and cool before separating.
7. Freeze in ice cube trays or one cup amounts for easy batch use.

Including the optional extras adds (Kali mur, Kali sulph, Calc sulph and Nat sulph, making the broth a mixture of all 12 biochemic minerals)

Bone health is vital to our overall health. All creatures store minerals in the bones and new red and white blood cells are created from our bone marrow. Including bone broths in your regular rotation is a simple way to feed and replenish the bones, which in turn will feed and replenish the blood, the very substance that sustains all cells of the body!

A Vegetarian Option – Mineral-Rich Vegetable Broth

Minerals: Calc fluor, Nat mur, Kali mur, Kali sulph, Nat phos, Mag phos, Silicea, Calc sulph

Ingredients:

- 1 carrot, chopped (*Kali sulph, Nat phos, Calc fluor*)
- 1 celery stick, chopped (*Nat mur, Nat phos*)
- 1/4 onion, sliced (*Kali mur, Mag phos*)
- A few sprigs of parsley (*Silicea, Kali sulph*)
- 1 clove garlic (*Calc sulph, Mag phos*)
- 1/2 zucchini (*Kali mur*)
- 1 tsp apple cider vinegar (*Nat phos*)
- 3 cups filtered water

Instructions:

1. Add all vegetables and herbs to a pot with water and bring to a gentle boil.
2. Simmer on low heat for at least 60–90 minutes (longer if desired).
3. Strain the broth and cool before separating.
4. Freeze in ice cube trays or one cup amounts for easy batch use.

Optional Additions for Extra Minerals:

Add seaweed for a trace of Nat sulph & Kali mur.

Add lentils or chickpeas while simmering to extract a little Ferr phos & Calc phos.

Those additions bring the broth up to a combination of all 12 minerals.

Growing Microgreens

Microgreens can be grown from any vegetable seeds you have on hand that are suitable microgreen varieties (edible as young plants, a quick web-search will give you your answer).

Purchasing microgreen specific seeds just ensures the seeds have a very high germination rate (90% or more), meaning you will have a lush, even ‘lawn’ of sprouting greens, all growing at the same rate.

Popular varieties include: radish, sunflower, pea, broccoli, amaranth, rocket, cabbage, lentil, beetroot and chia.

To grow microgreens all you need is;

- Seeds
- Trays or containers (preferably with drainage holes and a reservoir tray. Two Chinese food containers will suffice, simply drill or burn holes into the top container)
- Growing medium (coco-peat, organic potting mix etc)
- Spray bottle for misting
- Scissors for harvesting

Then all you need to do is;

1. Fill your tray with grow medium.
2. Sprinkle your chosen variety evenly onto the surface
3. Mist the seeds well, before covering them with another tray and placing them in darkness (this is the germination phase, it will last 3-5 days depending on variety. For small seeds, place the cover upside down to create a ‘tent’ and avoid small seeds sticking to the bottom of the top tray)
4. On the 3rd day check your seeds. If you see the first leaves have emerged they are ready to come out into the light, and ready for another misting.
5. From the second day they are out in the light, they can be bottom watered. Continue this until they are ready to harvest (height varies

with variety, as does ideal cutting time. Aim for harvest before secondary leaves emerge for best nutritional value, this is 5-7 days for radish, 7-8 days old for sunflower and 11-14 days for most pea varieties)

Once you have an idea of the time it takes for your chosen varieties to grow, and how long it takes you to finish eating your chosen sized tray, you can grow a continuous cycle of microgreens. This allows you to turn a windowsill into a year round source of the highest quality organic produce! Fresh as it is possible to get, and both cheap and easy to do.

Get the kids involved here to make it even simpler, and also increase the likelihood they will want to eat them (although microgreens are so soft, subtle and colourful that most children find them fun and delicious! Much easier to palate than most vegetables).

Growing Sprouts

Sprouts are even younger than microgreens, making them even quicker to grow. We also don't need to worry about the soil, as sprouts are grown simply in a container with daily watering.

There is slightly less nutrition in sprouts than microgreens, but they are still significantly more nutritious than adult plants when we compare them weight for weight.

The varieties you can use for sprouting are very similar to the ones we can grow as microgreens, excluding those with hard or inedible seeds (like beetroot and spinach whose seeds are hard as wood, or sunflower whose seeds are prone to mould growth).

Popular varieties include: mung bean, alfalfa, broccoli, radish, red clover and lentil.

To grow sprouts all you need is;

- Seeds
- A jar
- Either cheesecloth or a jar lid that has been altered to have mesh at the top (these can be hand-made or purchased as sprout growing jar kits)

Then all you need to do is;

1. Ensure your jar, lid (and or cheesecloth) is clean and sterilised, ready for use.
2. Soak your seeds for 6-12 hours. (aim for roughly 1-2 tablespoons for a 500ml jar, this varies with different varieties, with larger seeds being up to $\frac{1}{3}$ or $\frac{1}{2}$ cup per jar)
3. Rinse and drain the seeds (fill the jar with water then allow it to drain out through the cheesecloth or mesh in the lid)
4. Continue to rinse and drain the seeds this way, twice daily until harvest
5. In 3-7 days your sprouts will be ready to harvest! Kept in the dark you will have pale sprouts with a sweeter taste, if allowed light, you will have greener leaves and more of the vegetable flavour!

This is a cheaper and even easier way to have year round vegetables that are eaten live! It doesn't get any fresher than that, and both sprouts and microgreens are abundant with minerals, vitamins and plant specific compounds called phytochemicals, all of which are amazing for health.

Get the kids involved with the sprouts or microgreens, and see how their distaste for vegetables turns into excitement and curiosity to sample the 'fruits' of their harvest at the end of each growth cycle! Experiment with different varieties to mix up the nutrients you are getting as well as keeping the experiment fun for yourself and the kids.

Creating Meals as Medicine

This section is an expansion of the ‘foods rich in each mineral’ chapter, where we take that information and create some simple, affordable and exciting meal ideas. Maintaining health should be easy, so check out the recipes listed below and feel free to tailor them to your own needs! The foods included here are just some examples to get your brain going, and hopefully get you inspired to try something new.

I know I always feel more excited about cooking when I know what I am creating is like a health tonic for my loved ones.

All recipe ideas are aimed at feeding 4, apart from the baby foods, which are single serve.

Immune Building, Healing Tonics

With target minerals: *Iron phosphate and Potassium chloride*

For Dinner

Red Meat & Roasted Veggies

Ingredients:

- 500g red meat (*Ferr phos, Kali mur*)
- 2 cups chopped fresh vegetables (*e.g., carrots, zucchini, celery – Kali mur*)
- 1 cup steamed asparagus or cabbage (*Kali mur*)
- 2 tbsp sesame seeds (*Kali mur*)
- 1 onion, sliced (*Ferr phos*)
- microgreens (*fenugreek, broccoli, pea, amaranth, radish – Ferr phos, Kali mur*)
- olive oil or ghee, salt, herbs

Instructions:

1. Roast vegetables and onion in a tray with olive oil or ghee and herbs at 180°C (350°F) for 25 mins.
 2. While roasting, grill or pan-fry red meat until desired readiness.
 3. Steam cabbage or asparagus.
 4. Serve meat over veg and sprinkle with sesame seeds and microgreens.
-

Lentil & Mushroom Stew (Vegetarian option)

Ingredients:

- 2 cups dried lentils (*Ferr phos*)
- 1 onion, chopped (*Ferr phos*)
- 2 cups mushrooms, sliced (*Ferr phos, Kali mur*)
- 1 cup chopped cabbage (*Kali mur*)
- 2 celery stalks, chopped (*Kali mur*)
- 2 tbsp pumpkin seeds (*Ferr phos*)
- 4 cups vegetable broth (*Home made for preference*)
- 2 tbsp olive oil, salt and pepper to taste

Instructions:

1. Sauté onion, mushrooms, and celery in olive oil for 5–6 minutes.
 2. Add cabbage and lentils, stir well.
 3. Pour in broth and simmer for 25–30 minutes until lentils are tender.
 4. Sprinkle pumpkin seeds over the top before serving.
-

Hearty Mushroom Bolognaise

Ingredients:

- 500g ground red meat (*Ferr phos, Kali mur*)
- 1 onion, finely chopped (*Ferr phos*)
- 2 garlic cloves, minced (*Calc sulph, Kali phos, Mag phos*)
- 1 ½ cups chopped mushrooms (*Ferr phos, Kali mur*)
- 1 ½ cups diced tomatoes or tomato purée (*Kali mur*)
- 1 cup homemade bone broth (*Ferr phos*)
- 1 tbsp olive oil
- 1 tbsp sesame seeds (*Kali mur*) – optional garnish
- serve with: rye pasta, buckwheat noodles (*Ferr phos*), or over steamed cabbage/cauliflower (*Calc phos, Kali mur*)

Instructions:

1. In a pan, sauté onion and garlic in oil until translucent.
 2. Add ground meat and cook until browned.
 3. Stir in mushrooms and tomatoes. Simmer for 5–7 minutes.
 4. Pour in bone broth and reduce heat. Simmer uncovered for 20 minutes until sauce thickens.
 5. Serve over chosen base and sprinkle with sesame seeds.
-

For Breakfast

Scrambled Eggs with Spinach & Mushrooms

Ingredients:

- 6 eggs (*Ferr phos*)
- 2 cups spinach (*Ferr phos*)
- 1 cup mushrooms, chopped (*Ferr phos, Kali mur*)
- 1 tbsp olive oil, ghee or butter
- microgreens (*fenugreek, broccoli, pea, amaranth, radish – Ferr phos, Kali mur*)
- salt and pepper to taste

Instructions:

1. Sauté mushrooms in oil until soft. Add spinach and cook until wilted.
 2. Beat eggs, pour into pan, and gently scramble with veg until cooked.
 3. Serve with a sprinkle of sunflower seeds and or microgreens on top (optional).
-

Brekkie Oat Bowl & Banana (Vegetarian Option)

Ingredients:

- 2 cups rolled oats (*Kali mur*)
- 2 bananas, sliced (*Kali mur*)
- 2 tbsp sunflower seeds (*Ferr phos*)
- 2 tbsp pumpkin seeds (*Ferr phos*)
- 1 tbsp yeast flakes (*Kali mur*)
- optional: warm coconut water to cook oats

Instructions:

1. Cook oats in water or coconut water until soft.
 2. Top with sliced banana, seeds, and sprinkle yeast flakes on top.
 3. Serve warm.
-

Detox Supportive Liver Tonics

With target minerals: *Potassium sulphate and Sodium sulphate*

For Dinner

Baked Salmon & Roasted Veggie Tray Bake

Ingredients:

- 4 salmon fillets (*Kali sulph*)
- 1 cup Brussels sprouts, halved (*Kali sulph*)
- 1 fennel bulb, sliced (*Nat sulph*)
- 1 zucchini or cucumber, sliced (*Nat sulph*)
- 1 cup chopped carrots (*Both minerals*)
- 1 tbsp sesame seeds (*Kali sulph*)
- 2 tbsp olive oil
- sea salt and pepper to taste
- lemon wedges to serve

Instructions:

1. Preheat the oven to 190°C (375°F).
 2. Toss all veggies with oil, sesame seeds, salt, and pepper. Spread on a baking tray.
 3. Nestle salmon fillets on top.
 4. Bake for 20–25 minutes until salmon is cooked through and veggies are golden.
 5. Serve with a sprinkle of parsley or fresh microgreens (cruciferous varieties in particular are all sulphur rich!)
-

Barley, Pumpkin & Veggie Stew

Ingredients:

- 1 tbsp olive oil
- 1 leek, sliced (*Kali sulph*)
- 1 cup diced pumpkin (*Kali sulph*)
- 1 cup carrots, chopped (*Both*)
- 1/2 cup barley (*Kali sulph*)
- 4 cups homemade vegetable broth (*with leafy greens/celery*)
- 1/2 cup chopped parsley (*Kali sulph*)
- salt and pepper to taste

Instructions:

1. In a pot, sauté leek and carrots in olive oil until softened.
 2. Add pumpkin, barley, and broth. Bring to a boil.
 3. Simmer for 30–40 minutes until the barley is soft.
 4. Stir in parsley, season, and serve warm.
-

For Breakfast

Apple Raisin Oat Bake

Ingredients:

- 2 apples, diced (*both minerals*)
- 1 cup rolled oats (*Kali sulph*)
- 1/4 cup raisins or sultanas (*Kali sulph, Nat sulph*)
- 1 tbsp pumpkin seeds or chopped hazelnuts (*Kali sulph*)
- 1 tbsp coconut oil or melted butter
- 1/2 tsp cinnamon
- 1 egg (*both*)
- 1 cup oat or nut milk

Instructions:

1. Preheat oven to 180°C (350°F).
 2. Mix all ingredients in a bowl. Pour into a greased baking dish.
 3. Bake for 30 minutes or until golden and set.
 4. Cool slightly before serving.
-

Soft Cheese & Veggie Breakfast Wraps

Ingredients:

- 4 soft whole wheat wraps (*Kali sulph*)
- 1/2 cup soft cheese (*Both*)
- 1/2 cup shredded carrots (*Both*)
- 1/2 cup sliced cucumber (*Nat sulph*)
- 1/2 cup spinach, sprouts or microgreens (*both minerals*)
- optional: sesame seeds or crushed pistachios

Instructions:

1. Lay out wraps and spread with soft cheese.
 2. Top with shredded veggies and greens.
 3. Sprinkle with seeds, roll tightly, and toast in sandwich press (optional) then slice in half.
-

Nervous System & High Stress Support

With target minerals: *Potassium phosphate and Magnesium phosphate*

For Dinner

Chicken & Vegetable Bolognese with Bone Broth

Ingredients:

- 500g ground chicken (*Calc phos, Kali phos, Mag phos*)
- 1 onion, finely diced (*Kali phos*)
- 2 carrots, grated (*Calc fluor*)
- 1 zucchini, grated (*Mag phos, Nat mur*)
- 2 cups crushed tomatoes (*Mag phos*)
- 1 cup chicken bone broth (*Calc phos, Silicea and more*)
- 2 garlic cloves, minced (*Mag phos*)
- 1 tsp dried oregano
- olive oil
- salt and pepper
- 350g wholegrain or spelt pasta (*Mag phos, Kali phos*)

Instructions:

1. Cook pasta according to package directions.
 2. In a large pan, sauté onion and garlic in olive oil.
 3. Add grated carrot and zucchini, cook for 5 minutes.
 4. Stir in ground chicken and cook until browned.
 5. Add tomatoes, bone broth, oregano, salt and pepper.
 6. Simmer for at least 20–30 minutes until thickened.
 7. Serve over pasta with optional grated cheese.
-

Chickpea & Spinach with Garlic Rice

Ingredients:

- 2 cups cooked chickpeas (*Kali phos, Mag phos*)
- 3 cups spinach (*Both*)
- 1 onion, chopped (*Kali phos*)
- 2 cloves garlic, minced (*Both*)
- 1 tsp oregano (*Kali phos*)
- 1 tbsp olive oil
- 1 cup brown rice (*Mag phos*)
- salt and pepper to taste

Instructions:

1. Cook brown rice with a pinch of salt until fluffy.
 2. In a skillet, sauté onion and garlic in olive oil until soft.
 3. Add chickpeas and oregano, cook for 5 minutes.
 4. Stir in spinach and cook until wilted.
 5. Serve chickpea mix over garlic rice.
-

For Breakfast

Savoury Avocado & Egg Toast

Ingredients:

- 4 slices whole grain or spelt toast (*Both*)
- 2 ripe avocados, mashed (*Kali phos*)
- 4 eggs, poached or scrambled (*Mag phos*)
- 1 tbsp sunflower seeds (*Both*)
- sprinkle of garlic powder or fresh parsley (*Both*)
- salt and pepper

Instructions:

1. Toast the bread slices.
 2. Top each with mashed avocado.
 3. Add a poached or scrambled egg on top.
 4. Sprinkle with seeds and parsley. Serve warm.
-

Oatmeal with Almonds and Banana

Ingredients:

- 1 cup rolled oats (*Mag phos*)
- 2 cups water or milk (*Mag phos, Calc phos*)
- 1 banana, sliced (*Mag phos, Kali phos*)
- 1/4 cup chopped almonds (*Kali phos, Mag phos*)
- 1 tsp honey (*optional*)
- 1/2 tsp cinnamon (*optional*)

Instructions:

1. In a pot, bring water or milk to a boil. Add oats and reduce heat to simmer.
 2. Stir occasionally and cook for 5–7 minutes until creamy.
 3. Serve the oatmeal topped with banana slices, chopped almonds, and a drizzle of honey if desired.
 4. Sprinkle it with cinnamon for extra flavour and enjoy!
-

Bone Building and Teeth Health

With target minerals: *Calcium fluoride, Calcium phosphate and Silica.*

(Any meal with bone broth included will go towards nourishing teeth, bones, tendons, joints and ligaments)

For Dinner

Bone Broth & Lentil Soup

Ingredients:

- 4 cups bone broth (*Calc fluor, Calc phos*)
- 1 cup lentils (*Calc phos, Silicea*)
- 2 carrots, diced (*Calc fluor*)
- 1 onion, chopped (*Calc phos*)
- 2 cloves garlic, minced (*Calc phos*)
- 1/2 cup spinach, chopped (*Calc phos, Silicea*)
- 1 tbsp olive oil
- 1 tsp dried thyme
- salt and pepper to taste
- 1 tbsp parsley, chopped (*Calc phos*)

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, cooking until softened.
 2. Add carrots, lentils, and bone broth to the pot. Bring to a boil, then reduce to a simmer.
 3. Cook for 20–25 minutes until the lentils are tender.
 4. Add spinach and thyme, then cook for another 5 minutes.
 5. Season with salt and pepper, and sprinkle with fresh parsley before serving.
-

Prawn & Veggie Stir-Fry with Snow Peas

Ingredients:

- 1 lb prawns, peeled and deveined (*Calc phos*)
- 1 cup snow peas (*Calc fluor*)
- 1 cup broccoli florets (*Calc phos*)
- 1 bell pepper, sliced (*Silicea*)
- 1 tbsp sesame seeds (*Calc fluor*)
- 2 tbsp olive oil
- 1 tbsp soy sauce or tamari
- 1 tbsp sesame oil
- 1 tbsp garlic, minced (*Calc phos*)
- 1 tbsp fresh parsley, chopped (*Calc phos*)

Instructions:

1. Heat olive oil and sesame oil in a pan or wok over medium heat.
 2. Add garlic and cook until fragrant, about 1 minute.
 3. Add prawns to the pan and cook for 3–4 minutes on each side until pink.
 4. Remove prawns from the pan and set aside.
 5. In the same pan, add snow peas, broccoli, and bell pepper. Stir-fry for 3–4 minutes until tender-crisp.
 6. Return prawns to the pan and add soy sauce. Stir well to combine.
 7. Sprinkle sesame seeds on top and garnish with parsley before serving.
-

For Breakfast

Avocado, Cheese & Egg Toast

Ingredients:

- 4 eggs (*Calc phos*)
- 2 ripe avocados (*Calc fluor; Calc phos*)
- 4 slices whole-grain bread (*Silicea*)
- Cream cheese (*Calc fluor*)
- 1 tbsp olive oil
- salt and pepper to taste
- 1 tbsp fresh parsley, chopped (*Calc phos*)

Instructions:

1. Toast the whole-grain bread.
 2. While the bread is toasting, heat olive oil in a pan and fry eggs to your liking.
 3. Mash the avocado with cream cheese in a bowl and season with salt and pepper.
 4. Spread the mashed cheesy avocado on the toasted bread and top with a fried egg.
 5. Garnish with fresh parsley and serve.
-

Oats & Almond Butter Parfait

Ingredients:

- 1 cup rolled oats (*Silicea*)
- 1/2 cup almond butter (*Calc phos, Calc fluor*)
- 1/2 cup natural yoghurt (*Calc phos*)
- 1/4 cup sunflower seeds and other nuts (*Silicea, Calc fluor*)
- 1/2 banana, sliced (*Calc phos, Silicea*)
- 1 tbsp honey (*optional*)

Instructions:

1. Cook oats according to package instructions.
 2. In a bowl, layer oats, yoghurt, almond butter, and sunflower seeds.
 3. Add banana slices on top and drizzle with honey if desired.
 4. Serve as a parfait for a nutrient-rich start to the day.
-

Blood Building, General Health Boosters

With target minerals: *Calcium phosphate, Iron phosphate and Sodium chloride.*

For Dinner

Beef Stew

Ingredients:

- 500g lean beef (*Ferr phos*)
- 1 cup lentils (*Ferr phos, Calc phos*)
- 2 carrots, half celery, 2 potatoes chopped (*Nat mur, Calc phos, Silicea*)
- 1 onion, chopped (*Ferr phos, Calc phos*)
- 2 cups bone broth (*Calc phos, Ferr phos*)
- 2 cups spinach (*Ferr phos*)
- 1 tbsp olive oil or ghee
- 1 tbsp fresh parsley, chopped (*Calc phos*)
- salt (*Himalayan or Celtic salt*), pepper to taste

Instructions:

1. Heat olive oil or ghee in a large pot over medium heat. Add chopped onions and cook until softened.
 2. Add beef and cook until browned on all sides.
 3. Add carrots, celery and lentils, then pour in the bone broth. Stir and bring to a boil.
 4. Reduce heat and simmer for 30–40 minutes, or until the lentils and vegetables are tender.
 5. Add spinach and simmer for an additional 5 minutes.
 6. Season with salt and pepper to taste.
 7. Garnish with fresh parsley and serve.
-

Stuffed Capsicums

Ingredients:

- 4 capsicums (*tops sliced off and deseeded*)
- 1 cup cooked chickpeas (*Calc phos*)
- 1 cup cooked brown rice or buckwheat (*Ferr phos*)
- 1 cup chopped spinach (*Ferr phos*)
- 1/2 cup grated cheese or feta (*Calc phos, Nat mur*)
- 1/4 cup chopped parsley (*Calc phos*)
- 1 tbsp brewers yeast (*Nat mur, Calc phos*)
- salt, black pepper
- olive oil

Instructions:

1. Mix chickpeas, rice, spinach, cheese, parsley, and seasoning in a bowl.
 2. Stuff the mixture into each pepper.
 3. Place in a baking dish, drizzle with olive oil, cover with foil.
 4. Bake at 180°C (350°F) for 30–35 minutes until tender.
 5. Serve with a side of salad (microgreens or sprouts) and mashed potatoes.
-

For Breakfast

Veggie Omelette with Cheese

Ingredients:

- 4 eggs (*Calc phos, Ferr phos, Nat mur*)
- 1/4 cup grated cheese (*Calc phos*)
- 1/4 cup spinach, chopped (*Ferr phos*)
- 1 tbsp olive oil or ghee
- 1 tbsp fresh parsley, chopped (*Calc phos*)
- salt and pepper to taste

Instructions:

1. Whisk the eggs in a bowl and season with salt and pepper.
 2. Heat olive oil or ghee in a pan over medium heat. Add spinach and sauté for 1–2 minutes.
 3. Pour the beaten eggs over the spinach. Let cook for 2–3 minutes until the edges start to set.
 4. Sprinkle grated cheese and parsley over the eggs.
 5. Fold the omelette in half and cook for an additional 2–3 minutes until eggs are fully set.
 6. Serve warm, garnished with extra parsley.
-

Strawberry & Soft Cheese Stuffed Buckwheat Crêpes

Ingredients:

- 1/2 cup buckwheat flour (*Ferr phos*)
- 1 egg (*Calc phos, Nat mur*)
- 1/2 cup milk or dairy-free milk (*Calc phos*)
- Pinch of salt
- 1 tsp brewers yeast (*Calc phos*)
- 1/2 cup soft cheese or cream cheese (*Nat mur*)
- 1/2 cup sliced fresh strawberries (*Nat mur*)
- optional drizzle: maple syrup or honey

Instructions:

1. Mix buckwheat flour, egg, milk, yeast, and salt into a thin batter. Let sit for 10 minutes.
 2. Cook thin crêpes in a greased skillet over medium heat.
 3. Fill with soft cheese and fresh strawberries.
 4. Fold and drizzle with molasses or honey if desired
-

Mineral Rich Baby Food Examples

Steamed Veggies

A Standard First Food (focusing on introducing single items)

Minerals: Dependant on veggie chosen. Ideally organic or home grown.

Ingredients:

- 1 potato (*Silica, Mag phos, Kali mur, Kali phos, Calc phos, Zinc*)
Or
- 1 small sweet potato (*Mag phos, Nat sulph, Silica, Kali phos, Calc phos, Manganese*)
Or
- 1 carrot (*Kali phos, Calc fluor, Kali sulph, Ferr phos, Mag phos, Selenium*)

Note: research on any particular vegetable will show that more than one specific mineral is contained therein. Especially if they are home grown on rich compost and mineral fertilisers (like ocean minerals). Heating may destroy vitamins, but the minerals withstand heat or freezing.

Disclaimer: *Always consult your paediatrician when introducing new foods, especially potential allergens.*

Instructions:

1. Steam or boil veggies until soft.
 2. Blend together with a splash of butter, bone broth, breast milk or water. Choosing bone broth will add all the minerals needed for healthy bone, teeth, ligament and joint growth!
 3. Optional – freeze the excess in large ice-cube trays of single serve sizes.
-

Mince & Potato Bone Broth Purée

Comforting Iron-Rich Blend

Minerals: *Ferr phos, Nat sulph, Calc phos, Kali mur*

Ingredients:

- 2 tbsp lean beef mince (*Ferr phos, Kali phos*)
- 1/4 cup potato, peeled & chopped (*Nat sulph, Silicea*)
- 2 tbsp homemade beef or chicken bone broth (*Calc phos, Nat phos, Kali mur*)

Instructions:

1. Simmer mince and potato in bone broth until fully cooked and soft, or steam the mince and potato.
 2. Blend to a smooth purée, adding extra broth if needed.
 3. Serve warm. Check temperature before feeding. Freeze the excess.
-

As they get more adventurous with flavours

Flaked Salmon & Sweet Potato Mash

Omega + Mineral Boost

Minerals: *Kali phos, Ferr phos, Calc phos*

Ingredients:

- 1–2 tbsp cooked, flaked salmon (*Kali phos, Kali sulph, Ferr phos, Zinc*)
- 1/4 cup steamed sweet potato (*Ferr phos, Kali phos, Mag phos*)

Instructions:

1. Steam or boil sweet potato until soft.
 2. Mash or blend with flaked salmon and a touch of water or broth.
 3. Make sure the fish is boneless and very finely mashed.
-

Banana & Avocado Mash

Gentle Healthy Fats & Mineral Mix

Minerals: *Kali mur, Nat mur, Mag phos, Silicea*

Ingredients:

- 1/2 ripe banana (*Kali mur, Mag phos*)
- 1/4 ripe avocado (*Kali mur, Nat mur, Silicea*)

Instructions:

1. Mash banana and avocado together until smooth.
 2. Serve immediately by spoon or let baby self-feed with fingers.
 3. Optionally mix with breast milk for a thinner texture.
-

Rice & Broccoli Purée with Egg Yolk

Iron + Calcium Power Bowl

Minerals: *Ferr phos, Calc phos, Kali mur, Silicea*

Ingredients:

- 1 tbsp soft-cooked rice (*Silicea, Mag phos*)
- 1/4 cup steamed broccoli florets (*Calc phos, Kali mur*)
- 1 boiled egg yolk (*Ferr phos, Calc phos*)

Instructions:

1. Blend or mash broccoli with rice and egg yolk until smooth.
 2. Add breast milk, bone broth, or water to adjust consistency.
 3. Serve warm with a spoon.
-

Oats & Pear Porridge

Warm, Soothing Morning Meal

Minerals: *Silicea, Nat phos, Mag phos, Calc fluor*

Ingredients:

- 2 tbsp fine oats (*Silicea, Mag phos*)
- 1/4 cup grated or stewed pear (*Nat phos*)
- Water, formula or breast milk (*to cook*)

Instructions:

1. Cook oats in liquid until very soft.
2. Stir in pear and continue cooking until mushy.
3. Blend if needed for a smoother texture.

Aiming to use broth or breast milk as the liquid in any purees created ensures you are maximising the nutritional value of any foods you create! I keep my freezer full of broth and breast-milk cubes (in 1 or 2 tablespoon amounts) for this very reason.

Breast milk is a complete food for infants, containing a broad range of minerals, vitamins, enzymes, fats, beneficial hormones, stem-cells, antibodies and proteins!

Alternating your purees between beef bone broth, chicken bone broth, veggie broth and breast milk will supercharge every meal, ensuring your little one has everything they need to grow big and strong, and keep those immune systems building better and stronger every day.

Case Study Templates

Tracking Your Healing Journey with Biochemic Minerals.

When first getting to know how to use the biochemic minerals, it is easy to overlook when you have had major successes in the hustle and bustle of family life. Using these case study sheets is one way of tracking the progress of any illnesses or injuries that you have treated with the minerals. This will allow you to have a track record of the remedies that did or did not work, helping you to become more confident and more effective in treating your family in the future.

For this experiment to prove fruitful, you will have to ensure you get a quality form of tissue-salt, as not all brands are the same. Tissue-salts should melt in the mouth as soon as you place them in there, so if you have purchased a brand that does not do this, you may have trouble getting the benefits. The biochemic minerals should be absorbed through the cheeks and tongue, entering the bloodstream within seconds and bypassing the digestive system completely. If you have to chew the tablets up, it's highly likely you will be swallowing a lot of the tablet too, making administration a lot less effective.

Biochemic minerals feed the blood and the cells directly, not the stomach!

Use the following sheets to get comfortable with using the minerals and to track the effectiveness of chosen remedies. Perhaps another read through of the minerals functions would have had you choosing a different remedy, or perhaps remedy came so swiftly, if it wasn't recorded you wouldn't believe it!

Note to Readers: if you'd like to complete the case studies, please visit the link below for printable worksheets or digital note-taking templates.

Case Study Sheets Link

Or you can download the printable version of this case study form by scanning this QR code



Case Study #1

- **Name (or Initials):** _____
- **Age:** _____
- **Gender:** Male Female

Current Diet & Lifestyle Notes: (e.g., picky eater, active, sleeps well/poorly)

Health Concern(s): What symptoms is your child experiencing?

(Describe in detail: when it started, frequency, severity)

What do you think may have triggered this issue?

Growth spurt / teething

Poor diet / lack of nutrients / junk food binge (kids parties etc.)

Stress / emotional factors / big changes (ie. daycare or new babysitter)

Recent illness

Unknown

Other: _____

Minerals Used & Dosing Plan

Biochemic Mineral(s)	Reason Chosen	Dosage Given	Start Date
Eg. Ferr phos & Kali mur	Onset of illness, fever. Swollen lymph nodes.	1 tablet 6x per day. 1 tab 6x p/day.	DD/MM/ YY

Observations & Progress Tracking

Date	Noticeable Changes (Better, worse, no change)
DD/MM/YY	Eg. Fever reduced, lymph node swelling resolved, more energy.

Final Outcome & Reflection

How long did it take to notice improvement?

Within a few hours.

1-3 days.

1 week.

More than 2 weeks.

How much did your child improve overall?

(On a scale of 1-10, where 1 = No Improvement & 10 = Fully Recovered)

Score: ____ / 10

Would you use these minerals again for this issue?

Yes! It worked well.

Maybe, with adjustments.

No, I would try something different.

Additional notes or insights:

Date Completed: _____

#1

REPERTORY

A

- **Abdominal pain, colic and diarrhoea** ⇒#7
- **Abscess** ⇒#11,12
 - hardened ⇒#1,11
 - inflamed and painful ⇒#3
 - suppurating (weeping) watery or greenish fluid ⇒#10
- **Acid reflux** ⇒#9,#8,#11
- **Acne** ⇒#9,#4,#8
 - during puberty ⇒#11,#12
 - vulgaris, rosacea ⇒#9
 - with infections, inflammation #3,#6
 - when hardened and stubborn ⇒#1,#11
- **Alcohol abuse** ⇒#10,#4
- **Allergies and hay-fever** (symptom and allergen dependent)
 - reduce inflammation and allow glands to filter allergens more efficiently ⇒#3,#4
 - runny nose and irritated eyes ⇒#8
 - to promote detox of irritants ⇒#6,#10
 - preventative ⇒#3,#8,#2
 - with convulsive sneezing ⇒#7
 - lactose intolerance ⇒#2
 - gluten intolerance ⇒#2,#4,#3
 - balancing an overactive allergic response ⇒#24(Arsenum jodatum)
- **Anaemia** ⇒#3,#2,#8
- **Anxiety** ⇒#5
- **Appetite** – chronic lack/loss of ⇒#8,#2,#5,#7
 - increased ⇒#2

- **Arthritis** – in general ⇒#3,#9,#8,#2,#11
 - with heat ⇒#3
 - with tingling sensations ⇒#2
 - caused by (aggravated by) acidity ⇒#9,#11
- **Arthrosis** ⇒#9,#11,#2,#1,#8
 - with stiffness of the joint ⇒#11,#2,#8
- **Asthma** – nervous ⇒#5,#7
 - with light, slimy or bubbly saliva ⇒#8
 - with thick white/grey casts ⇒#4
 - yellow slimy casts ⇒#6
 - worse with cold, damp weather ⇒#10
- **Aversion to bread** ⇒#8
- **Aversion to intellectual activities** ⇒#5

B

- **Bags under eyes** ⇒#10
- **Barking cough** – see coughs
- **Bed-wetting** ⇒#10
 - when linked to anxiety / big changes to routine etc. ⇒#5
 - improving blood flow to the urethral sphincter ⇒#3
 - improving nerve function and strengthening muscles involved in urination ⇒#5
 - with symptoms of a disrupted fluid balance ⇒#8
 - in children with worms ⇒#9
 - infants or the elderly ⇒#2
 - after colds or flu's ⇒#3,#10
- **Birth** – basic preparation for ⇒#7,#1,#5
 - regeneration after ⇒#3,#1
- **Bitter taste in mouth** ⇒#10
- **Blackheads** ⇒#9,#8

- **Bladder infections** ⇒#3,#4,#6,#8
- **Bleeding, menstrual** – see menses
- **Bloating after eating** ⇒#6
- **Blood pressure, high or low** ⇒#7
- **Body odour** – to neutralise the bacteria contributing to odour ⇒#11
 - if due to acidic or fat heavy diet ⇒#9
 - if linked to anxiety or nervousness ⇒#5
- **Boils** ⇒#1,#11,#12,#9 (#11 applied externally as well)
- **Bones** – brittle ⇒#1,#11
 - growing pains ⇒#2,#7
 - growth and mineralization support ⇒#1,#2,#7,#11,#8
 - fractures ⇒#2,#1,#8
- **Bouts of sobbing** ⇒#5,#8
- **Brain development** ⇒#5,#7,#1,#11
- **Brain fog** ⇒#5,#8
- **Breastfeeding** – breast hardening ⇒#8
 - insufficient milk supply ⇒#8, #2, #4
 - milk is too salty, or bluish-white ⇒ #8
 - too much milk ⇒ #10
 - mastitis ⇒ #9
 - with heat ⇒ #3, #9
 - with heavy milk flow ⇒#10
 - if any pus is present ⇒#11,12, #5 (see doctor!)
- **Bruises easily**⇒ #3,#11
 - healing delayed, changes colours ⇒#3,#4
- **Burns**⇒ #8,#3,#4
 - 2nd degree ⇒#6,#8 (see doctor!)
 - 3rd degree ⇒#5 (see doctor!)

- **Calf cramps** ⇒#2,#7
 - after exertion ⇒#5,#7
 - pains persist ⇒#3,#2
- **Cancers** (Dr Schuessler considered cancerous disorders the “biggest derailment of the mineral metabolism in the cells”)
 - to support the healing effort of the body ⇒#7,#11,#1
 - depending on the presentation of each patient, #2,#5,#6,#8 and #9 may also be applicable. Each case must be assessed individually.
- **Carbuncles** ⇒#1,#5,#11,#12
- **Caries** ⇒#1,#11,#2,#8
- **Casts (phlegm or sputum)** – albuminous, like the white of an egg ⇒#2
 - bloody, yellowish, suppurating or smelly ⇒#11
 - creamy, yellowish or honey-like ⇒#9
 - light, clear, thin and watery or frothy ⇒#8
 - ochre like ⇒#6
 - of small nodules or clots of matter ⇒#1
 - of bile ⇒#10, #4, #2
 - suppurating and greenish ⇒#10
 - suppurating and yellowish ⇒#9,#6
 - tough ⇒#4
 - white or whitish grey, ropy ⇒#4
 - with choking sensation ⇒#7
 - yellow, slimy, ample and loose ⇒#6
- **Cataracts** ⇒#1,#11,#4,#8,#9
- **Celiac disease** ⇒#4

- **Chicken pox** ⇒#3,#4,#6
 - in case of high fever or emotional upset ⇒#5
 - to assist in itch relief ⇒#7,#10,#8 as paste or cream.
- **Children, emotional fluctuations** – irrational, sudden mood swings⇒#5
 - easily frustrated, sensitive ⇒#5,#2,#7
 - lights and sound aggravate ⇒#11
- **Children, hyperactivity** – due to junk foods, hyper-acidity ⇒#9,#7
- **Children, thin arms and legs** ⇒#11
- **Children, uncovering in bed** ⇒#12
- **Cholesterol, high or low** ⇒#7
- **Circulation, poor** ⇒#1,#5,#7,#2,#8,#3
- **Cold extremities** ⇒#1,#2
- **Cold sensations during illness** ⇒#10
- **Colds** – at first sign of symptoms ⇒#3,#4
 - catches colds easily ⇒#3,#2
 - to help with recovery / phlegm or heavy mucus ⇒#6 taken with (#3,#4)
 - runny, dripping nose ⇒#8
 - thick green mucus ⇒#10
 - yellow, heavy mucus ⇒#12
 - swollen lymph nodes ⇒#4,#9
- **Colic**⇒ #7,#2
 - with excessive winds ⇒#10
 - with diarrhoea ⇒#8,#2
- **Concentration, poor** ⇒#5,#8
- **Constipation** – alternating with diarrhoea ⇒#3
 - caused by over acidity ⇒#9,#3,#10,#11
 - chronic ⇒##1,#7,#6,#10,#8
 - faeces keeps slipping back in ⇒#11

- in children along with abdominal pains and cramps ⇒#7
- increased during menstruation ⇒#11
- to stimulate peristalsis ⇒#7,#2,#1,#5
- with back pains ⇒#11,#9
- with bloating and feeling overly full ⇒#6
- with sour belching ⇒#9
- **Coughs** – chesty, irritating, rattling sound in chest ⇒#8,#6
 - convulsive ⇒#7
 - dry, barking ⇒#2,#6
 - dry, without casts. Short, painful and tickling ⇒#3
 - loose, ample phlegm ⇒#10
 - sore, tickling and aggravated by talking or cold drinks ⇒#11
 - with phlegm, white or white-greyish ⇒#4
 - worse in the evenings ⇒#6
 - worse from talking or cold drinks ⇒#11
- **Compulsive throat clearing** ⇒#7,#5,#8
- **Cradle cap** ⇒#4,#8,#3
- **Cracks in skin (Rhagades, Fissures)** ⇒ #1
- **Cramps** ⇒#7,#2
 - long lasting ⇒#2,#9,#11
- **Craving for** – alcohol ⇒#7,#8
 - bitter foods ⇒#10,#6
 - chalk (calcium/lime) ⇒#2
 - chewing fingernails ⇒#2
 - chocolate or coffee ⇒#7
 - fresh air ⇒#6
 - junk foods ⇒#9
 - nicotine ⇒#7
 - pepper ⇒#8
 - physical movement ⇒#11
 - salty foods ⇒#8

- smoked foods ⇒#2
- sour foods ⇒#8,#7,#4
- sweets ⇒#11,#9
- vinegar ⇒#9,#8
- **Croup** ⇒#8,#2,#7,#3 (more detail in minerals for school age children chapter)
- **Crows feet** ⇒#11,#1 used topically.
- **Cuts, abrasions** ⇒#3

D

- **Dandruff** ⇒#6,#8
- **Dental care** – protection of tooth enamel ⇒#1,#11
 - support for the inner tooth ⇒#2,#7,#8
 - support of the nerves feeding the tooth ⇒#5
- **Detoxification** – in general ⇒#6,#10,#8,#4,#2,#1,#5
 - boost ability (liver support) ⇒#6,#10
 - colon cleanse ⇒#9
 - clearing stubborn or chronic infections (slow healing) ⇒#11,#12,#6
 - heavy metals ⇒#8,#4
 - organic poisons ⇒#5,#8
- **Diarrhoea** ⇒#8,#3,#2,#7,#9
 - acidic smelling and yellowish ⇒#9
 - after fatty foods or too much acidity ⇒#9
 - chronic and watery ⇒#8
 - green or greenish yellow ⇒#10
 - in summer ⇒#3
 - with mucus ⇒#8,#12,#6
 - with flatulence ⇒#7
- **Digestive issues** – due to poor diet choices ⇒#9
 - discomfort right after a meal ⇒#8

- with water gathering in the mouth ⇒#8
- nervous stomach ache ⇒#5
- with bloating ⇒#6
- vomiting of undigested foods ⇒#3
- vomiting of bile ⇒#10
- with stomach cramps, flatulence ⇒#7
- with sulphurous smelling flatulence ⇒#10
- generally weak stomach ⇒#8,#3,#7
- craves only ‘junk’ foods ⇒#9
- **Dizziness**⇒#3,#2,#8,#1
 - after eating ⇒#10
 - after having been x-rayed ⇒#1
 - after bad illness or disease ⇒#2,#8,#5
 - anaemic persons ⇒#2,#8,#3
 - blood rushing to the head ⇒#3
 - in elderly persons ⇒#6
 - with nervousness ⇒#5
 - with weakness ⇒#5,#7,#11,#8
 - when bending over ⇒#10,#11
- **Double vision** ⇒#1,#7,#9
- **Dry skin** – see skin

E

- **Ear infections** ⇒#3,#4,#11
- **Earaches** – with redness, throbbing or stabbing pains ⇒#3
 - sensations of pressure or swelling ⇒#4
 - with middle ear inflammation ⇒#5,#3,#10,#4
- **Earwax, excessive** ⇒#6
- **Eczema** ⇒#2,#6,#8,#11,#7
 - with weeping wounds ⇒#4,#8
- **Emotional fluctuations** ⇒#5

- **External impressions, over-sensitivity to** ⇒#11,#5,#8
- **Eyes** – light sensitivity ⇒#11,#5,#9,#2
 - conjunctivitis ⇒#3,#4,#9,#12
 - in newborns ⇒#9,#3
 - crossed eyes ⇒#1,#11,#7,#9,#5
 - if due to worms ⇒#9
 - spasmodic ⇒#7,#9
 - to tighten ligaments #1
 - dryness ⇒#8
 - short sighted ⇒#1,#11,#9
 - stars before the eyes ⇒#7,#9,#10,#11
 - spots or floaters before the eyes ⇒#9,#11
 - twitching eyelid ⇒#7,#5,#11
 - vision low or reduced ⇒#9,#1,#11
 - nervous ⇒#5,#11
 - temporarily ⇒#8,#5
 - pain and pressure after flu's ⇒#10

F

- **Facial spots** ⇒#6,#12
- **Fatigue** ⇒#8,#5
 - due to acidity ⇒#9
 - due to low oxygen levels ⇒#3,#6,#7
 - mentally ⇒#1,#5,#8,#6
- **Fear, dread or terror** ⇒#5
- **Fever** ⇒#3
 - when over 38.5C (101.3F) ⇒#5
- **Fissures** ⇒#1
- **Flat feet** ⇒#1

- **Flatulence** ⇒#10,#1 (avoid overeating and chew food well)
 - colic ⇒#7,#10,#9
 - in infants ⇒#7
- **Flu** – see influenza
- **Focus, poor** ⇒#5,#8
- **Fontanelles delayed in closing** ⇒#2,#1
- **Foot sweat** ⇒#11
- **Foul wind** ⇒#10
- **Fractures** ⇒#2,#7,#1,#11,#3,#8,
- **Fluid balance, disturbed** ⇒#8,#10

G

- **Gallbladder disease** ⇒#10,#6
 - inflammation of ⇒#3,#9,#10
- **Gallstones** ⇒#9,#11,#10,#7
- **Gastric complaints (nervous)** ⇒#5
- **Gastric ulcers** ⇒#8,#12,#9
- **Gastritis** ⇒#3,#5,#9
 - after fatty foods #9
 - catarrh, mucus of ⇒#4,#3,#6,#8
 - chronic ⇒#4,#8,#9
- **Gastroenteritis** ⇒#6,#8
- **General ill health** ⇒#2,#8
- **German measles (Rubella)** ⇒#3,#4,#5,#6,#8
- **Greasy skin** ⇒#9,#8
- **Growing pains** ⇒#2,#7
- **Gums** – abscess ⇒#11
 - bleeding easily ⇒#4,#5
 - bad breath ⇒#5

- inflamed ⇒#3,#4,#12,#5
- shrinking or receding ⇒#1,#11

H

- **Hair loss** – in general ⇒#5,#1,#6,#8,#11
 - creating baldness ⇒#7,#5,#10,#9,#11
 - due to over acidity ⇒#9
 - sporadically thinning ⇒#6
 - stress induced ⇒#5
- **Halitosis** ⇒#5
- **Haemorrhoids** ⇒#1,#3
- **Hay-fever** – in general ⇒#3,#8,#7,#6,#11
 - due to acidity ⇒#9,#11
 - preventative ⇒#8,#3,#2
 - with bloated face ⇒#8,#10
 - with sneezing fits ⇒#7
- **Headaches** – after mental exertion ⇒#5,#8
 - at the top of the head ⇒#10
 - feels like wearing a tight hat ⇒#2
 - back of the head ⇒#11,#8
 - in children ⇒#5,#3
 - dull or with pressure at the eyes ⇒#10
 - in the forehead ⇒#9
 - half sided ⇒#7,#8
 - nagging or worse in the evenings ⇒#6
 - nervous ⇒#5
 - pains changing places, shooting or throbbing ⇒#7
 - spreading from the forehead to the back of the head ⇒#2
 - stabbing, oppressive ⇒#3,#11,#7
 - starts in the neck, warmth brings relief ⇒#4,#11,#7
 - with vomiting of bile ⇒#10,#7,#4,#3,#8

- **Hearing problems** – after a flu ⇒#10
 - with catarrh ⇒#8,#9
 - with sore throat ⇒#3,#4
 - with sounds in the ear ⇒#3
- **Heart tonic** ⇒#5,#7
- **Heartburn** ⇒#9
 - with acidic taste 9,#10
 - with burping of food ⇒#3
 - with stomach cramps ⇒#7
- **Heatstroke** ⇒#8,#3,#5,#11
- **Hoarse voice** – #3,#4,#6,#2
 - after over exertion ⇒#5,#3,#8
 - after using the voice all day ⇒#3,#1
 - chronic ⇒#6,#4
 - with a dry cough ⇒#3,#8
 - with a cold ⇒#3,#4,#6,#9,#1
- **Hormonal imbalance** – #7,#4,#21
- **Hunger after eating** ⇒#5
- **Hyperactivity** ⇒#2,#7,#5
- **Hypertension** ⇒#7
- **Hypotension** ⇒#7

I

- **Icy cold hands and feet** ⇒#2,#11
- **Immune system, weak** ⇒#2,#3,#4
- **Incontinence – in general** ⇒#5,#2,#1,#10
 - in children ⇒#10
 - when nervous ⇒#5

- **Indigestion** ⇒#2
 - due to over acidity or excess gastric acids
 - when chronic ⇒#8
- **Infections, general** ⇒#3,#4,#6
- **Infertility** ⇒#3,#12
- **Influenza** ⇒#3,#4,#5,#10,#2
 - at the first signs ⇒#3
 - recovery phase ⇒#2
- **Inflammation, first stage** ⇒#3
- **Injuries** ⇒#3
 - slow healing ⇒#3,#8,#5
- **Insect bites** ⇒#8
- **Insomnia** ⇒#8,#12
 - with restlessness ⇒#11
 - with nervousness ⇒#5,#7
 - with inner unrest ⇒#7,#8
 - with night sweats ⇒#11,#8
 - with numbness or tingling of limbs ⇒#2
 - feeling shattered in the mornings ⇒#5,#11
 - seemingly without reason ⇒#7, large dose in hot water to sip, and #2
 - specifically between 11pm-3am ⇒#10
- **Intoxication / poisoning** Seek medical assistance
 - alcohol ⇒#10,#4,#8
 - aesthetic ⇒#4,#5
 - drugs ⇒#5,#7
 - envenomation ⇒#8
 - vaccination ⇒#4
- **Iron deficiency** ⇒#3
 - when it doesn't respond to iron supplementing ⇒#2,#8
- **Irrational excitement** ⇒#7

- **Irritable bowel** ⇒#10,#9,#3,#4,#6
- **Itchy skin** ⇒#7,#6,#11,#1,#2

J

- **Jaundice**⇒#10,#6,#4,#8,#9
 - caused by acidity ⇒#9
 - chronic ⇒#6,#10
 - in infants ⇒#10
 - with itchy skin ⇒#7,#6
- **Joints, infection** ⇒#3,#4,#2
- **Joints, painful** ⇒#2,#8,#11

K

- **Keratitis (cornea inflammation)** ⇒#4,#2,#9
- **Kidneys** – supportive ⇒#8,#6,#4
- **Kidney stones** ⇒#9,#11,#7,#10
- **Knee** – gout ⇒#9
 - rheumatic inflammation ⇒#3,#4,#2

L

- **Learning issues** ⇒#5,#3,#6,#8,#1
- **Lack of enthusiasm for mental activity** ⇒#5,#8
- **Leucorrhoea** ⇒#2,#4
- **Lesions** ⇒#3,#4
 - with pus ⇒#5
- **Ligaments, weak** ⇒#1,#11
- **Liver disease** ⇒#6,#10,#4

- **Loss of sense of smell/taste** ⇒#8
- **Lymph nodes, swollen** ⇒#4

M

- **Mastitis** ⇒ #9
 - with heat ⇒ #3, #9
 - with heavy milk flow ⇒#10
 - if any pus is present ⇒#11,12, #5 (see doctor!)
- **Measles** ⇒#3,#4,#6,#8
- **Melancholy** ⇒#10,#5
- **Memory loss**⇒#1,#5
- **Menstrual pain (dysmenorrhoea)** ⇒#7,#2
 - pain in younger girls ⇒#3,#4,#7,#11
- **Menstruation** – irregular ⇒#4
 - excessive ⇒#1
 - with paleness or anaemia ⇒#2,#3,#8
 - yellowish colouration around the chin ⇒#6
 - greenish colouration to chin area ⇒#10
 - with heavy white discharge before menses #4
 - yellowish discharge #6
 - pain (especially in younger girls) ⇒#3,#4,#7,#11
- **Milk allergy** ⇒#2
- **Mood swings** ⇒#5,#7,#2
- **Mouth ulcers** ⇒#12,#11,#6
 - whitish grey ⇒#4
 - ringed in red ⇒#5
 - reddish-blue ⇒#10
- **Muscle ache** – after physical exertion ⇒#9
 - in general ⇒#3,#6,#8

- rheumatic pains ⇒#3,#4,#6,#9,#11,#12
- with anaemia ⇒#3,#2,#8
- **Muscle cramps/spasms** ⇒#7
 - without any previous exertion ⇒#2
- **Muscle torn** ⇒#3,#5,#8,#1
- **Muscle weakness** ⇒#3
- **Mumps** ⇒#3,#4,#8,#5

N

- **Nail biting** – due to calcium lack ⇒#2
 - due to inner, subconscious tension ⇒#7
 - due to conscious anxiety ⇒#5
- **Nail, ingrown** ⇒#3,#11
- **Nails** – brittle ⇒#11,#1
 - deformed or split ⇒#11,#1
- **Nappy rash** – acid neutralisation ⇒#9
 - ease inflammation, aid skin healing ⇒#3,#6
 - when chronic ⇒#5,#9,#8
- **Nausea** ⇒#3,#4,#6
 - during the mornings ⇒#5
- **Neuralgia** ⇒#7
- **Neurodermatitis** ⇒#6,#9,#10,#4
- **Nerves, weak** ⇒#5,#7,#2,#8
- **Night sweats** ⇒#2,#11,#9,#8,#3
- **Nightmares** ⇒#10,#5
- **Nose, sore from blowing** ⇒#8,#3
- **Nosebleeds** ⇒#3,#8
 - in anaemic children ⇒#10,#3,#2
- **Numbness** ⇒#2,#11

O

- **Obesity** ⇒#9
- **Oedema** ⇒#10, #8
- **Open pores**⇒#8,#9
- **Over acidity** ⇒#9
- **Over eating** ⇒#10
- **Overexertion** ⇒#3,#7,#5
- **Over sensitivity** ⇒#11,#5,#8

P

- **Palpitations** – at night ⇒#6
 - hammering ⇒#11
 - nervous ⇒#7,#5,#2
 - rocks the body ⇒#8
 - with anxiety ⇒#5
 - with heat in the head, or at the slightest exertion ⇒#3
 - with piercing pains ⇒#8
- **Pericarditis** ⇒#6,#5,#3,#4,#2
- **Pins and needles** ⇒#2,#1,#7
- **Pimples** – see acne
- **Post-nasal drip** ⇒#8
- **Pregnancy** ⇒#2,#1,#8 (all 12 minerals are required to grow a healthy baby, different minerals are required at different stages)
 - morning sickness ⇒#5,#8,#9
 - heartburn ⇒#8,#9
 - vomiting ⇒#3
 - strengthen the ligaments ⇒#1,#11
- **Psychosis** ⇒#5
- **Puffy skin, moist** ⇒#8

- **Pus, blood-streaked** ⇒#12,#11

R

- **Recovery phase of illness** ⇒#2,#8,#6
- **Reflux** ⇒#9,#8,#11
- **Restlessness** ⇒#8,#7
- **Rheumatism** ⇒#3,#1,#4,#7,#9
 - acute ⇒#5,#3
 - chronic ⇒#11,#9
 - cracking sound in the joints ⇒#8
 - with numbness or weather changes ⇒#2
 - swelling reminiscent of dough ⇒#8,#4,#10
- **Rhagades (cracks/fissures)** ⇒#1
- **Rhinitis** ⇒#10,#3
 - first signs, with fever or heat in the head ⇒#3
 - when losing baby teeth ⇒#1
 - with loss of smell or taste ⇒#8
 - with sneezing in fresh air ⇒#5
 - with spasmodic sneezing ⇒#7
 - stubborn, suppurating or slimy yellow secretions ⇒#6
- **Runny nose** ⇒#8

S

- **Scarlet fever** ⇒#3,#4,#6
 - with any glandular swellings ⇒#4,#7,#9,#2,#11
 - with frothy or bubbly saliva ⇒#8
 - with foul breath ⇒#5
 - to aid in healing phase and purification ⇒#2,#10,#6
- **Sciatica** ⇒#7,#5,#2,#11
 - shooting pains ⇒#7

- **Sinusitis**⇒#3,#4,#6
- **Sinuses, convulsive sneezing** ⇒#7,#3
- **Shock** ⇒#2
- **Skin problems** – dry ⇒#8,#6
 - greasy ⇒#9
 - large pores ⇒#9,#8
 - red ⇒#7,#3,#10
 - rough and cracked ⇒#1
 - scaling ⇒#6,#2
 - wrinkled ⇒#11,#1
- **Skin Rash** – badly smelling ⇒#5
 - bran-like (as in tinea versicolor) ⇒#4,#12
 - burning ⇒#8
 - creamy or honey like secretions⇒#9
 - dry ⇒#4,#6,#5
 - flour like ⇒#4
 - hardened skin ⇒#1
 - raised lumps ⇒#6
 - red and inflamed ⇒#3
 - suppurating ⇒#2,#9,#11
 - watery and weeping ⇒#10,#8
 - with blisters and pustules ⇒#9
 - whitish grey ⇒#4
 - when bluish in the centre ⇒#10
 - yellow and slimy ⇒#6
 - yellowish-green ⇒#10
- **Sleep issues** – see insomnia
- **Sleeplessness** ⇒#2,#8
- **Slow healing wounds** ⇒#9,#12,#11,#6
- **Slow metabolism** ⇒#3,#8,#10,#12
- **Smelly feet** ⇒#11

- **Sneezing, convulsive** ⇒#7,#3,#8
- **Sore nose**⇒#8,#3
- **Sour vomiting**⇒#9
- **Sole of feet, burning sensations** ⇒#12
- **Sleepiness** – after lunch ⇒#5
 - during the day ⇒#5,#8
 - with intellectual activities in the morning ⇒#10
- **Split lips** ⇒#8,#1
- **Sprains**⇒#3,#4,#1,#2
- **Spurs** ⇒#1,#11
- **Stabbing pain** ⇒#7,#3,#11
- **Stinky sweat** – to neutralise the bacteria contributing to odour
⇒#11
 - if due to acidic or fat heavy diet ⇒#9
 - if linked to anxiety or nervousness ⇒#5
- **Stitch** ⇒#5,#7
- **Spinal curvature** ⇒#1,#5,#2,#8
 - at onset ⇒#11,#1
 - if due to acidity ⇒#9,#11
 - when painful ⇒#7
- **Stomach ache** – after acidic or fatty foods ⇒#9
 - convulsive, colic-like or crampy ⇒#7
 - nervous, when linked to anxiety ⇒#5
 - with vomiting of partially digested foods ⇒#3
 - with vomiting of mucus ⇒#6
 - with water or saliva assembling in the mouth ⇒#8
- **Stomach ulcers** ⇒#11,#12,#5,#8
- **Stomach, weak** ⇒#5
- **Stools** – acidic ⇒#9
 - covered in mucus ⇒#8
 - greenish in colour ⇒#10,#2

- hard and crumbly ⇒#8,#10
- light, floating ⇒#4
- watery, squirting ⇒#10
- with undigested foods ⇒#2
- **Stress** ⇒#5,#8,#7
- **Stretch marks** ⇒#1
- **Sweats** ⇒#2
 - acidic smelling ⇒#9
 - at night ⇒#11,#8
 - badly smelling ⇒#11
 - eats into clothing stains yellow ⇒#9
- **Sweaty feet** ⇒#11

T

- **Tantrums** – irrational, sudden mood swings⇒#5
 - easily frustrated, sensitive ⇒#5,#2,#7
 - lights and sound aggravate ⇒#11
- **Taste, loss of** ⇒#8
- **Teething** – inflammation, pain relief or fever ⇒#3
 - if abscess forms, trouble cutting through ⇒#11
 - delayed ⇒#1,#11
 - make breakthrough easier ⇒#1,#5
 - ease unrest ⇒#5,#7
 - signs of mild colds or strong saliva flow ⇒#8
 - supportive of building dentin ⇒#2
- **Teeth, decay** ⇒#1,#2,#8,#11
- **Teeth, sensitivity to cold** ⇒#1,#7
- **Thermal balance, disturbed** ⇒#8
- **Thirst, excessive or lacking** ⇒#8,#6

- **Thought processes, poor** ⇒#5,#8,#11,#1
- **Throat infections** ⇒#3,#4,#6,#8
- **Tickling cough** ⇒#3,#8
- **Tongue, coating – brown, brownish** ⇒#1,#5
 - blisters on edges ⇒#8
 - greenish colour, soapy taste ⇒#10
 - mustard coloured, badly smelling ⇒#5
 - thick white or white grey ⇒#4
 - white coating with furry sensation ⇒#2
 - yellow coloured at the rear of tongue ⇒#12

Yellow and slimy ⇒#6
- **Tongue ulcers** ⇒#11
- **Tonsillitis** ⇒#3,#4,#2,#9
- **Toothache** ⇒#1,#7,#2
 - after extractions ⇒#7,#3,#8
 - bleeding gums ⇒#5
 - during pregnancy ⇒#8,#1,#2
 - improves in the fresh air ⇒#6
 - improvement with pressure or warmth ⇒#7
 - red cheeks, worse with warmth ⇒#3
 - with swelling ⇒#4,#11
 - hard swellings ⇒#1
 - when pus is present ⇒#11,#3
 - when pains change places ⇒#7
 - with flow of saliva ⇒#8
 - worse through touching, as if teeth are too long ⇒#1
 - worse in the evenings and in warm rooms ⇒#6

U

- **Ulcers** ⇒#1,#11,#5,#12

- **Umbilical hernia** ⇒ #1, #11
 - inflammation of ⇒ #3
- **Urination, burning** ⇒ #8
- **Urinary tract infection** ⇒ #3, #4, #8, #9, #12
- **Urine** – acidic, reduced amount ⇒ #9
 - brownish, pungent ⇒ #9
 - dark yellow, signs of dehydration ⇒ #10, #8 (increase water intake)
 - greenish in the mornings ⇒ #10
 - with protein ⇒ #2
 - with sugar ⇒ #10, #7, #6, #8, #5
- **Urinating involuntarily** ⇒ #10, #5
- **Urinary reflex, sudden, frequent** ⇒ #9, #8
 - chronic ⇒ #7, #8

V

- **Vaccination** ⇒ #2, #3, #4
- **Vagina** – dry ⇒ #8, #9, #6
 - with heat ⇒ #3
 - burning, sore ⇒ #8
 - vaginismus ⇒ #7, #2
- **Varicose veins** ⇒ #1, #4, #11
 - burning pains ⇒ #9
 - inflamed, painful ⇒ ##3, #6
 - spasmodically painful ⇒ #7
 - preventative ⇒ #9, #11, #4
 - with ulcerations ⇒ #5, #9, #1, #11
- **Vision problems** – see eyes
- **Vomiting** – acidic ⇒ #9
 - after cold foods or drinks ⇒ #2
 - bile like mucus ⇒ #10

- during teething ⇒#1,#3,#2,#7
- pregnant women ⇒#9,#8,#5
- of raw bile ⇒#10,#3,#7
- of froth ⇒#8
- of undigested foods or plain water ⇒#3
- of mucus ⇒#7,#8
- **Voice – hoarse and rough** ⇒#2
 - loss of ⇒#5

W

- **Warts** ⇒#8
 - hard, callous like ⇒#1
 - forming on the hands ⇒#4,#10
- **Weakness, general** ⇒#2,#11,#5,#8
 - debilitating ⇒#12
- **Weaning challenges – emotional support** ⇒#5,#7,#2
 - weaning a substance, junk food etc ⇒#10
- **Whooping cough** ⇒#2,#4,#7,#6,#5,#8
- **Worms** ⇒#9,#8,#10
- **Wounds** ⇒#3
 - badly or slow healing ⇒#5,#12,#10
 - blood poisoning, signs of ⇒#5 (see doctor)
 - hardening scar tissue ⇒#1
 - suppurating ⇒#6,#11,#9
 - to promote healing and skin regeneration ⇒#5,#8
 - with swelling or proud flesh ⇒#4
- **Wrinkles** ⇒#11,#1

X

- **X Rays** – before, protective ⇒#2
– after ⇒#4

Y

- **Yawning** – caused by low oxygen ⇒#3,#6
– due to tiredness ⇒#3,#5
– hysteric, uncontrollable ⇒#5
- **Yellow exudations (phlegm, skin secretions)** ⇒#6

Appendix

Mineral-Deficiency Symptom Matching

Symptom	Likely Mineral Deficiency	Quick Tip
Onset of illness (cold, infection etc)	Ferr phos (#3), Kali mur (#4)	Start #3 and #4 at first sign of symptoms – dosing at acute rate
Growing Pains	Calc phos (#2), Mag phos (#7)	Dose 3–4x daily during growth spurts.
Tantrums/Emotional Swings	Kali phos (#5), Mag phos (#7)	Support nervous system and emotional stability.
Blocked nose, dripping thick clear mucus	Calc phos (#2),Kali mur (#4)	If the mucus is other than thick and clear see repertory or next quick guide for exact minerals.
Colic	Mag phos (#7), Calc phos (#2)	Mag phos helps bind ammonia gases, Calc phos enhances digestive power.
Sleep Issues	Kali phos (#5), Mag phos (#7)	Relax the nervous system and muscles, promote deeper sleep.
Middle Ear Infections	Ferr phos (#3), Kali mur (#4), Kali sulph (#6)	Add #11 if stubborn – all taken at an acute rate.

Tongue and Casts Guide

Mineral	Tongue Characteristics	Mucus / Snot Characteristics
Calc fluor	Rough and cracked.	Hard, yellow nodules. Tough.
Calc phos	Thick white coating, furry sensation	Protein-like, similar to egg white
Ferr phos	Clear, or in acute cases red and raw. (taste of bad eggs = infection)	Nil specific.
Kali mur	White coating, thick and yellowish when chronic.	Thick and white/whitish-grey. Slimy and white/greyish
Kali phos	Mustard like coating. Dryness, bad breath.	Putrid, stinky.
Kali sulph	Yellow coating at the rear of tongue.	Yellow, slimy, loose and ample. Rattling chest when breathing.
Mag phos	Nil specific.	Nil specific.
Nat mur	Appears slimy.	Lacking or overabundant. Frothy, bubbly saliva. Dripping, watery nose.
Nat phos	Coated greyish, whitish or yellow with sour or bitter taste.	Creamy yellow or honey like. Suppurating / blood streaked
Nat sulph	Mild brownish or greenish coating. Soapy or bitter taste.	Suppurating and greenish or yellow greenish.
Silica	Slimy, may be coated brownish, may be dry. Possible soapy taste.	Heavy infection – thick yellow and suppurating. Badly smelling
Calc sulph	May be loamy or yellow at rear. Ulcers on the sides a common sign.	Any pus-like secretions, similar to silica (and works well in alteration.)

Basic Dosage Guidelines At-a-Glance

Age Group	Acute Dosage	Chronic Dosage
Newborn (0-6 months)	½ tablet, 3x per day	½ tablet, 2x per day
Infant (6-12 months)	1 tablet every few hours	1 tablet twice per day
Child (1-12 years)	1 tablet every 1-2 hours	1 tablet 3-4 times per day
Teenager (13+ years)	1 tablet every 15-30 minutes	2-3 tablets, 3x per day

Minerals can be combined if needed in most cases, either in the mouth or in water etc. Only **Nat mur** should be kept separate and always dosed singularly.

Emergency Symptom Quick Response Guide

Symptom	Immediate Action
Fever starts	Ferr phos (#3)
Fever >38.5 (101.3F)	Switch to Kali phos (#5)
Diarrhoea or Vomiting	Nat mur (#8), Nat sulph (#10) - see repertory if no improvement within the hour
Injury (cut, bruise, strain)	Ferr phos(#3) immediately
Burn	Ferr phos (#3) internally, Nat mur (#8) externally
Bug Bite	Nat mur (#8) externally

References and Further Reading

Educational Organisations

Institute of Biochemic Medicine (Asia Pacific)

Offering accredited training and practitioner certification in Dr. Schuessler's Biochemic Medicine. Study where i did to earn your own Clinical Science of Biochemic Therapy Diploma

Website: biochemic-remedies.com.au

Online Learning Resources

The Mineral Body Website

In depth overview of the 12 minerals, signs of deficiency, dosage advice for all ages (and pets!), FAQ's and the history of biochemistry. Books and minerals available for purchase here too.

Visit: themineralbody.com

Schuessler Cell Salts Online

An in-depth guide to the original 12 cell salts and the additional 15, with practical usage advice.

Visit: schuessler-cell-salts.com

Foundational Texts

- **Abridged Therapeutics – Histology & Cellular Pathology** by Dr. W.H. Schuessler
- **The Biochemic Handbook: Twelve Tissue Cell Salts** by Dr. W.H. Schuessler
- **The Chemistry Of Human Life** by Dr. George W. Carey
- **Biochemistry The New Domestic Treatment** by J.B Chapman, M.D.
- **The Biochemic System Of Medicine** by Dr. George W. Carey
- **An Abridged Therapy: Manual for the Biochemical Treatment of Disease** by Dr. W.H. Schuessler
- **The Cure of Diphtheria by Biochemic Treatment** by Dr. W.H. Schuessler

Modern Texts

(available for purchase through The Mineral Body website)

- **Schüssler Tissue Salts – 12 minerals for your health** by Günther H. Heepen
- **Schüssler Tissue Salts for Animals** by The Institute of Biochemic Medicine Asia-Pacific
- **Characteristics of the Face** by Margit Müller-Frahling / The Institute of Biochemic Medicine Asia-Pacific
- **Schüssler Tissue Salts for Women** by The Institute of Biochemic Medicine Asia-Pacific

About the Author



Lauren Shea is a biochemic mineral analyst, holistic educator and dedicated mother, specialising in empowering individuals and families to care for their children naturally and holistically.

After modern medicine failed to provide answers for her own health challenges, she discovered the healing power of biochemic minerals. She then devoured all the texts she could find on the subject, and became further inspired by remarkable results within her family and community. This has led to her becoming committed to sharing this gentle, science-backed approach with others seeking safer, natural solutions.

Through her work, Lauren teaches others how to recognise mineral imbalances, nurture the body's natural healing intelligence, and build lifelong resilience in themselves and their children. She believes that true wellness begins at the cellular level, and that nourishment is nature's most powerful remedy.

Lauren holds a diploma in the Clinical Science of Biochemic Therapy and continues to study the evolving science of cellular health.

She is passionate about bridging the gap between timeless natural wisdom and modern evidence-based practices, helping families thrive in a complex, nutritionally depleted world.

When she's not writing, researching or consulting, she can be found with her son, tending her microgreens, enjoying long walks in nature with her family, or experimenting with mineral-rich recipes in her kitchen.

Visit themineralbody.com to learn more, find resources, or book a consultation. Connect with her on Instagram @themineralbody and Facebook at The Mineral Body.

To Order Biochemic Minerals, Creams, Tinctures,
Literature, or Have Your Mineral Balance Assessed,

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