

The 12 Cell-Salts Explained

What if your symptoms weren't mistakes—but messages? That tiredness, anxiety, or skin flares were your body's way of whispering which mineral it's missing?

Cell salts—also known as tissue salts or biochemic minerals—are essential mineral compounds that form the foundational building blocks of every cell in the body. First identified by Dr. Wilhelm Schuessler in the 19th century, these twelve salts play vital roles in maintaining cellular function and overall health.

The body naturally uses these minerals to repair tissue, conduct nerve signals, maintain hydration, and facilitate healing processes. When we become deficient—due to stress, diet, poor absorption, or rapid growth—our cells begin to function sub-optimally. This is when symptoms arise.

In this view, illness is not a random misfortune—it is the body's intelligent way of signalling deficiency. This simplifies everything, and symptoms now become your greatest helpers instead of the enemy. Supplementing with the correct cell salt aims to restore balance and support the body's natural healing response from within.

The 12 Biochemic Minerals Basic Function & Symptoms

1. Calc fluor

Function: Elasticity of tissues, skin, veins, ligaments. Strengthens bones and enamel.

Symptoms: Cracks in skin, varicose veins, loose teeth. Tooth decay or damage to enamel.

2. Calc phos

Function: Bone growth, digestion, cell building, convalescence and general health.

Symptoms: Growing pains, fatigue, slow healing, catches every cold, weak stomach, cramps.

3. Ferr phos

Function: Oxygen carrier, first-aid salt. Vital for immune function.

Symptoms: Inflammation, fevers, sore throat. Infections (at the first stage, frequent dosing)

You've just scratched the surface.
Coming soon: quizzes, guides, courses, the pregnancy mineral toolkit and more! Stay tuned!



Follow us for more!

[Facebook](#)

[Instagram](#)

[The Mineral Body Website](#)

The 12 Biochemic Minerals

Continued

4. Kali mur

Function: Glandular function, mucus balance. Vital for lymphatic action.

Symptoms: Congestion, white-coated tongue. Thick mucus. Infections (with Ferr phos)

5. Kali phos

Function: Nerve and brain function. Emotional balance.

Symptoms: Exhaustion, poor focus, depression. Trouble learning, insomnia, tension, apathy.

6. Kali sulph

Function: Skin, respiration, cell regeneration, liver function.

Symptoms: Peeling skin, yellow thick mucus, muscle ache, skin rashes, recovery phase of illness

7. Mag phos

Function: Muscle movement, pain relief, activates over 300 enzymes.

Symptoms: Cramps, spasms, colic, cholesterol (high or low), blood pressure (high or low)

8. Nat mur

Function: Water distribution, salt balance. Osmosis ability, nutrient distribution.

Symptoms: Dry skin, headaches, salt cravings. Joints cracking, tickly cough, dripping nose, dry skin.

9. Nat phos

Function: Acid-alkaline balance. Fat and sugar decomposition.

Symptoms: Indigestion, acidity, thrush. Acne, blackheads, obesity, heartburn.

10. Nat sulph

Function: Liver detox, water elimination, deep cleansing.

Symptoms: Bloating, sluggish liver, jaundice. Daytime fatigue, gall or liver diseases. Irritable bowel.

11. Silica

Function: Skin, hair and nail health / strength. Gives cells resilience. Helps expel toxins.

Symptoms: Boils, brittle nails, weak hair. Wrinkles or thin skin. Absent minded, styes, sweaty feet, overly sensitive.

12. Calc sulph

Function: Purifier of blood, supports healing. Cartilage health, hormones and amino acid production.

Symptoms: Acne, yellow discharges, slow wounds, ulcers. Thick pus with blood visible. Age spots, pimples, yellow scabs.

Find our new book on Amazon
[A Parents Guide to Cell-salts](#)

Or get the eBook now!
[A Parents Guide eBook](#)

The
Mineral
Body

Follow us for more!

[Facebook](#)
[Instagram](#)
[The Mineral Body Website](#)

Dosage - How to Take the Minerals

Biochemic minerals are safe for all ages, including newborns.

Tissue-salts are to be dissolved in the mouth – Not swallowed. This is because the minerals are so finely diluted, that they pass through the buccal mucosa (cheek membranes) and are absorbed via the capillaries straight into the blood stream. 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?

(Acute problems come on suddenly, and typically last a short duration (like a bug-bite, burn, flu or throat infection). Chronic conditions are long lasting conditions with persistent symptoms.)

| Age Group | Acute Dosage | Chronic Dosage |
|----------------------|------------------------------|----------------------------|
| Newborn (0-6 months) | ½ tablet, up to 3x per day | ½ tablet, 2x per day |
| Infant (6-12 months) | 1 tablet every few hours | 1 tablet, 2x 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.
Only **Nat mur** should be kept separate and always dosed singularly.

Further your study with the printable label sheets below! Designed to fit perfectly on the box of the large biochemic minerals sold at The Mineral Body. Continue learning and become more fluent in diagnosis any time you pick up the box!

#1 Calcium fluoride

¶

Elasticity

Function: Tissue elasticity. For anywhere in the body where a lack or excess of elasticity is causing issues. Toning - tightens what has loosened, and softens what has hardened (or calcified.) Supports the formation of bones, tendons, ligaments, teeth and nails; imbuing these tissues with properties of hardness and flexibility. Involved in the maintenance and integrity of the protective body shells and coverings.

Found in: Skin, Elastic fibre Tissues (Tendons, Ligaments, Vascular walls) Perosteum Enamel. Protective coverings of the body.

Note on usage: Calcium fluoride (12x) is slow acting and contained in small amounts in the body. Small doses (3 per day) over-time give best results.

Application: Bone spurs, Cartilage (Discs & joints), Callus, Caries(teeth), Dizziness, Flabbiness (general) Flat-feet / Fallen arches, Haemorrhoids, Glands - (hardening)s. Memory loss, Menopause, Osteoporosis - (supportive), Pregnancy, Prolapse, RSI. Skin elasticity. Styes, Stretch-marks, Scar-tissue(softens what has hardened). Tooth decay (hardens the enamel). Varicose veins. Weak ligaments, Warts.

Facial Tells: Fine, cross-hatched wrinkles. Skin looks weathered and leathery. Crow's feet. Reddish-brown colouring to the corner of the inner eyes. Lips cracked or chapped.

Tongue: Cracked, dry, brown

Casts: Lumps. Small yellow nodules.

#2 Calcium phosphate

¶

Bones & Regeneration

Function:vital for cell renewal and healthy red and white blood cells. Primary mineral bone is composed of. Chemically unites with organic elements in the body to form a kind of cement - used to build bone (57%Calc.phos). Strengthening - To Bones, Blood & Immune function Necessary for protein production. Aids digestive ability. Calming to the heart and nerves. Beneficial for Allergies, Eczema and intolerance to Lactose or Gluten.

Found in: All cells. Highest amounts in Bones.

Note on usage: Contained in large amounts in the body. Structural & Functional.

Application: Allergies. Anaemia(buils blood), Appetite(balance), Backache, Cold extremities(circulation), Colds(susceptibility), Eczema Growing-pains, General ill-health, Lack of muscle tone. Memory lapses, Muscle cramps. Numbness in limbs. Night sweats (head & neck). Osteoporosis (builds density). Parasthesia. Tooth decay. Teething problems

Facial Tells: Thin lips. 'Waxy' colouring - especially @the eyebrows. Freckles & copper coloured spots. Tooth edge - transparent. Children - 'saw edge' to teeth.

Tongue: Thick white coating. Sweet taste. 'Furry' sensation.

Casts:Tenacious. Protein - like. Albumin (like egg white)

Other Tells: Draughts, Cold, Motion, Getting wet - Aggravate Warmth & rest - Soothes. Note- numbness unaffected

#3 Iron phosphate

¶

First-Aid

Function:Carries Oxygen in the blood (gives blood it's red colour). Works best in alteration with #4. Anti-inflammatory. Detox and defense - irritants are oxidised into smaller parts, then neutralised through the lymph system.

Take at onset of illness, infections or injuries to speed healing and boost defenses. Take with #7 before and after exercise (both are involved in muscle function)

Found in: All cells. Especially Blood & muscle.

Note on usage: When fighting infection take 2 tablets/hour (up to every 15 mins if severe) Same with #4. Before work outs, take 3

Application: Anaemia, Bladder infections. Bruises. Bulimia. Bronchitis, Colds, Cuts, Fever, Inflammation, Incontinence, Influenza - (alternate with #4) Muscle pains (general) Muscle weakness, Sprains. Stomach infections. Throat infections. Throbbing pains. Tonsillitis. Vomiting. Vitamin C increases Iron Absorption by 10%

Facial Tells: Feverish red-ness with heat = acute. Blue-black shadows @ the corners of eyes = chronic.

Tongue: Nil. Swollen = chronic & urgent.

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

Other Tells: Warmth, movement & Exercise - Aggravate Cold compress - Soothes. Note- Pressure and throbbing not relieved by cold.

#4 Potassium chloride

¶

Lymph & Glands

Function:Supports the lymphatic system - vital whenever we experience swollen glands/lymph nodes. Holds fibre in solution - your body's natural anti-clotting agent. Carbohydrate utilization and protein construction. Thins tough, roey mucus. Important for fighting infections (alternate with #3). When lymph glands swell, this salt thins lymphatic fluid - decongesting the node & speeding recovery by allowing flow.

Found in: Nearly all body cells

Note on usage: Both #3 and #4 work best in small doses taken regularly - until symptoms subside.

Application: Acne, Asthma, Appetite(poor), Bladder / Bowel infections, Bronchitis Colitis, Cysts, Facial Pains. Fatty foods aggravate. Gastritis. Glandular Swellings Hypochondria. Immunity. Infections (general - with #3) Liver tonic. Lymph nodes. Leucorrhoea. Mumps. Menstruation(dark, clotted) Neurodermatitis. Throat infections. Varicose veins / Fine spider veins. Wheezing.

Facial Tells: Face appears pale, milky-bluish tone.

Tongue: White coating. Thick&yellowish = chronic.

Casts:Tough, thick & White or Greyish. Chesty coughs.

#5 Potassium phosphate

¶

Mind & Nerves

Function: Mental state. When united with albumin, forms the grey matter of the brain - beneficial for study, an important part of healthy nerve function, a deficiency causes a reduction in the physical, psychological and mental abilities. Vital for energy production, and co-ordinating nerve and muscle function. Stress and mental exhaustion deplete this mineral.

Found in: Brain & Nerve cells. Muscle. Red-blood cells Nerve, Brain & Tissue fluids.

Note on usage: Take 3-5 (5=high stress) before a hectic day for more resilience. Repeat if needed. Dose again when getting home to stay civil to others :) Gives a 'second wind'

Application: All Mental Afflictions. Anxiety. Apathy. Circulation(poor), Crying Concentration(lack). Depression. Dysmenorrhoea. Fatigue(general), Fear, Hair-loss, Hailtosis. Hypotension. Hysteria. Insomnia. Muscle atrophy, cramps & fatigue. Nervous tension. Nervous digestive issues. Pessimism. Palpitations. Psychosis. Paralysis. Stress. Suspicion. Thoughts(difficult). Tiredness(general). Weeping. Vitality(low). Vertigo.

Facial Tells: Un-washed appearance. Eyes dull. Blank Expression. Ash grey @ eyes and chin. Sunken temples = chronic.

Tongue:Dry. Foul breath. Yellow-brownish.

Other Tells: Noise. Exercise. Forced movement. Being alone (esp. @ night) - Aggravates. Warmth, eating, rest & the company of others - Soothes

#6 Potassium sulphate

¶

Skin & Body Oils

Function: Oxygenates skin & mucous membranes - works well with #3. Controls the state of body oils - thick oils can clog pores, decreasing skins ability to breath and release toxins. This results in toxins turning inward, becoming a problem. Important for the maintenance of mucous membranes. Useful at the third stage of an infection (#3+ #4 are 1st and 2nd) to clear up yellow discharges and oxygenate/repair mucus membranes

Found in: Skin, Bones, Muscles, Scalp, Hair, Nails. Body oils.

Note on usage: After infection diseases Take 3x #10 Before meals And then 3-5-#6 After meals to promote a purge of toxins and regenerate tissues. (3x daily for 2-3 days after)

Application: Asthma(chronic), Bladder infections, Blood-poisoning. Children's illness(recovery). Cough(barking sound), Dandruff, Detox. Eye & Ear infections. Eczema, Hair-fall. Gastritis(chronic). Headaches. Joint infections. Liver tonic. Muscle ache. Melasma Overeating. Pharyngitis. Pigment disorders. Rhinitis(with crustiness). Sinus infections. Skin rashes. Stomach pressure(bloat). Skin forms yellow crusts.

Facial Tells: Jaundice. yellow-brown skin hue - esp. @ eyelids/ chin. 'Aging spots', melasma, moles etc. on face.

Tongue:Yellow coating - esp. rear of tongue.

Casts: Tough yellow /ochre and Slimy.

Other Tells: Enclosed, stuffy spaces, Warmth - Aggravates. Cool fresh air, Dry weather & the outdoors - Soothes

Email admin@themineralbody.com to order minerals

| | |
|--|--|
| <p>#7 Magnesium phosphate </p> <p>Pain & Cramps</p> <p>Function:Control of the Autonomic Nervous System. Manufacture of nerves and nerve fluid. Supports correct nerve function, assists with cramping & nerve pain ('shooting' or 'electric' pains). Vital for the function of over 300 enzymes in the body. Relaxes muscles, involved with all cellular processes & promotes deep sleep. An important mineral used in large amounts that can be taken regularly.</p> <p>Found in: Muscles. Blood. Nerves. Brain. Liver. Thyroid. Marrow. Bones & Teeth.</p> <p>Note on usage: Australian soils are low in Magnesium. I take 3x #7 and 3x #2 for general maintenance Before bed each night</p> | <p>Application: Alcohol abuse. Blood pressure (high or low). Bronchial asthma. Cholesterol (high or low). Chocolate craving. Flatulence. Hiccups. Immune system (weak). Insomnia. Menstrual pain (alternate 3-5). Migraine. Muscle spasm. Neck stiff and sore. Nervous. Prostatism. Respiratory system pain (short+sharp). Sneezing. Spasms in kids. Muscles stiff. Vision (double). Writers cramp. Whooping cough. Yawning (perpetual)</p> <p>Facial Tells: Facial tells can appear suddenly. Bright red round marks @ either side of nose (cherryub cheeks). Blushes easily. Redness may cover whole face - no heat with redness.</p> <p>Tongue: Clear.</p> <p>Casts: Unspecific.</p> <p>Other Tells: During the night, cold, acids & gentle touch - Aggravates. Warmth, Firm rubbing & Pressure applied - Soothes.</p> |
| <p>#10 Sodium sulphate </p> <p>Cleansing Flow</p> <p>Function: Purification and Detoxification of tissues. Water excretion - the primary method cells use to push toxins and waste out - to be excreted. Deficiencies in this mineral lead to edema and fluid retention. Drains the body. Promotes bowel activity. Excretes metabolic waste. Stimulates gall-flow (all detox promoting). Helpful with rashes, Cold & Flu's. Alcohol abuse and supporting the organs of detox.</p> <p>Found in: Liver & Pancreas. Inter-cellular Fluids.</p> <p>Note on usage: Acute illness with alternating fever and chills = toxin purge and requires #10. Humid weather saturates the blood + tissues. Take 3 per hour to bring edema down. Use as needed.</p> | <p>Application: Abscess. Asthma. Bitter taste in mouth Cold sensations (when ill). Constipation. Coughs with tightness and chest pain. Cystitis. Diarrhoea (sudden). Gall-bladder-disease. Gastric - inflammation. Jaundice. Liver disease. Metabolic disorders. Nightmares. Oedema. Overindulgence (wine& tobacco-reliance). Pancreatitis. Sleep disturbed. Stomach-ache. Suicidal. Urine (watery-green).</p> <p>Facial Tells: Green-yellow hue to forehead, temples & cheeks. Inflammatory redness seen in 'drinkers nose'. Bags under eyes swollen.</p> <p>Tongue: Greenish-grey. Green-yellow colour.</p> <p>Casts: Thick Yellow-green and profuse.</p> <p>Other Tells: Fog, Wet weather & Damp. Eating flour. - Aggravate Warm weather & movement - Soothes.</p> |
| <p>#8 Sodium chloride </p> <p>Fluid Balance</p> <p>Function: Detoxification, Tissue regeneration. Regulation of both Fluid and Thermal balance in the body. Allows efficient movement of nutrients into cells, and waste matter taken away for excretion. Conditions of excessive wetness or dryness require this mineral. Needed for gastric juice production - so a wonderful digestive aid. Cleansing, helpful for detoxing metals, keeps membranes moist & functional for sense of smell and taste (important as taste initiates digestion).</p> <p>Found in: All tissues and body fluids. Blood. Kidneys Mucus membranes & Cartilage</p> <p>Note on usage: Contained in large amounts in the body. Can take regularly.</p> | <p>Application: Anaemia. Arthritis. Burning urination. Burns. Circulation (poor). Cold extremities. Cough (dry) Cough (persistent & tickling) Craving salt. Diarrhoea. Eye-ache (watering). Dry skin. Face (puffy+moist). Haemorrhoids. Hair-fall. Nose- running. Pleurisy. Restless+ fidgety. Saliva (lack or excess). Sweats (sudden). Thirst after eating. Thinking is difficult. Weeping.</p> <p>Facial Tells: Skin has a 'gelatin shine'. Cheeks puffy. Pores open and visible.</p> <p>Tongue: Clear, but slimy</p> <p>Casts: Thin and watery - with bubbles (too watery) When thick and tough to move - #8 can re-hydrate (too dry)</p> <p>Other Tells: Hot Sunlight. Damp, Fog, Mornings & Thinking. Salty foods - Aggravate Fresh air. Sweating. Bathing Tight clothes - Soothes.</p> |
| <p>#11 Silica </p> <p>Structure & Form</p> <p>Function: Firmness of the connective tissue. Bonding of acids. Internal cleanser and eliminator, allowing debris (splinters or pus) to be pushed to the surface (beneficial for pimples/cysts). Activates phagocytes (white blood cells) so vital for immune health. Maintains condition of Skin. Ligaments, Tendons, Vessels, Eyes, Hair & Nails. Keeps cells plump - fighting wrinkles from the inside. Increases cell's ability to hold water</p> <p>Found in: Skin, Hair, Nails. Connective Tissue. Bone. Nerves. Lungs. Lymphatic system & Glands.</p> <p>Note on usage: For skin - Take 2 twice / day, and also apply direct to skin. Apply direct to 'ripen' pimples/boils for painless expression. (dab where you want the head to form)</p> | <p>Application: Abscess. Abscent-mindedness. Allergies. Arteriosclerosis. Bruises (speed healing). Cold hands & feet. Ears (infections & hearing sounds) Foreign body removal. Haemorrhoids (with #1) Lung infections. Lymphoma. Memory (poor) Nervousness. Restlessness. Rush of blood to head. Sensitive to light & sound. Sweaty feet. Sweats Swollen glands (with #3,4). Varicose veins. Weakness. Wrinkles (with #1)</p> <p>Facial Tells: Polished shine prevents pores being visible. Skin is thin, translucent. Wrinkles, 'crows-feet' Eyes sunken = chronic.</p> <p>Tongue: Possible brownish slime coating.</p> <p>Casts: Chronic, thick, yellow.</p> <p>Other Tells: Night. Fresh air. Change of weather. Menstruation Light and noise - Aggravate. Warmth, rest & dry weather - Soothes</p> |
| <p>#9 Sodium phosphate </p> <p>Acid-Balance</p> <p>Function: Keeps us alkaline. Regulation of the Acid - Base balance. Fat & Sugar metabolism. Vital for the breakdown of lactic acid and keeps uric acid soluble and passable via the kidneys. Assists with heart-burn by neutralising acids. Treats greasy skin by metabolising fats & oils. Important, as 'most dis-eases have their roots in an Acid environment. Regulates bile content in the Gallbladder. Targets Lymph, Nerves & Stomach.</p> <p>Found in: Blood, Nerve & Brain Cells. Muscles & Tissue Fluids.</p> <p>Note on usage: Can take 3 up to 3x daily. Pair with #11 (same rate) to target the acid crystals that cause joint pain in arthritic conditions.</p> | <p>Application: Acid reflux. Acne. Arthritis. Blackheads. Bolls. Calculi. Cystitis. Dyspepsia. Fatigue. Gallstones. Gout. Gastroenteritis (chronic). Headache (with stomach pain) Heartburn. Indigestion. Joint pain. Obesity. Skin pustules. Sweat (stains clothing yellow - or when more acidic, eats holes in clothes). Worms. Wounds (slow to heal).</p> <p>Facial Tells: Oily skin, esp. nose, forehead and chin. Greasiness. Blackheads. Double chin, Puffy cheeks. Middle of face can flush red.</p> <p>Tongue: Yellow at rear, Sour or Bitter taste</p> <p>Casts: Honey-like, yellow acidic</p> <p>Other Tells: Fatty foods, Heavy meals, Sweets, Cold & damp - Aggravate Daylight. Avoiding Sugar, Protein and Meat - Soothes.</p> |
| <p>#12 Calcium sulphate </p> <p>Blood Cleanser</p> <p>Function: Deep cleansing. Permeability of the connective tissues and protein decomposition. Where #11 brings pus to the surface for discharge, #12 helps to dissolve stagnant matter, breaking it down for internal processing. Important for the health and maintenance of cartilage, as a component of amino-acids, and to regulate hormone and enzymes in the body. Targets Muscles, Liver, Gall & Connective tissue.</p> <p>Found in: Joints & Cartilage. Liver and Gall-bladder. Skin. Blood. Bile.</p> <p>Note on usage: Any time pus and blood is seen - #11 and #12 have great affinity - take in alteration. For joint or cartilage repairs.</p> | <p>Application: Abscess. Acne. Bladder infections. Catarrh (chronic). Colds with heavy discharge. Cough (mucus remains in larynx). Furuncles. Gout. Infection (ear/nails). Infertility. Keratitis. Metabolic stimulant. Perioritis. Prostatitis. Pyoderma. Rheumatism. Sinusitis. Throat infections. Ulcers. UTI's. Weakness & weariness. Wounds - slow to heal, scabs crust yellow.</p> <p>Facial Tells: Yellow-grey waxy colour. 'Ageing spots' all over. Pimples in youth. Nodules and Swellings.</p> <p>Tongue: Ulcers @ sides of tongue. Coating like dry clay. Sensation of 'cut' or hurt tongue. Bitter, sour or soapy</p> <p>Casts: Chronic, thick, yellow & Suppurating (blood)</p> <p>Other Tells: Changes in weather, Working around water - Aggravates. Dryness, Warmth & Eating Fruit. - Soothes</p> |

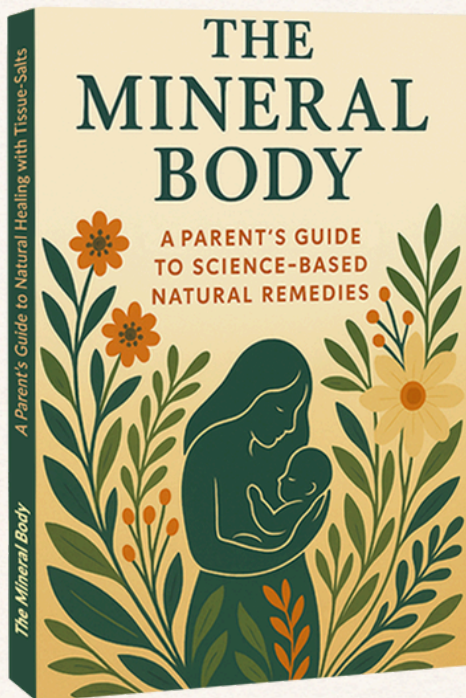
See The Website For More Information

[The Mineral Body Website](#)

NOTE - The numbering system is the German / Australian system, (Biochemistry originated in Germany, and here in Australia we use the original German numbering system.) this may differ in different countries.

[Information for using Minerals for Pets See Here!](#)

Zodiacal symbols are used on the mineral cheat-sheet labels, to find out why, drop us an email!



Order our new book on Amazon

[A Parents Guide to Cell-salts](#)

Or get the eBook now!

[A Parents Guide eBook](#)

Hoping you find this helpful.
Kind regards,
Lauren Shea
Resident Biochemist, The Mineral Body

