

CELL-FOOD SALTS!

The Secret Keys to Transmutation

Every now and again, I read something and I think—*my thoughts exactly!* That's how I felt when I read the words of Dr. Schüssler, founder of Biochemic Medicine, regarding the twelve cell-food salt remedies: "The sick might be healed with substances that are natural!" [See my *Natural Life* article from the previous issue on *Facial Diagnosis of Cell Salt Deficiencies*, now archived at NaturalLifeNew.com.] This is an introduction to those cell-food salts, which are still almost a secret among those who are seeking better health.

Schüssler went on to say: "A connective base and bone-earth are central constituents of bone, such as are found in calcium salts. There can be no cartilage without cartilage salts, nor blood without iron salts, nor salines without potassium-chloride (Kali mur) cell-food salts." He created Biochemic Medicine, from which we now have "biochemistry," a term formed from "bios," the Greek word for life, and "chemistry," which Webster defines as "that branch of science that treats the composition of substances and the changes that they undergo." This science applies to plants, animals and humans and we will learn that disease is caused by the absence of these essential, life-giving substances—the cell salts.

Biochemistry is science, not experimentation. There is no more

mystery and miracle about it than there is about any natural laws. The food and drink taken into the body and the air breathed into the lungs furnish all the materials from which the body is composed. These are carried by the blood and lymph to the various parts of the body where they are needed.



Dr. Wilhelm Schüssler
(1821–1898)

the inorganic cell-food salts understood and truly appreciated for their major contribution to our cellular health. Being so little in quantity, they were thought to be lesser in importance. But now it is known that the cell-food salts are the vital portion

of the body—the workers, the builders; whereas, the water and organic substances are simply inert matter used by these salts in building our cells. Should a deficiency occur in one or more of these twelve cell salts, some abnormal condition arises—known by the general term of disease. Every pain or unpleasent sensation indicates a lack of one or more cell-food salt.

Man, through the medium of plant life, is a product of the soil, through which all the main elements enter into his composition. Were the soil barren of these constituents, plant life would be unknown and man would cease to exist. This is an immutable law that has existed since the world's creation.

Having learned that disease is not a "thing," but a condition due to a lack of vital constituents, it follows naturally that the proper method of cure is to supply to the system with that which is lacking. While in the treatment of disease, the application of products that are not constituents of the body's system may be useful, but a complete



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THE 12 BASIC CELL-FOOD SALTS

#1:	Calc fluor	<i>Tissue Restorer</i>
#2:	Calc phos	<i>Cell Restorer</i>
#3:	Ferrum phos	<i>System Purifier</i>
#4:	Kali mur	<i>Anti-Inflammation</i>
#5:	Kali phos	<i>Nerve Nutrient</i>
#6:	Kali sulph	<i>Skin Conditioner</i>
#7:	Mag phos	<i>Cramps and Pains</i>
#8:	Nat mur	<i>Fluid Balance</i>
#9:	Nat phos	<i>Acid-Base Balance</i>
#10:	Nat sulph	<i>Liver & Fluid Excretion</i>
#11:	Silica	<i>Hair, Nails and Skin</i>
#12:	Calc sulph	<i>Cleansing, Cell-Growth</i>

return to health cannot be expected until the missing cell-food salts are supplied. As mentioned, this therapeutic procedure was first styled by Dr. Schuessler as The Biochemic Method. It is in harmony with well known facts, laws and science.

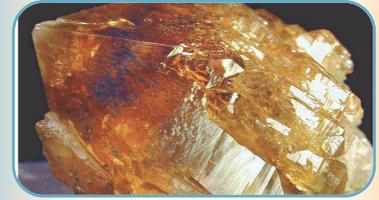
Disease and pain—all symptoms that deviate from the plane of health, are alarm signals, indicating efforts by the body to gain rebalance and oppose death. One thing alone is needed—to supply the body with the twelve cell-food salts that set up vibrations and actions in the human machine to create health. Poisons and chemicals that are foreign to nature, such as the use of drugs, additives in foods, pesticides, etc.) by whatever name or

All natural phenomena are the result of divine, beneficent law; hence, so-called disease is the result of the orderly procedures of that law. In all ages, all men have been sick, more or less. Disease is one phase of the transmutation of matter in the process of regeneration. All natural methods of healing are phases of this same transmutation process.

Visit your naturopathic doctor, or a nature-based health-care practitioner, today and find out which cell salts you may be deficient in, or pick up a supplemental supply of the full spectrum of cell salts available at your health-food store. Let these building blocks of vital cellular health be a secret no longer! ■

nature, do not and can not supply deficiencies and cure disease, for the simple reason that poisons are not constituent parts of the human organism. Poisons silence the body's calls for help and tend to still the voice of nature, masking over symptoms. The effect of poisoning is always toward death.

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