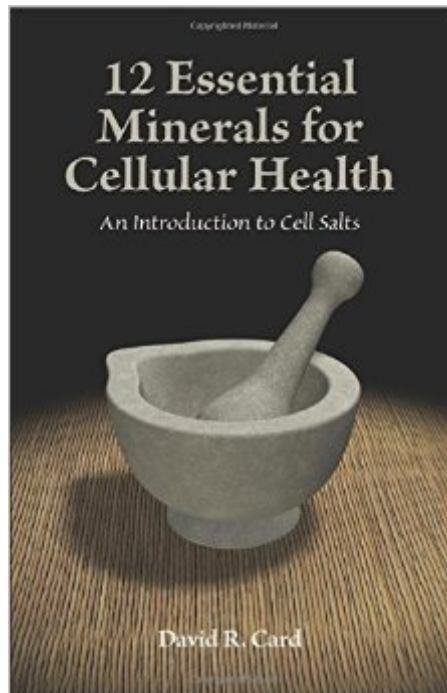


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# 12 Essential Minerals For Cellular Health: An Introduction To Cell Salts



## Synopsis

This book presents a short, simple and readily-accessible summary of the internal and external therapeutic uses of the 12 essential tissue salts, commonly called "cell salts". The use of cell salts to treat a wide variety of health-related conditions has been extremely popular in Europe (especially in Germany) for many years. Today, there is widespread and growing interest in this branch of homeopathic treatment in the U.S., as evidenced by the inclusion of these twelve cell salts in special displays in health food stores across the country. Cell salts (tissue salts) exist in every human body. They are the inorganic biochemical elements found in the blood and tissues. They are the builders and the catalysts for many essential processes. For example, most people have heard of potassium chloride, but probably few realize that it is first and foremost a tissue salt (cell salt) essential to the digestive process. This salt unites with hydrogen to form HCL (hydrochloric acid), aids in the production of bile, serves as an alkalizer, and helps in digestive enzyme formation. Therefore, it is a dynamic component of health. Twelve cell salts were identified in the 1850s by European scientists, and this knowledge was soon added to the materia medica of physicians and practitioners throughout Europe. Today, homeopathic practitioners and naturopathic doctors in the United States and other countries are beginning to revive the use of cell salt supplementation in successfully treating a spectrum of disease conditions. Much of what has been previously written on cell salts is in somewhat archaic medical language, which is decidedly hard to understand. Mr. Card's new book is different. He explains cell salts in a comprehensive fashion, yet simply, and in modern language; gives clear instruction in how to use cell salts, and supplies extensive lists of various disease- or imbalance-conditions that can be helped by cell salt supplementation. A section on the external uses of cell salts, something seldom revealed in the English language, is also included. Finally, the author makes a correspondence between the twelve signs of the zodiac and the use of each of the twelve different cell salts. The book is clearly indexed for ease of usage.

## Book Information

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## Customer Reviews

The author has done a fabulous job of helping the novice to understand and be able to use cellsalts. I am so glad I bought this little book, because I did not know where to even begin with cell salts, and he made it all very understandable. I am now able to use them to help myself and my family.

Interesting possibility in this world of mysteries concerning creation and health. Have tried a supplement with all twelve, I tend to believe there is something to this. I don't believe any harm would come to anyone lacking a good diet, suffering from this or that.... only benefits.

This information is difficult to put to practical use. Not easy for a lay person to determine what is needed, where to get it, and how to use the minerals. The thought behind it makes sense, in that yes we do need these in our bodies. The book needs more detailed and more easily understood information.

Great way to learn the basics about mineral/tissue salts!

Especially good book for those interested in healing at cellular level. Makes a great gift for my friends who are interested in a natural approach to self healing.

Fantastic! Will be ordering the other books that compliment this one, thank you! :)

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