



ALIVE Holistic Healing

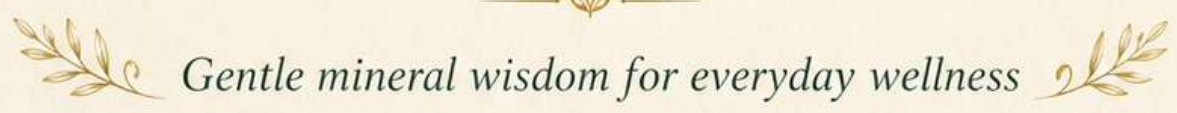


Tissue Salts *Simplified*

A Beginner's Guide
to the 12 Cell Salts



Maxine Immelman



Gentle mineral wisdom for everyday wellness

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Gentle educational note

This guide is for education and general wellness support. Tissue Salts are traditionally used in natural health practice. They are not a replacement for diagnosis, emergency care, prescribed medication, or advice from a qualified healthcare professional. Serious, persistent, unusual, or worsening symptoms should always be assessed appropriately.

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Welcome: The Story Behind This Guide

My earliest memories around healing were shaped by my grandfather, Dr PE Immelman. He was a dentist by occupation, but he studied natural and alternative remedies deeply, especially Tissue Salts. He was ahead of his time in the way he thought about prevention, mineral balance, and everyday family health.

As a child, I watched him prepare containers with different mineral salts for his dental patients. To me, it was ordinary. Looking back, I realise I was watching a very old healing language being kept alive in a practical, humble way.

My grandmother was a qualified botanist, and her love of plants lived in the home just as naturally. Between my grandfather's Tissue Salts and my grandmother's plants, I grew up with the idea that the body, the soil, the minerals, and the living world are all connected.

Years later, after meeting Margaret Roberts and returning to the path of natural healing, those early memories began to make sense. Tissue Salts were not just something from my childhood. They became part of my root-cause way of seeing the body: gentle, mineral-based, practical, and deeply respectful of the body's own intelligence.

The heart of this guide

This is not meant to be a heavy medical manual. It is a simple doorway into the 12 classic Tissue Salts, written for ordinary households, curious beginners, and people who want to understand the body in a gentler way.

What Are Tissue Salts?

Tissue Salts, also called Cell Salts or Biochemic Salts, are tiny mineral preparations traditionally used to support the body's own balancing processes. They are linked to the work of Dr Wilhelm Heinrich Schuessler, a German physician who identified 12 key mineral salts as important to the tissues and cells of the body.

In the Tissue Salt tradition, these minerals are not used as large nutritional doses. They are prepared in very small, gentle forms, often in homeopathic-style potencies, and are commonly used as subtle mineral support rather than as ordinary supplements.

The classic Tissue Salt system is beautifully simple. There are 12 primary salts, each associated with certain tissues, functions, and patterns in the body.

A simple way to understand them

Mineral supplements are like delivering building materials to a building site. Tissue Salts are more like giving the body a quiet instruction about where support may be needed and how balance may be restored.

Tissue Salts vs Ordinary Mineral Supplements

A magnesium capsule, for example, gives the body a measurable nutritional dose of magnesium. A Tissue Salt such as Mag Phos is traditionally used differently. It is not intended to replace a nutritional mineral deficiency protocol, but to support the body through a subtle, energetic, biochemic approach.

That is why Tissue Salts sit in a special place between mineral nutrition and homeopathic tradition. They are gentle, accessible, and easy to keep in a home wellness cupboard, but they still deserve respect and sensible use.

Remember the difference

- Mineral supplements provide nutritional amounts.
- Tissue Salts are traditionally used as micro-dose mineral support.
- Tissue Salts do not replace food, hydration, rest, diagnosis, or urgent care.
- For complex conditions, personalised guidance is best.

How to Use This Guide

Use this guide as a beginner's map. Read the theme of each salt first. Then look at the traditional associations. Tissue Salts are easiest to understand when you think in patterns rather than chasing symptoms.

Ask these gentle questions

- Is the body trying to build, repair, cleanse, relax, drain, or rehydrate?
- Is the main picture more nerve-related, mucus-related, skin-related, digestive, structural, or fluid-related?
- Is the person depleted, tense, dry, congested, acidic, inflamed, or sluggish?
- Is this a simple everyday imbalance, or does it need proper professional assessment?

The old way of using Tissue Salts often involved simple household observation. The modern way should keep that wisdom, but add responsible boundaries and a root-cause view.

How to Choose a Tissue Salt

A beginner can start with the main themes. Once you understand the personality of each salt, the system becomes much less overwhelming.

A simple choosing method

- Start with the tissue or system involved: nerves, digestion, skin, mucus, fluids, bones, muscles, or elimination.
- Match the overall terrain: dry, damp, acidic, tense, congested, depleted, or slow to repair.
- Choose the gentlest, clearest match rather than combining too many salts at once.
- Keep notes. The body often teaches through patterns over time.

1. Calc Fluor

Calcium Fluoride

Main theme

Elasticity, tone, firmness, connective tissue support.

Calc Fluor is the salt of healthy flexibility. It is traditionally associated with areas of the body that need both strength and stretch, such as connective tissue, ligaments, tooth enamel, skin tone, and tissue firmness.

Traditionally associated with

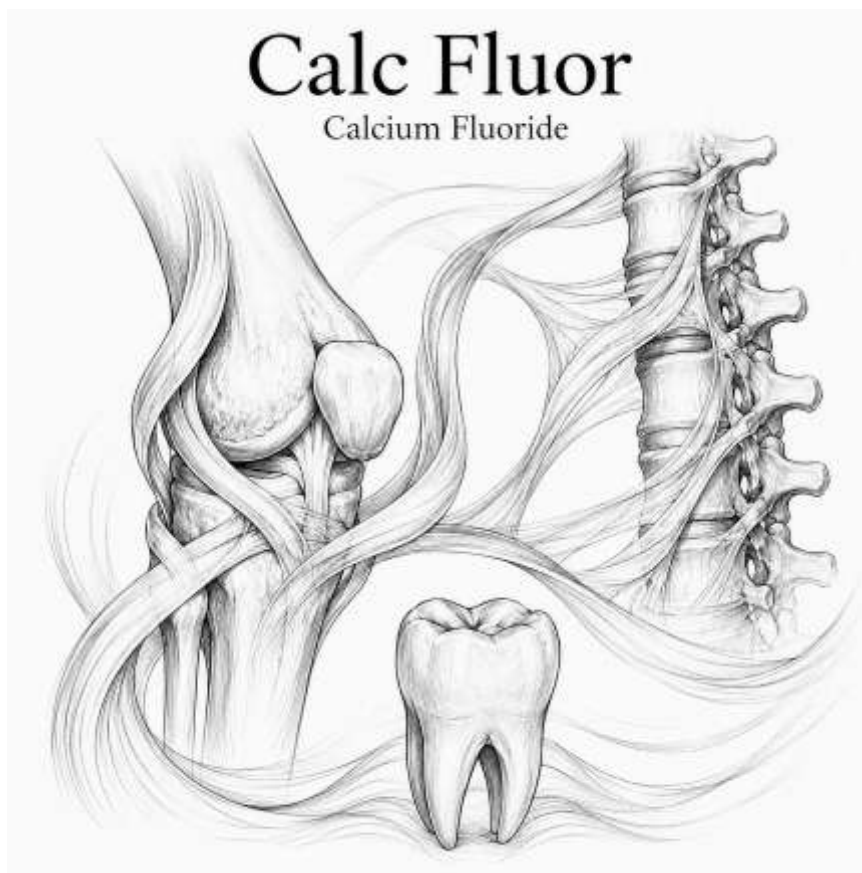
- connective tissue, ligaments, tendons, and tissue tone
- teeth, enamel, gums, and structural resilience
- areas where tissue may feel too lax, too hard, or lacking elasticity

Terrain picture

- A “tone and elasticity” picture.
- Useful to understand when thinking about support for structure without rigidity.
- Often paired traditionally with Calc Phos where bones and teeth need extra support.

Gentle notes

- Not a replacement for dental care, scans, or treatment of structural injury.
- Persistent pain, swelling, bleeding, or changes in veins, teeth, or tissue should be assessed.
- Use gentle public wording such as “support” rather than “treat”.



2. Calc Phos

Calcium Phosphate

Main theme

Building, repair, growth, recovery, bones, teeth, and nourishment.

Calc Phos is the builder. It is traditionally associated with growth, repair, recovery, bones, teeth, and general rebuilding after depletion.

Traditionally associated with

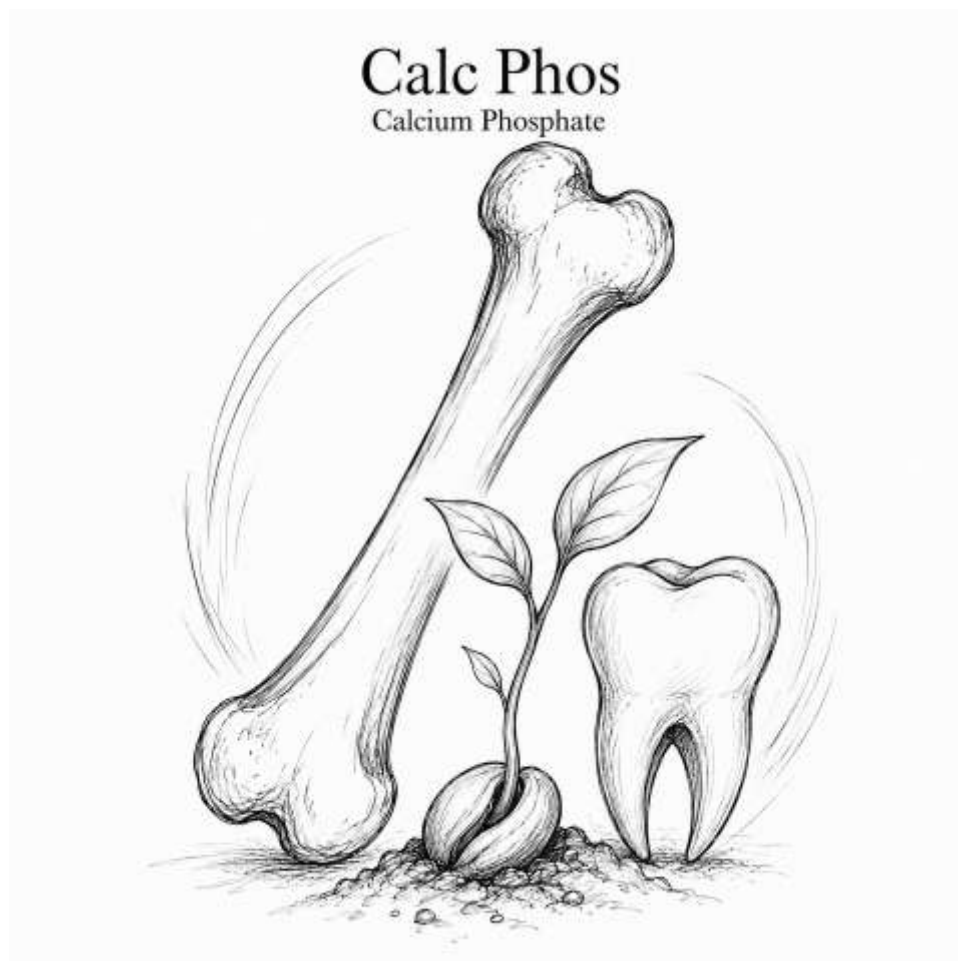
- bones, teeth, nails, and growth phases
- recovery after strain, fatigue, or depletion
- children, teens, ageing adults, and anyone needing rebuilding support

Terrain picture

- A “need to build” picture.
- Often linked with periods of growth, recovery, learning, or general weakness.
- May be considered when the body seems to need nourishment and repair rather than stimulation.

Gentle notes

- Children, pregnancy, breastfeeding, frailty, and chronic issues deserve qualified guidance.
- Do not use Tissue Salts as a replacement for nutritional assessment or mineral supplementation when needed.
- Slow growth, severe fatigue, or persistent pain should be properly assessed.



3. Calc Sulph

Calcium Sulphate

Main theme

Cleansing, resolution, skin, and the later stages of clearing.

Calc Sulph is often described as a clearing salt. In traditional use it belongs to the later stages of a process, when the body is trying to resolve, clean up, and move waste out through appropriate channels.

Traditionally associated with

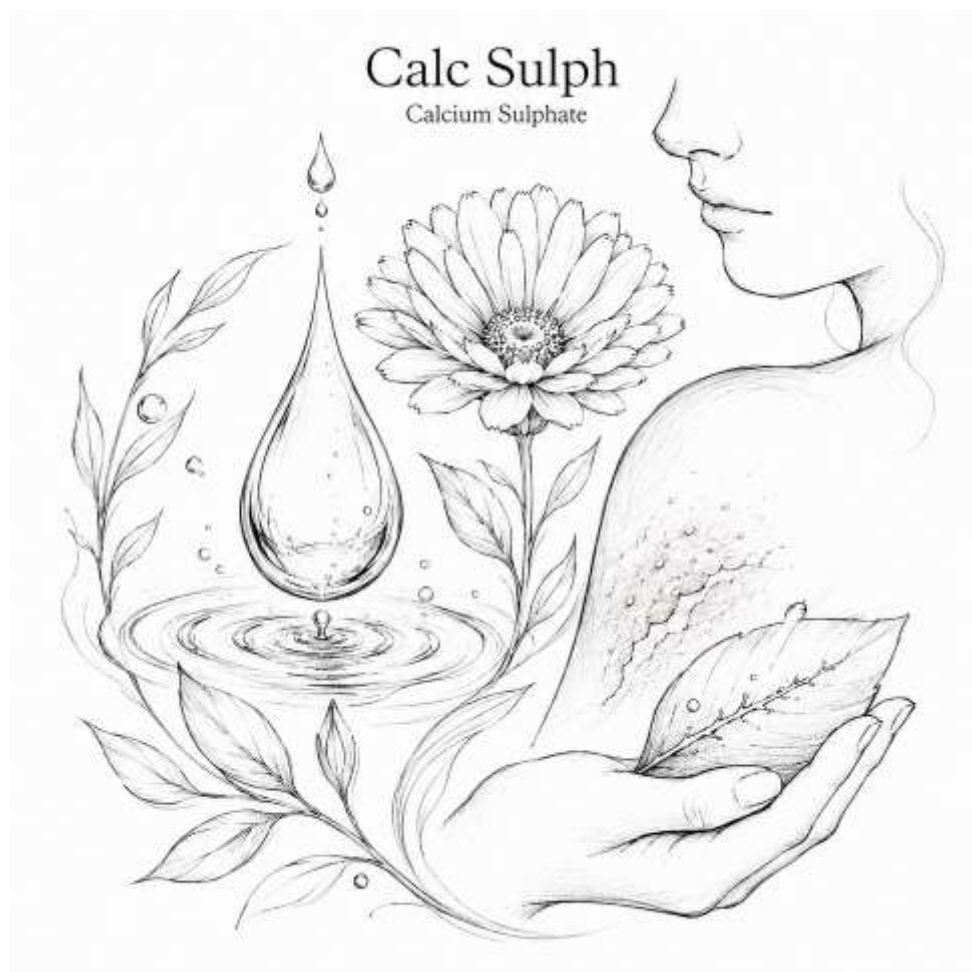
- skin eruptions and slow clearing patterns
- the body's natural cleansing and resolution processes
- later-stage inflammatory patterns in traditional Tissue Salt language

Terrain picture

- A “clean up and resolve” picture.
- Often considered when something is slow to clear or feels stuck in a later phase.
- Pairs conceptually with the idea of drainage, skin, and elimination.

Gentle notes

- Open wounds, infection signs, spreading redness, fever, or serious skin conditions need medical assessment.
- Avoid promising “detox” results; use gentle wording such as “supports natural clearing pathways”.
- Persistent mouth, skin, or digestive symptoms should not be self-managed indefinitely.



4. Ferrum Phos

Ferrum Phosphate

Main theme

First-response support, oxygenation, vitality, and early imbalance.

Ferrum Phos is the classic first-response Tissue Salt. It is traditionally associated with the earliest stage of imbalance, before the picture becomes very clear.

Traditionally associated with

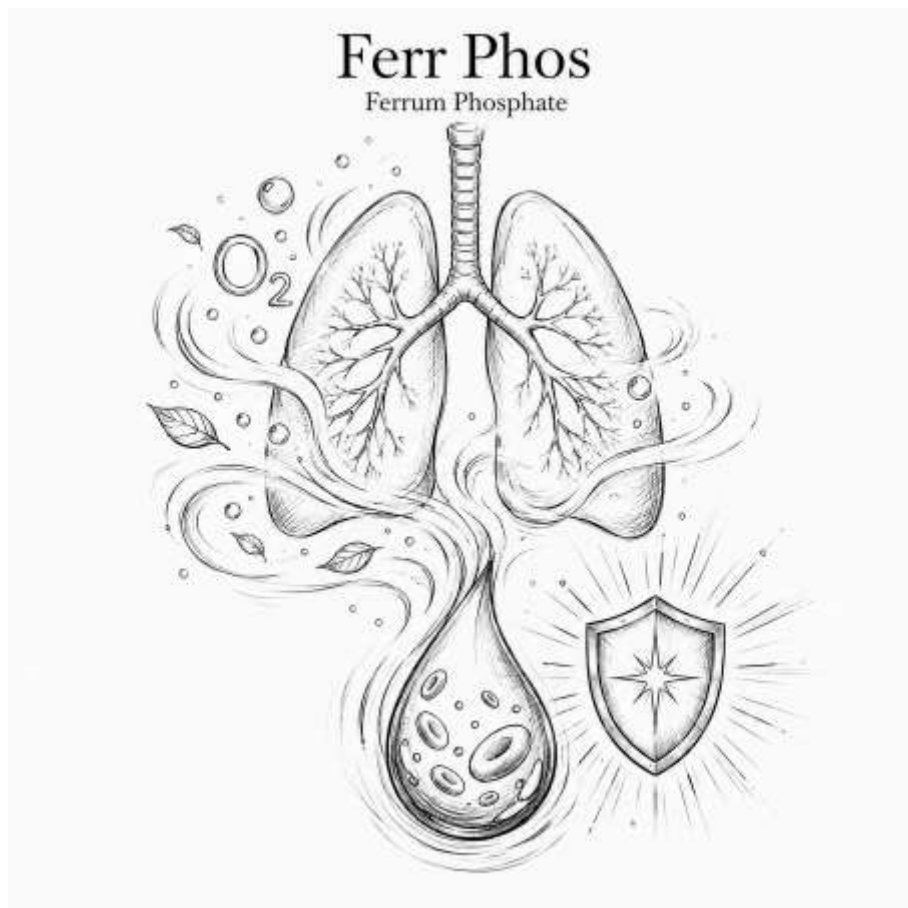
- early signs of inflammatory or immune response patterns
- oxygenation, vitality, and blood-related support in traditional language
- early heat, redness, throbbing, or “something is starting” patterns

Terrain picture

- A “first responder” picture.
- Useful in a home wellness kit because many people recognise that very first shift in the body.
- Often discussed when the body feels like it is mounting an early response.

Gentle notes

- Do not delay care for high fever, breathing difficulty, chest pain, severe pain, unusual bleeding, injury, or worsening symptoms.
- Use “first-response support” rather than “anti-infection treatment”.
- Tissue Salts are supportive and should never replace urgent care.



5. Kali Mur

Potassium Chloride

Main theme

Mucous membranes, white mucus, congestion, glands, and lymph-like clearing.

Kali Mur is traditionally linked with mucous membranes and white or thick congestion patterns. It has a very practical place in the old Tissue Salt system because so many everyday complaints involve mucus and blocked movement.

Traditionally associated with

- mucous membranes of the nose, throat, ears, and chest
- white mucus patterns in traditional Tissue Salt language
- glandular and lymph-like sluggishness

Terrain picture

- A “white mucus and congestion” picture.
- Often chosen when the body feels blocked, thick, or slow to move fluids.
- Pairs conceptually with Ferrum Phos in early stages and Kali Sulph in later, yellowish or shedding stages.

Gentle notes

- Ear pain, breathing issues, severe throat symptoms, ongoing sinus problems, or recurring infections need proper care.
- Avoid strong claims about infections or childhood illnesses.
- Babies and small children should be supported with professional guidance.



6. Kali Phos

Potassium Phosphate

Main theme

Nerve nourishment, stress, mental fatigue, and emotional depletion.

Kali Phos is one of the most loved Tissue Salts because modern life is so demanding. It is traditionally known as the nerve salt: the salt of tired nerves, study strain, overwhelm, emotional depletion, and needing to cope.

Traditionally associated with

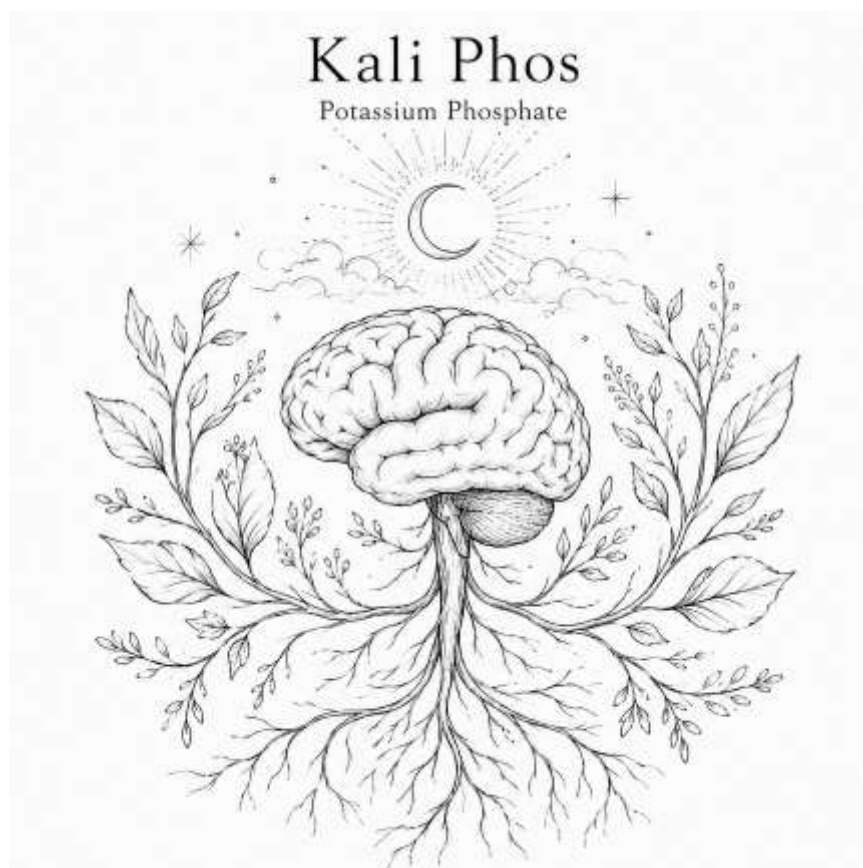
- nervous system support and mental fatigue
- stress, emotional strain, and overwork patterns
- sleep rhythm and recovery after nervous exhaustion in traditional use

Terrain picture

- A “tired nerves” picture.
- Helpful to understand when someone feels frayed, depleted, irritable, overstimulated, or unable to switch off.
- Beautifully aligned with a root-cause view of stress and nervous system regulation.

Gentle notes

- Persistent anxiety, depression, panic, insomnia, trauma symptoms, or severe emotional distress deserve qualified support.
- Do not present Tissue Salts as a replacement for mental health care or medication.
- Use gentle language: “nervous system support” and “emotional resilience support”.



7. Kali Sulph

Potassium Sulphate

Main theme

Oxygen exchange, skin shedding, later-stage mucus, and transition.

Kali Sulph is a transition salt. Traditionally it is linked with oxygen distribution, skin, and the later stages of mucus or respiratory patterns, especially where the body is shifting from one phase into another.

Traditionally associated with

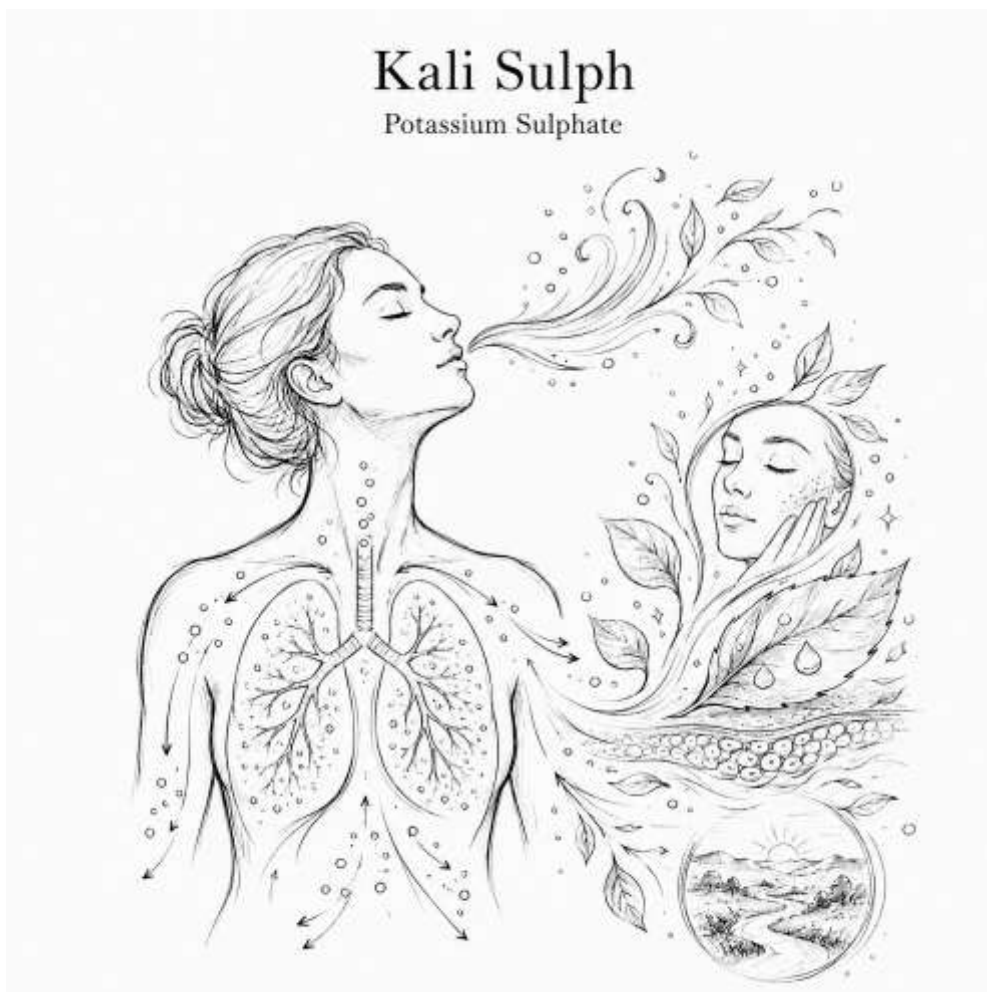
- skin that is shedding, scaly, or changing
- later-stage respiratory or mucus patterns in traditional language
- oxygen exchange and movement to the surface

Terrain picture

- A “transition and shedding” picture.
- Often overlooked because it is less dramatic than Ferrum Phos or Mag Phos.
- Think of it when the body seems to be moving something outward or changing phase.

Gentle notes

- Persistent respiratory symptoms, wheezing, chest tightness, or skin disease require assessment.
- Do not use it to avoid treatment for serious breathing conditions.
- Keep public wording general and supportive.



8. Mag Phos

Magnesium Phosphate

Main theme

Relaxation, spasms, cramps, tension, and nerve-muscle release.

Mag Phos is the relaxer. It is traditionally associated with cramps, spasms, sudden tension, nerve-muscle tightness, and discomfort that feels better with warmth and gentle release.

Traditionally associated with

- muscular tension and cramping patterns
- spasmodic discomfort in traditional Tissue Salt use
- nerve-muscle communication and relaxation support

Terrain picture

- A “tight and tense” picture.
- Often easy for beginners to understand because the theme is clear: tightness wants release.
- Warmth, rest, hydration, and magnesium-rich nourishment may also be part of the wider picture.

Gentle notes

- Severe abdominal pain, chest pain, one-sided weakness, injury, persistent cramping, or symptoms in pregnancy need proper care.
- Do not frame it as a painkiller or emergency remedy.
- Use wording such as “traditionally used for tension and spasm support”.



9. Nat Mur

Sodium Chloride

Main theme

Water balance, hydration distribution, dryness, and emotional holding.

Nat Mur is the water-balance salt. It is traditionally associated with how the body distributes water: too dry here, too watery there, or emotionally held patterns that feel like the body is storing old grief or tension.

Traditionally associated with

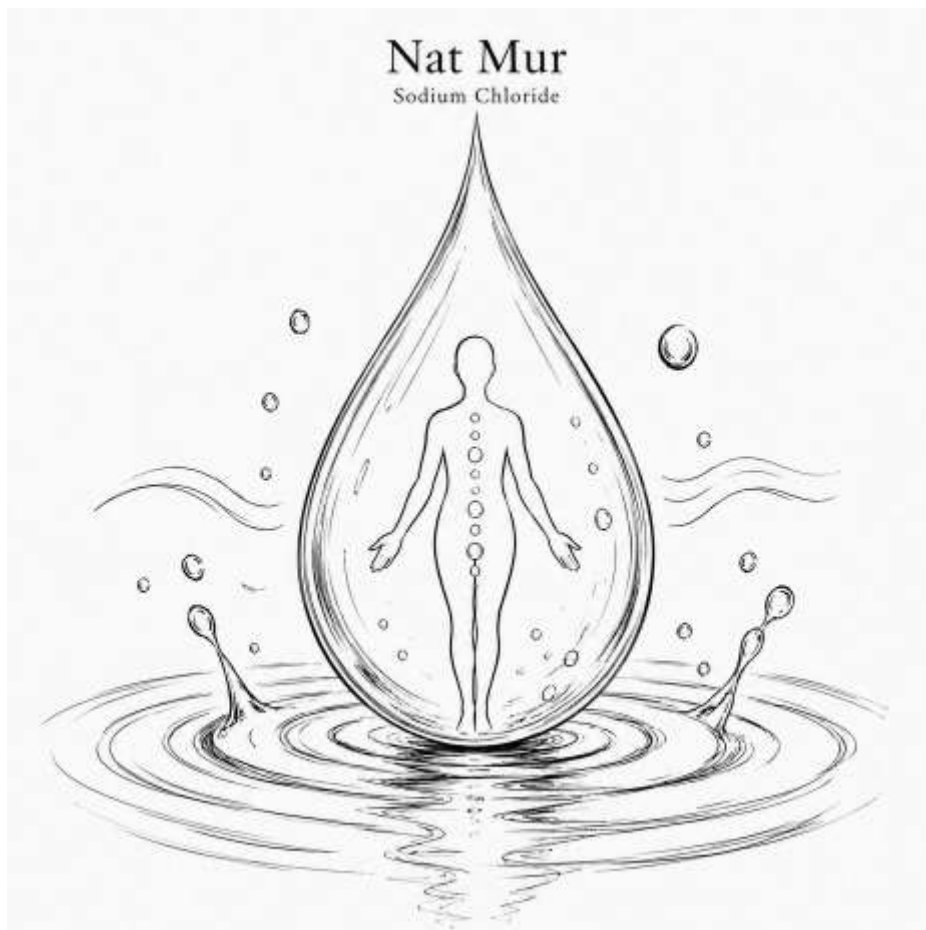
- fluid distribution, dryness, and water balance
- dry eyes, dry mouth, runny or watery patterns in traditional language
- emotional holding, grief patterns, and sensitivity in older natural health traditions

Terrain picture

- A “water in the right place” picture.
- Think of imbalance between dryness and excess fluid.
- It teaches that hydration is not only about drinking water; it is also about cellular distribution.

Gentle notes

- Dehydration, persistent swelling, kidney issues, high blood pressure, severe headaches, or emotional crisis need proper support.
- Avoid making strong emotional-healing claims.
- Keep language respectful: “traditionally associated with emotional holding”.



10. Nat Phos

Sodium Phosphate

Main theme

Acid-alkaline balance, digestion, sourness, and metabolic clearing.

Nat Phos is the acid-balance salt. Traditionally it is associated with sourness, acidity, digestion, and the body's handling of acids such as lactic and uric acid in older Tissue Salt language.

Traditionally associated with

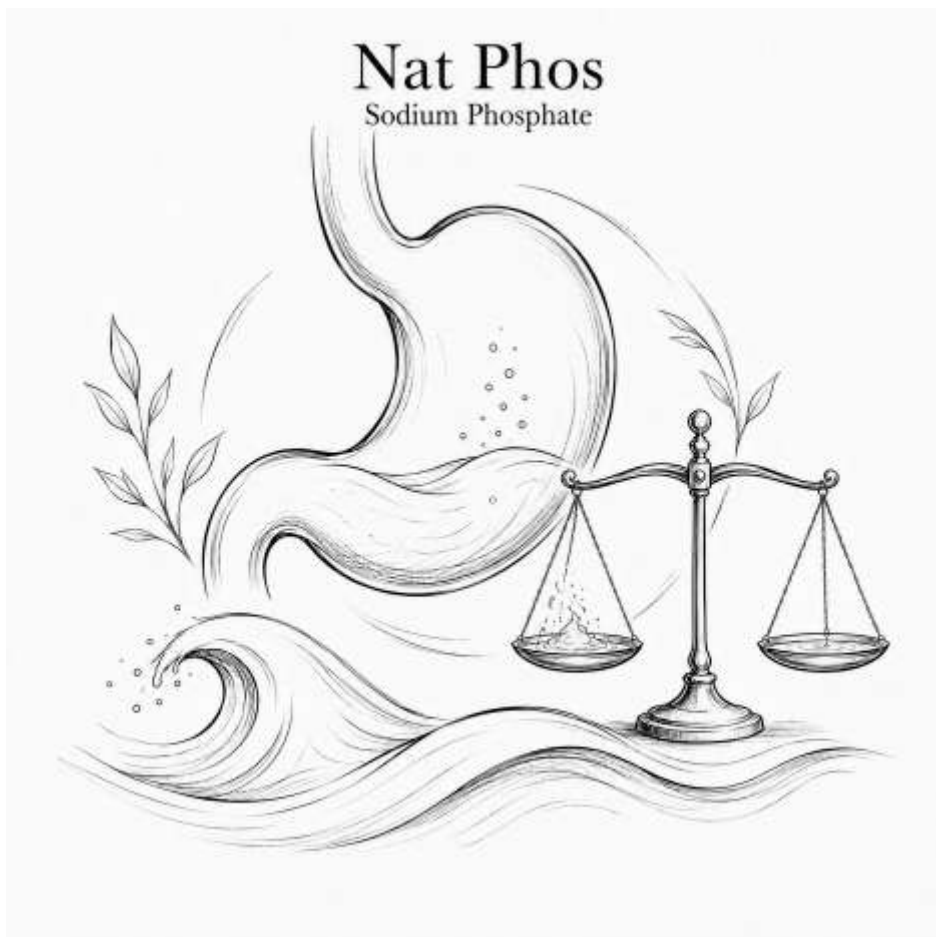
- acidic digestive patterns and sourness
- metabolic balance in traditional natural health practice
- digestive discomfort patterns linked with acidity

Terrain picture

- An “acid balance” picture.
- Often considered when the story includes sour belching, acid-type digestion, or a heavy acidic terrain.
- Food choices, meal timing, hydration, and liver support often matter too.

Gentle notes

- Persistent reflux, severe abdominal pain, vomiting, unexplained weight loss, blood in stool, or diagnosed metabolic conditions need professional care.
- Do not use Tissue Salts as a replacement for medication or diabetic care.
- Use gentle wording: “supports digestive terrain”.



11. Nat Sulph

Sodium Sulphate

Main theme

Liver, drainage, dampness, water elimination, and sluggish terrain.

Nat Sulph is the drainage salt. Traditionally it is linked with the liver, pancreas, damp conditions, excess water, and the body's ability to move waste and fluid out appropriately.

Traditionally associated with

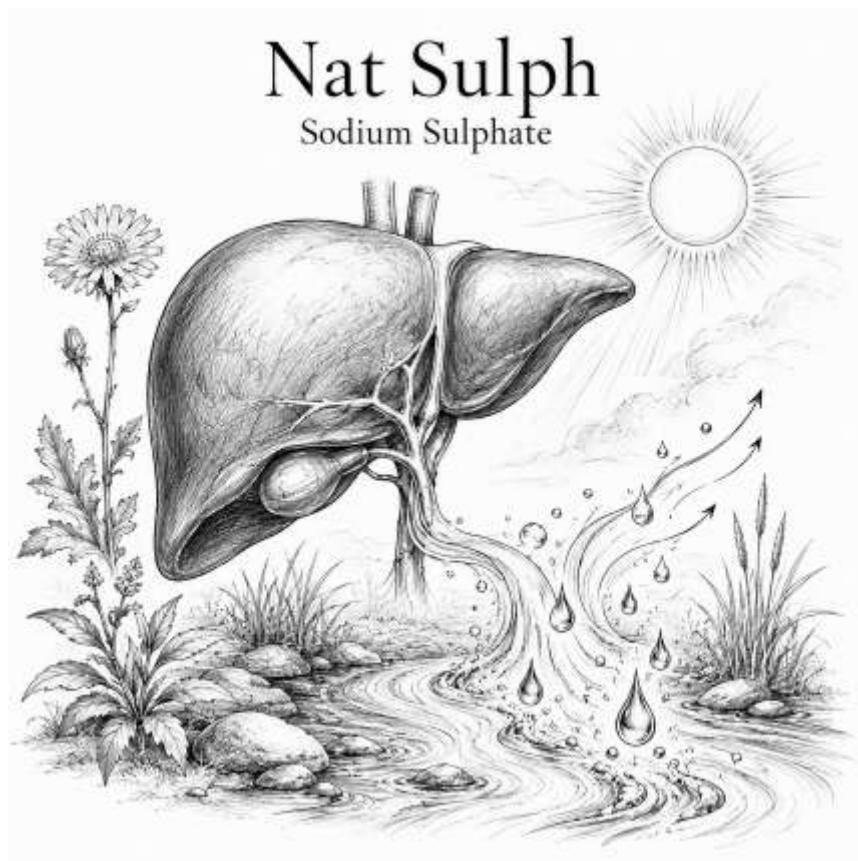
- liver and elimination pathways in traditional practice
- dampness, water retention patterns, and sluggishness
- respiratory patterns that feel worse in damp weather in old Tissue Salt language

Terrain picture

- A “damp and sluggish” picture.
- Often considered when the body feels heavy, waterlogged, slow, or worse in humidity.
- It fits beautifully into terrain thinking: not just the symptom, but the environment the symptom lives in.

Gentle notes

- Liver disease, kidney disease, diabetes, swelling, breathing problems, or significant mood changes must be professionally assessed.
- Avoid using this salt as a disease-treatment claim.
- Drainage work should be gentle and appropriate for the person.



12. Silicea

Silica / Silicon Dioxide

Main theme

Strength, boundaries, connective tissue, skin, hair, nails, and deep clearing.

Silicea is the refinement salt. Traditionally it is associated with skin, hair, nails, connective tissue, deep cleansing, and the body's ability to push out what does not belong.

Traditionally associated with

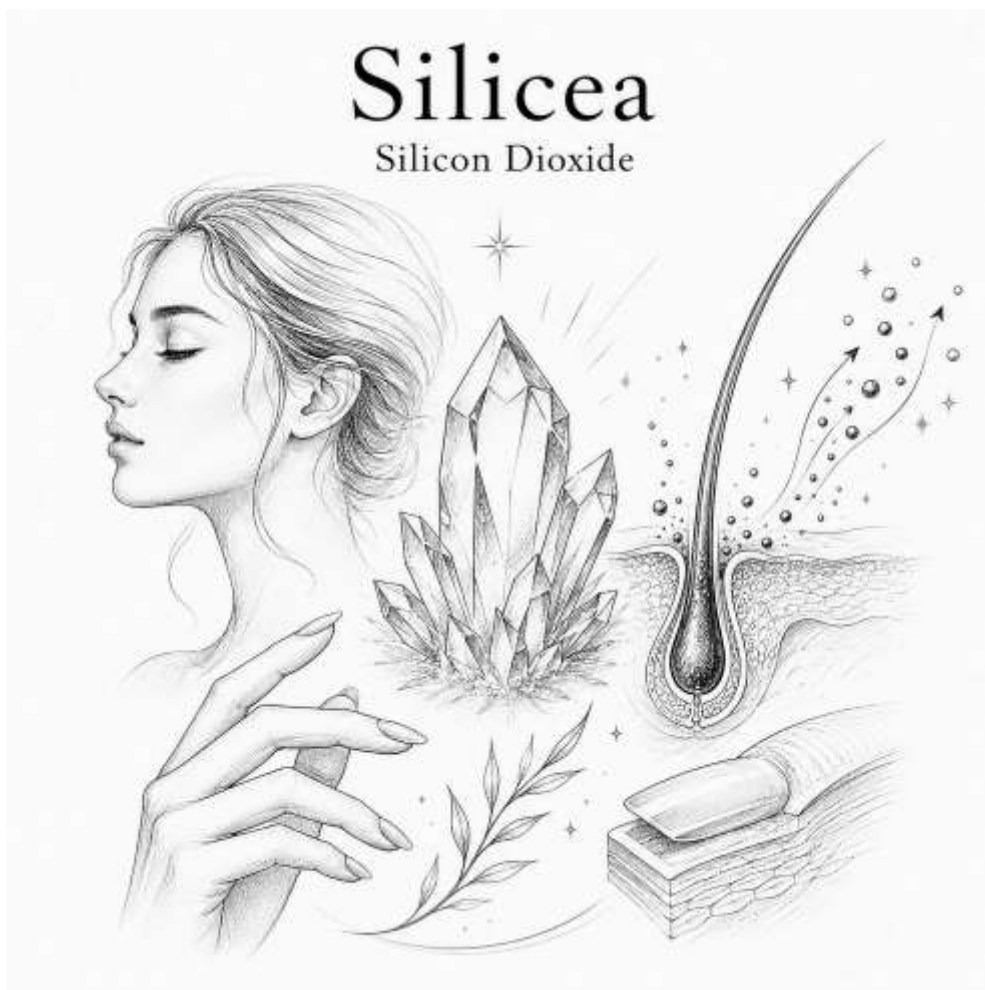
- skin, hair, nails, and connective tissue strength
- slow clearing patterns in traditional Tissue Salt use
- boundaries, resilience, and refinement

Terrain picture

- A “strength and boundaries” picture.
- Often chosen when the body seems slow to expel, slow to strengthen, or in need of structural refinement.
- In energetic language, it carries the theme of inner firmness and clear boundaries.

Gentle notes

- Avoid during pregnancy unless guided by a qualified practitioner.
- People with implants, devices, or complex medical histories should seek professional guidance before use.
- Abscesses, infections, deep wounds, or persistent skin issues need proper care.



A Simple Home Starter Kit

If someone is completely new to Tissue Salts, the full set of 12 can feel overwhelming. A starter kit helps people build confidence without trying to memorise everything at once.

Starter Salt	Simple beginner theme
Ferrum Phos	First-response support when the body feels like something is starting.
Kali Phos	Nervous system support for stress, study strain, overwhelm, and emotional depletion.
Mag Phos	Tension and cramping support; the classic relax-and-release salt.
Nat Mur	Water-balance support for dryness, fluid distribution, and hydration patterns.
Nat Phos	Digestive terrain support where acidity or sourness is part of the picture.
Calc Phos	Building and repair support for bones, teeth, growth, and recovery.



Quick Reference Table

Tissue Salt	Beginner memory hook
Calc Fluor	Elasticity, tissue tone, teeth, connective tissue
Calc Phos	Building, repair, bones, teeth, growth, recovery
Calc Sulph	Clearing, resolution, skin, later-stage cleansing
Ferrum Phos	First response, oxygenation, early imbalance
Kali Mur	White mucus, congestion, glands, mucous membranes
Kali Phos	Nerves, stress, mental fatigue, emotional depletion
Kali Sulph	Transition, skin shedding, later-stage mucus
Mag Phos	Cramps, spasms, tension, relaxation
Nat Mur	Water balance, dryness, fluid distribution
Nat Phos	Acidity, digestion, acid-alkaline terrain
Nat Sulph	Drainage, liver, dampness, water elimination
Silicea	Skin, hair, nails, boundaries, deep clearing

When to Seek Additional Care

Tissue Salts are gentle supportive tools, but they do not replace appropriate care. A wise home wellness approach knows when to support the body gently and when to get help.

Seek proper assessment for

- serious, persistent, unusual, or worsening symptoms
- high fever, breathing difficulty, chest pain, severe pain, or injury
- symptoms in babies, pregnancy, frail elderly people, or medically complex cases
- ongoing mental or emotional distress
- diagnosed conditions requiring monitoring or medication

The true holistic path is not about rejecting care. It is about understanding the body, supporting the terrain, and choosing the right level of help at the right time.

Closing Note from Maxine

I hope this guide helps you see Tissue Salts with fresh eyes. They are simple, affordable, and deeply rooted in old household wellness traditions. More than that, they teach us to listen to the body in patterns: building, clearing, relaxing, draining, hydrating, and repairing.

Tissue Salts are usually available from health shops, pharmacies, and homeopathic suppliers. They are commonly sold as small tablets or sprays. For personalised support, especially with children, pregnancy, chronic conditions, or pets, consult a qualified practitioner.

May this guide become a gentle doorway into mineral wisdom, root-cause healing, and a more connected way of caring for yourself and your family.

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