

DIVING DEEPER WITH DR. DEAN

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Homeopathic Cell Salts

What are they?

Cell salts are a type of homeopathic remedy, but they aren't as diluted, which means they still contain trace amounts of minerals. When you take a cell salt, your body recognizes and is alerted to what it is supposed to do with that particular mineral. Cell salts in a sense - feed the body. They contain minerals that have already been broken down by plants, causing them to be more readily utilized by the body.

There are 12 basic cell salts (one for each month of the year). All of them, with the exception of Silica, are a pairing of two different minerals that work together to do different things within the body.

Nat Phos
"Sodium Phosphate"

The cell salt for Sept 24 - Oct 23 is Nat Phos.

These two minerals are more present in the soil and are typically found in our "in season" produce. By taking the cell salt during this timeframe you are enhancing your body's ability to better absorb and utilize its Sodium & Phosphorus.

This is a great mineral builder to give to your kiddos or to take personally! Cell salts typically come in tablet form or liquid.

Physical Symptoms that may indicate a deficiency are - stiff & swollen joints, muscle soreness, acid in the throat

Emotional signs of deficiency - depression, low self esteem, sleeplessness

Nat Phos is known as the biochemical antacid. It reduces acidity and is helpful with gout, back pain, muscle aches and indigestion. When it is used with ferrum phos it has helped rheumatism.

Fall in Love with Cell Salts

Cell Salt #10

Emotionally Nat phos. is helpful in restoring emotional equilibrium, especially after mental exertion, or exposure to extremely stressful or tense environments.

In children, Nat phos can ease the crash and headaches of sugar highs.

As a safe source for heartburn relief during pregnancy, Nat phos is irreplaceable.



How to take a Cell Salt -

Typical (mineral building) dosing is 4 tablets, 3 times a day. However, I'm personally about practicality. Get it in however works best for you. When we are suffering from an acute illness, it's best to take a dose (4 pellets) every 15 minutes until symptoms ease up. Once things are under control you can space your dosing back out to every hour, couple hours, once a day.

WELLNESS
body to soul