

THE ESSENTIAL ROLE OF CELL SALTS IN HOLISTIC DENTISTRY

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Safe and gentle homeopathic cell salts are indispensable in a holistic dental practice, to augment and speed healing after extensive drilling, cavitation surgery, and in the prevention of dental caries and foci.

History

In the late nineteenth century, Wilhelm Schuessler, researched the role of minerals in the body by studying blood and human ashes after death. After consistently isolating 11 mineral compounds and later 1 more element (silica), this homeopathic physician from Oldenburg, Germany, determined that these minerals were essential to life and to maintain healthy functioning. Schuessler named these compounds¹ *biochemic salts*; today they are also known as *cell salts*, *tissue salts*, and *Schuessler salts*.

In 1872, Dr. Schuessler started prescribing these cell salts in a 6x homeopathic potency to his patients. After much clinical success, he concluded that illness was caused by a deficiency of one or more of these mineral salts. And he further found that supplying the body with minute potentized amounts of these salts in homeopathic form was often much more effective than giving large amounts of these minerals through nutritional supplementation.

For example, the human body needs a great deal of iron to function (RDA – 10 to 15 mg), but only *minute* amounts of iron phosphate (*Ferrum phosphoricum*). However, giving the cell salt *Ferrum phosphoricum 6X²* is

¹ For simplicity's sake, the terms *compounds* and *salts* will be used throughout this paper, although one of the 12 cell salts, silica, is not a compound or a salt, but a single element.

² In the Schuessler cell salts, less than one part per million of the mineral compound is present in the tablet. This tiny amount of active ingredient may indeed sound negligible, however electron microscopy has

often more clinically effective in the treatment of anemia than the nutritional supplementation of iron (e.g., 25 to 75 mg of iron picolinate daily). This is due to two reasons: One, the very tiny mineral micronutrients that make up cell salts are much more easily absorbed into sick cells than macronutrients, and Two, the potentized form of this iron salt has the energetic information to catalyze the necessary biochemical reactions that enables cells to *utilize* and *assimilate* needed dietary as well as stored iron. Thus, the smaller the active ingredient, the easier it is to enter into cells and the more powerful physical as well as energetic effect it has on cellular functioning.

By taking these homeopathic microminerals clinical results are often more lasting and curative than ingesting high doses of minerals contained in nutritional supplements – especially in chronic illness. Cells can become more self-regulating (select or reject appropriate nutrients and spit out toxins), and normal homeostasis is restored first on a cellular level, and then on a systemic level.

The 12 Cell Salts

Each mineral compound is triturated (ground and pulverized) in lactose powder, at a ratio of 1 (mineral salt) to 9 (lactose powder). This process is repeated 6 times to yield a “6X” potency.³

Below Schuessler’s 12 cell salts⁴ are listed, with the 5 that are especially efficacious in dentistry highlighted in *bold*.

Calcarea fluorica 6X
Calcarea phosphoricum 6X
Calcarea sulfurica 6X
Ferrum phosphoricum 6X
Kalium muriaticum 6X
Kalium phosphoricum 6X
Kalium sulfuricum 6X
Magnesium phosphoricum 6X
Natrum muriaticum 6X

shown that less than one part per million of poison easily enters into cells and very quickly causes cell death. (Lennon, N. & Rolfe, L., *Homeopathic Cell Salt Remedies*, p. 11)

³ Although cell salts come in varying potencies (3X, 6X, 12X & 30X), Schuessler himself, as well as many modern-day holistic physicians, have found that the 6X potency is the most clinically effective.

⁴ There is a 13th combination compound, *Bioplasma*, which includes all the cell salts in one tablet. However, this remedy is not recommended since a few of the cell salts counteract or inhibit the action of another, and therefore, they should not be given together.

Natrum phosphoricum 6X
Natrum sulfuricum 6X
Silicea 6X

Ordering Information:

Call Seroyal at (800) 263-5861 (seroyal@seroyal.com). Talk to Diane or Cathy if you are setting up a new account. The professional price for each cell salt is \$4.50, and the typical retail price for patients is \$9.00. **Be sure to specify "6X" when you order each cell salt.**

Cell salts are also commonly available at health food stores, usually in the 6X potency.

A Dental Materia Medica of the Schuessler Cell Salts

Calcarea fluorica 6X – The Surface Tissue Builder

- Found in teeth enamel, the surface of the jawbone, jaw muscles, the periodontal ligament, and the walls of the blood vessels.
- Indications:
 1. Deficient enamel formation, delayed dentition & dental caries
 2. Sensitive teeth (supplies non-toxic calcium fluoride)
 3. Loose teeth (e.g., injury or developing focal infection)
 4. Post-drilling trauma (restores tissue integrity to enamel, jawbone & periodontal ligament)
 5. Post-cavitation surgery trauma (promotes new bone formation & stimulates healthy blood circulation)

Calcarea phosphoricum 6X – The Bone Builder

- Found in the teeth, jawbone, jaw muscles and gums (*all tissues*).
- Indications:
 1. Deficient tooth eruption & development (e.g., in children or when supereruption is needed in orthodontics)
 2. Loose or damaged teeth (e.g., injury or focal infection)
 3. Post-drilling trauma (promotes teeth, bone & gum healing and new growth)
 4. Post-cavitation surgery trauma (promotes new growth of bone)
 5. Pre- & post cavitation surgery (indicated for deficient blood coagulation)

Ferrum phosphoricum 6X – The Blood Builder

- Found in hemoglobin in the red blood cells and the hematopoietic organs and tissues (spleen, bone marrow, muscles and intestines).
- Indications:
 1. Pre-cavitation surgery if anemic or deficient blood coagulation
 2. Post-cavitation surgery if:
 - a. excess bleeding
 - b. excess bruising
 - c. excess inflammation

Magnesium phosphoricum 6X – The Antispasmodic Remedy

- Found in the teeth, jawbone, jaw muscles & nerves.
- Indications:
 1. Deficient bone & teeth mineralization (young & old)
 2. Pain
 - a. teething
 - b. post-drilling (helps harden the enamel)
 - c. post-cavitation surgery

Silicea 6X – The Homeopathic Surgeon

- Found in teeth, bones, nerves & connective tissue
- Indications:
 1. Dental caries
 2. Dental focal infections (stimulates the elimination of pus from abscesses)
 3. Post-cavitation surgery
 - a. Reduces & absorbs scar tissue & adhesions
 - b. Can help discharge bone shards to surface
- **CONTRAINDICATIONS:** Do not give *Silicea* in cell salt or homeopathic form to patients who have any foreign object in the body they do not want to be discharged from their body (e.g., pregnancy, pacemaker, implants – dental, joint or breasts, organ transplants, etc.) There is probably a 1 to 3 month window of time before the area, e.g., the hip implant area, will begin to ache.

In patients with implants, etc., who need silica supplementation, give ***Gammadyne Si***, also available from Seroyal.

Dosage Guidelines

Take cell salts at least 15 minutes away from food. Place the tablets under the tongue to be slowly dissolved.⁵

Infant – 1 tablet dissolved in warm water, & sipped 3 to 5 times a day.

Young Children (~under 10) – 2 tablets, from 1 to 2 times a day.

Adults – 2 tablets, from 1 to 4 times a day.

Length of treatment can vary greatly:

Acute Cases – 2 tablets every 10 to 15 minutes, for a few hours, or until symptoms abate.

Chronic Cases – 2 tablets, from 1 to 4 times a day, for 2 to 3 weeks or 2 to 3 months. (But a severely osteoporotic woman may need cell salt supplementation of *Calc fluor & Silicea* for years.)

Suggested Dental Protocols Using Cell Salts

PREVENTING TOOTH DECAY IN CHILDREN,⁶ or PROMOTING GROWTH & DEVELOPMENT OF TEETH IN CHILDREN OR DURING ORTHODONTIA:

Calc fluor, Calc phos & Silicea – 1 pellet each, 1 time a day, for 3 weeks to 3 months, or more. (Add *Mag phos* if muscle spasms or pain)

OSTEOPOROSIS:

*Calc Phos & Silicea*⁷ – 2 tablets, from 1 to 2 times a day, for months or years, plus nutritional supplementation. (Add *Mag phos* if muscle spasms or pain)

⁵ The capillary beds under the tongue lie closest to the surface of the mucosal skin, and therefore medicine is most directly absorbed into the bloodstream there. Through sublingually bypassing the digestive system, as well as the fact that these microminerals are *very* tiny, cell salts are much more easily absorbed into disturbed and sick cells where they can “boot up” and activate normal functioning.

⁶ Instead of painting on plastic...

REDUCING INFLAMMATION & PREVENTING FUTURE FOCAL INFECTIONS AFTER DENTAL DRILLING:

*Calc fluor, Calc phos & Mag phos*⁸ – 1 tablet, 2 times a day, for 2 to 3 weeks.

PRE- & POST-CAVITATION SURGICAL BLOOD CIRCULATION REGULATION:

Calc phos & Ferrum phos – 1 tablet each, 2 times a day, 2 to 3 weeks before & 2 to 3 weeks after surgery.

SUPPORTING HEALING POST-CAVITATION SURGERY:

Calc fluor, Calc phos & Silicea – 1 tablet each, 2 times a day, for 2 to 4 weeks. (Include *Ferrum phos* if excessive inflammation or bruising)

CHAIRSIDE SUGGESTIONS:

Excess bleeding: *Calc phos & Ferrum phos* – 1 tablet each, every 10 minutes, until bleeding is reduced.

Pain: *Mag phos* – 2 tablets, every 10 minutes, until pain subsides.

EXHAUSTED DENTISTS!:

Kali phos & Mag phos – 2 tablets each, 2 times a day, for 1 to 6 months. (*Kali phos*, the “natural antidepressant and tranquilizer,” is often indicated for brain fatigue, nerve exhaustion & enervation & *Mag phos* is often needed for exhaustion & lack of reserve energy. *Kali phos* primarily acts on the gray nerve fibers and *Mag phos* supports the white ones, thus the whole brain and nervous system is addressed with these 2 cell salts.)

Energetic Testing to Determine Which Cell Salts Are Needed

Patients are best served when dentists combine their knowledge in dentistry and medicine, their knowledge of cell salts, and reliable energetic testing. In this way, the needed cell salts can be more precisely determined and then appropriately prescribed.

⁷ Or *Gammadyn Si* if patient has implants. The usual dosage is 1 ampule from 1 to 5 times a week.

⁸ Don't think of the 2 phosphorus dosages here as excessive. When elements are bound together in salt compounds, they have different properties and actions than when they are alone. Thus, *Calc phos & Mag phos* function in the body uniquely.

Basic Testing with the “AM” Method

A detailed explanation of the *AM-FM (Arm Measurement – Field Measurement)* energetic testing method is on my website www.IAMFM.org. However, accurate diagnostic testing can be made using half of this method, the *AM* technique, as long as the practitioner adheres to the following guidelines:

1. Patient and doctor remove all cell phones, pagers, and watches (with a battery) from their bodies.
2. Do the *AM* test. The patient’s arm length may be even, short on the right, short on the left, or oscillating. Record these baseline findings.
3. Place a cell salt on the patient’s body.
4. Now retest the *AM* test:
 - Patient *needs* the cell salt *if* the following changes occur:
 1. *AM* test is now even or right short.
 2. **and**, there is a hand chakra positively therapy localizing in the patient’s dominant hand.
 - Patient does *not need* the cell salt *if*:
 1. There is no change.
 2. the *AM* test displays a left short arm.
 3. there is no positive hand chakra.
 4. or, the hand chakra is positive in the wrong (non-dominant) hand.

2 Skills to Learn:

- The *AM* test (reflex arm length testing)
- Therapy localization of a positive hand chakra

Tips:

- Be honest
- Be reasonably clear (mercury amalgam removed, dental galvanism cleared, foci treated, etc.)
- Keep practicing

Bibliography

Lennon, N. & Rolfe, L. *Homeopathic Cell Salt Remedies*, Square One Publishers, 2004, call (877) 900-BOOK.

UNDA, *The Twelve Biochemical Salts of Dr. Schuessler*, Seroyal (pamphlet), go to www.Seroyal@Seroyal.com and log in the password that you will receive when you become a client, and then print out the pamphlet.

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