

Winter Series Webinars with Karen Allen CCH



Adjuncts In Constitutional Care Cell Salts: Introduction



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What is a Cell Salt?

Wilhelm Schussler

German allopath who studied homeopathy, learned about chemical constituents in cremated corpses, minerals that were ever-present in the body cells, tissues, blood, interstitial spaces

Biochemic Principle

All disease is due to deficiency of these ever-present minerals that are biocatalysts, nutritional model of medicine and therapeutics

INTRODUCED MANY REMEDIES TO OUR
HOMEOPATHIC MATERIA MEDICA

Did Schussler think homeopathically?

- He was adamant that this was nutritional, definitely not homeopathic
- His understanding of the indications were based more strongly on clinical experience, though he did do some proving
- He introduced several substances that were seldom used in homeopathy before, and which other homeopaths later proved
- He used low potency because (1) it was non-toxic and (2) it was the style of practice of the day to use low attenuations

So are they remedies or not? Can I use them with a remedy?

- The substance is the substance, and it can be a mineral, or a tissue salt or a homeopathic remedy just like a plant can be an herb, or a tincture, or a drug made from alkaloids
- According to Constantine Hering and J Compton Burnett, there is a use for these to nourish the tissues which does not interfere with the constitutional care
- Concepts of polypharmacy, mixtures and compounds

Extensions of Schussler's Work?

- Use with animals
- Use with plants
- Expansion of / addition to the substances used used by later practitioners
- Read David Card's Facial Diagnosis of Cell Salt Deficiencies

Downsides????

- What about suppression?
- With lengthy repetition, can the state of the cell salt be grafted onto the client?
- Is it possible to overdose with a 6x potency
- Can cell salts that are inimical to a constitutional remedy be used for the client?

So what are they???

CALCAREA (-flour, -phos, -sulph)

FERRUM (-phos)

KALI (-mur, -phos, -sulph)

MAGNESIUM (-phos)

NATRUM (-mur, -phos, -sulph)

SILICA

What do these catalysts do?

Is the biochemic principle valid now,
or is it just a quaint notion
from two centuries ago?

IS THE FUNCTION OF THESE
SUBSTANCES SO CRUCIAL THAT ALL DISEASE
CAN BE
ATTRIBUTED TO THEM???

ABOUT THE NATRUMS

- chemical element which has the symbol Na
- soft, silvery, highly reactive element
- present in great quantities in the earth's oceans as sodium chloride
- component of many earthly minerals, and it is an essential element for animal life
- sodium is generally more reactive than lithium and less so than potassium

NATURE OF SODIUM

- Owing to its high reactivity, sodium is found in nature only as a compound and never as the free element.
- Interestingly, sodium is needed by animals, which maintain high concentrations in their blood and extracellular fluids, but the ion is not needed by plants.
- A completely plant-based diet, therefore, will be very low in sodium. This requires some herbivores to obtain their sodium from salt licks and other mineral sources.
- The animal need for sodium is probably the reason for the highly-conserved ability to taste the sodium ion as "salty."

How Do We Use SALT?

- English word "salad" refers to salt
- The most common sodium salt, sodium chloride (table salt), used for seasoning
- warm-climate food preservation, such as pickling and making jerky
- the high osmotic content of salt inhibits bacterial and fungal growth
- The human requirement for sodium in the diet is less than 500 mg per day, which is typically less than a tenth as much as many diets "seasoned to taste."

At a Cellular Level

- Sodium is the primary cation (positive ion) in extracellular fluids in animals and humans. These fluids, such as blood plasma and extracellular fluids in other tissues, bathe cells and carry out transport functions for nutrients and wastes
- Sodium is also the principal cation in seawater, although the concentration there is about 3.8 times what it is normally in extracellular body fluids.

At a Cellular Level

- Although the system for maintaining optimal salt and water balance in the body is a complex one, one of the primary ways the human body regulates this is through osmoreceptors in the hypothalamus which sense a balance of sodium and water concentration in extracellular fluids.

Too Much or Too Little is Bad...

Loss of body (dehydration/hemorrhage) water will cause sodium concentration to rise higher than normal, a condition known as hypernatremia. This ordinarily results in thirst.

Conversely, an excess of body water caused by drinking will result in too little sodium in the blood (hyponatremia), a condition which is again sensed by the hypothalamus, causing a decrease in vasopressin hormone secretion from the posterior pituitary, and a consequent loss of water in the urine, which acts to restore blood sodium concentrations to normal.

NATRUM- ness in a Client

- Look for the adaptation, the posture of client
- Is there any resemblance of osmosis, gradient differential, separation by membrane?
- Remember physiological natrum effects
- Nat phos = pH issues in the body
- Nat sulph = evidence of sycosis
- Nat mur = affinity to the spleen / cancer miasm

ABOUT CALCIUM...

- 5th most abundant element in the earth's crust and in solution in sea water, and by mass in the human body, which has the symbol Ca
- soft, grey alkaline earth metal, reactive, harder than lead, can be cut with a knife
- component of many earthly minerals, and it is an essential element for animal life
- used in mineralization of bones and shells, calcium is the most abundant metal by mass in many animals

NATURE OF CALCIUM

- Unlike natrums, which definitely have a 'salty' taste, the perception of calcium varies greatly on the human tongue, being described as mildly salty, or sour, or mineral-ish. However many animals can taste it and seek it out.
- Added as a nutritional supplement to juice drinks without taste alteration

How Do We Use CALCIUM?

- Main content of cement and mortars for construction
- Used as an alloy agent in aluminum, copper, etc
- Calcium chloride is used as a de-icer and additive to canned tomatoes
- Calcium hypochlorite is bleach, used in laundry, common ingredient in deodorant
- Calcium phos is a supplement in animal feed, and is used in fertilizer, and as an ingredient in raised dough recipes
- Calcium sulphate is common blackboard chalk

At a Cellular Level

- Essential for the normal growth and maintenance of bones and teeth
- Over-retention can cause hypercalcemia (elevated levels of calcium in the blood), impaired kidney function and decreased absorption of other minerals
- Bone serves as an important storage point for calcium, as it contains 99% of the total body calcium. Calcium is released from bone by parathyroid hormone

At a Cellular Level

- Over-retention can cause hypercalcemia (elevated levels of calcium in the blood), impaired kidney function and decreased absorption of other minerals
- **Calcium homeostasis** is the mechanism by which the body maintains adequate calcium levels. (Read about the parathyroid!) Derangements of this mechanism lead to hypercalcemia or hypocalcemia
- In cell physiology, where movement of the calcium ion Ca^{2+} into and out of the cytoplasm functions as a signal for many cellular processes

CALCIUM- ness in a Client

- Look for the adaptation, the posture of client
- Is there any resemblance of calcium dysregulation in the case? Bones? Teeth? Muscle? Kidneys?
- Remember physiological calcium effects
- Calc phos = times of growth
- Calc flour = bone spurs, ligaments, tooth enamel
- Calc sulph = psora, strong liver affinity

ABOUT POTASSIUM...

- 7th most abundant element which has the symbol K
- soft, grey alkaline metal, very reactive, and so is never found alone in nature
- only lithium is less dense among the metals
- deficiency in the diet is common – the average american consumes about half the recommended daily amount, and deficiencies are also common in the EU

NATURE OF POTASSIUM...

- Crucial in brain / nerve / neuron function, and strongly influences osmotic pressure between cells and affects interstitial fluid; facilitates muscle contraction
- Potassium is the main cation inside cells, important in maintaining fluid and electrolyte balance in the body (Sodium makes up most of the blood cations, and Potassium makes up most of the cellular fluid cations...)
- Less risk from imbalance because potassium moves in counter-flow to sodium, and cannot easily be over-excreted
- Death will occur if potassium level gets down to 50% of normal, and for people with kidney disease, it cannot become elevated without triggering heart arrhythmia
- Potassium moves passively through pores in cell walls, and the pores require calcium to open

How Do We Use POTASSIUM?

- Potassium bisulfate is a food preservative
- Potassium chloride is used to stop the heart in cardiac surgery, and is used in the lethal injections used for executions
- Potassium sodium tartrate is the main ingredient in baking powder
- Potassium hydroxide is used to saponify fats and Potassium pyrophosphate is used to make soaps and detergents
- Potassium nitrate, saltpetre, is used in gunpowder and agricultural fertilizers

POTASSIUM- ness in a Client

- Look for the adaptation, the posture of client
- Remember you are not looking for a constitutional state, just the indicators
- Remember physiological potassium effects
- Kali phos = depletion, exhaustion, refill batteries
- Kali sulph = lungs and kidneys, tubercular miasm
- Kali mur = use for clearing inner ear/eustachian

ABOUT IRON...

- 5th most abundant element in the universe (so we believe) which has the symbol Fe
- lustrous, silvery metal, one of the few with magnetic properties
- Iron and nickel are the primary constituents of most meteorites
- 'Iron and steel are the skeleton and structure of modern civilization...'

NATURE OF IRON...

- In animals and humans, iron is usually incorporated into the blood – it is necessary for nearly all known organisms
- Iron distribution is heavily regulated in mammals, partly because iron has a high potential for biological toxicity.
- Iron distribution is also regulated because many bacteria require iron, so restricting its availability to bacteria (generally by holding it inside cells) can help to prevent or limit infections. This is probably the reason for the relatively low amounts of iron in mammalian milk.
- A major component of this regulation is the protein transferrin, which binds iron absorbed from the duodenum and carries it in the blood to cells
- In excess, iron can be toxic, one of the most common causes of toxic death in children under 6

How Do We Use IRON?

- Iron, Steel, and other alloys for buildings, machines, weapons, wrought iron and cast iron
- Iron sulphate is used in water purification and sewage treatments as a catalyst to produce ammonia, and also as an ingredient in fertilizers and herbicide. It is especially useful in dispatching slugs in the garden.
- Iron sulphate is also being used in experimental programs as a fertilizer in the ocean to promote plankton growth
- Iron acetate is an important ingredient in fabric dye processes

FERRUM- ness in a Client

- Look for the adaptation, the posture of client
- Think about Oxygenoid constitution
- Remember physiological ferrum effects
- Ferrum phos
 - Anemia
 - Red blood cell dysregulation
 - Hemosiderosis
- Consider this for pregnant women in the last trimester

ABOUT MAGNESIUM...

- 9th most abundant element in the earth's mass which has the symbol Mg
- lustrous, silvery metal, not found alone in nature
- Magnesium ions are essential to all living cells, and Mg is the 11th most abundant element by mass in the human body
- Very light weight – has about 65% of the density of aluminum
- Produces a very bright light white when it burns

NATURE OF MAGNESIUM...

- Essential to basic nucleic acid chemistry in life, and so are crucial for cells of all known living organisms
- Dietary magnesium deficiency is associated with many diseases (cardiac disease in particular), many studies show average American is magnesium deficient. Chronic deficiency looks similar to many nondescript chronic ailments
- Kidneys filter out excess magnesium with comparative ease, so little risk of overdose on dietary intake, but possible with supplementation

How Do We Use MAGNESIUM?

- Used as a metal alloy: Mag wheels, and beverage cans and high end yo-yos
- Pyrotechnics, fireworks, fire starting devices
- Milk of magnesia used as a digestive palliative
- Magnesium phos is used to fireproof wood for construction
- Magnesium stearate is a powder that acts as a lubricant, allowing the product to cover tablets so that they can be processed without sticking to the machines making them

MAGNESIUM- ness in a Client

- Look for the adaptation, the posture of client
- Strong affinity to the liver
- Look for support from Mag-phos with
 - Muscle cramps
 - Tooth pain
 - Menstrual pain
- Consider Mag-mur for menopausal women with hot flashes, generally aggravated in the mornings



Webinar: Cell Salts - Introduction Adjuncts in Constitutional Care

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has completed 1 hour of training with Karen Allen CCH in homeopathic therapeutics.

These hours can be used to meet the pre-requisite formal training or continuing education criteria for the Council for Homeopathic Certification.



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