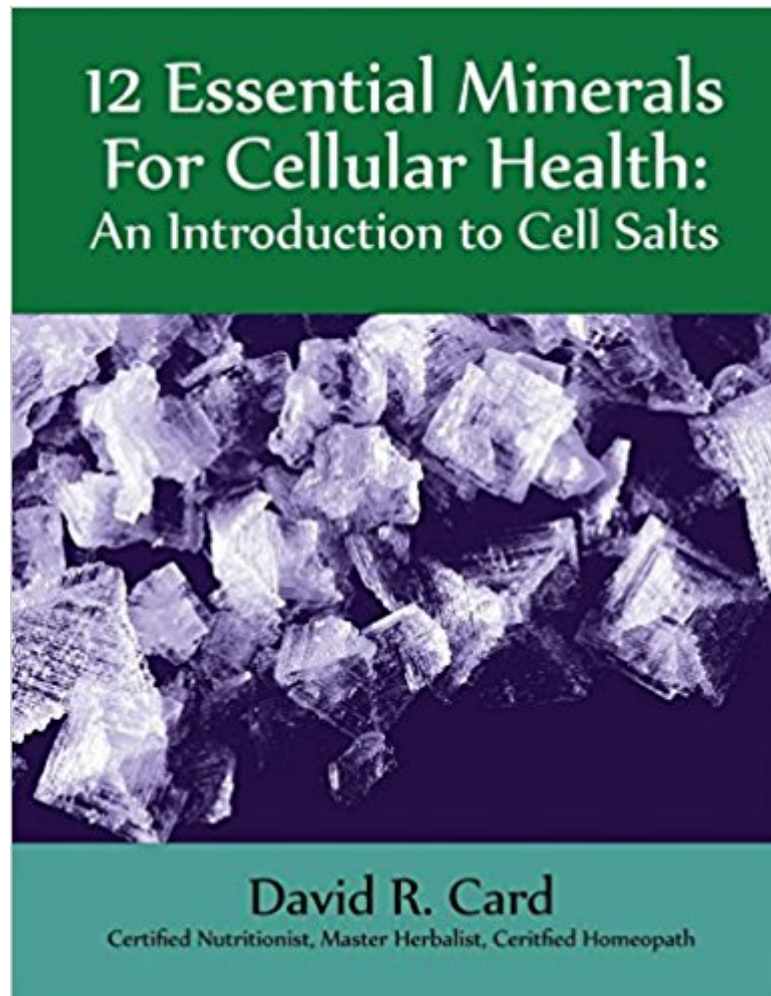




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# 12 Essential Minerals For Cellular Health: An Introduction To Cell Salts



## 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

“Cell Salts have enriched my practice. I recommend them for many acute and chronic ailments, and have seen my patients’ health improve.”  
— Cindi Croft, D.O. Using cell salts, as recommended by Dave Card, I had no allergies this season, for the first time in years.  
— R. Miller, age 67  
“I was skeptical about the difference that taking cell salts would actually have on my life. I realize now that they have made a difference. I feel that my body has performed more efficiently. I also notice that there has been less illness in my life.”  
— D. Scavezze, age 31

David R. Card is a certified nutritionist with a bachelor’s degree in psychology from the University of Utah. He is a certified homeopath from the Hahnemann Academy of North America, under the direction of Dr. Robin Murphy, N.D., and a master herbalist certified by the School of Natural Healing. David is a native of Alberta, Canada, and has been involved in the health and nutrition industry since 1980. He resides in Salt Lake City, Utah, and is the author of two books, *Facial Diagnosis of Cell Salt Deficiencies* (cell salts/minerals) and *Seven Symbols of Healing* (planetary astrology). His focus

The author has done a fabulous job of helping the novice to understand and be able to use cell salts. 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.

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

Excellent information on health benefits

Very good basic book on the uses of cell salts. Helps get you started.

This book is great! Explains how to use.

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

excellent book!

arrived on time and was brand new

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