

CELLOIDS

Sodium Phosphate

“Stiff Person”

Metabolic Acid Remover

- helps to buffer excess acidity by mopping up H⁺ ions

Lactic Acid buildup

- excess acidity of musculoskeletal tissue
- Indications: stiffness, soreness, fatigue, especially after exercise

Uric Acid buildup

- excess acidity of musculoskeletal tissue
- Indications: rheumatism, gout, arthritis

HCl buildup

- SP acts as a digestive buffer in acidic GIT conditions
- Indications: heartburn after meals, food intolerance, Helicobacter pylori and gastric ulceration

Cholagogue Action

- signs that bile is insufficient: constipation, nausea after fatty foods
- SP increases bile output → prevent stasis in gallbladder, thus prevent gallstone formation, reduce cholesterol, increase detoxification and improve digestion of fats

Indicated for Conditions characterised by Sour Acidic Sweat and Discharges

- candida
- over-acidic urinary tract → cystitis
- itchy skin associated with liver and gallbladder dysfunction

Worse: changeable weather and thunderstorms (sensitive to barometer change, can predict weather because joints start to ache), open air (weather can change, not stable), rich fatty foods, acidic foods: citrus fruits, tomatoes, vinegar

Better: stable weather

Nails

- thin and weak
- beading (little tiny white bumps)

Mucus

- golden-yellow or honey-coloured serous (clear) exudate
- can be acidic → burning/scalding sensation (e.g. people with colds)

Tongue

- creamy-coloured coating
- worse at the back of the tongue

Iris

- white acid wash over the whole iris
- overacidic stomach: stomach halo (very white)

Acute Prescription

- gout: for pain - 1 tablet every hour for 2 days
- cystitis: SP + PCIP: 1st and 2nd stage infection/inflammation
- heartburn: chew SP tablets (safe in pregnancy where woman often get reflux and heartburn)

Sodium Sulphate

“Soggy Sulphation”/“Saturated Sulphation”

Liver Detoxification and Liver Function

- liver contains high concentration of sulphur ions
- **Sulphation** in the liver: helps to **break down alcohol, hormones, cholesterol, drugs, toxins**
- **breaking down cholesterol → leads to formation of bile salts → easily excreted**

Signs and Symptoms of Poor Liver function

- feels sluggish
- dark circle under the eyes
- nausea in the morning
- yellow sclera
- **intolerance to alcohol and fatty foods**
- do not like tight things around the waist
- do not like lying on the right side
- **angry and irritable**

Sulphation in the Blood

- forms **metallothione** and **thiocyanate** → **binds to heavy metals** → **form insoluble complexes**
→ **excreted** via liver, bowel and bile

Sulphation in Pregnancy

- breaks down hormones, thus reducing nausea
- more importantly: **allows foetal hormones to cross placenta and influence maternal physiology**
- e.g. prepare for breast-feeding

Cellular Integrity

- close association with **mucopolysaccharides**
- Mucopolysaccharides bind things together; important for **intracellular matrix**.
- MPS contain **sulphur as side-chains**: more **stability** and increases **cellular/tissue integrity**
- Sulphated MPS chains can be found in **connective tissue, blood vessel walls, and cell coats**.

If the intracellular matrix is not held together properly → fluid can enter → oedema

Sodium Sulphate helps to **reduce tissue oedema** in four ways:

1. By **maintaining regular array of MPS chains**
→ this enhances the through flow of tissue fluid from arterial to venous circulation and prevents tissue-pulling of fluids
2. Both stabilising and **anchoring MPS chains**
→ helps them prevent detaching and blocking the exit pores into lymphatic and venous return (one cause of oedema: blockage of exit pores)

3. By cross-linking MPS chains sufficiently in tissue
 - this prevents enlarged spaces forming between connective tissue components
 - prevents vacuolisation (formation of vacuoles) → prevents fluid accumulation
4. Sodium Sulphate has a diuretic action

Indications:

- cholesterol
- biliousness, nausea, constipation
- oedema
- arthritis with fluid buildup around joints

Worse: hot humid weather, damp weather, seaside, seafood

Better: dry warmth, fresh open air, changing body position frequently (restless, want to move around)

Nails: opaque /frosted

Mucus

- thick and yellow
- yellow serous exudates that forms scales (especially with skin conditions)

Tongue

- clear and shiny (no coating)
- greenish brown coating
- swollen oedematous tongue with scalloped edges or teeth indentation in tongue edges

Iris

- lymphatic rosary
- scurf rim: skin congestion
- signs in the liver: lesions, drug spots, psoric spots
- yellowing: jaundice
- pterygeum: fat buildup
- cholesterol ring (liver is responsible for breaking down cholesterol)

Acute Prescription

- alcoholics
- morning sickness
- acute hepatitis
- removing dental amalgam fillings; detox heavy metals (take the day before and after removal)

Magnesium Phosphate

“Muscle Pleaser”

- Neuromuscular Coordinator
- Antispasmodic

Important in Energy Production

- necessary for the proper utilisation of phosphate in the storage and release of energy in ATP

Important for the activation of most vitamins and over 300 enzymes.

Helps Muscles to Relax

Magnesium stops the Calcium reflux into the motor end plate on the neurone at the neuro-muscular junction → stops the release of neurotransmitters → thus reducing muscle contraction and allowing muscles to relax.

Indications: **cramps, intestinal spasms (wind, bloating), eye twitches**

Magnesium Phosphate – cramps are better for pressure.

Calcium Phosphate – cramps are worse for pressure

Nervous System Relaxant

- regulates nerve function
- decreases nerve depolarisation → stops the excessive firing of nerves → allow nerves to relax.
- helps calm the nervous system down
- Indications: **stress, tension, depression, irritability, confusion, poor memory, insomnia, anxiety, panic attacks**

Important for the Heart

- co-ordinates muscles and nerves
- Magnesium needed for **cardiac muscle** (both extracellular and intracellular)
- Magnesium loss/deficiency → results in heart problems (e.g. tachycardia)
- Indications: **irregular heartbeat, tachycardia, palpitations, angina**

Worse: cold air, cold water, cold weather, physical exertion, noise and glare (relate to headaches), prolonged intake of alcohol

Better: initial intake of alcohol, warmth (helps muscles relax), pressure, rubbing, eating carbohydrates (may crave sugar, magnesium plays a role in blood sugar regulation)

Nails

- top of fingers look short and stubby
- very round nails, clubbing

Tongue

- **tongue shakes/quivers** when patient sticks it out
- short tongue

Iris

- small pupil with nerve rings that are acute or chronic (as opposed to Potassium Phosphate: dilated and chronic nerve rings)
- not round

Acute Prescription

- **stress, tension headaches**
- **panic attacks**
- **colic, wind, bloating, stomach pains**
- **asthma**
- **leg cramps**
- **PMT**: In acute situation – chew the colloid
For period pain: 1 every 10 minutes; when less severe: 1 every 30 minutes

Potassium Phosphate

“Power Pill”

Nerve Power Activator

- very important for nerve supply to the whole of the body
- the maintenance of nerve cell resting membrane potential requires PP
- important for energy, thus indicated for **fatigue, exhaustion**
- can be used in labour: because the woman is exhausted and fatigued
celloid used to help bring on **labour**
(Can also use 6X Kali Phos every 15 minutes: tastes better and don't have to chew it)

Used a lot in **Chronic Exhaustion and Stress**

- indicated for conditions arising from **lowered nervous energy**
- lack of nervous system physically and mentally
- Indicated for stressed and already **exhausted** people, who are further aggravated by stress and **aggravated by physical, nervous or mental exertion.**

Deficiency of Potassium can manifest as

- **depression**
- **anxiety**
- **poor motivation**
- **phobias and fears**
- **irritability**
- **lethargy**
- **poor concentration**
- **malaise**
- **very sensitive to light and noise**
- **exaggerated reflexes**
- **flaccid paralysis**
(muscles can't do anything)

The **proper balance of intracellular vs. extracellular potassium is required.**

Symptoms can vary depending on whether K^+ is deficient inside or outside the cell.

K^+ in Intracellular Fluid	K^+ in Extracellular Fluid	Symptoms
Stable	Deficient	hyperpolarisation fatigue paralysis
Deficient	Stable	depolarisation irritability hyperactivity
Deficient	Deficient	fatigue lethargy apathy

Indicated for **Abnormalities in Conduction and Activity of (Cardiac) Muscle**

- **palpitations** (especially when caused by emotional upset or physical exertion), **fibrillation, arrhythmias**

*Both Magnesium Phosphate and Potassium Phosphate are very important for heart function.

Thus for **cardiovascular** problems: **PPMP**

Essential for **Energy-Producing aspects of Cellular Metabolism**

- especially during **pregnancy and growth spurts**

Worse: morning, being alone (can suffer from depression)

Better: company, comfort, eating comfort foods, warmth, rest

Nails

- With all the Potassium celloids: Potassium chloride, Potassium sulphate, Potassium phosphate: Look out for **humped over, talon-like nails**
- If this sign is severe: all 3 Potassium celloids are indicated! (sign of Potassium deficiency)

Mucus

- salty tasting mucous in throat
- thick, yellow crusty mucous at the back of the nostrils

Tongue

- can be dry, sticks to the roof of the mouth, feels tacky
- can have a mustard coloured coating on the tongue
- may have red edges on the tongue

Iris

- dilated pupil: exhaustion
- chronic nerve rings

Iron Phosphate

- Inflammation Remover
- 1st stage of Inflammation and Infection
- Fever
- Anaemia

Iron is an essential component of haemoglobin.

There are 4 atoms of iron on each molecule of haemoglobin:

each of these iron atoms can carry one molecule of oxygen or carbon dioxide

The iron in haemoglobin combines with oxygen and transports it through the blood to the body's tissues and organs. The iron is also responsible for carrying carbon dioxide away from tissue back to the lungs.

Iron deficiency → Iron stores in the body become depleted → haemoglobin synthesis is inhibited → low levels of haemoglobin in the blood → decreased oxygen supply to tissues and organs → anaemia

Symptoms of **anaemia**: **fatigue**, **listlessness**, lack of stamina, **breathlessness**, headaches, insomnia, loss of appetite and **pallor**.

Also indicated for **menorrhagia**.

Iron also plays an important role in the **immune system**, people with low iron levels having lowered resistance to infection.

There are different forms of iron.

Iron Sulphate, the supplemental form commonly prescribed by doctors can lead to toxicity, especially of the gut → constipation and nausea

Iron Phosphate → forms **Ferritin** (preferred storage form because it is well-utilised by the body)

Iron Sulphate → forms Haemosiderin (poor storage form; poorly utilised by the body
→ poor iron utilisation in the long-term)

Iron is needed by **Cytochromes** in the cell's mitochondria.

- it is required to perform oxidation and **oxidation-reduction reactions**
→ **energy production** in cytochromes and mitochondria

Essential for Enzymes that **protect against peroxides**

First Stage of Inflammation and Infection

- **fever, redness, pain**
- before discharge begins (**mucous membranes are red, dry and irritated**) OR watery discharge
-

Iron Phosphate is also indicated for acute flare-ups of chronic conditions.

For infections and inflammations: Kerrin gives PCIP

In acute prescription: 1 tablet every 10-15 minutes / 1 hour / 2 hours depending on condition
e.g. flu, hayfever, conjunctivitis, sore throat
when symptoms ease, reduce frequency of doses

Worse: heat (because already overheated), jarring motion, excitement, physical exertion

Better: rest, cold applications

Nails

- often look flat and can curl up at the edges
- thin and weak

Mucus

- mucous membranes are dry and irritated with no discharge
- if discharge occurs, it will be clear

Tongue

- bright red and beefy

Iris

- acid wash over iris: responsible for inflammation
- flared ANW: look high white

Acute Prescription

- start of a cold
- inflamed joints, strains, sprains
- fevers, hayfever

Potassium Chloride

- **Congestion Remover**
- **Unblocker**
- **Glandular Regenerator**

Second Stage of Inflammation and Infection

- swelling, congestion, pain
- white mucus: stringy, ropey, difficult to expel
- often give PC with IP

Removes Congestive Matter by breaking down Fibrin

It breaks down the mucus, making it easier to expel.

*Mucus has to be white!

If mucus is turning yellow or green → next stage of inflammation/infection: Potassium Sulphate

Abnormal Collagen Formation

- Indicated in **scar tissue**, especially when tissue has formed abnormally
- Conditions of **tissue overgrowth**: **fibroids** and **cysts**
- e.g. **Keloid scars**, adhesions, burns, specific for **lipomas**

Gastric Acid Production

- Potassium Chloride: the 'chloride' part is a constituent of gastric itself
- Promotes production of HCl
- Indicated in **hypochlorhydia**, **indigestion**, **food intolerance**

Glandular Regeneration

Increases both endocrine and exocrine secretions

e.g. hormonal system and secretion of digestive enzymes

Lymphatic and Pelvic Congestion

Congestion:

Lymphatic

- **excess mucus conditions**, e.g. sinus
- **chronic catarrh**
- ovarian cysts
- glandular swellings
- skin problems (esp. around glandular area
e.g. acne around jaw, rashes under the
arms, around the groin and in joints)

Pelvic

- stagnation in pelvic area
- related to female reproductive problems
e.g. dysmenorrhoea (congestion),
dark clotted blood, **pelvic inflammatory
disease**

Digestive System

- a constituent of gastric itself
- promotes production of HCl
- glandular regeneration → secretion of digestive enzymes

Female Reproductive System

- reduces lymphatic congestion → indicated for ovarian cysts
- reduces pelvic congestion → indicated for congestive dysmenorrhoea and dark, clotted blood in periods
- clears fallopian tubes

Unblocks Eustachian tubes, fallopian tubes (Kerrin uses it for women who have problems conceiving)

Worse: dry heat, physical exertion, rich fatty foods

Better: cold applications, keeping still

Nails: curved

Mucus

- white mucus
- thick and ropery; hard to break down
- white powdery exudates on the skin
- clear, watery discharge from herpetic vesicles

Tongue

- white / greyish-white coating all over the tongue

Iris

- acid wash
- flared ANW

Acute Prescription

- mouth ulcers: PCIP – hold it there until it dissolves or crush and use as mouth wash

Potassium Sulphate

Chronic Infection and Inflammation – Third Stage

- Green or Yellow mucus

Cell Oxygenator

- Plays a role in mitochondria that is different from Iron Phosphate (oxidation-reduction reactions)
- Vital in oxidative processes in the cytochromes = cellular metabolic energy
- important for oxidative phosphorylation (oxygenates cell)
- how mitochondria uses energy from oxidation to drive the synthesis of ATP from ADP (turning oxygen into energy in the mitochondria of the cell)

Deficiency of Potassium Sulphate → poor oxygen utilisation by enzymes in the cell

Gross manifestation of this:

- yawning
- sighing
- craving for fresh air to increase oxygen concentration at a cellular level
- worse in stuffy rooms
- better for open air

*Structural Integrity of Cell

- All Sulphates involved in mucopolysaccharides
- Potassium Sulphate is required inside the cell in the cytoplasm for holding the contents of the cell in their place.
- PS is also involved in the intercellular cement between cells, especially in the epithelium of the skin and the mucous membrane
- Involved in cellular adhesions
- Thus with PS deficiency → reduced cellular adhesion → cells not held together → cells slough off → dry flaky and scaly skin and mucous membranes
e.g. psoriasis, dandruff, eczema

Bacterial, Viral and Fungal Infections

- PS oxygenates, which discourages fungal, bacterial and viral growth
- Thus can be used in fungal conditions, e.g. Candida

Indications

- chronic or recurrent low-grade conditions: fungal, bacterial and viral infections
- candida
- chronic mucous and mucoprotein discharges that are greenish yellow: skin infections, sinusitis, catarrhal deafness
- profuse desquamation of skin: psoriasis, dandruff, eczema
- Conditions associated with decreased tissue oxygenation: sighing, yawning, better for open air

Worse: hot, stuffy rooms; hot, humid, changeable weather; late afternoon; evening

Better: cool, fresh open air; dry stable weather

Nails

- humped over, talon-like appearance
- tinea infections
- pitting in the nails (usually associated with psoriasis)

Mucus

- yellow-green in colour
- can have a blocked nose but a watery drip from the nostrils

Tongue

- yellow, slimy coating
- looks shiny
- have a loss of taste (Zinc is also indicated)

Iris

- scurf rim (congestion in skin)
- arcus senilis (fuzzy head area): lack of oxygenation to brain
- unclear, grey and fuzzy
- lack of circulation

Acute Prescription

- exams
- hot stuffy room all day
- infection

Calcium Sulphate

Chronic Suppurative Conditions

- Suppuration Remover

“Cacky stuff”: anything that looks and smells gross

Tight Cell Junctions

- holds cells together tightly
- especially important in junctions known as **Zonula occludens**
- calcium acts as a biological **bridge between sulphates on adjacent mucopolysaccharides chains** linking them together in connective tissue and on cell surfaces
- **stabilisation of intracellular matrix**
- intracellular cement

Deficiency of Calcium Sulphate

- cells are not held tightly
- leaking of cell contents into the surface of skin and mucous membranes, especially mucus and mucoproteins (suppuration)
- increased risk of infection → abscess, boils, pustular acne

Thus Calcium Sulphate is important for **Wound Healing**.

It helps with granulation.

Indications

- leg ulcers, ulcerative conditions
- wounds that do not heal
- infections that do not clear up
- abscesses, boils with pus and bloody discharge
- pustular acne
- tendency to suppuration and exudation
- lack of healthy granulation
- thick, lumpy yellow purulent mucous and discharge
- skin scaling and desquamation: dermatitis, eczema, psoriasis

CS – **falling hair with dandruff**

Silica – falling hair without dandruff

Key Feature: **pus with a vent**

***Difference between Calcium Sulphate and Potassium Sulphate:**

CS – suppuration in skin and mucous membranes

PS – dry and flaky skin and mucous membranes

Blood Purifier

- CS helps resolve things internally via the blood and lymphatics
- *opposite to Silica: pushes foreign materials out through the skin

Thus NEVER use both Calcium Sulphate and Silica together!

Especially in relation to skin problems, it would be a battle of wills!

e.g. in the case of Acne: use Calcium Sulphate for a few months, then perhaps use Silica later

Worse: overheated, warmth, wet damp weather, humid weather, working with water, physical exertion

Better: cool dry weather, open air

Nails: nil

Mucus

- thick, lumpy, yellow purulent discharges
- often with bleeding

Tongue: flabby and clay-coloured

Iris

- marks in the lymphatic system: lymphatic rosary, lymphatic topi
- scurf rim
- congestion in skin area

Acute Prescription: abscesses, boils

Silica

Calcium Re-Organiser

“Scalpel”

Structural Strength

- found in plants too, gives them the ability to stand straight
- Horsetail is the plant that is highest in silica content: very rigid plant
- necessary for stability and rigidity of tissue in the body
- function as cross-linking agent, forming bridges between tissues → rigidity and strength
- important for **Wound Healing** too
- indicated for **hair that won't grow, hair that is falling out, hair that breaks**

Silica is in Group V of the Periodic Table, same as Carbon and Graphite

→ ability to form chains, networks and meshes → structural strength and rigidity

Helps to Hold Fluids inside the Skin

If water cannot be held in skin → dehydration → wrinkling of skin

Thus silica is indicated in Wrinkles!

Important Constituent of Bone

- even if Calcium and Phosphorus are present, new bone crystals will not form until triggered, Silica provides this trigger by providing the **matrix** that bone grows on: very important!
- In the same way: important for strengthening **teeth and gums**

Normalise Calcification

- breaks down calcification in soft tissues where it is not meant to be
- Indications: **bone spurs, Heberden's nodes**, gallstones, kidney stones
- May help prevent atherosclerosis

Distinguishing a deficiency between Calcium and Silica

- Calcium deficiency – soft and peeling nails
- Silica deficiency – hard but chipping and splitting nails

(Silica is indicated in deformed nails and ingrown toenails)

*However, remember that Silica helps put Calcium where it should be by providing matrix, thus a Silica deficiency could also lead to a deficiency in Calcium.

Thus soft and peeling nails could also be an indication for Silica.

Classic sign that someone needs Silica: **Sweating** (especially so if it's for no reason)

Specifically indicated for **Sweaty Smelly Feet!**

*But nerves and glandular factors may also be involved: thus also give PPMP

CAUTION

Silica is **pushing toxins out through the skin**

- thus be careful in skin conditions like eczema and psoriasis, can make conditions worse before making them better
- may cause body odour in the first few weeks

*Opposite Action: Calcium Sulphate detoxifies internally via the blood and lymphatics

Thus NEVER use both Calcium Sulphate and Silica together!

Promotes Expulsion of Foreign Bodies

- tightens skin
- e.g. glass, sea urchin spikes
- because Silica celloids are in mg doses, the effects are not as dramatic as homeopathic Silica, which has been reported to expel teeth fillings, etc.
- nonetheless, with any implantations, we still have to be cautious for up to 1 year
- for operations, wait 6 weeks before giving Silica, or wounds may reopen

Worse: cold weather, cold drafts, night, rest, rising

Better: hot humid weather, daytime, covering up

Nails

- brittle, splitting, chipping
- deformed nails, especially on toes
- in grown toe nails
- ridged nails growing vertically

Mucus

- chronic discharges that won't heal
- abscesses and boils

Iris

- scurf rim
- sodium ring (white opaque sign around the outside border of iris)

Acute Prescription

- splinter/glass/spike in finger
- boil or abscess

Calcium Fluoride

- Elastic Tissue Strengthenener
- Connective Tissue Strengthenener
- Bone and Teeth Hardener
- "Crater Filler"

*Important to Distinguish between Sodium Fluoride and Calcium Fluoride

Sodium Fluoride

- not found in nature, artificially synthesised
- found in toothpaste and tap water
- in the body: SF dissociates into Sodium and Fluoride
 - in this form: free Fluoride ion is toxic; it softens bones and teeth, making them brittle

Calcium Fluoride

- found in nature, in food sources like hard cheeses and spring water
- in the body: CF does not break down into separate components
- it is absorbed as Calcium Fluoride, thus we do not get the toxic effects of free Fluoride ions

Stimulates Activity of Chondroblast, Osteoblast and Fibroblast

- CF activates intracellular **phosphatase** (enzyme), which is found in large concentrations in chondroblasts, osteoblasts and fibroblasts
- Osteoblast → increases production of new bone
- Chondroblast → increases production of cartilage
- Fibroblast → increases production of connective tissue
- Thus important in **Joints!** e.g. osteoarthritis

Strengthens Elastic Tissue

- important for skin and prolapse conditions
- e.g. **hernias, slipped disc, varicose veins, haemorrhoids, diverticular pockets, wrinkles, stretch marks, cracks and fissures of the skin, cracked heels, cracked tongue**

For scars that have already formed: **PCIP**

Hardening of Teeth and Bone Enamel (refer to Celloids notes)

- Calcium Fluoride **replaces: Hydroxyapatite → Fluorapatite**
- **Fluorapatite**: much harder and more acid-resistant → more resistant to dental caries

Breaks down Hard Lumps and Bumps where they should not be

- calcified lumps like gallstones, kidney stones
- hardened glands, **benign breast lumps**, ganglions (wrists)
- lipomas (fatty lumps under the skin): use **SCF + SSPC**

Heals and Seals the Gut

- e.g. leaky gut syndrome

Worse: damp, cold, changeable weather, rest

Better: warm dry stable weather, physical movement, rubbing, hot applications

Nails

- cracked skin around nail bed

Mucus

- hard, lumpy, greenish exudates (mucus with hard lumps in it)

Tongue

- cracked or mapped
- deep crack down the middle of tongue

Iris

- prolapse in GIT and female reproductive areas

Acute Prescription: nil (it's a more chronic colloid)

Calcium Phosphate

“Children’s Plaster”

Cell builder

- major constituent of **Bone and Teeth**
- **children’s remedy**: important because cells are growing rapidly
- also important in pregnancy and lactation (however as celloids; not sufficient, give in higher doses)
- important after menopause; helps prevent osteoporosis

Stimulates Division of All Cells

- including **WBCs and RBCs**
- thus use CP in **anaemia** together with **Iron Phosphate (IP)**
(We usually do not give calcium and iron together because they interfere with each other’s absorption. However, in celloids, they seem to work well together. In general, celloids do not seem to have the normal interactions that minerals have.)

Muscle Contraction and Relaxation

- dual action in muscles
- calcium is important for the release of neurotransmitter into the synapse of neuromuscular junctions → this stimulates muscles to contract
- phosphate is necessary to inactivate calcium after the contractile response, thus CP also plays a role in muscle relaxation → thus can give CP for muscle cramping

MP vs. CP for Muscle Cramps:

Magnesium Phosphate – muscle cramps that are better for pressure

e.g. cramps that are better for holding abdomen, bending double

Calcium Phosphate – muscle cramps that are worse for pressure

e.g. cramps that are better for lying flat, with nothing on abdomen

Stabilises Nerve Cell Membrane

Essential for Proper Nerve Transmission

- if calcium levels drop, nerves become jumpy → thus give CP for jumpy nerves
- CP is especially indicated for “**Jumpiness**” (as opposed to MP and PP, which we also give for nerve and muscular disorders)
- Also give to **kids with behavioural or learning problem**, e.g. ADD

Helps with Enzyme Secretion

- thus CP has a role in digestion, together with **PC**: glandular regeneration + ↑ HCl
- thus for someone with digestive problems: give **PCCP**

Improves Appetite

- helps with picky eaters

For twitches and ticks: 1st give MP, then perhaps CP

Circulation Celloid

- indications: Raynaud’s Syndrome, numbness and crawling in extremities

Soft Tissue Overgrowths: warts and polyps

(Silica: hard lumps and bumps)

Constitutional Strengtheners

- because it is a cell builder and it strengthens all tissues
- it also **boosts immunity** by increasing division of WBCs
- indicated for Hessian and Net irises
- also good for children, especially those with **chronic and recurring infections; sickly children**

*Calcium Phosphate is the **only celloid that we give adult dose to children.**

From 2 years of age: give adult dose of 1 tablet tds

Important for **Strengthening Respiratory System**, especially the **lungs**

- indications: **recurrent respiratory infections, bronchitis, asthma, allergies**
- also for people prone to respiratory distress: **stridor, dyspnoea**

For Snoring: CP + CS (possibly due to congestion)

Worse: cold wet changeable weather, dampness, cold drafts, exertion, pressure

Better: warm dry stable weather, warmth, rest

Nails

- soft and peeling; can peel off layers (Silica: hard but brittle)
- white spots

Mucus

- milky white / albuminous white
- streaked with yellow or blood

Tongue

- strawberry tongue

Iris

- weak/poor constitution
- lots of lesions
- nerve rings in children

Acute Prescription

- stunted growth in kids
- allergies, poor immunity: 1 tablet every 2 hours for first 2 days
- muscle cramps
- fractures: 1 tablet every 2 hours for first week or double of chronic prescription

Dosage for Celloids

Chronic Prescribing

Essence: perseverance, long-term (subtle healing on mental, physical and spiritual planes)

1 tablet tds/qid

Use 3 – 6 celloids for 3 months

For someone who needs more: 2 tds or even 1 every 2 hours (more like acute dosage)

2 tds is a classic dose for PPMP.

Sodical: IP, CP, SP

Mag Cal: IP, CP, SP, PP, MP

Acute Cases

Essence: frequency of dose (not necessarily high dose)

1 tablet ever 15 minutes – 2 hours

Use 1 – 4 celloids

Reassess after 48 hours (For children: 24 hours)

e.g. for colds and flu: PCIP

beginning stages: 1 tablet every 15 minutes (may be able to conquer it)

if it has already taken hold: reduce frequency to 1 tablet every hour

e.g. for severe, acute pain: MP

even up to 1 tablet every 10 minutes

For Babies and Children

- respond very well to tissue salts, which taste better, thus could be a better alternative
- for breast-fed babies, can give through mum or make into a paste

For **Children**: use **Young's Rule**

$$\frac{\text{Age}}{\text{Age} + 12} \times \text{Adult dose} = \text{Child's dose}$$

e.g. for a 6 year old:

$$\frac{6}{6 + 12} \times \text{Adult's dose} = \frac{1}{3} \text{ of Adult dose}$$

Thus if adult dose is 1 tablet tds, then child's dose will be 1 tablet per day.

Break up tablet into smaller doses, perhaps ½ tablet bd.