

# DHU Biochemic Tissue Salts

## COLD/FLU

### Best Tissue Salts for Colds

To relieve common head cold symptoms such as congestion, headaches and general symptoms of a common head cold, dissolve 2 each of the following tissue salts under the tongue on an hourly basis until symptoms subside.

- #3 Ferrum Phos to assist with throbbing headaches, congestion, sore throat, runny nose and coughs.
- #4 Kali Mur to assist with wheezing, aches, sinusitis, frequent common colds.
- #6 Kali Sulph to assist in relieving symptoms of blocked nose and a sinus headache.

### Best Tissue Salts for Flu

In addition to the above salts, add the same dosage of (#11) Silica to help heal infections and frequent bouts of flu.

The above salts can be used for the common cold/flu as recommended by your health practitioner. For frequent or persistent symptoms, visit your health care professional.



### Best Tissue Salts for Optimum Immunity

If you find that each seasonal change leaves you unwell, consider supplementing with tissue salts to increase your body's natural immune system.

- #3 Ferrum Phos two tabs once to twice daily or in water bottle
- #4 Kali Mur two tabs once or in water bottle

For an immunity plan specific to your body, please consult us.

### Food Sources for the above Tissue Salts

#3 Ferrum Phos: herbs and foods containing Ferrum Phos include apples, celery, horseradish, lentils, lettuce, onions, radishes, spinach, strawberries and walnuts.

#4 Kali Mur: herbs and foods that contain Kali Mur include apricots, asparagus, basil, beetroot, borage, carrots, cauliflower, fennel, ginger, green beans, lemons, peaches, pineapples, plums, sage, yarrow.

#6 Kali Sulph: herbs and foods that contain Kali Sulph include almonds, chicory, endives, lettuce, linseed, melissa, mustard, parsley, oats, rye & wholegrain bread and watercress.

#11 Silica: herbs and foods rich in Silica include barley, buckwheat, comfrey, dandelion, guavas, horsetail, maize, oats, oranges, pomegranates, rice and soya beans.

*Using Tissue Salt therapy is about establishing which mineral salt(s) may be lacking in an individual, locating the cause &/or reason for this deficiency and then remedying the deficiency. As qualified therapists in biochemics we establish these factors, and then re stimulate the cell system by means of temporary supplementation.*

*Supplementation is required for the period of time it takes to re stimulate cell activity &/or whilst continual imbalance continues.*

*This method of assisting the body's deficiencies is a natural and inexpensive remedy to ailments & is compatible with Allopathic medicine. DHU Schuessler Mineral Salt supplements are only available from qualified Health Practitioners.*

For more information on the Tissue Salts, visit <http://www.biochemic-remedies.com.au> or contact Kylie @ KALM Wellness on (08) 9328 2823 or [email](mailto:kylie@kalmwellness.com.au) to discuss how the salts can assist you today.