

STRENGTH & STRUCTURE & BONES & TEETH

#1 – Calc fluor.

Strengthens bones, teeth, veins & ligaments.

- Osteoporosis
- Osteopenia
- Osteoarthritis
- Weak teeth/cavities
- Bone spurs
- Hemorrhoids
- Varicose veins
- Prolapses



Tensile Strength of Connective Tissues



#2 – Calc phos.

Boosts energy Strengthens teeth & bones.

- Osteoporosis/osteopenia
- Weak teeth/cavities
- Growth spurts in children
- Anemia (with Ferr phos)
- Recovery after illness
- Cramps
- Stiff neck



Strengthens the Matrix of Teeth & Bones



#12 – Silica

Strengthens bones, hair, nails & teeth. Fights infections.

- Acute complaints: colds, coughs, sore throats, earaches etc.
- Sinus infections
- Weak teeth & cavities
- Boils & abscesses
- Osteoporosis
- Osteopenia



Conditions & Strengthens Collagen



INFLAMMATION & OXYGENATION & GLANDS

#4 – Ferrum phos.

Inflammations & injuries

- First stage of any acute complaints colds, coughs, sore throat, earaches, etc
- Fevers
- Anemia (with Calc phos)
- Nosebleeds
- Injuries with swelling & bleeding



Anti-Inflammatory Oxygen Carrier



#5 – Kali mur.

Inflammations of glands & mucus membranes

- Acute complaints: colds, coughs, sore throats, earaches, sinusitis etc.
- White mucus, phlegm, discharges, rashes etc.
- Blocked/popping ears.
- Swollen glands



Anti-Inflammatory Decongestant



#7 – Kali sulph.

Oxygenates & calms

- Acute complaints: colds, coughs, sore throats, earaches, etc.
- Headaches
- Joint pains
- Thick mucus
- Yellow or yellow-green discharges



Smooths & Lubricates



NERVES & PAIN & STRESS & HYDRATION

#6 – Kali phos.

Stress & Nerve Pains

- Ailments from stress
- Nervous exhaustion
- Simple insomnia
- Headaches
- Indigestion
- Performance anxiety
- Nerve pains



Destresses & Energizes Pain Relief



#8 – Mag phos.

Cramps & Spasms & Tics

- Painful cramps
- Earaches, headaches, period pains
- Tics & spasms
- Better for warmth & pressure



Cramps & Pain Relief



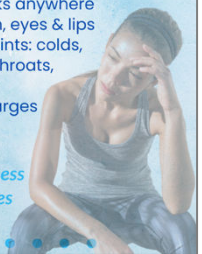
#9 – Nat mur.

Hydrates and replenishes

- Dehydration
- Dryness, cracks anywhere especially skin, eyes & lips
- Acute complaints: colds, coughs, sore throats, earaches, etc
- Watery discharges
- Cold sores



Relieves Dryness & Moisturizes



GASTRO-INTESTINAL & LIVER/GALL BLADDER & DETOX/DEHYDRATION

#10 – Nat phos.

Balances pH in the whole GI tract

- Indigestion
- Heartburn
- Colic/reflux
- Gout
- Worms in children
- Yellow discharges



Acidity Relief when too much Acid causes pain



#11 – Nat sulph.

Liver, gall bladder & fluid retention

- Swellings, oedema
- Billousness, "liverish"
- Painful joints
- Acute complaints: colds, coughs, sore throats, earaches, etc
- Green discharges



Dehydrates & Detoxes



#3 – Calc sulph.

Cleanses the blood and expels pus!

- Boils & acne
- Abscesses
- Complaints with yellow discharges
- Acute complaints: colds, sore throats, earaches, etc.



Clears out & Purifies

