



A system of Micro-Dilution Therapeutics

Homeostasis is a line of premium quality Homeopathic remedies manufactured in Canada. The formulations in this line have been compounded and evaluated in clinic for the last 25 years by a well-known, internationally trained homeopathic practitioner, Dr. Manohar Sood. He has been a registered Homeopath by the College of Homeopaths, Ontario since April 2015.

Dr. M. Sood's collective expertise and experience is captured in a comprehensive line of homeopathic remedies that spans traditional formulations to non-traditional, complex combinations.

Each homeopathic product is carefully compounded in a site-licensed facility and the quality of each remedy is assured through rigorous quality control process that includes raw material qualification to final release of finished product.

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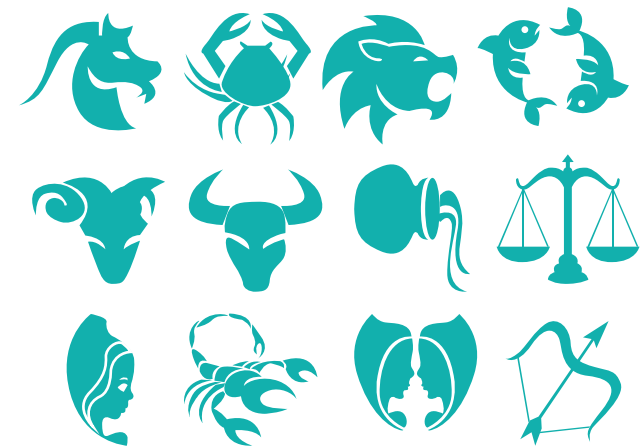
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ZODIAC REMEDIES





The German physician Samuel Hahnemann articulated the principles of homeopathy in his famous work entitled the Organon of the Art of Healing in 1810. The word homeopathy is derived from the Greek roots “omio” (meaning the same) and “pathos” (meaning suffering). One of the principles of homeopathy is that the same entity which causes symptoms of disease in healthy subjects also is able to ameliorate those same symptoms in sick subjects. Hence Hahnemann’s theory “similia similibus curentur” or “Like cures like”. Modern medicine’s priority is to provide symptomatic relief to patients as a strategy to manage disease rather than to understand the basis of disease. Consequently, medicines developed based on that model target symptoms.

Acetaminophen is perhaps the most widely prescribed medicine today. Acetaminophen inhibits the formation of internal biochemical messengers (the prostaglandins) so that the symptoms (headache, pain, inflammation) are in the short term eliminated, however, the reasons for the headache, the pain or the inflammation are not addressed. By contrast homeopathy is a modality that seeks to restore health by understanding the underlying basis of disease.

Homeopathy contradicts the well known dose-response principles of pharmacology. In the case of homeopathy the exact opposite is apparently true – decreasing the dose increases the pharmacological response. Although there is no apparent empirical evidence that supports the plausibility of this theory, an analysis of some 107 controlled clinical trials of efficacy led Dutch researchers (J. Kleijnenhat ,et al., British Medical Journal, 1991) to conclude that there is a legitimate case for the further evaluation of homeopathy. Scottish researchers (D. Reilly, et al. Lancet, 1986) were able to conclude that the placebo effects can not adequately explain the successful clinical responses observed with homeopathic medicines. The mechanistic basis underlying the action of homeopathic medicines represents a confusing challenge to orthodox scientific models which must imply that homeopathy and homeopathic medicines must work by mechanisms other than what scientists currently understand. Medical research certainly acknowledges that the etiologies of most diseases are multifactorial and do not have one single cause or predisposing factor.

The first cellular response after injury is an instinctive attempt to regain biochemical “normality” or homeostasis. It is when the injury to cells exhausts this inherent “homeostatic” repair mechanism that irreversible injury occurs and disease manifests. In a similar way homeopathy is designed to re-establish homeostasis after acute or chronic injury. Homeostasis is a comprehensive line of well researched combinations, formulated by homeopathic practitioners for the well being of your family.”

- Dinshaw Printer
Certified Homeopath, Ontario

Picricum Acidum: 8X

The common name is picric acid; it is chiefly used for degeneration of the spinal cord, with paralysis. Acts upon the generative organs probably through the lumbar centers of the spinal cord; prostration, weakness and pain of back, pins and needle sensation in extremities; tired, heavy feeling all over body, especially limbs, worse, exertion. A person has lack of will-power; disinclined to work and has aversion to food.

Pulsatilla: 6X

The weather-cock among remedies. The disposition and mental state are the chief guiding symptoms; weeps easily, timid, irresolute, fears in evening to be alone. It is pre-eminently a female remedy for individual of mild, gentle, yielding disposition. Predominating symptoms are preceptable pulsation in pit of stomach; rapidly shifting pains in limbs; headache from overwork; neuralgic pains, commencing in right temporal region. Person feels worse from heat and after eating fat foods. Better in open air, cold applications, cold food and drinks.

Mercurius Solubilis: 8X

It helps relieve swollen, spongy and bleeding gums; dysentery with colic and tenesmus; epistaxis (nosebleed); swollen tongue and profuse salivation. A person is relieved from stabbing, tearing pain, especially affecting right side at night and while lying on affected side. Worse at night, itching is aggravated due to warmth of bed while sleeping. This is Dr. Hahnemann’s classic remedy for syphilis and diseases of the genito-urinary tract.

Medicinal Ingredients:

Silicea 8X, Calcarea Fluorica 8X, Kali Sulphuricum 8X, Kali Muriaticum 8X, Ferrum Phosphoricum 8X, Vervain 6X, Wild Oats 6X, Agrimony 6X, Mercurius Solubilis 8X, Pulsatilla 6X, Picricum acidum 8X

Non-Medicinal Ingredients:

Ethanol (50%) and Water

Cautions and Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Kali Muriaticum: 8X

Is the chief remedy for spasmodic croup, diarrhea and bronchitis. A deficiency of Kali-Muriaticum causes a sluggish condition with a discharge of a thick, white, sticky character from mucous membranes. It helps in all inflammatory conditions, such as coughs, skin eruptions and catarrh of eustachian tubes.

Ferrum Phosphoricum: 8X

Colors the blood corpuscles red, carries oxygen to all parts of the body and thus furnishes the vital force that sustains life. Without a proper balance of iron in the blood, health cannot be maintained. A deficiency of this salt is the cause of all inflammatory conditions, colds and coughs etc.

Vervain (Verbena Officinalis): 6X

Overenthusiasm

A person is convinced that certain ideas or views are right, and ardently tries to convert others to one’s own view point, which leads to overcare for other’s welfare. Escalating tension and excessive drive of willpower may take its toll on the nervous system or even lead to nervous breakdown.

Wild Oat (Bromus Rasmusus): 6X

Lack of motivation and incentive

There is uncertainty in the area of motivation and incentive in regard to choosing a current activity or a whole life path. Daily chores may be accomplished with a sense of boredom or with aversion. The goal of remedy is to rekindle joy and incentive while engaging in current activities deemed necessary or worthwhile.

Agrimony (Agrimonia Eupatoria): 6X

Mental torture or Worry

The mind is overly sensitive and in disharmony with the environment. Internal restlessness and worry, plus the effort to find peace within one’s own mind. Anxiety and worries stifle physical ease and well being. Agrimony has been used as a herbal remedy for liver trouble.

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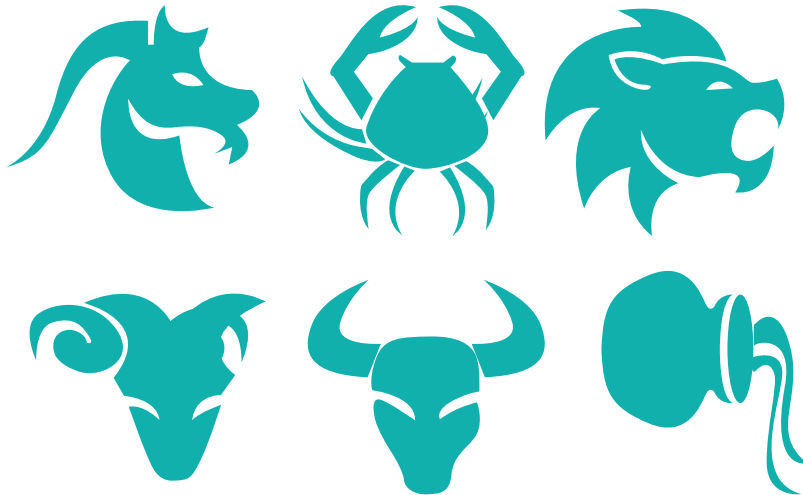
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In time memorial, Mankind has known to be influenced by the planets and stars in the heaven above.

Mankind has in its possession the acquired knowledge from the science of astrology and astronomy so many interesting and mysterious information regarding the mode of government of the Higher Law. The law that governs the Universe is the Supreme Law, and is a fixed principle. Astrology and Astronomy have dealt with this law and their influence in individual life, plant and metal life, on the atmosphere and on the world as a whole. Also, on the Sun-Moon and different planets which can tell us about past, present and future.

The subject in the above science have been viewed from a different angle/aspect of the Law of the Universe; which governs different aspects of the life of individuals or of the nature, by showing similarity of mode that regulate the planets and stars downward upto individual earthly beings.

Biochemistry is an ancient Sanskrit science. It means Chemistry of Life or the union of inorganic and organic substances where by new compounds are formed. In its relation to so called disease, this system uses the inorganic salts, known as cell-salts, or tissue builders.



SAG-FORMULA (DIN: 80006952)

SAGITARIUS (Archer):

Sign of Zodiac – Its characteristics and relations to mineral salts of Individuals born November 23 to December 21.

Silicea (Silica): 8X

This tissue salt remedy relates to the higher mind and connective tissues of the brain. It affects organs of blood vessels, sweat glands of the skin, hair, nails, thighs, hips and nervous system and boney frame-work of the body.

Characteristics: Silicea acts more upon the organic substances of the body, involving prominently bones, joints, glands, skin and mucous surfaces, producing malnutrition. Its action is deep and long lasting.

Silica is a cleanser and eliminator. It is found in the hair, nails, skin, covering of bones and nerves. A deficiency of silicea is indicated in nasal catarrh with offensive discharge, tonsillitis, boils, and ulcers. It helps in great debility, gout and profuse night sweat. The central and peripheral nervous system are definitely affected by silicea, as seen in nervous irritability, depression, anxious dreams, sleepiness, trembling and parietic symptoms. When there is a hard lump in the flesh, threatened with suppuration, silicea promotes discharge of pus and this helps to relieve pain.

The following group of four tissue salt remedies enhances the action of silicea and further accelerates the process of cure.

Calcarea Fluorica: 8X

Is a constituent of skin and connective tissue cells. It is found in the enamel of teeth, bones and elastic fibres of all muscular tissue. A deficiency of calcarea fluorica results in a loss of elasticity and consequent relaxed condition which is the primary cause in a large number of disorder.

Kali-Sulphuricum: 8X

Is a carrier of oxygen, as well as of organic material, to the cells of the skin. A deficiency of Kali Sulphuricum causing lack of oxygen in the skin cells, will give rise to symptoms of chilliness, anxiety, palpitation of heart, sadness, headache and pains in the limbs.

Hepar Sulphuris Calcareum: 8X

This remedy suits scrofulous and lymphatic constitutions who are inclined to have eruptions and glandular swellings. The tendency to suppuration is most marked in this remedy and has been a strong guiding symptom in clinical practice. Also unhealthy skin, great sensitiveness to all impressions and has special affinity to the respiratory mucus membranes, producing profuse secretion and catarrhal inflammation. Slightest cause irritates and one is dejected and sad. A person is worse from dry cold winds, slightest draught and touch. Better in damp weather, from warmth and after eating.

Medicinal Ingredients:

Calcarea Sulphuricum 8X, Sweet Chestnut 6X, Chicory 6X, Rock rose 6X, Holly 6X, Honey Suckle 6X, Cherry Plum 6X, Willow 6X, Silicea 8X, Hepar Sulphuris Calcareum 8X

Non-medicinal Ingredients:

Ethanol (50%) and Water

Cautions and Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

The study of Schuessler's biochemistry enables us to become acquainted with the different kinds of material or basic substances which the great Chemist and Architect of the Universe created as a medium for the spirit, which is life. Spirit manifests imperfectly when material is deficient. Doctrines and the treatment of diseases with inorganic salts, in the principal of Natural Law, has given importance to twelve tissue remedies of biochemistry, the most important and successful method of Dr. Wilhelm Heinrich Schuessler of Germany.

It was Dr. George W. Carey (1845-1924) who ascribed to each sign of the zodiac its corresponding, chemical element or salt and wrote, "The relation of the mineral salts of the body to the signs of Zodiac", the most unique work of the century and the most valuable.

The comprehensive formula prepared for each Zodiac sign, contains besides the tissue-salts, flower and homeopathic remedies. The multi ingredients are used as complementary and to enhance the action of individual tissue salt and further accelerate the process of cure.



CAPRICORN (GOAT)

Sign of Zodiac-Its characteristics and relation to mineral salts of individuals born December 21 to January 21.

Calcarea Phosphorica (Calcium Phosphate): 8X

This tissue salt remedy is a constituent of the bones, teeth, connective tissue, blood corpuscles and the gastric juice.

Characteristics: Calcarea phosphorica uses albumen as a cement to build up bone structure. It enters largely into the formation of teeth, hence it is a valuable remedy in childhood. It is also found in the gastric juice and plays an important part in assimilation and digestion. The sphere of calcarea phosphorica includes all bone disease whether inherited or due to defective nutrition. It is a remedy in anemia and chlorosis, convulsions and spasms in weak scrofulous subjects, in teething, when the teeth are slow to make their appearance or decay too rapidly.

In old age, where the regenerative function decreases in the nervous tissue. Calcarea phosphorica acts as a tonic, in convalescence after acute disease, in chronic wasting diseases and building up new blood corpuscles. It aids in the union of fractured bones and helps deficient development of children. Deficiency of this mineral is the cause of indigestion.

Calcarea Fluorica: 8X

This tissue salt remedy relates to organs of chest, spleen, stomach and solar plexus. It governs expansion/contraction, elasticity and secretion of fluids. Calcarea fluorica is a constituent of skin and connective tissue cells. It is found in the enamel of teeth, bones and elastic fibres of all muscular tissue. A deficiency of this salt, results in a loss of elasticity and consequent relaxed condition, which is the primary cause in a large number of disorders.

Ferrum Phosphoricum: 8X

It colors the blood corpuscles red, carries oxygen to all parts of the body and this furnishes the vital force that sustains life. Without a proper balance of iron in the blood, health cannot be maintained. A deficiency of this salt is the cause of all inflammatory conditions, colds and coughs etc.

Holly (Ilex Aquifolium): 6X

Jealousy and Vexations.

Emotions of a strong and vehement nature are stirred up and may turn the person away from kindness, if only temporarily. Any upsetting circumstances within the environment causes sensitivity of the mind/emotions and the body. Also, the person is further overly sensitive to personally perceived circumstances of threat that create vexations, irritation and the need to “fight back”. The goal is to stay focused on love and kindness: Forbearance.

Honeysuckle (Lonicera Caprifolium): 6X

Longing for past happiness.

One dwells with nostalgia feelings in the memories of happiness once experienced in the past; believing the present or future will never duplicate that happiness. The goal of remedy is to trust that present and future promises, hold new happiness. Have gratitude for previous happiness.

Cherry Plum (Prunus Cerasifera): 6X

Fear of losing mental state.

There is anticipatory fear of threatening impulses from the unconscious mind, which a person knows them to be wrong and does not want to engage in them. The person is apprehensive, that the impulse will win and control and reasoning will give way. The goal of remedy is learning to understand the true meaning of the impulses from the unconscious mind and learning to integrate them into the conscious mind in a healthy, non-threatening way.

Willow (Salix Vitellina): 6X

Resentment and Bitterness.

Despondency and despair arise from the perception of not being dealt with fairly and feeling resentment towards those at fault or toward faith in general. Willow is of use in all mental disorders involving resentment and blame. The goal of remedy is forgiveness and gratitude for the good aspects of one’s life.

Sweet Chestnut (*Castanea Sativa*): 6X

Despair and Faithlessness.

Despondency and despair arise from not seeing meaning in life and giving one's thoughts to faithlessness. The mind in the sweet chestnut state, is stretched to its utmost limits of endurance and seems to be unable to experience further anguish. This remedy is called for when there is severe crisis with loss of faith or any morbid preoccupation with death. Also, some people are in need of this remedy after a loved one has died, as they do not understand where the other has gone and they cannot accept nothingness where there once was life. The goal of remedy is to raise potential for the experiences of faith and new meaning in life to lighten states of extreme agony.

Chicory: 6X

Over concern of welfare of others.

One overly attends to others in a rather self-centered way, without fully taking the other's inner needs into account. Especially their need for independence is totally disregarded. One seeks closeness with those, one cares for. This remedy is indicated in treatment, of inventing sickness in order to gain attention, called factitious disorder. In the chicory state, one has a very hard time to letting go of others and relinquishing one's rights as caretakers. The goal of remedy is to instill love that seeks not to acquire for personal gain but is selfless. Also to truly understand another person's individuality, potential and needs.

Rock Rose (*Helianthemum Nummularium*): 6X

Terror

This remedy heals acute states of extreme fear and terror, and their after effects. There is fear of death. In chronic cases, rock rose treats sensitive nervous system and states of chronic anxiety. The goal of remedy is to have courage, self-transcendence and true heroism.

Natrum Muriaticum: 8X

Is closely associated with nutrition, glandular activity, and with the internal secretions which play such an important part in the physiological process. Its prime function is to maintain a proper degree of moisture throughout the body's system. A deficiency causes a feeling of hopelessness, headache, stomachache, toothache, thin blood and watery, with pallor of skin. Excessive moisture or excessive dryness in any part of the body is a clear indication of natrum muriaticum.

Silicea: 8X

Is a cleanser and eliminator. It is found in the hair, nails, skin, covering of bones and nerves. It is the remedy for ailments attended with pus-formation and is closely related to all fistulous burrowings. Wherever pus is formed in an inflamed part of connective tissue or skin, silicea may be used. It helps in great debility, gout and profuse night sweats. A deficiency of silicea is indicated in nasal catarrh with offensive discharge, tonsillitis, boils, and ulcers. Silicea promotes discharge of pus and this helps to relieve pain.

Aspen (*Populus Tremula*): 6X

Vague fears and foreboding

The mind is in a fearful state with feelings which have presence of evil and not knowing what exactly threatens. A feeling of anxiety and of being vulnerable to the outside forces that are threatening and out of one's control. The superstitions are easily stimulated. Anxiety attacks marked by the typical vague aspen fear, episodes of trembling, sleeping disorders, and insomnia due to nightmares, can be helped by this remedy.

Mimulus (*Mimulus Guttatus*): 6X

Fear and Shyness

This remedy treats concrete fears of known objects, situations or people. The mind in advance, anticipates fearful events and shrinking away from them with a sense of dread. The goal of remedy is to face feared events with courage and trust.

Gentian (Gentianella Amarelle): 6X**Doubt or discouragement**

Uncertainty extends into the area of action and doing. In the negative gentian state one is easily discouraged and often gives up activity when obstacles arise. The goal of remedy is to have faith in one's ability and perseverance. Faith in general.

Larch (Larix Decidua): 6X**Low self-confidence**

A person loses self-confidence, leading to despair and despondency. This state arises from lack of those joyful and devoted experiences with people and tasks that would improve self-esteem and knowledge of one's capacities. Preoccupation and worry about self may further prevent healthful engagement and stabilized self-esteem. The goal of remedy is to create balance and sturdy self-confidence, by reducing focus on oneself and devoting to people and tasks.

Oak (Quercus Robur): 6X**Despondency from overwork**

The state of despair and despondency come from very hard work and not making satisfying progress or gaining rewards. There is a sense of moral duty while acting under compulsion, a virtue and feats of will power. The goal of remedy is to balance work and recreating in a healthful way. To work "Play-fully".

Rock Water (Rock Water): 6X

Hard-master onto oneself, with urge to inspire others. A person believes to be a good example of others, which brings out the urge to inspire and convert them, thereby leading to overcare for "others' welfare". The goal of remedy is to be more gentle with oneself and to cultivate the attitude of "live and let live".

SCO-FORMULA (DIN-HM: 80006945)**SCORPIO (Scorpion)**

Sign of Zodiac – Its characteristic and relations to mineral salts of individuals born October 23 to November 23.

Calcarea Sulphuricum: 8X

This remedy is a constituent of connective tissues. A good healing agent and helps cleansing the body.

Characteristics: Calcarea sulphuricum, patients have a strong will power, determination and high ambition. Children are uncontrollable type, bold, daring and positive. In general a person has a pimply and pustular face with suffering state of eczema. Constant discharge of pus from any part with slow healing and unhealthy condition of connective tissues. A person may suffer from liver trouble, venereal disease, gum boils, disorder of pancreas and kidneys. A deficiency of this salt allows suppuration to continue too long. Silicea hastens the suppurative process, while Calarea sulphurica closes up the process when the proper time comes.

Silicea: 8X

Silicea is a cleanser and eliminator. It is found in hair, nails, skin, covering of bones and nerves. A deficiency of silicea is indicated in nasal catarrh with offensive discharge, tonsillitis, boils and ulcers. It helps in great debility, gout and profuse night sweats. When there is a hard lump in the feet, threatened with suppuration, silicea promotes discharge of pus and thus helps to relieve pain. The central and peripheral nervous system are affected by silicea, as seen in sleeplessness, anxious dreams, nervous irritability, depression, headaches, trembling and paretic symptoms.

Rheum: 8X

Of frequent use in children with sour diarrhoea; whole child smells sour, including breath. A person desire for various kinds of food, but soon tires of all. Throbbing in pit, feels full all time. Colicky pain about naval, with wind seems to rise up to chest. Stools smell sour; with sour diarrhoea during dentition. Worse, uncovering, after eating and moving about.

Medicinal Ingredient:

Naturm Phosphoricum 8X, Scleranthus 6X, Cerato 6X, Holly 6X, Agrimony 6X, Calcarea Carbonica 8X, Rheum 8X

Non-medicinal Ingredient:

Ethanol (50%) and water

Cautions & Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Wild Oat (Bromus Ramosus): 6X**Lack of motivation and incentive**

There is uncertainty in the area of motivation and incentive in regard to choosing a current activity or a whole life path. Daily chores may be accomplished with a sense of boredom or with aversion. The goal of remedy is to rekindle joy and incentive while engaging in current activities deemed necessary of worthwhile.

Cinchona Officinalis: 3X

Debility from exhausting discharges, from loss of vital fluids, together with a nervous erethism, calls for this remedy. Seldom indicated in the earlier stage of acute disease. A person is sensitive to draughts and suffers from chronic gout. Extreme sensitiveness to touch but hard pressure relieves. Coldness with much sweat; one hand ice cold, the other warm. Pains in limbs and joints, as if sprained; worse, slight touch.

Symphytum Officinalis: 6X

The root of this remedy plant, contains a crystalline solid, that stimulates the growth of epithelium on ulcerated surfaces. It is administered internally in the treatment of gastric and duodenal ulcers. Acts on joints generally, especially neuralgia of knee. Of great use in wounds penetrating to perineum and bones, and in non-union of fractures; irritable stump after amputation; and pricking pain and soreness of periosteum. For traumatic injuries of the eyes no remedy equals symphytum.

Sulphur: 8X

This is the great Dr.Hahhnemann's anti-psoric. Its action is centrifugal from within outwards, having an elective affinity for the skin, where it produces heat and burning, with itching made worse by heat of bed. Standing is the worst position for sulphur patients, it is always uncomfortable. Dirty, filthy people, prone to skin affections. General offensive character of discharge and exhalation. Complaints that relapse. Sulphur subject is very selfish with not regard for others, always irritable, depressed and has constant heat on head. Unhealthy, dry, scaly skin.

Ruta Graveolens: 6X

Acts upon the periosteum and cartilages, eyes and uterus. Complaints from straining flexor tendons especially. All parts of the body are painful, as if bruised. Feeling of intense lassitude, weakness and despair. A person feels worse, lying down from cold and wet weather.

Medicinal Ingredients:

Symphytum Officinale 6X, Sulphur 8X, Silicea 8X, Ruta graveolens 6X, Rock water 6X, Oak 6X, Aspen 6X, Natrum muriaticum 8X, Mimulus 6X, Larch 6X, Gentian 6X, Ferrum phosphoricum 8X, Cinchona officinalis 3X, Calcarea phosphorica 8X, Calcarea fluorica 8X, Wild oat 6X

Non-medicinal Ingredients:

Ethanol (50%) and Water

Cautions and Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Holly (Ilex Aquifolium): 6X

Jealousy and Vexations.

Emotions of a strong and vehement nature are stirred up and may turn the person away from kindness, if only temporarily. Any upsetting circumstances within the environment causes sensitivity of the mind/emotions and the body. Also, the person is further overly sensitive to personally perceived circumstances of threat that create vexations, irritation and the need to “fight back”. The goal of this remedy is to stay focused on love and kindness; forbearance.

Scleranthus (Scleranthus Annuus): 6X

Indecision

A person is able to make up his/her mind, having to choose between two options, usually of some magnitude. This result is uncertainty. There is dread of making the wrong decision, of having to let go of one option which might in hindsight been the better one. Also, one loses perspective due to flooding of the mind with details and arguments. Emotional instability, capriciousness, and mood swings are common in the scleranthus state. The body is marked by changeability of symptoms, which may alternate between mental/emotional and physical expression. There may be quick fluctuations in weight.

Calcarea Carbonica: 8X

This great hahnemannian antipsoric is a constitutional remedy “par excellence”. Impaired nutrition being the key note of its action; the glands, skin, and bones, being instrumental in the changes wrought. Increased general perspiration, swelling of glands, scrofulous and rachitic conditions generally offer opportunities for the exhibition of calcarea. It covers the tickling of cough, fleeting chest pains, nausea, acidity and dislike of fat. A jaded state, mental or physical, due to overwork. Pituitary and thyroid dysfunction and also abscesses in deep muscles.

LIB-FORMULA (DIN-HM: 80007013)

LIBRA (Scales or Balance)

Sign of Zodiac – Its characteristics and relations to mineral salts of individuals born September 23 to October 23.

Natrum Phosphoricum (Sodium Phosphate): 8X

This tissue salt remedy relates to sexual organs, loin (lumber region) urinary and kidneys.

Characteristics: Natrum Phosphoricum persons have bilious temperament, nephritis, rheumatic disorders, kidneys and bladder weakness, gout, flatulence, worms, eczema, gall-stones etc. Also retarded digestion, gastric ulcers, dyspepsia, ulceration of stomach and bilious diarrhoea.

Natrum Phosphoricum is the chief remedy to be used when there is excess of acid in the system. It is an acid neutralizer and of importance for the proper functioning of the digestive organs. A deficiency of natrum phos., gives rise to a wide group of ailments, when an acid state of the blood occurs. It relieves sour vomiting and belching due to acid conditions of the stomach. It emulsifies fatty acids and it is therefore a remedy for all dyspeptic conditions traceable to fats, or such as are aggravated by their use. It has an affinity for sugar and assists in eliminating any excess from the blood.

Agrimony (Agrimonia Eupatoria): 6X

Mental torture or worry

The mind is overly sensitive and in disharmony with the environment. Internal restlessness and worry, plus the effort to find peace within one's own mind. Anxieties and worries stifle physical ease and well being. Traditionally agrimony has been used as an herbal remedy for liver troubles. This remedy is used to strengthen inner peace so that outside disorder is not too disturbing.

Cerato (Ceratostigma Willmottiana): 6X

Self-distrust

There is lack of decisiveness and uncertainty within oneself. As a result others are asked for advice, as one's own ability to make decisions is not trusted. The cause usually lack of self-confidence or lack of inner assuredness.

AQU-FORMULA (DIN-HM: 80007021)

AQUARIUS (Water Carrier):

Sign of Zodiac – It's characteristics and relations to mineral salts of individuals born January 21 to February 20.

Natrum muriaticum (Sodium Chloride): 8X

This tissue salt remedy relates to ailments of nerves, and disorders of calves up to ankles.

Characteristics: Natrum muriaticum persons may be susceptible to cold, dropsy, water brash, dryness of mouth, constipation, shingles, eczema, indigestion, anaemia, restlessness and irritability. The following are marked symptoms: Morose, tearful, dislikes consolation, watery swelling or blisters, excessive salt taking habits, skin surface is too dry or moist.

Natrum-Mur, promotes the activity of tissue change and increases the excretion of urea, hence its use in chronic scrofulous ailments affecting the glands, bowels and skin. It acts upon the tract and upon liver and spleen. The action of natrum-mur., is the opposite of natrum-sulph. Both have the property to attract water, but for opposite purposes. Natrum-mur., attracts the water which is to be used in the organism, while natrum-sulph attracts water and secures its elimination from the organism.

The human body contains more of this cell-salt than any other, except calcarea-phos. It is the power that this cell-salt has to use water that renders it of value to mankind.

The following group of three tissue salt remedies enhances the action of natrum-mur & further accelerates the process and cure.

Calcarea Sulphuricum: 8X

Is a blood purifier and healer. It is found in the liver, blood and in skin cells. It aids to prevent cell degeneration and helps in the removal of waste products from the blood. Calcarea-sulph., is the remedy for impurities in the blood stream.

Ferrum Phosphoricum: 8X

A deficiency of this salt is the cause of all inflammatory conditions, colds, coughs etc. It colours the blood corpuscles red, carries oxygen to all parts of the body and thus furnishes the vital force that sustains life. Without a proper balance of iron in the blood, health cannot be maintained.

Kali Sulphuricum: 8X

Is a carrier of oxygen, as well as of organic material, to the cells of the skin. A deficiency of kali-sulph, causing a lack of oxygen in the skin cells, will give rise to symptoms of chilliness, anxiety, palpitation of heart, sadness, headache and pains in the limbs. It furnishes vitality to the epithelial tissues, and is a constituent of the scalp.

Water Violet (*Hottonia Palustris*): 6X

Pride or aloofness

Loneliness of mind and heart arises from removing from people and putting oneself above them, instead of turning into their inner natures and bonding with them. Lack of spontaneity and lively involvement may lead to physical stiffness and rigidity.

Walnut (*Juglans Regia*): 6X

Easy impressionability

The mind is overly sensitive to all impressions and influence from the outside world. The person in need of walnut is too easily impressed and influenced in daily choices or in important life choices. Also those in need of walnut may show heightened sensitivity to radiation coming from computers or neon lights. They may over react to smells and become nauseated easily, even seemingly harmless substances such as perfumes may give a headache or nausea.

Vervain (*Verbena officinalis*): 6X

Over enthusiasm

In the vervain state, the mind is convinced enthusiastically of certain ideals or ideas and attempts to live up to them. A person ardently tries to convert others to one's own view point, which leads to over care for other's welfare. Escalating tension and excessive drive of willpower may take its toll on the nervous system or even lead to nervous breakdown.

Pulsatilla: 6X

The weather-cock among remedies. The disposition and mental state are the chief guiding symptoms to the selection of pulsatilla. It is pre-eminently a female remedy, especially for individual of mild, gentle, yielding disposition. The person seeks the open air; always feel better there, even though she is chilly. Weeps easily; timid; irresolute; highly emotional. Morbid dread of the opposite sex. Predominant symptoms are perceptible pulsation in pit of stomach; averse to fat foods, warm food and drinks, rapidly shifting pains in limbs, heels, feet inflamed, red and swollen. Headache from over work; neuralgic pains, commencing in right temporal region, with scalding lachrymation of affected side. Person feels worse from heat; after eating rich fat food and when allowing feet to hang down. Better in open air, cold applications, cold food and drinks.

Medicinal Ingredients:

Centaury 6X, Beech 6X, Kali Sulphuricum 8X, Crab Apple 6X, Pine 6X, Pulsatilla 6X

Non-medicinal Ingredients:

Ethanol (50%) and Water

Cautions and Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Centuary (Centaureum Umbellatum): 6X**Weakness, too willing servitor**

A person is docile and always too willing to do anything for others. His over sensitivity comes from being too open and receptive to the expectations and demands of others; enhanced by one's desire to love and serve. The goal of this remedy is to keep one's own needs in mind, while upholding one's good intentions and joy of service.

Crab Apple (Malus Pumila): 6X**Shame or feeling of uncleanness**

The mind concentrates on one's internal or external aspect of the personality considered unclean or shameful. As a consequence one feels despondency and despair. This remedy can be of service in unclean skin, acne, accumulated waste in the blood, cleansing of digestive tract, long-lasting waste in the blood, cleansing of digestive tract, long-lasting viral infections and chronic poisoning due to environmental hazards.

Pine (Pinus Sylvestris): 6X**Guilt and self-blame**

Despondency and despair center around guilt feelings, that one feels unable to rise above. Self-blame and regret may be high. The goal of remedy is to forgive oneself and resolve not to repeat the same fault. Self-forgiveness comes easier when learns to forgive others with similar faults.

Star of Bethlehem (Ornithogalum Umbellatum): 6X**Sadness, Grief, Shock.**

The bad effects from trauma cause despondency or despair. This remedy will release trauma, by soothing and comforting the heart. Physical symptoms are lack of appetite, digestive problems, shock and collapse and other symptoms of grief and shock may be present. The diaphragm is known to tighten during grief and impair breathing, leading to sighing.

Phosphorus: 8X

Causes yellow atrophy of the liver and subacute hepatitis. It disorganizes the blood, irritates, inflames and degenerates mucous membranes, irritates and inflames serous membrane, inflames spinal cord and nerves, causing paralysis. Great lowness of spirits, fearfulness, as if something were creeping out of every corner. Dread of death when alone, insanity with an exaggerated idea of one's own importance. Excitable, restless, hypo-sensitive and indifferent.

Sulphur: 8X

This is a great anti-psoric remedy. Its action is centrifugal from within outward. It has an elective affinity for the skin, where it produces heat and burning with itching. One is very forgetful, difficulty in thinking, gets delusions- thinks rags are beautiful things and that he is immensely wealthy. Childish peevishness in grown up people, and nearly always irritable worse when standing at rest, washing; better drawing up affected limbs.

Sepia: 3X

A person has an upward tendency of its symptoms. All pains are from below up. Weeps when telling symptoms. Averse to family and easily offended. Dreads to be alone; very sad. Herpes behind ears on nape of neck. Watery swelling or blisters. Restlessness in all limbs, twitching and jerking night and day. Urticaria on going in open air; better in warm room; surface of skin is too dry complementary to natrum-mur.

Medicinal Ingredient:

Calcarea Sulphuricum 8X, Ferrum Phosphoricum 8X, Kali Sulphuricum 8X, Natrum Muriaticum 8X, Phosphorus 8X, Water violet 6X, Walnut 6X, Star of Bethlehem 6X, Sulphur 8X, Vervain 6X, Sepia 3X

Non-medicinal Ingredient:

Ethanol (50%) and water

Cautions and warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Cautions & Warnings:

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VIR-FORMULA (DIN-HM: 80007020)**VIRGO (Virgin)**

Sign of Zodiac – Its characteristics and relation to mineral salts of individuals born August 23 to September 23.

Kali Sulphuricum (Sulphate of Potash): 8X

This tissue salt remedy relates to organs of abdominal region. Ailments such as sluggish liver, constipated congestion of liver, bilious, bowel troubles and indigestion. Poor circulation and all forms of catarrh.

Characteristics: Kali Sulphuricum is a carrier of oxygen to the epidermis and epithelial cells of skin by effecting the access of oxygen so hastening formation of new cells, loosening and throwing off the old ones. Manufacturer and distributor of oil and lubricants, and as well carries organic material to the cells of the skin.

It has affinity for oil, hence its secretions are sticky and slimy. A deficiency of kali sulph., causing a lack of oxygen in the skin cells, will give rise to symptoms of chilliness, anxiety, palpitation of heart, sadness, headache, and pains in the limbs. It corresponds to the third stage of all inflammatory conditions, when the secretions are light yellow, slimy, watery or greenish matter. It promotes perspiration opens the pores of the skin and throws the blood on the surface. All of its symptoms are aggravated in a warm room, worse in the afternoon, and are relieved in the cool fresh air.

Beech (Fugus Sylvatica): 6X**Intolerance and criticism**

This remedy deals with attitude of control and care toward others. One sets up ideas of people's behavior, their position in life and their demeanor. One who do not measure up is then criticized. This attitude is openly expressed and attempts are made to fit the other people into this ideal image. The individual shows feeling for overcare for others' welfare. Fault-finding, criticism, and intolerance are predominant traits.

Pulsatilla: 6X

The weather-cock among remedies. The disposition and mental state are the chief guiding symptoms. It is pre-dominantly a female remedy for individual of mild, gentle, yielding disposition. Predominating symptoms are, preceptable pulsation in pit of stomach; adverse to fatty foods; warm foods and drinks; rapidly shifting pains in limbs; feet inflamed, headache from overwork; neuralgic pains, commencing in right temporal region. Person feels worse from heat and after eating fat foods. Better in open air, cold applications, cold food and drinks.

Medicinal Ingredients:

Magnesia Phosphorica 8X, Kali Sulphuricum 8X, Vine 6X, Vervain 6X, Colocynthis 6X, Belladonna 6X, Pulsatilla 6X, Cimicifuga racemosa 3X

Non-medicinal Ingredients:

Ethanol (50%) and water

Cautions and warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

PIS-FORMULA (DIN-HM: 80006911)**PISCES (Fish):**

Sign of Zodiac – Its characteristics and relations to mineral salts of Individuals born February 20 to March 21.

Ferrum Phosphoricum (Ferrous phosphate): 8X

This tissue salt remedy relates well to organs such as blood, red corpuscles, feet and extremities.

Characteristics: Ferrum-phosphoricum, is the pre-eminent biochemic first aid. It is the oxygen-carrier. It takes up oxygen from the air and through lungs carries it in the blood stream to all parts of the body, thus furnishing the vital force that sustains life. It gives strength and toughness to the walls of blood vessels, especially the arteries. Congestion, inflammatory pain, high temperature, quickened pulse, all call for more oxygen, which is taken up by the blood stream through the medium of ferrum phos., to the affected areas. A deficiency of this tissue-salt is the cause of all inflammatory conditions. Ferrum-phos., symptoms are always, aggravated by motion and relieved by cold.

Clematis (Clematis Vitalba): 6X**Indifference or boredom.**

The mind is set on dreams of future fulfillment rather than seeing the present as promising and trying to find happiness there in. One does not believe that happiness can be found in the present. The mind wanders with longing to a time in the future, when fulfillment is hoped for. One is absent-minded and day dreaming. The goal of remedy is to trust that happiness is to be found here and now and that one can reach for it.

Rock Rose: (Helianthemum Nummularium): 6X**Terror**

Heals acute states of extreme fear and terror and their after effects. In acute state, there is fear of death, a feeling of great danger and sometimes an urge to run. In chronic cases Rock Rose treats sensitive nervous systems and states of chronic anxiety. The goal of remedy is self-excelling, courage and true heroism.

Aspen (Populus Tremula): 6X**Vague Fears and Foreboding**

The mind is in a fearful state with feelings which have presence of evil and not knowing what exactly threatens. A feeling of anxiety and of being vulnerable to the outside forces that are threatening and out of one's control. The superstitions are easily stimulated. The goal of remedy is to have faith that one is safe and guarded.

Aconitum Napellus: 6X

Physical and mental restlessness, fright, is the most characteristic manifestation of aconite. Also, acute sudden and violent invasion, with fever, call for this remedy. Tension of arteries, serous membranes and muscular tissues are markedly affected. Aconite is to be given when there is great fear, anxiety, and worry accompany every ailment, however trivial. Delirium is characterized by unhappiness, fever, raving and rarely unconsciousness. One fears death, but also believes that he will soon die and predicts the day.

Gelsemium Sempervirens: 6X

Gelsemium centers its action upon the nervous system, causing various degrees of motor paralysis. The following symptoms are marked, general prostration, dizziness, drowsiness, dullness, and trembling. Also, slow pulse, tired feeling, mental apathy, lack of muscular co-ordination with muscular paralysis. General depression from heat of the sun. Children fear falling, grab nurse or crib and have sluggish circulation. Symptoms are worse in damp weather, before thunder storm and bad news; better in open air, by profuse urination and continued motion.

Cinchona Officinalis: 3X

Debility from exhausting discharges from loss of vital fluids, together with nervous irritability calls for this remedy. Periodicity is most marked. It is seldom indicated in the earlier stages of acute disease. However, its use is indicated in chronic gout, chronic suppurative inflammation of the pelvis of the kidney, and post-operative gas pain. Great debility with pain in limbs and swollen joints, trembling with numb sensation and worse slight touch, but better by hard pressure.

Vine (Vitis Vinifera): 6X**Domination of others**

Overcare for others' welfare exists in one's tendency to influence and control others, even if they do not wish for it. Exaggerated ambitiousness accompanied by envy, may give rise to coronary heart disease, frustration and worry can lead to gastric and duodenal ulcers.

Vervain (Verbena Officinalis): 6X**Overenthusiasm**

A person is convinced that certain ideas or views are right, and ardently tries to convert others to one's own view point, which leads to overcare for other's welfare. Escalating tension and excessive drive of willpower may take its toll on the nervous system or even lead to nervous breakdown.

Colocynthis: 6X

Develops most of its symptoms in the abdomen and head, causing intense neuralgias. The neuralgic pains are nearly always relieved by pressure. It relieves ailments of women with copious menstruation, cramps, twitching and shortening of muscles. Agonizing pain in abdomen, causing person to bend double, is most characteristic. Contracting and bruised sensations as if clamped with iron bands. A person is extremely irritable and becomes angry when questioned.

Belladonna: 6X

Belladonna acts upon every part of the nervous system. It has a marked action on the vascular system, skin and glands, neuralgic pains that come and go suddenly. Belladonna is always associated with hot, red skin, flushed face and excited mental state. It is a great children's remedy, and it stands for violence of attack and suddenness of onset.

Cimicifuga Racemosa: 3X

Cimicifuga Racemosa has a wide action upon the cerebrospinal and muscular system, as well as upon the uterus and ovaries. Especially useful in rheumatic, nervous subjects with ovarian irritation, uterine cramps and heavy limbs. Its muscular and crampy pains, primarily of neurotic origin, occurring in every part of the body, are characteristic. Agitation and pain indicate its use.

LEO-FORMULA (DIN-HM: 80007016)**LEO (Lion)**

Sign of Zodiac – Its characteristics and relation to mineral salts of individuals born July 22 to August 23.

Magnesia Phosphorica (Magnesium Phosphate): 8X

This tissue salt remedy relates to organs of heart and motor nerves. It is known as anti-pain salt.

Characteristics: Magnesia phosphorica is chiefly found in the white fibres of the nerves and muscles. Its main function is in connection with nervous system and is known as anti-spasmodic tissue salt. When a deficiency of magnesia phosphorica occurs, the white nerve fibers contract, causing spasms and cramps. This remedy ensures muscular tissue rhythmic and coherent movement.

In spasmodic conditions, the end to be desired is to relax the muscles, and can be accomplished only by relaxing the motor nerve. It should be given in all forms of spasms, in cramps, St. Vitus' Dance, spasmodic retention of urine, colic, palsy, painful menstruation. Neuralgic pains (sharp, shooting, darting) in the head, face, teeth, stomach or abdomen, call for this remedy. All pains are lightning-like, shooting or boring and change their location frequently.

Magnesia phos., pains are worse on the right side, from cold air, cold water and by touch. Relieved by heat, from pressure and friction.

Kali Sulphuricum (Potassium Sulfate): 8X

This remedy completes the work of Mag. Phos., when it fails to relieve pain. Kali Sulphuricum plays an important role, because it is found in the cells and in the intercellular fluids, muscles, nerves, epithelium and in the blood corpuscles. It is the carrier of oxygen, as well as of organic material, and it furnishes vitality to the epithelial tissues. A deficiency of kali sulphuricum may according to location and extent, occasion the following symptoms: Headache, toothache, pains in the limbs, which intermit and change location, heaviness, weariness, fear, palpitation, chilliness and melancholy (sadness).

Clematis (Clematis Vitalba): 6X**Indifference or boredom.**

The mind is set on dreams of future fulfillment rather than seeing the present as promising and trying to find happiness there in. One does not believe that happiness can be found in the present. The mind wanders with longing to a time in the future, when fulfillment is hoped for. One is absent-minded and day dreaming. The goal of remedy is to trust that happiness is to be found here and now and that one can reach for it.

Rock Rose: (Helianthemum Nummularium): 6X**Terror**

Heals acute states of extreme fear and terror and their after effects. In acute state, there is fear of death, a feeling of great danger and sometimes an urge to run. In chronic cases Rock Rose treats sensitive nervous systems and states of chronic anxiety. The goal of remedy is self-excelling, courage and true heroism.

Aspen (Populus Tremula): 6X**Vague Fears and Foreboding**

The mind is in a fearful state with feelings which have presence of evil and not knowing what exactly threatens. A feeling of anxiety and of being vulnerable to the outside forces that are threatening and out of one's control. The superstitions are easily stimulated. The goal of remedy is to have faith that one is safe and guarded.

Aconitum Napellus: 6X

Physical and mental restlessness, fright, is the most characteristic manifestation of aconite. Also, acute sudden and violent invasion, with fever, call for this remedy. Tension of arteries, serous membranes and muscular tissues are markedly affected. Aconite is to be given when there is great fear, anxiety, and worry accompany every ailment, however trivial. Delirium is characterized by unhappiness, fever, raving and rarely unconsciousness. One fears death, but also believes that he will soon die and predicts the day.

Gelsemium Sempervirens: 6X

Gelsemium centers its action upon the nervous system, causing various degrees of motor paralysis. The following symptoms are marked, general prostration, dizziness, drowsiness, dullness, and trembling. Also, slow pulse, tired feeling, mental apathy, lack of muscular co-ordination with muscular paralysis. General depression from heat of the sun. Children fear falling, grab nurse or crib and have sluggish circulation. Symptoms are worse in damp weather, before thunder storm and bad news; better in open air, by profuse urination and continued motion.

Cinchona Officinalis: 3X

Debility from exhausting discharges from loss of vital fluids, together with nervous irritability calls for this remedy. Periodicity is most marked. It is seldom indicated in the earlier stages of acute disease. However, its use is indicated in chronic gout, chronic suppurative inflammation of the pelvis of the kidney, and post-operative gas pain. Great debility with pain in limbs and swollen joints, trembling with numb sensation and worse slight touch, but better by hard pressure.

Calcarea Phosphorica: 8X

Calcarea Phosphorica is the constituent of the bones, teeth, connective tissue, blood corpuscles, and the gastric juice. It helps anaemic children who are peevish, flabby, have cold extremities and feeble digestion. It unites with the organic substance albumen, giving solidity to the bones, building the teeth, and entering into all the important secretions of the body, such as the blood and gastric juices. It aids the union of fractured bones.

Bryonia Alba: 6X

Acts on all serous membranes and aching in every muscle. The general character of the pain here produced is a stitching, tearing and worse by motion; better by rest. Mucous membranes are all very dry. The bryonia patient is exceedingly irritable and everything puts him out of humour. The stitching pains, characteristic of this remedy, are found everywhere and greatly aggravated by motion and worse by pressure in the chest. Bryonia's other marked symptoms are, dry parched lips and mouth, excessive thirst, bitter taste, dry cough, dry stools, rheumatic pains and swelling, vertigo from rising the head, and pressive headache.

Hydrofluoricum Acidum: 8X

This remedy helps in premature ageing, varicose veins, cicatries, alzheimer's syndrome and young people who look old. Provides increased ability to exercise without fatigue and less affected by excessive heat of summer or cold of winter. It performs well on exostosis of bones, rapid caries of teeth, dental and lachrymal disorders. A person is worse in warm room, morning and taking warm drinks. Better while waking and in cold environment.

Medicinal Ingredients:

Silicea 8X, Aspen 6X, Honeysuckle 6X, Hydrofluoric acid 8X, Clematis 6X, Chicory 6X, Centaury 6X, Aurum Metallicum 8X, Red chestnut 6X, Calcarea Fluorica 8X

Non-medicinal Ingredients:

Ethanol (50%) and Water

Cautions & Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Centuary (Centaurium Umbellatum): 6X**Weakness, too willing servitor**

In the mental realm, the balance of perception is tilted overly in favor of others. A person is docile and always too willing to do anything for others. His over sensitivity comes from being too open and receptive to the expectations and demands of others; enhanced by one's desire to love and serve. One is weak in mind/emotions and body, lack of stamina may be apparent; people may not seem fully invigorated or empowered. The goal of remedy is to keep one's own needs in mind, while upholding one's good intentions and joy of service.

Red Chestnut (Aesculus Carnea): 6X**Fear for Other's Welfare**

The mind is fearful that something bad or dangerous may befall a loved one. The person in fear feels that he/she is out of immediate care of the loved one and therefore out of control of the situation and cannot guard. Accompanying this state of mind, there is great nervousness and agitation. Physical nervousness and anxious weakness can be extreme, with tightening from fear in the stomach and abdominal region. This internal tightening is a psychosomatic attempt to hold on to the other and give protection from dangers.

Aurum Metallicum: 8X

Aurum assumes great importance as a remedy in victims of syphilis, where mental state of great depression are produced, together with, hopelessness, despondent and great desire to commit suicide. Every opportunity is sought for self-destruction. Predominant symptoms are arterio sclerosis, high blood pressure, nightly paroxysms of pain behind sternum, sclerosis of liver and weak memory. Also prevalent is destruction of bones, like secondary syphilis. Pain in bones of head, lumps under scalp, exostosis with nightly pains in bones worse in cold weather, many complaints come only in winter.

Antimonium Tartaricum: 6X

Clinically, its therapeutic application has been confined largely to the treatment of respiratory diseases. Rattling of mucus with little expectoration has been a guiding symptom. Characteristic of this remedy is that there is much drowsiness, debility and sweat. It is prescribed in cholera and is homeopathic to dysuria, strangury, catarrh of bladder and urethra, burning in rectum, bloody mucus stools, etc. Bronchial tubes overloaded with mucus resulting in coughing and gapping consequently. Cough is excited by eating with pain in chest and larynx. Odema and impending paralysis of lungs. A person is worse from warmth, eating sour things, and in damp cold weather. Feels better from eructation and expectoration.

Medicinal Ingredients:

Ferrum Phosphoricum 8X, Clematis 6X, Rock rose 6X, Aspen 6X, Aconitum napellus 6X, Gelsemium sempervirens 6X, Cinchona officinalis 3X, Calcarea phosphorica 8X, Bryonia alba 6X, Antimonium tartaricum 6X

Non-medicinal Ingredient:

Ethanol (50%) and water

Cautions and Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

ARI-FORMULA (DIN-HM: 80006905)

ARIES (RAM): Sign of Zodiac – Its characteristics and relations to mineral salts of individuals born, March 21 to April 21.

Kali Phosphoricum (Potassium Phosphate): 8X

Electrical vibration which produces highest energy of life. This remedy relates well to the top of head; first part of the body, the cerebrum – organ of thought.

Characteristics: Kali Phosphoricum is contained in the cells of the brain, nerves, muscles, blood (corpuscles and plasma), and intercellular fluids. Any disturbance in the motion of its molecules, produces in the thought cells; despondency, anxiety, fearfulness, home-sickness, suspiciousness, and weak memory. In motor nerves, there is weakness of muscles and paralysis of nerves; in vaso-motor nerves, first there is frequent pulse and later retarded; in sensory nerves, pain with sensation of paralysis.

Shortage of this tissue-salt causes mental disorder, nerve troubles, depression, insomnia, irritability, sensitiveness, headache, hysteria, all gone sensation in the abdomen and paralysis. In addition, nerve impulses, sensory organs of sight, hearing, taste and smell. This remedy creates gray matters of the brain by uniting albumin and oxygen. It is anti-psoric.

Calcarea Fluorica (Calcium Fluoride): 8X

It is found in the surface of bones, the enamel of teeth in elastic fibres in the cells of epidermis. It has been principally used for dispersing bony growths, ulceration of bones and for fistula. Also a powerful remedy for hard stony glands, varicose and enlarged veins and malnutrition of bones. It is a constituent of connective tissue, and the elastic fiber of all muscular tissue. Ailments which can be traced to a relaxed condition of the elastic fibres, including dilation of blood vessels, hemorrhoids, varicose veins and hardened glands, require calcarea-fluorica. A deficiency of this salt causes relaxation of fibre in muscular tissue and is a primary condition in a large number of diseases. The mental condition is one of depression, anxiety and indecision. Cases of cata-ract have been influenced favourably by this remedy.

Aspen (Populus Tremula): 6X**Vague fears and foreboding**

The mind is in a fearful state with feelings which have presence of evil and not knowing what exactly threatens. A feeling of anxiety and of being vulnerable to the outside forces that are threatening and out of one's control. The superstitions are easily stimulated. Anxiety attacks marked by the typical vague aspen fear, episodes of trembling, sleeping disorders, and insomnia due to nightmares, can be helped by this remedy.

Honeysuckle (Lonicera Caprifolium): 6X**Longing for past happiness**

One dwells with nostalgia feelings in the memories of happiness once experienced in the past; believing the present or future will never duplicate that happiness. The goal of remedy is to trust that present and future promises hold new happiness. Have gratitude for previous happiness.

Clematis (Clematis Vitalba): 6X**Indifference or boredom**

One does not believe that happiness can be found in the present. The mind wanders with longing to a time in the future, when fulfillment is hoped for. One is absent-minded and day dreaming. The goal of remedy is to trust that happiness is to be found here and now and that one can reach for it.

Chicory (Cichorium Intybus): 6X**Overconcern of welfare of others.**

One overly attends to others in a rather self-centered way, without fully taking the other's inner needs into account. Especially their need for independence is totally disregarded. One seeks closeness with those one cares for. The goal of remedy is true respect for other's wishes by tuning into the others inner world.

CAN-FORMULA (DIN: 80006981)

CANCER (Crab)

Sign of Zodiac- Its characteristics and Relation to mineral salts of individuals born June 21 to July 21.

Calcarea Fluorica (Calcium Fluoride): 8X

This tissue salt remedy relates to organs of chest, spleen, stomach and solar plexus.

Characteristics: It governs expansion/contraction, elasticity and secretion of fluids. A person is likely to suffer from glands, piles, flatulence, heart troubles, haemorrhage, bones, white corpuscles, prolapsed organs, varicose veins, hardening of arteries, receding gums and loose teeth, cataract, blurred vision, and elastic fibre of muscle tissues. Chief indication is connection of thought becomes difficult, and one feels exhausted and tired.

Calcarea fluorica is a constituent of skin and connective tissue cells. It is found in the enamel of teeth, bones and elastic fibers of all muscular tissue. A deficiency of calcarea fluorica results in a loss of elasticity and consequent relaxed condition, which is the primary cause in a large number of disorders.

Silicea (Silica): 8X

Silicea is a cleanser and eliminator. It is found in the hair, nails, skin, covering of bones and nerves. A deficiency of silicea is indicated in nasal catarrh with offensive discharge, tonsillitis, boils, and ulcers. It helps in great debility, gout and profuse night sweats. When there is a hard lump in the flesh, threatened with suppuration, silicea promotes discharge of pus and thus helps to relieve pain. The central and peripheral nervous system are definitely affected by silicea, as seen in sleepiness, anxious dreams, nervous irritability, depression, headaches, trembling and paretic symptoms.

Ferrum Phosphoricum (Ferrous Phosphate): 8X

It is found in the blood, where it colors the corpuscles red and carries oxygen to all parts of the body. It gives strength to the circular wall of the blood vessels, especially the arteries. Without a proper balance of ferrum phos., in the blood, health cannot be maintained. A deficiency of this salt is the cause of all inflammatory conditions, colds, coughs, etc. This remedy is indicated in abnormal conditions of the corpuscles of blood and in all febrile disturbances and inflammations, at the commencement, before exudation has begun. Ferrum phos, symptoms are always aggravated by motion and relieved by cold, example, headache better by cold applications.

Wild Oat (Bromus Ramosus): 6X

Lack of Motivation and Incentive.

There is uncertainty in the area of motivation and incentive in regard to choosing a current activity or a whole life path. Daily chores may be accompanied with a sense of boredom or with aversion. Wild oat will liberate the inner energies and bring the adventure of self-realization. Emotions accompanying the wild oat state center around frustration, aversion, dissatisfaction, boredom and feelings of being not fully activated in one's potential in the field of physical tendencies; lethargy, a lack of appetite, and mental dullness may accompany in the wild oat state.

Heather (Calluna Vulgaris): 6X

Self-centered, talkativeness.

Inner loneliness comes from not connecting fully with others and their person needs. Instead, one is overly concerned with one's own affairs and needs, and one gives into the strong urge to talk about them. The cause of the heather state is true emotional need, coupled with the inability to find an appropriate partner or avenue of expressing the internal suffering. There exists a self-centered view of life, and one holds the assumption that one desires sympathy and regard. This remedy widens the inner center of individuality to the welcome of others. One needs the connection with others.

Impatiens (Impatiens Glandulifera): 6X**Impatience.**

Inner loneliness exists because one is quick in thought and action and urges others to follow, without taking into account, their personal pace and individual natures. There is the urgency to work and move fast, as the mind is in a tense, wound-up state. Efficiency is a desirable goal in this state, one works fast and gets the work done. Impatient people may be ruthless or self-centered, short of temper and intimidating. The goal of the remedy is to allow others to unfold according to their individual pace; patience based on inner kindness.

Vine (Vitis Vinifera): 6X**Domination of Others**

Overcare for other's welfare exists in one's tendency to influence and control others, even if they do not wish for it. People's opinion and wishes are disregarded and in an extreme case of outright controlling behavior, dominance may lead to ruthlessness and violent abuse. Exaggerated ambitiousness accompanied by envy, may give rise to coronary heart disease, frustration and worry can lead to gastric and duodenal ulcers.

Cimicifuga Racemosa: 3X

This remedy has a wide action upon the cerebrospinal and muscular, as well as upon the uterus and ovaries. Especially useful in rheumatic, nervous subjects with ovarian irritation, uterine cramps and heavy limbs. Its muscular and crampy pains, primarily of neurotic origin, occurring in every part of the body, are characteristic.

Sulphur: 8X

This is the great Dr. Hahnemann's anti-psoric. Its action is centrifugal, from within outward, having an elective affinity for the skin, where it produces heat and burning with itching made worse by heat of bed. Standing is the worst position for sulphur patients, it is always uncomfortable dirty, filthy people, prone to skin affections. General offensive character and discharge and exhalation. Complaints that relapse.

Mercurius Solubilis: 8X

A person is relieved from stabbing, tearing pain especially affecting right side at night and while lying on the affected side. Worse at night, itching is aggravated due to warmth of bed while sleeping. It helps relieve swollen, spongy and bleeding gums; dysentery with colic and tenesmus epistaxis (nose bleed); swollen tongue and profuse salivation. This is Dr. Hahnemann's classic remedy for syphilis and diseases of the genito-urinary tract.

Medicinal Ingredient:

Kali Muriaticum 8X, Calcarea Phosphorica 8X, Ferrum Phosphoricum 8X, Silicea 8X, Calcarea Sulphurica 8X, Kali Sulphuricum 8X, Natrum Muriaticum 8X, White Chestnut 6X, Cerato 6X, Hornbeam 6X, Mimulus 6X, Bryonia Alba 6X, Mercurius Solubilis 8X, Sulphur 8X

Non-Medicinal Ingredient:

Ethanol (50%) and Water

Cautions and Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Cerato (Ceratostigma Willmottianum): 6X**Self-distrust**

There is lack of decisiveness and uncertainty within oneself. As a result others are asked for advice, as one's own ability to make decisions is not trusted. The cause usually lack of self-confidence or lack of inner assuredness. Cerato may aid in reviving inner creativity and help the person decide on a strategy of defense. The goal is to increase intuitive powers.

Hornbeam (Carpinus Befulus): 6X**Mental Fatigue**

The mind and body seems tired. A person is prone to procrastination and bent on avoiding prolonged effort. Uncertainty lies in the inability to focus the mind with clarity and power of concentration to the task at hand. The goal of remedy is mental clarity and joy of attending to one's tasks.

Mimulus (Mimulus Guttatus): 6X**Fear and Shyness**

This remedy treats concrete fears of known objects, situations or people. The mind in advance, anticipates fearful events and shrinking away from them with a sense of dread. The goal is to face feared events with courage and trust.

Bryonia Alba: 6X

Acts on all serous membranes and any organ enclosed within the cranium, abdominal cavity or throat. Aching in every muscle. The general character of the pain here produced is a stitching, tearing; worse by motion, better rest. These stitching pains, are greatly aggravated by any motion and found everywhere, especially in the chest; worse pressure. Bryonia is called the "Grumpy bear" remedy, because the person who needs it is irritable and wishes to be left all alone. Children dislike to be carried or raised. Worse, warmth, any motion, excretion and hot weather. Better lying on painful side, pressure, rest, cold things.

Coffea Cruda: 3X

Coffea stimulates the fundamental activity of all organs, thereby, increasing the nervous and vascular activity. It causes great nervous agitation and restlessness. Extreme sensitiveness characterizes this remedy. Other evident symptoms are neuralgia in various parts, always with great nervous excitability and intolerance of pain, driving the person to despair. Further bad effects of sudden emotions, surprises, joy and nervous palpitation. Sleepless on account of mental activity, flow of ideas, with nervous excitability. One shows intolerance to tight clothing. Strong black coffee, drunk as hot as possible, is indispensable as an antidote in a large number of poisons, especially narcotics.

Gelsemium Sempervirens: 6X

This remedy centers its action upon the nervous system, causing various degrees of motor paralysis. Also general prostration, dizziness, drowsiness, dullness and trembling; paralysis of various groups of muscles about the eyes, throat, chest, larynx, sphincter, extremities etc. The most pronounced symptoms of this remedy are; muscular weakness, complete relaxation and prostration, with lack of muscular co-ordination. General depression from heat of sun, and one is very sensitive to cold and dampness which brings on many complaints. In the mind symptoms, there is dullness, languor and listless feeling. Absolute lack of fear. One feels better by profuse urination, continued motion and in open air.

Ignatia Amara: 6X

This remedy produces a marked hyperaesthesia of all the senses and a tendency to clonic spasms. Mentally the emotional element is uppermost, and co-ordination of function is interfered with. Hence it is one of the chief remedies of hysteria. Ignatia is especially adapted to the nervous temperament of sensitive women with easily excited nature, mild disposition, quick to perceive and rapid in execution. The superficial and erratic character of its symptoms is most characteristic. Also, effects of grief and worry.

Phosphorus: 8X

It produces a picture of destructive metabolism. Phosphorus irritates, inflames and degenerates mucous and serous membranes and inflames spinal cord and nerves, causing paralysis. Its characteristics are, muscular pseudo-hypertrophy, neuritis, inflammation of the respiratory tract and it disorganizes the blood, causing fatty degeneration of blood vessels and every tissue and organ of the body.

Pulsatilla: 6X

The weather-cock among remedies. The disposition and mental state are the chief guiding symptoms to the selection of pulsatilla. It is pre-eminently a female remedy, especially for individual of mild, gentle, yielding disposition. The patient seeks open air and feels better there, even though she is chilly. It's marked characteristics are; highly emotional, timid, and weeps easily. Headache from over work; averse to warm fat foods and drinks. A person feels worse from heat, after eating fat foods and better in open air, motion and cold applications, cold food and drinks.

Rhus Toxicodendron: 6X

The effects on the skin, rheumatic pains, mucous membrane, affections and a typhoid type of fever, make this remedy frequently indicated. A person is extremely restless with continued change of position, sad and thinks of suicide. Delirium with fear of being poisoned. One feels worse during sleep, cold, wet rainy weather and after rain and lying on back or rightside. Feels better by walking, motion, warm dry weather and change of position.

Medicinal Ingredients: Wild oat 6X, Heather 6X, Impatiens 6X, Vine 6X, Calcarea fluorica 8X, Cimicifuga Racemosa 3X, Coffea cruda 3X, Ferrum phosphoricum 8X, Gelsemium sempervirens 6X, Ignatia amara 6X, Kali phosphoricum 8X, Phosphorus 8X, Pulsatilla 6X, Rhus toxicodendron 6X.

Non-Medicinal Ingredient:

Ethanol (50%) and water

Cautions & Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.

Silicea: 8X**Is a cleanser and eliminator**

It is found in the hair, nails, skin, covering of bones and nerves. A deficiency of silica is indicated in nasal catarrh with offensive discharge, tonsillitis, boils, and ulcers. It helps in great debility, gout and profuse night sweats. When a lump in the flesh is threatened with suppuration, silica promotes discharge of pus and thus helps to relieve pain.

Calcarea Sulphurica: 8X**Is a blood purifier and healer**

It is found in the liver, blood and in skin cells. It aids to prevent cell degeneration and helps in the removal of waste products from the blood. Calcarea-sulph., is the remedy for impurities in the blood stream.

Kali Sulphuricum: 8X

Is a carrier of oxygen, as well as of organic material, to the cells of the skin. A deficiency of kali-sulphuricum, causing a lack of oxygen in the skin cells, will give rise to symptoms of chilliness, anxiety, palpitation of heart, sadness, headache and pains in the limbs.

Natrum Muriaticum: 8X

Is a closely associated with nutrition, glandular activity and with the internal secretions which play such an important part in the physiological process. Its prime function is to maintain a proper degree of moisture throughout the body's system. A deficiency causes a feeling of hopelessness, headache, stomach-ache, toothache, thin blood and watery with pallor of skin. Excessive moisture or excessive dryness in any part of the body is a clear indication of natrum-muriaticum.

White Chestnut (Aesculus Hippocastanum): 6X**Lack of mental tranquility**

The mind is preoccupied with worrisome thoughts of a serious nature, that have more impact than the circumstances of the present moment and remove the recent therefrom. The goal of remedy is to increase serenity of mind so that worrisome thoughts can be kept at bay and free the mind for devotion to the present.

GEM-FORMULA (DIN-HM: 80006979)

GEMINI (Twins)

Sign of Zodiac – Its characteristics and relations to mineral salts of individuals born May 21 to June 21.

Kali Muriaticum (Potassium Chloride): 8X

This tissue salt remedy relates to organs of the respiratory system, lungs and bronchial tubes, lymphatic and is a builder of nerve fibres. It affects extremities of the body.

Characteristics: This salt is found in the blood corpuscle, muscles, nerve and brain cells, as well as in the inter-cellular fluids. Without the presence of this salt no new brain cell formation would take place. Kali-muriaticum is the chief remedy for spasmodic croup, diarrhea and bronchitis. A deficiency of kali-muriaticum causes a sluggish condition with a discharge of a thick, white, sticky character from mucous membranes. It helps in all inflammatory conditions such as coughs, skin eruptions and catarrh of Eustachian tubes.

The following group of six tissue salt remedies enhances the action of Kali-Muriaticum, and further accelerates the process of cure.

Calcarea Phosphorica: 8X

Is the tissue salt concerned with nutrition. It is a constituent of bones, teeth, and connective tissues. It aids the union of fractured bones and helps deficient development of children. Deficiency of this mineral is the cause of indigestion.

Ferrum Phosphoricum: 8X

Colors the blood corpuscles red carries oxygen to all parts of the body, and thus furnishes the vital force that sustains life. Without a proper balance of iron in the blood, health cannot be maintained. A deficiency of this salt is the cause of all inflammatory conditions, cough, colds etc.

TAU-FORMULA (DIN-HM: 80006928)

TAURUS (Winged Bull)

Sign of Zodiac – Its characteristics and relations to mineral salts of individual born April 21 to May 21.

Natrum Sulphuricum (Sodium Sulphate): 8X

This remedy relates well to organs such as liver, throat, cerebellum, gall bladder, neck, ears and jaw.

Characteristics: Natrum sulphuricum person are susceptible to violent muscular, nervous and vascular spasms. The following are marked symptoms: sluggish secretion of kidneys, liver, stomach, digestive organs, and pancreas. Suffers from tiredness in the morning, gall stones complaint, constipation, diabetes, sore-throat and cold. A very prevalent susceptibility is that the patient is “hydrogenoid”, a body absorbs water from atmosphere. Natrum-sulph., is found in the intercellular fluids, and its principal office is to regulate the quantity of water in the tissues, blood and fluids of the body. It has affinity for water that extent, that it eliminates the excess from the blood and blood serum. It also works with the bile, and keeps it in a normal consistency. This remedy is indicated when there is dark green stools from excess of bile, bilious headache, vomiting in pregnancy and vomiting of bile etc. Natrum-Sulph., symptoms are aggravated by using water in any form, and are worse in the morning and in damp rainy weather.

Chestnut Bud (Aesculus Hippocastanum): 6X

Immaturity of mind/emotions, failure to learn from mistakes

The mind is unsettled and impulsive. One is too restless to attend to the circumstances of the present. As a consequence there is lack of depth-involvement with issues at hand. Furthermore, life’s lessons and experience may not be grasped in their deeper meaning.

Chicory (Cichorium Intybus): 6X**Over-concern of welfare of others**

A person overly attends to others in a rather self-centered way, without fully taking the other's inner needs into account. Especially their need for independence is totally disregarded. One seeks closeness with those one cares for. The chicory state may seem to be overbearing to others, however, there is a heartfelt desire to love and serve and find closeness.

Gentian (Gentianella Amarella): 6X**Doubt or discouragement**

Uncertainty extends into the area of action and doing. In the negative gentian state one is easily discouraged and often gives up an activity when obstacles arise. A person in gentian state, is easily stimulated doubting and disheartening weaken enjoyment of life and personal self-assurance. Sadness or depression often accompany this state. Lack of physical stamina may be common. This remedy helps to accelerate physical healing, in a person plagued by doubts and discouragement about the slow process of cure.

Wild Rose (Rosa Canina): 6X**Feeling of powerlessness**

The present denotes hardship and unhappiness that one feels powerless to rise above. As a consequence one loses interest in the present and experiences apathy and lack of involvement. The typical wild rose state shows a retreat from involvement in unfavorable circumstances which could not be overcome. In order, that the drain of despair and frustration does not take its toll, a person withdraws from reality which helps to safeguard emotions. Simultaneously, however, the goal of remedy is to feel empowered again in regard to changing one's lot.

Sulphur: 8X

It is a great anti-psoric remedy, whose action is centrifugal from within outwards. It has an elective affinity for the skin, where it produces heat and burning, with itching. When carefully selected remedies fail to act, especially in acute diseases, sulphur frequently arouses the reactionary powers of the person. Sulphur subjects are nearly always irritable and depressed and shows great aversion to being washed. The appearance of sulphur person is dirty, and prone to skin affections. Standing is the worse position for sulphur patients.

Thuja Occidentalis: 6X

This remedy acts well on skin affections, blood, gastrointestinal tract, kidney and brain. The main action of thuja is on genito-urinary organs and the skin, producing conditions that correspond with sycotic dyscrasia. The mental state of Thuja patient has fixed ideas as if something alive is in the abdomen, emotional sensitiveness with trembling. Limbs feel as if made of glass or wood, and would break easily, with muscular twitchings, weakness and trembling.

Medicinal Ingredients: Chestnut Bud 6X, Chicory 6X, Gentian 6X, Natrum Sulphuricum 8X, Wild Rose 6X, Sulphur 8X, Thuja 6X.

Non-Medicinal Ingredients:

Ethanol (50%) and Water

Cautions & Warnings:

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding and if symptoms persist or worsen.