

DOWSING: TISSUE SALTS

A talk by Mrs Alice Howard
At Chandros Street on 22/03/78

Rods or hazel twigs are used for outdoor dowsing, whilst for indoor work the pendulum is more convenient. Most people can do dowsing or radiesthesia. Just a little practice and a lot of determination are needed; whether sensitivity of E.S.P comes into it is much debated. One thing is evident and that is that one must never have any preconceived ideas about the answer but must – indeed, we have to- leave things to the twig or pendulum.

When I started dowsing it was not so popular, - or should I say recognised? – among the general public as it is today. A hydraulic engineer trained me. He took me round farms, where I had to determine firstly where the water was, then the depth and volume per hour and also the quality, as obviously it would be senseless to dig for polluted water.

When he thought that I was proficient he encouraged me to offer my services to hydraulic engineers, but requests for my services did not come very quickly and I had to wait more or less two years before I heard from one engineer. During those two years I had been to the Delawarr Laboratories and studied radionics, and there it was naturally very helpful that I could use the pendulum.

I had nearly forgotten about water divining when I heard from one firm in Shropshire. The engineer met me in Shrewsbury and we had to go into the Welsh mountains to a hill farm. Soon after I got into the car I was told that I was only being taken along because the client had asked for a water diviner. The engineer wanted to dig where it suited him according to his own experience, so I need only “pretend.” This suggestion did not suit me at all and I immediately protested. We were having a slight argument when suddenly I developed an attack of asthma. I had to get out of the car for some fresh air and I soon felt all right again. The engineer asked whether I always suffered from asthma and I explained that I was not an asthma sufferer and had never had an attack before. I had picked up something in the car which had brought it on. The engineer was greatly surprised and told me that his wife suffered from asthma and had had an attack in the car the night before.

This incident made him more sympathetic towards me and also to my dowsing work, and I was glad that this had overcome his suspicion.

When we arrived at the farm the farmer was disappointed to see a woman; he had expected a male dowser. He looked very thoughtful and asked me to stand on a plank which was over the existing well and to tell him the depth and the output. My heart was thumping but I was able to keep a calm outward appearance. The farmer smiled happily, because my answers were correct and I now had permission to start work.

The little well near the house was sufficient for the needs of the farmhouse, but the farmer needed more water for his herd. I was able to find a suitable water source very near to the cowshed, which pleased the farmer. Some of his neighbours had my services too, and the engineer was pleased with my findings.

Now that I was in water divining I gave up radiesthesia, but “man proposes, God disposes.” It so happened that I had a chance to become a full-time radiesthetist. I had to decide either for one or the other, so I went into medical radiesthesia and had to leave water divining. I admit that water divining is more suited to men than to women. It entails a lot of travelling and scrambling over rough country in all weathers. And water diviners are not needed where water is laid on, only in those parts where it is not.

I am sure that most, if not all, of you here can use the pendulum. We know it does not disclose knowledge; it can only answer our questions with “yes”, “no” or “perhaps.” All the same, it is a very useful companion. It helps us to select suitable food and remedies. It answers all our questions promptly, so long as we do not ask about the future. The pendulum would move even if we asked about future events, but the answer could not be taken seriously. So why waste time and effort? The pendulum is reliable only when consulted about present and past events.

SCHUSSLER SALTS AND THEIR USE IN THE HOME

IN June, 1966 the British Society of Dowsers published a talk of mine on Schussler salts and their use in the home. Some of you may remember it, but I have been asked to talk again for the sake of new members.

In 1832 Dr W.H.Schussler, a German doctor, worked out a number of substances which are essential to maintain health and overcome

disease. All these substances are components of the human system. Nature has a self-curative system which can maintain its efficiency provided it has its normal supply of body builders. If they are missing a disturbance of the molecular structure takes place. Many imperfections of body and mind disappear when the missing elements are restored to the system.

Through artificial fertilisation of the land there is a great lack of natural mineral salts in our food these days, so the body is deprived of essentials. Nutrition is the physical basis of life and when the blood is pure it can form healthy cells. If there is an imbalance in the cells the body becomes diseased and naturally the mind suffers as well. Nowadays many people fill themselves with vitamins without making sure that they have the right mineral basis to assimilate them.

The tissue salts are a very good standby as preventive medicine and for the alleviation of minor illnesses. They are also good tonics or pick-me-ups. But a word of warning: They do not replace the doctor in the case of illness. Please do not take risks. In case of doubt it is safest to consult the doctor.

Dr Schussler started his method in 1832 and since those days biochemistry has changed and scientists have added about thirty more substances. They are called "trace elements" and all of them were found in the human organism when it was studied very carefully. However, we will not go into these. We will just keep to the twelve tissue salts which were selected and used by D Schussler in his therapeutics. They are as under:-

CALCAREA FLUORICA, which is an elastic tissue builder. It helps restore prolapsed organs, varicose veins, haemorrhoids, vascular tumours, hard swellings and bone derangements. It is seldom used on its own but mostly in combination with other remedies. When bleeding parts are treated, FERRUM PHOS. should be added.

CALCAREA PHOSPHORICA is a tissue builder and a wonderful tonic to the entire system. Children develop much better when they have an adequate supply of it. It tones the entire body after an exhausting illness. Children also benefit from Calc. Phos. when difficult dentition troubles them, but they benefit even more when Ferrum Phos is added. In anaemia this salt is invaluable. Painful and difficult periods, as well as troubles of the aged, ask for Calc.Phos.

FERRUM PHOSPHORICUM is an oxygen carrier. It helps sluggish circulation, eliminates pain, fevers inflammations, gets rid of colds in the early stage, helps to ease pleurisy, bronchitis and pneumonia, 'flu, diphtheria, haemorrhages, rheumatism and nose bleed. In treating catarrh one adds Kali Muriaticum. Sometimes Ferrum Phos. helps children who are nervous and wet the bed.

KALI MURIATICUM is a blood conditioner. It helps some skin disease, colitis and dysentery. It is a very good remedy for ailments which show infiltrations and swellings, and is also used in rheumatic troubles.

KALI PHOSPHORICUM is a nerve nutriment. It is given for brain fatigue, neurasthenia, insomnia, lack of confidence, irritability, hysteria, melancholia, gloominess and tearfulness (but in tearfulness add Natrum Muriaticum). It is good for nervous headaches, pains in the limbs and so on. It is also a heart tonic.

KALI SULPHURICUM is an oxygen carrier. Coated tongues ask for this salt. In the last stages of a cold it is very useful, and also for the elimination of catarrhal conditions and yellow discharges. One often gives it in combination with Ferrum Phos in anaemia. People who need this remedy are worse in heated, warm places and also towards evening.

MAGNESIA PHOSPHORICA is a nerve stabiliser, working on all spasmodic conditions like cramp, sharp stabbing pains, abdominal tension, mental tension, flatulence, colic, St Vitus dance, toothache (mostly of the kind which is relieved by warmth) and writer's cramp. It is a helpful remedy for stomach pains in babies. It helps more when dissolved in warm water and sipped slowly.

NATRUM MURIATICUM is a water distributor. It will help to cure all ailments caused by the intake of ordinary domestic salt and will eliminate skin disorders caused by much intake of salt: watery catarrhs and debility are helped too.

NATRUM PHOSPHORICUM is an acid neutraliser. It is useful in acid dyspepsia, diarrhoea, rheumatic disorders, nervous troubles, warms and coated tongue. When children eat too many sweets and cakes, this salt will prove remedial.

NATRUM SULPHURICUM is an excess water eliminator. It is a great liver and kidney remedy. People who feel worse in damp weather need this salt. It is good for bilious attacks, sick headaches, migraine, bitter

taste in the mouth, diarrhoea, influenza, intermittent fevers, kidney function, gravel and dropsy.

SILICA is a cleanser and eliminator. It is good for getting rid of pus formation, for abscesses and boils which will not draw out. It works on the nervous system and on some forms of paralysis, on spasms, rheumatic pains in the limbs. Silica gives strength to the body and mind, it helps to get rid of inferiority complexes and gives courage. As mentioned before, Silica should not be given to patients suffering from tuberculosis.

Prevention of illness is perhaps of more importance than we are aware. These days in health food shops and homeopathic chemists sell tissue salts. I have given you a more or less detailed explanation of each tissue salt, but very often one can just consult the pendulum and you will see that you will get the right answer.

Perhaps I should mention that in health food shops very good combination tables are sold, viz.

COMBINATION A – Ferr.Phos; Kali Phos; Mag.Phos: - Neuralgia, neuritis, sciatica and allied conditions.

COMBINATION B – Calc.Phos; Kali Phos; Ferr.Phos: - General debility, nervous exhaustion and during convalescence.

COMBINATION C – Mag.Phos; Nat.Phos; Nat.Sulph;Silica: - Acidity, heartburn dyspepsia and allied conditions.

COMBINATION D – Kali Mur; Kali Sulph; Calc.Sulph;Silica: - Minor skin ailments and allied conditions.

COMBINATION E – Calc.Phos; Mag.Phos; Nat.Phos; Nat.Sulph: - Flatulence, colic, indigestion and allied conditions.

COMBINATION F – Kali Phos; Mag.Phos. Nat.Mur Silica: - Migraine, nervous headache and allied conditions.

COMBINATION G – Calc.Fluor; Calc.Phos; Kali Phos; Nat.Mur: - Back, lumbago, piles and allied conditions.

COMBINATION H – Mag.Phos; Nat.Mur; Silica:- Hay fever and allied conditions.

COMBINATION I – Ferr.Phos; Kali Sulph; Mag.Phos: - Fibrositis, muscular pain and allied conditions.

COMBINATION J – Ferr.Phos; Kali Mur; Nat.Mur: - Coughs, colds, chestiness and allied conditions.

COMBINATION K –Kali Sulph; Nat.Mur; Silica: - Brittle nails, falling hair and allied conditions.

COMBINATION L - Calc.Fluor; Ferr.Phos; Nat.Mur: - Poor circulation and allied conditions.

COMBINATION M – Nat.Phos; Nat.Sulph; Kali Mur; Calc.Phos: - Rheumatism and allied conditions.

COMBINATION N – Calc.Phos; Kali Mur; Kali Phos; Mag.Phos: - Period pain and allied conditions.

COMBINATION P – Calc.Fluor; Calc.Phos; Kali Phos; Mag.Phos:- Aching feet and legs, chilblains and allied conditions.

COMBINATION Q – Ferr.Phos; Kali Mur; Kali Sulph; Nat.Mur:- Catarrh, sinus disorders.

COMBINATION R – Calc.Fluor; Calc.Phos; Ferr.Phos; Mag.Phos; Silica: - Infants' teething pains and to aid dentition.

COMBINATION S – Kali Mur; Nat.Phos; Nat.Sulp: - Stomach upsets, biliousness, sick headaches and allied conditions.

For the benefit of those members who believe in astrology I would like to mention the respective tissue salts which go with each Zodiac sign.

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| Aries | Kali Phos. |
| Taurus | Nat. Sulp. |
| Gemini | Kali Mur. |
| Cancer | Calc. Fluor. |
| Leo | Mag. Phos. |
| Virgo | Kali Sulph. |
| Libra | Nat.Phos. |
| Scorpio | Calc. Sulph. |
| Sagittarius | Silica |
| Capricorn | Calc. Phos |
| Aquarius | Nat.Mur. |
| Pisces | Ferr.Phos. |

Dr George Washington Carey in America wrote a book entitled "The Zodiac and the Salts of Salvation." He is of the opinion that each person uses up continually his or her tissue salts, which makes one either weak or prone to pick up illnesses, and he suggests that in one's birth month, one should replenish four tissue salts which represent fire, water, earth and air. These should also be taken in the opposite birth sign, which is six months away from one's own. In case it interest you, here is the list: -

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| Aries | Kali Phos. Calc.Fluor . Calc.Phos. Nat.Phos. |
| Taurus | Nat.Sulph. Calc.Sulph. Nat.Mur. Mag.Phos. |
| Gemini | Kali.Mur. Ferr.Phos. Kali.Sulph. Silica |
| Cancer | Calc.Fluor. Cali.Phos. Kali Phos. Nat.Phos. |
| Leo | Mag.Phos. Calc.Sulph. Nat. Sulph. Nat.Mur. |
| Virgo | Kali Sulph. Ferr.Phos. Kali Mur. Silica |
| Libra | Nat.Phos. Calc.Fluor. Calc.Phos. Kali Phos. |
| Scorpio | Calc.Sulph. Nat.Mur. Nat.Sulph. Mag.Phos. |
| Sagittarius | Silica Ferr.Phos. Kali Mur. Kali Sulph. |

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| Capricorn | Calc.Phos. Calc.Fluor Kali Phos. Nat.Phos. |
| Aquarius | Nat.Mur. Calc.Sulph. Nat.Sulph. Mag.Phos. |
| Pisces | Ferr.Phos. Kali Mur. Kali Sulph. Silica |

I hope that this little talk has aroused your interest in the use of tissue salts and that you will benefit by the regular use of them.

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(I thought this timely as we go into winter- Ed.)