

# Personal Homeopathic Biochemical Mineral Therapy: Achieving Health and Transforming Medical Understanding

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Over the past 14 years, Dr. Salar Farahmand has used Personalized Homeopathic Biochemical Mineral Therapy to help patients manage pain, aid the healing of various diseases, and continue ongoing patient treatment to achieve excellent physical and mental health. Dr. Farahmand uses the mineral salt research and discoveries of Dr. Samuel Hahnemann, the father and founder of Homeopathic Medicine, and Dr. Wilhelm Heinrich Schuessler, a pioneer in biochemical mineral salt therapy, as the foundation for developing his own innovative applications of mineral salt therapy.

The minute doses of mineral used in the therapy are completely absorbed into the body's cells without any toxic reaction or negative side effects. Extensive attention is given to each patient when determining the correct potency, duration, and frequency of the mineral treatment. Proper mineral dosage is important because minerals taken at varying potencies have completely different effects. For example, silica in a particular potency is extremely effective for correcting sleep disorders. Silica in another potency, however, becomes beneficial for treating lower back pain. And, in yet another potency, silica is good for treating certain types of impotence. The remedies necessary to treat an individual's problem, or disease, differ from patient to patient. While one patient may require a particular remedy for treatment, another person suffering from the same malady may need a completely different remedy to achieve results. Correcting an individual's mineral imbalance enables medical practitioners to assist patients in regaining physical and emotional stability in a quick, deep, and long lasting manner.

## The Body's 12 Main Mineral Salts

Everything in the body, from connective tissue, elastic tissue, muscular tissue to organs is composed of cells. These cells are the fundamental building blocks of the body. Without proper cellular function, the body cannot experience good health. The body's many different types of cells (*nerve, bone, muscle, brain, etc.*) are composed of organic and inorganic substances. The organic substances include fat, sugar and protein; and the inorganic substances include trace elements and the 12 biochemical mineral salts (*also known as: cell salts, minerals salts or tissue salts*). Upon analyzing the inorganic ashes of a cremated human body, Dr. Schuessler discovered that the ash consisted of 12 main mineral salts and nothing else. These 12 main mineral salts are essential for proper cell structure and continued cellular health. When any of these main mineral salts are lacking, problems can develop at a cellular level with the body's various organs.

The 12 main mineral salts found in the human body are:

12 Main Mineral Salts:	(Also known as)	Chemical Formulas
CALC. FLUOR.	(Calcium Fluoride)	CaF <sub>2</sub>
CALC. PHOS.	(Calcium Phosphate)	Ca <sub>3</sub> (PO <sub>4</sub> ) <sub>2</sub>
CALC. SULPH.	(Calcium Sulfate)	Ca SO <sub>4</sub>
FERRUM PHOS.	(Ferric Phosphate)	Fe PO <sub>4</sub>
KALI MUR.	(Potassium Chloride)	KCL
KALI PHOS.	(Potassium Phosphate)	K <sub>3</sub> PO <sub>4</sub>
KALI SULPH.	(Potassium Sulfate)	K <sub>2</sub> SO <sub>4</sub>
MAG. PHOS.	(Magnesium Phosphate)	Mg <sub>3</sub> (PO <sub>4</sub> ) <sub>2</sub>
NATRUM MUR.	(Sodium Chloride)	Na Cl
NATRUM PHOS.	(Sodium Phosphate)	Na <sub>3</sub> PO <sub>4</sub>
NATRUM SULPH.	(Sodium Sulfate)	Na <sub>2</sub> SO <sub>4</sub>
SILICEA	(Silicon Dioxide)	Si O <sub>2</sub>

## Mineral Salts—Proportions in Cells

Every cell in the body, from our brain to our toes, depends upon the presence of mineral salts for survival. When Dr. Schuessler analyzed the burned ash of various body parts, such as the heart, liver and bones, different numbers of the 12 mineral salts were found in varying proportions. For example, liver cells contained different types of minerals, and in differing proportions, than other nerve cells or connective tissue cells. The following table shows a number of the body's types of cells and their primary mineral salt content:

Type of Cell	Primary Mineral Salt Content
Nerve Cells*	Mag. Phos., Kali Phos., Natrum Phos., Ferrum Phos and Calc. Sulph.
Muscle Cells*	Mag. Phos., Kali Phos., Natrum Phos., Ferrum Phos, Calc. Sulph., and Kali Mur.
Connective Tissue Cells*	Silica and Calc. Sulph.
Elastic Tissue Cells	Calc. Fluor.
Bone Cells	Calc. Phos. with Calc. Fluor. and Mag.Phos.
Cartilage & Mucus Cells	Natrum Mur.

\*Muscle, Nerve, Brain & Connective Tissue Cells ALL contain small quantities of Calc. Phos.

There are various causes of mineral deficiency. The cells within our body are dying and being replaced continuously. Proper formation of healthy new cells is dependent upon the

availability of organic and inorganic substances, such as the 12 main mineral salts. When these main mineral salts are deficient, problems can develop at a cellular level with the body's various organs and result in severe repercussions. When one organ is disturbed, experiencing complications or ailments, other body parts are affected and may deteriorate. This system-wide breakdown is known as metastasis, where problems develop in a number of body parts where the same mineral salt is lacking. Mineral deficiency can result from: improper nutrition, poor digestion or assimilation of food, toxicity, chronic diarrhea and colitis, long-term infection, bleeding of any kind, long-term vaginal discharge, trauma or broken bones, agricultural pesticides and depreciation of soil fertility, and industrial chemicals and their pollutant by-products. Personalized Homeopathic Mineral Therapy restores the deficient mineral salts, healing the body at a cellular level and blocking the formation of future disease.

### Treating Heart Disease

In treating heart disease it is important to consider the role that mineral salts play in the prevention of disease within the body. When a person experiences heart trouble, an important link to healing is addressing the cellular function of the heart. If the mineral salts are unbalanced, deficient or overloaded, the damaged heart cannot fully heal. Unfortunately, these factors are rarely considered deeply enough in traditional or alternative medicine, even within homeopathy. The cells of the heart wall are formed from 6 of the 12 main minerals: Calc Fluor, Calc Phos, Ferr Phos, Kali Phos, Mag Phos and Natrum Mur. These same mineral salts are used for treating the following heart conditions:

Mineral Salt Treatment	Heart Condition
Calc. Fluor.:	Dilation of the heart.
Calc. Phos.:	Palpitation of heart with anxiety in anemic persons. Trembling weakness.
Ferrum Phos.:	Useful in all affections of the heart attended by inflammation.
Kali Phos.:	Functional disorders of the heart with prostration after acute diseases or as a result of violent mental emotions. Palpitation from slight mental emotion.
Mag. Phos.:	Spasmodic affections of the heart. Chest pain.
Natrum Mur.:	Palpitation of heart with anemia and watery blood, water retention, dropsical swellings, etc.

Personalized homeopathic biochemical mineral therapy successfully helped a number of heart patients restore their health. In one case, a patient came to Dr. Farahmand with heart palpitations, heart pain, edema and depression. He treated the patient with Mag. Phos. and strongly advised the patient to go to the hospital whenever experiencing heart pain. The patient felt substantially better after the treatments and chose not to go to the hospital. The patient's health improved and he was able to reduce his prescription drug intake. In another case, a woman with palpitation (*tachycardia*) and fibrillation was regularly experiencing serious heart problems and rushing to the hospital a couple times a month was treated with Calc. Phos., Mag Phos. and Kali Phos in addition to a number of other homeopathic medicines. She has had no subsequent

trips to the hospital over the past three years. Also, she was able to reduce her prescription drug intake that was causing negative side effects. By using the appropriate minerals in the right potencies for the correct amount of time, the severity of the disease can be reduced. This leads to the restoration of healthy heart function, not only at the cellular level, but at a chemical, emotional and biological level, as well.

### Treating Diabetes

One diabetic patient began this treatment after 16 years of struggling with diabetes. She monitored her blood sugar levels four times per day with a One-Touch meter and based her four daily insulin doses on these readings. We determined a course of mineral salt therapy including treatment with Natrum Sulph. Two months after beginning her treatment the patient's blood sugar levels dropped and she was able to reduce her insulin injections by 25%. This is the first time over the past 16 years that her insulin levels have dropped and remained low. The six mineral salts used for correcting imbalance in the diabetic patient are shown in the following table and are: Calc. Phos., Ferrum Phos., Kali Mur., Kali Phos., Natrum Mur. and Natrum Sulph.

Mineral Salt Treatment	Diabetic Condition
Calc. Phos.:	Excessive secretion of urine accompanied by much dryness of the mouth and tongue. Thirst and weakness. Diabetes with lung diseases.
Ferrum Phos.:	The pulse becomes quickened with a feeling of pain, heat or congestion somewhere in the body.
Kali Mur.:	Too much sugar in the urine. Patient is extremely weak and sleepless.
Kali Phos.:	Useful when the patient has nervous prostration, weakness, sleeplessness and a voracious appetite.
Natrum Mur.:	Excessive discharge of urine accompanied by excessive thirst. Emaciation and debility with loss of appetite and sleep. Severe headache.
Natrum Sulph.:	This is the principle remedy for this affliction. Deficiency of the pancreatic secretion, says Dr. Schuessler, results from a deficiency of this mineral salt.

### Treating Emotional Problems

Diseases of the body can manifest themselves in emotional problems as well as physical symptoms. Homeopathic mineral salt therapy can be used to clear and heal fundamental mood and psychological disorders, as well as physical problems triggered by emotional problems and vice versa. The use of Kali Mur. is particularly helpful in the treatment of alternating sad and cheerful mood swings. Additionally, Nat. Mur. is effective with patients who experience depression, dwell silently on past grief and are easily emotionally wounded. Also, Kali Phos. can be used with patients with low concentration, weak memory, anxiety and vexation. Using mineral salts therapy to correct emotional imbalances can have a profound impact on the well being of the patient.

### Calcium and Mineral Supplements

Contrary to the popular belief that we need calcium supplements to improve bone density, an over supply of calcium is frequently the cause of serious health problems and illnesses that many people experience on a daily basis. As we age, calcium

migrates from the hard tissues (*bones*) in our bodies to the soft tissues. Increasing the levels of calcium in the soft tissues ages the body and causes disease. As is shown in the following table, over calcification can result in hardening of the arteries, heart problems, arthritis, kidney stones, gallstones, etc...

Over-Calcification of the:	Results in:
Arteries	Hardening of the Arteries
Heart	Heart Problems
Joints	Arthritis
Kidneys	Kidney Stones
Gall Bladder	Gallstones
Skin	Dry, Wrinkled Skin
Eyes	Cataracts
Hair	Dry, Brittle Hair

Without question, calcium can be a lifesaver. Appropriate amounts of calcium are necessary for the prevention of osteoporosis. However, too much calcium can bring about premature aging and cell degeneration. People commonly "supplement" their diet with tablets or liquids, but taking supplements without knowing which minerals are deficient, or which ones are too concentrated, is like shooting in the dark—potentially hazardous and detrimental to one's health. When people blindly consume 50 mg. of this and 50 mg. of that, they overload their systems and create further imbalance. Once cells are healthy and the 12 main minerals are balanced, (*trace elements which are not discussed in this article are also taken into consideration*) there is no need to continually take mineral salt remedies—a direct contrast to the popular belief that we must take minerals everyday. When proper cellular function is restored, extra minerals, other than those consumed from food or drink, are not necessary. The only reason mineral salts might be required at a later date is when a person experiences trauma, mechanical accidents, infection, or blood loss.

The chart below lists the amount of mineral salts found in one gram of blood according to *Bunges' Textbook of Physiological and Pathological Chemistry*:

Mineral Salt	mg/gram of blood
Iron (Ferrum Phos.)	0.998
Kali Sulph.	0.132
Kali Mur.	3.079
Kali Phos.	2.343
Natrum Phos.	0.633
Natrum Mur.	0.344
Calc. Phos.	0.094
Mag. Phos.	0.060

The minute amounts of minerals required in the blood as shown above illustrate how easy it would be to overload the body with random mineral supplements. Overloading cells with minerals is detrimental to body and cellular function. Understanding how the body uses calcium and the use of mineral supplements in general is too broad a topic to discuss in this format. The key point is to recognize that the proper balance of mineral salts can regenerate and restore our cells and

our body, whereas an imbalance of minerals within our body can cause disease. Using personalized homeopathic mineral therapy we can identify mineral deficiencies, replace the necessary minerals and restore cellular health.

### Pain, Infections and Other Disorders

Mineral deficiencies can manifest themselves in many presenting symptoms. Just as a baby cries for food; pain, discomfort, seizures and infections are the body's cry for these deficient minerals. After restoring proper mineral balance within a patient's body, permanent results are achieved and health is maintained.

Many patients with chronic arthritis as well as lower back, hip, knee and shoulder pain become functional after a few months of treatment and were able to discontinue their typical regimen of painkillers, cortisone shots and extensive physical therapy. Some were pain free within weeks and others were able to avoid serious back, hip, knee and shoulder surgeries.

Chronic infections including urinary tract infections and ear infections can also be successfully treated without antibiotics. One patient with a chronic urinary tract infection was treated with antibiotics for over two years prior to coming to Dr. Farahmand. He was able use personalized homeopathic mineral therapy to identify the deficient minerals, treat the patient and repair the damaged cells. Once the patient's body was repaired on a cellular level, infection was unable to take a hold on her body. She has experienced no subsequent urinary tract infections. We have treated a number of patients with urinary tract infections and achieved similarly successful result. We have also successfully treated many children with ear infections in 2-3 visits without the use of antibiotics, enabling them to avoid painful surgeries and regain their health.

Personalized Homeopathic Mineral Therapy is also helpful for a number of other disorders, including helping cancer patients regain their health after multiple doses of chemotherapy weakened their bodies. In addition, a number of Epilepsy patients are currently being treated and have not continued their seizure patterns while under homeopathic mineral therapy care. One epilepsy patient who suffered from seizures for over twenty years has been seizure-free for close to one year. Another epilepsy patient suffering from seizures for nearly four years has had no seizures since starting this treatment.

Disorders that can be treated using Personalized Homeopathic Mineral Therapy include:

Pain	Infections *	Other Disorders
Ankle pain	Ear infection	Amenorrhea
Back pain	Gastritis (Peptic ulcer)	Asthma
Foot pain	Genital discharge	Chemotherapy recovery
Hip pain	Inflammation of body parts	Emotional/Psychological
Knee pain	Sinusitis	Epilepsy
Leg pain	Urinary/Bladder infection	Eye, ear, nose problems
Neck Pain		Hand tremors
Sciatica		Hemorrhoid
Shoulder pain		Low concentration
		Respiratory problems
		Rhinitis
		Skin disorders**
		Sleep disorder
		Tooth decay
		Weak memory

\* Infection in any part of the body can be a sign of deficiency of two or three minerals. Dr. Farahmand has achieved excellent results treating infections with mineral salts without having to use any antibiotics.

\*\* Over-reaction to heat and sun, non-healing wounds, dermatitis, inflamed itches and rashes, reactions to smog and other environmental pollutants can also be aggravated by mineral salt deficiency and treated successfully with the appropriate mineral salts.

## Using Homeopathic Natrum Muriaticum (Nat. Mur.) for Healing

One of the most common and familiar mineral salts everyone is familiar with is, of course, Natrum Muriaticum, also known as Sodium Chloride or common table salt which people add to food before or after cooking. This salt is found in every liquid and solid part of the body and regulates the degree of moisture in all cells. By diluting this mineral salt to Homeopathic potencies, excellent results can be achieved treating a variety of ailments. Natrum Mur. is the principle cell salt found in the cartilage, as well as the mucous membranes of each cell. Unlike in conventional medicine where hypertension patients are advised to avoid the use of table salt, using Nat. Mur in its homeopathic potency can prove extremely beneficial to patients suffering from this malady when the patient is determined to be deficient in Nat. Mur and the proper dosage is prescribed.

A deficiency of this mineral salt results in an improper and irregular distribution of moisture within the cells. Thus there is a hyper secretion of water in some parts of the body while, in some other parts, there is want of secretion. This mineral salt acts on the lymphatic system, the blood, liver, spleen and upon the mucous lining of the alimentary canal. Headache, toothache, face-ache, colic, etc., require this remedy when there is either salivation or hyper secretion of tears or vomiting of water and mucous. Catarrhal affections of the mucous membranes call for the use of this remedy when the discharges from them are watery and transparent. Affections of the skin, with small watery blisters, diarrhea with slimy and transparent stools, leucorrhoea with a watery or starch-like discharge are some of the other ailments often requiring Natrum Mur. The chief indications relating to the use of this remedy are: periodical recurrence of the complaints; aggravation of complaints in the morning, cold weather and near the sea; amelioration in the evening; and, frothy or slimy tongue accompanied by watery secretions. Information on detailed guiding symptoms and ailment descriptions can be found in Appendix A: Guiding Symptoms for Using Natrum Mur in Treatment; and Appendix B: Ailments, Diseases and Disorders and Their Accompanying Symptoms for Which Natrum Mur is Beneficial. It is important to recognize that Natrum Mur is merely one of the body's mineral salts and the 11 other main mineral salts can provide many additional health benefits.

## Conclusion

Personalized Homeopathic Biochemical Mineral Therapy provides direct and simple treatment for total body health and vitality. The importance of proper mineral balance in the body cannot be underestimated. According to Homeopathic Mineral Therapy founder Dr. Schuessler, over fifty-percent of all diseases can be helped by properly balancing the body's minerals. While much has been written and communicated to the public about the research and importance of vitamins as they relate to health, very little has been written, discussed or communicated about the essential nature of mineral balance for proper body function. Conventional and Oriental medicines, as well as other alternative medicine, including Homeopathy, have also not yet substantially focused on corrective mineral therapy. Without complete knowledge of how to achieve a vital and healthy immune system the medical community is walking in the dark. Once Personalized Homeopathic Biochemical Mineral Therapy becomes available and accepted, and is used by doctors of all backgrounds, many of today's diseases presently thought of as incurable, can and will be successfully treated.

Dr. Farahmand is ready to share his valuable information with the medical community in order to help victims of the many diseases that plague our country. Personalized Homeopathic Biochemical Mineral Therapy can transform the way we look at disease and bring about a true revolution in healing. ♦

## ABOUT THE AUTHOR

Dr. Salar Farahmand received his M.D. in Iran where he practiced Pediatric and Preventive Medicine. He holds a Doctorate Degree in both Homeopathic Medicine and Oriental Medicine, is a Certified Naturopathic Physician and California Licensed Acupuncturist, and holds a Ph.D. in Disorders Caused by Changes in the Environment. He currently works out of his offices in Encino, California, specializing in using mineral salt therapy, traditional and clinical homeopathy, acupuncture and magnet therapy on acupuncture points to manage pain, treat disease and rehabilitate the body.

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**Dr. Salar Farahmand**  
L.A.C., O.M.D., PH.D., D.HOM  
M.D. (Foreign Country)