

Sodium Chloride

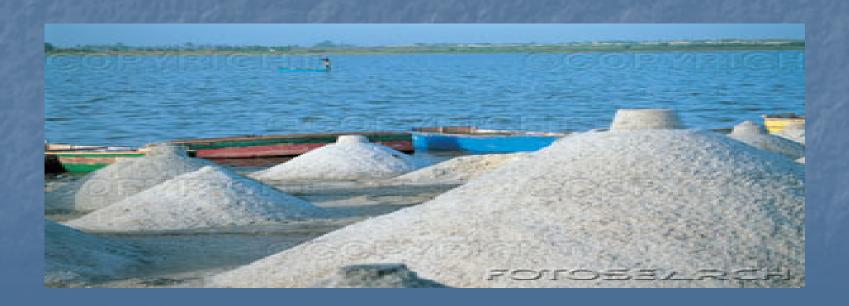
- Table Salt, Rock Salt
- Mineral: Halite
- Salt of the Earth



- Naturally occurs in the ocean
- Mineral salt content of sea water similar to the mineral proportions of the body fluids



- Hundreds of thousands of square miles of underground salt rock beds on earth
- Recovered by mining or solar evaporation



Production:

- US largest producer of salt (mostly in 15 states)
- Large productions also in Germany, Rumania, Russia, Spain and Iran



Sodium Chloride in the body:

- 40% more than any other salt
- Maintains proper water balance
- Stimulates the nervous system (sodiumpotassium pump)
- Stimulates gastric juices and appetite

Deficiency:

- Blood thickens
- Low BP
- Rapid Pulse
- Veins collapse

Excess:

- Accumulation of extra-cellular fluids
- CNS dysfunctions
- Brain cells shrink

Appearance:

- Dry, shrivelled, cracked lips
- Puffy (edemas), pale, waxy look
- Pear shaped (skinny upper body heavier lower body)



Fears:

- Heights
- Narrow spaces
- Robbers



Physical Symptoms:

- Ailments from grief (any)
- Frequent or chronic H/A's, esp. 10.00 AM
- Chronic sinus infections, copious clear discharge
- Cold sores, cracked lips
- Chronic constipation

General Symptoms:

- Thirsty for cold drinks
- Craves salt, sour, bread, cold drinks
- Warm blooded, agg. by heat or sun



- > open air, pressure against back
- > or < by the ocean</p>

Nucleus:

- Closed, defensive, responsible
- Silent grief, dwells on past
- Craves salt
- Aggravated by heat and sun
- Egg-white like discharges
- > or < by the ocean

Other Salt remedies:

Natrum Arsenicum, Natrum Carbonicum, Natrum Phosphoricum, Natrum Sulphuricum

Compare with:

Natrum Carbonicum, Natrum Sulphuricum, Ignatia, Sepia, Aurum