



Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

NEWSLETTER March 2010

Monday - Friday 10-6; Saturday - 10 - 4; Closed Sunday
New Braunfels, Texas; 830-625-7472 - ritasmarket@gmail.com

Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

All of us at Rita's Natural Food Market want to thank you for your support and sharing our store with family and friends. You are invited to celebrate our 1-year birthday, April 3, 2010. Our commitment is to serve you with great products and prices! Samples while they last and door prizes. Looking forward to seeing you!



Cell Salts

Cell salt therapy was researched by W. H. Schussler, a German physician. Schussler studied the work of Virchow who in 1858 announced the body is a collection of cells and healing should be directed towards our cells. Schussler studied cremated human bodies, and found that 12 mineral substances made up the bulk of the remains. During this time he theorized that these 12 so-called "tissue salts" are responsible for the harmonious functioning of the human organism. Disease follows when a person becomes deficient in any of the 12 salts. Schussler recommended that patients take the salts in pill form to cure a variety of disorders. He believed that the salts provide adequate nutrition to the cells. Schussler stated that if cell nutrition was adequate, then cell metabolism would be normal, and the body would be healthy. Schussler followed the principles of homeopathy, which works somewhat to the reverse of modern medicine, in that the smaller the dose, the more effective it is believed to be. Cell salts are prepared like ho-

meopathic medicines, by a process of continued dilution and shaking or pounding (succession).

There are 12 cell salts:

#1 Calc Fluor (Calcium Fluoride) – useful in treating bones and teeth, as well as diseases of the skin and blood vessels. It is known to restore the elasticity of the tissues. Has been used for uterine displacements, loose teeth, sluggish circulation, muscular weakness and ailments of the tendons, ligaments and fibrous tissue.

#2 Calc Phos (Calcium Phosphate) – this cell salt is a builder of bone tissue. It is known for its restorative powers after acute diseases and infection because it has the capacity to build up new blood cells. Used in treating anemia. Has been used for children who do not develop properly. Has also been used for teething, cramps and spasms.

#3 Calc Sulph (Calcium Sulphate) - Present in connective tissue and in liver cells. This cell salt is a great blood purifier and has been used for cellular regeneration, infection due to pus, pimples, sore throats, colds, pancreatic, liver and kidney disturbances, frontal headaches with nausea.

#4 Ferrum Phosphoricum (Phosphate of Iron) - Ferrum Phos. is found in all cells of the body but primarily in the hemoglobin of red blood cells and in the muscle cells of the blood and lymph vessels and in hair cells. Used for acute phases of disease. Increases body development, regulates the bowels, improves the appetite and relieves debility and listlessness. Also used for vomiting of food and blood, nosebleeds, teething, fever, inflamed hemorrhoids, retention of urine in children, excessive menses, congestion, inflammatory pain in general, high temperatures, increased heart rates, insomnia and congestive headaches.

#5 Kali Muraticum (Potassium Chloride) - This cell salt is an

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essential constituent of muscles, nerve cells, blood and brain cells. Has been know to help inflammations, fever and infections. Good for rebuilding health and vitality.

#6 Kali Phosphoricum (Potassium phosphate) - Kali Phos. is in all cells, especially the gray matter of the brain, nerves, muscles, blood cells and plasma. All oxidation processes use this. It has been used as a nerve tonic, a natural tranquilizer. Helps with grief, despair and sorrow. Can help with nervous headaches and brain fog.

#7 Kali Sulphuricum (Potassium Sulphate) - This cell salt is known for it's benefit with respiration. It carries oxygen to the cells. Used for hot flashes, chills, weariness, heaviness, giddiness, boxed in feelings, stomach catarrh, inflammatory conditions, eruptions of the skin, shifting pains, palpitations, anxiety, fear, sadness, toothaches, headaches and pains in limbs that tend to increase indoors especially in warm and closed rooms or in the warm air of the summer, yellow/slimy catarrhal discharges, dandruff, psoriasis and diseases of the nails (rough or ribbed).

#8 Magnesia Phosphorica (Magnesium Phosphate) - Mag. Phos. is known for it's properties of being antispasmodic. It is a constituent of bone, teeth, white matter of brain tissue, nerve, muscle and blood cells. Used for headaches with darting stabs of pain, muscular twitching, rheumatic pains, throat spasms, muscle cramps, hiccoughs, squinting, teething, hypertrophy of the prostate gland, colic, asthma, spasmodic palpitation of the heart, spasmodic yawning, menstrual pain, stomach cramps, flatulence, neuralgia, sciatica, insomnia from brain exhaustion and in profuse sweating.

#9 Natrum Muraticum (Sodium Chloride) - Nat. Mur. is a constituent of every liquid and solid in the body. A salt craving is indicative of deficiency, but table salt is not helpful. It is the most important cell salt of the body as all the other cells are dependent on it for their distribution. Used for delirium tremors, eyestrain, vomiting of watery mucous, hay fever, low spirits, heartburn, toothaches, craving for salt and salty foods, weak eyes, either excess of heavy sleep or insomnia, falling hair, early morning headaches, head-

aches with constipation, chronic constipation due to dehydration, rapid pulse intermittent with palpitation, hangnails, cracked finger tips, numbness of the hands and feet and greasy skin.

#10 Natrum Phosphoricum (Sodium Phosphate) - This cell salt is known to help acid balance. It is found in blood, muscles, nerves and brain cells and in intracellular fluid. Used for gout, stiffness, swollen joints, lumbago, inflammatory rheumatism, high cholesterol, acid blood, headaches on top of the head, sour breath, pain over and inside the eyeballs, red blotched tongue coated yellow at the root, nausea, loss of appetite and habitual constipation.

#11 Natrum Sulphuricum (Sodium Sulphate) - Natrum Sulph. is found in the intercellular fluids (the fluid between each cell). Draws water out of the cells helping them to breakdown to be recycled. Used for influenza, humid asthma, malaria, liver ailments, herpes, twitching of hands and feet, constipation, liver and kidney disorders, gallbladder troubles, earache, burning in nose and mouth, brownish green coating of the tongue, bitter taste in the mouth, enlarged prostate and awakening at night with asthma attacks.

#12 Silicea (Silicic acid or silica) - Silicea is found in connective tissue and in the brain. It cleanses and eliminates waste. Used for fatigue, greater mental than physical strength, over-sensitivity to noises, absentmindedness, crankiness, headaches from nape of neck to top of head settling in one eye, nausea, nervous exhaustion, falling hair, styes, floating spots before eyes, red tip of nose, violent sneezing, thickening of nasal mucus membranes with congestion, intensely painful hemorrhoids, large abdomen in children, uric acid deposits in urine, smelly feet and armpits, pus formation, boils, tonsillitis, stomach pains, brittle / ribbed nails with white spots and weak ankles.

The above are just some of the uses of cell salts. Do your own investigating and use them to see what works for you.

Natural Healing With Cell Salts by Skye Weintraub, ND is available for sale at Rita's Natural Food Market for \$9.99 + tax. You can come in anytime and relax at our table and read our store copy.

Sunbutter is made from sunflower seeds which are a great source of protein. They contain 27% of the RDA for Vitamin E, iron and fiber. Sunflower seeds are a great source of protein. Tahini is made from sesame seeds which are naturally rich in calcium, magnesium, and phosphorus. These minerals are the most important micro-nutrients needed for optimal bone health.

These nut butters are peanut and tree nut free in addition to being gluten free.

Grilled Nut Butter Sandwich

- 2 slices of Ezekiel Cinnamon Bread
- 2 tbs. Sunbutter
- 2 tbs. Tahini
- 1 Tbs. raw honey, agave or rice syrup
- 1 Tbs. raw sunflower seeds
- 1 tsp. Chia seeds or flax seeds
- 1 Tbs. Coconut oil

Mix all ingredients except the bread in a bowl until smooth. Generously spread mixture on one piece of bread. Heat a skillet with the coconut oil and place the other piece of bread to create a sandwich and grill in skillet. Turn and grill other side.

Baked Apples

- 2 1/2 cups cranberry juice
- 1/4 cup maple syrup
- 1/4 cup succant
- 1 Tbs. lemon juice
- 1 tsp fresh grated ginger
- 1 Tbs. cinnamon
- dash of nutmeg
- 8 medium apples of your choice, cored
- 3/4 cup dried cranberries
- 1/4 cup chopped pecans

Preheat oven to 375. Combine first seven ingredients. Stir well; set aside. Open the top of the apple so you can stuff it and place in a shallow roasting pan. Fill centers of apples evenly with cranberries and pecans. Pour cranberry-maple mixture over apples. Bake at 350 for 1 hour or until tender, basting apples twice with syrup from pan.

