Body Organ: Skin (elasticity)

1.1 Recommended potentization: D 12

1.2 Characteristics

This mineral substance forms the hull, the protection of the single parts of the body, with its hardness as well as its elasticity. Calcium fluoratum mainly forms the tooth enamel, meaning the hard surface of the teeth, as well as the surface of the bones.

This mineral substance is also responsible for the elasticity of cell membranes which are the hulls of the cells. Cells depend on the elasticity of their „skin“. They need its stretchability as well as its capacity to contract. The mineral substance enables all fibers to be elastic. Therefore, it is essential for the formation of blood vessel walls, elasticity of the skin and the abdominal wall, and it occurs in all internal organs.

This mineral substance is important for all areas where something has been stretched and cannot contract anymore, or where something has been contracted or stiffened and cannot stretch anymore.

Calcium fluoratum binds keratin in the body. This is a protein containing sulphor (high polymeric scleroproteine\(^1\)). One can find it in hair, nails and epidermis\(^2\). Keratin serves in the preservation of the elasticity and the stability of all elastic fibers, most of all tendons and ligaments.

The skin, the largest in area organ in our body, covers the entire body in order to protect it, whereby keratin is embedded in the upper layer, the epidermis. The formation of this horny layer is only possible due to the presence of calcium fluoratum.

When some spots of the body are exposed to excessive stress, the body is capable of forming a protection layer, meaning a thickened horny layer (calluses) with the help of keratin. This is only possible due to the presence of calcium fluoratum.

However, if an excessive horny layer is formed without much stress, i.e., without apparent need, then the organism lacks this mineral substance and the horny layer occurs on the surface of the body due to the loss of its bonds to the fibers, thus losing its hold.

By the lack of calcium fluoratum the horny layer in the tissue hardens. So, by giving this mineral substance, the hardening in the callused scars for example may be reduced or even softened. The tissue becomes flexible and elastic again.

1.3 Mode of operation

Calcium fluoratum acts very slowly, so a long time, often months and years, is necessary for the remedy. It is a remedy changing the whole body and requires much patience and perseverance.

Externally, with rough skin or painful cracks, it can have good effects surprisingly quickly.
1.4 Signs of Deficiencies - Facial Analysis

Cube wrinkles: starting from the inner corners of the eye, spreading fan-shaped around the lower eyelid. The tighter the wrinkles, the greater the deficiency. The cube wrinkles may also make their way over the upper eyelid. The cube wrinkles sometimes look like spots. While compressing the two eyelids, the wrinkles become visible.

Reddish-brownish-blackish color: These colors are mainly to be seen under the cube wrinkles and often runs around the eye.

1.5 Elasticity

What does the term elasticity mean for our body?

Calcium fluoratum Nr. 1 is a very basic mineral for the human body.

It is significantly involved in the formation of the protective shells of the body. It is important for the elasticity of these shells, especially for the supporting elasticity of the body shells needed by the built-up structure.

This is closely connected with the structure giving proteins of the body, namely the following ones are decisive for the elasticity:

keratin, collagen, and the elastin.

They all play an important role in the development of the following four basic tissues:

Epithelial tissue, nervous tissue, connective tissue, muscle tissue. They have a far-reaching significance in connection with the no. 1.

There are different areas and different kinds of elasticity in our body.

1.5.1 Elasticity with respect to structure and form

The structure of the components of the human body is guaranteed by Nr. 11, silicea. No. 1, calcium fluoratum, is absolutely necessary as a kind of fuel for the built-up structures to keep their elasticity meaning keeping their ability to get back into their original form after being deformed.

With this mineral substance, the body binds the keratin. With the help of no. 4, potassium chloratum, all fibers including the elastin and the collagens are built up. They are important components of the building material of the body up into the cells.

The cytoskeleton, in its very nature being composed of keratin, coats each cell within its organic membrane with a mesh and gives it support and shape. Tendons, ligaments, cartilage, but also the skin of the body covering organs, muscles, as well as the bones, are also built up with the help of collagen, elastin, and proteoglycans. (structural pelage)

The quality of elasticity is obtained by the presence of no. 1.

At the macro level, vitamin B1 and silica, and also copper as well as vitamin B6 play an important
role, support the buildup of collagen, whereby in biochemistry as per Dr. Schuessler also no. 19 Cuprum arsenicosum, can be thought of.

1.5.2 The elasticity of organic membranes

All cells have a permeable, double-layer organic membrane. It consists of two layers of phospholipid molecules being strung together. Each of these molecules are made up of two fatty acid molecules (double tail) and a water-soluble phosphatide molecule. A healthy structure of biological membranes is absolutely required for the entire metabolic process in the human body.

Also no. 5, potassium phosphoricum D6, is responsible for this. At the macro level the lecithin is responsible. In addition the intake of polyunsaturated fatty acids through a healthy diet will be helpful. Biological membranes are especially damaged by free radicals. In biochemistry according to Dr. Schuessler most of all the intake of no. 3, Ferrum phosphoricum D12, and no. 6, potassium sulfuricum D6, protects against free radicals. At the macro level the antioxidants, especially the vitamin B - group, take over this responsibility.

1.5.3 Elasticity of connective tissue

The connective tissue, which we are going to discuss in detail when we talk about no. 4, potassium chloratum, to a large extent consists of elements which in order to maintain their elasticity depend on the presence of no.1, calcium fluoratum. For the organism, to organize itself optimally, elasticity of the connective tissue is essential.

The connective tissue should be capable of flooding!

One speaks of an elastic connective tissue if it is permeable for the transport of metabolism products between cells. The connective tissue needs enough water molecules for this transport, which flush the connective tissue space. The composition of the connective tissue fluid is similar to the deep-sea water.

At the macro level one should drink enough water (drinking water) on the one hand, and on the other hand, a vegetable-rich diet should supply the organism with enough alkalines.

Speaking of calcium fluoride, we first have to look deeper into the function of the skin as the largest hull of the human body, the hulls of the teeth and the hulls of the bones. We will do so in the 6th chapter of this article about this mineral substance.

1.6 Keratin

Keratin belongs to the group of the structural proteins, also called scleroproteins. They are high molecular proteinsk that occur in epithelial tissues of the human body, especially in the cornea, hair and dandruff.
1.6.1 The importance of keratin - horny skin, fissures and lesions

With a lack of calcium fluoratum, keratin loses its elasticity and hardens. However, keratin, besides other substances, is an essential element for building up the support structure of the body. In case keratin occurs on the surface and hardens as described due to a lack of calcium fluoratum it is necessary to address this problem.

In case there is a lack of calcium fluoride in the most upper layers of the skin keratin in the epithelial cells will not be able to fulfill its tasks concerning the elasticity of the structure anymore. It fails. There will be a formation of thick horny layer of skin followed by fissures in the horny layer of skin, lesions and chapped lips.

From praxis: A bakery foreman had suffered from very strong chapped heels before he came for a consultation. The horny layer of skin at his feet was so strong and inflexible that it broke when walking and repeatedly got chapped. These cracks caused great pain, which he tried to alleviate by many means. Keratin left the body over the skin on the inner palms of his hands as well, so his hands looked slightly yellowish-brownish. He reported that his wife repeatedly blamed him for not washing his hands properly.

After extensively being informed, he could understand what was going on in his body. He was recommended to anoint the calcium fluoratum ointment several times a day, and in addition he was to take 10 to 15 tablets per day of the same mineral substance. Saying good bye he got the hint that the recovery process will take a long time. During his next visit, he reported that the pain in the cracks had gone within just a few days.

After half a year, the covering of the hands became less and the keratin formation on his heels was on a slow decline also. A significant improvement could be felt after one year. The minerals have become an indispensable companion in his life.

The example also shows that the continuous demand of an elasticity performance in all tissues consumed much of the fuel calcium fluoratum due to the frequent change between the warm bakery and the somewhat cooler sales room.

More operating troubles in terms of keratin are:

- thick horny skin on feet, heels, hands (fissures and horn calluses)
- hard, yellowish palms
- cracked fingertips, calluses
- cracked epidermis with possibly one of the most serious consequences: Ichthyosis
- nails and hair mainly consist of keratin; lack of calcium fluoratum leads to nails which are too flexible, or shatter like glass
- hair is very thin, weak and breaks easily
- cracked lips, cracked corners of the mouth; a biochemical lip balm may have an excellent effect
- phimosis
1.6.2 Keratin and induration:

The following hardenings may occur in the connective tissue: callus, corns, ulcers with hard edges, hardened scars, benign breast knots, goiter (if it is felt as something hard), gland hardenings (doctor!). This mineral substance in combination with sodium chloratum is also responsible for cataracts. It has great importance for the eye muscles. If there is a deficiency, fingernails are either very brittle, hard as glass and splinter when cut, or they are very soft and can easily be bended.

From praxis: An elderly lady had large keratinized age marks on her back. An examination in a skin clinic revealed: Verruca senilis, meaning something like age wart. They are yellowish to black harmless skin formations looking like warts, which occur at an older age. A related physician and neurologist recommended to leave these marks alone. Calcium fluoratum which influenced the excretion of keratin at the feet positively, in this case had the effect that these skin changes initially became brighter and then smaller.

Along with silicea, the nails of the lady became solid and elastic again. Also, her hair became more solid again and it seemed as if it would grow in rather in brown than white.

1.7. Calcium fluoratum in relation to collagen and elastin

In the absence of No. 1 Calcium fluoratum, the elasticity of the intervertebral discs, especially the fibrous rings, suffer, which leads to a prolapse of the intervertebral discs, with the skin of the cartilage tearing and the gelatinous content exiting and mostly disturbing and irritating the nerve leaving the spine.

In the case of the vein walls, a lack of No. 1 Calcium fluoratum leads to varicose veins, and hemorrhoids. As extended capillaries the spider veins must also be supplied with No. 1 Calcium fluoratum so that they contract again. Calcium fluoratum No.1 is of great importance for the elasticity of the skin, ligaments and tendons. Ligaments and tendons that hold and connect the joints are made up of collagen and elastin fibres, including cartilage tissue. For cartilage tissue elasticity is a basic requirement, it is achieved with the help of No.1.

Cartilage tissue is formed by chondrocytes embedded in collagen and elastin. Chondroitin sulphate, hyaluronic acid and keratan sulphate are found in cartilage tissue. Chondroitin sulphate promotes the formation of the cartilage matrix and new cartilage formation. In this process, more water is also bound in order to keep the cartilage elastic, which requires the presence of the important operating material No. 8 Sodium chlorate.

Tendons connect muscles with bones, ligaments are the elastic connections between the bones that provide support for the skeleton and thus for the posture of the human being. If the ligaments in particular shorten due to a lack of No. 1 Calcium fluoratum, the shape of the human body contracts, then we speak of a postural weakness, scoliosis or kyphosis, the curvatures of the spine.

Through the backbone, a deep layer of the human being comes into view, namely his character. Through its exterior the body refers to deeper or inner levels with their forms and structures, which are also to be considered.
1.8 Preservation of elasticity

Calcium fluoratum gives the fibres their elasticity so that they can expand and contract again. Therefore, this mineral should be used wherever ligaments or tissues have stretched to such an extent that they can no longer contract in case of deficiency, and also in case of a lack of flexibility and elasticity, where ligaments have contracted so much or tissue has become compressed that stretching is no longer possible.

All in all, a stiffening of the human body occurs, leading to major movement problems if there is a serious lack of No. 1 Calcium fluoratum.

1.8.1 Atony

The ligaments and tendons are stretched and can no longer contract.

No. 1 Calcium fluoratum can lead to success especially when being externally applied in addition to internal application (intake).

Areas of the application for Calcium fluoratum in case of atony are as follows:

**tendons, ligaments**

- suspension ligaments of stomach, kidney, liver are flaccid, leading to the falling of organs. Further organ relocations: falling of uterus, bladder.
- flat foot, splayfoot
- flail joints (drawer sign, ankles) – this is the displacement of bones due to stretched cruciate ligaments.
- drawer sign
- dislocated joints (mostly knees, shoulders)
- loose teeth (dental bands)
- ligaments connect bones: poor posture - habitual,
- hyper-mobility: loss of movement control, stretching of the ligaments is shown by twisting one’s ankle quite often or other joints being often dislocated, such as knee, shoulder, jaw.
- tendons connect muscles and bones: scoliosis, kyphosis,

**organ sheaths**

- enlarged organs: cardiac enlargement, pericardial enlargement
- blue lips (heart muscle is overstrained)
- intestine: diverticulum (bulge of the intestine

**adenoids**

- vascular walls show a deficiency in the dilation of veins, hemorrhoids, varicose veins (a lack of liver detoxification can increase the pressure on the veins thus promoting the development of varicose veins), cardiac enlargement, and vein problems. Pain is caused by vein problems because the strongly stretched vessels are still stretched further and have no mean to counteract this pressure

**skin**
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- withered skin
- hanging belly – there is also a connection with No.11 since silicon dioxide is the structural mineral of the connective tissue.
- female breast: in this case the intake is not sufficient for the elasticity, a cleverly selected combination of biochemical cream gels or at least cream gel No. 1 must be used.
- inguinal hernia, umbilical hernia (1+11

sphincter

- incontinence – urine, stool, rectal prolapse
- bladder weakness
- reflux by cramping of the sphincter (present in the stomach and bladder): No. 1 Calcium fluoratum

From praxis: *When a man started taking the minerals according to Dr. Schüßler in 1983, he still had shoe size 45, but after several years of consistent use, he only had shoe size 44. The forefoot had flared by the regained tension. Flat feet, splayfeet and fallen arches are the result of a lack of calcium fluoratum.*

- pregnancy (especially for regression): a cream gel mixture of No. 1 Calcium fluoratum, No. 3 Ferrum phosphoricum, No. 5 Potassium phosphoricum, No. 8 Sodium chloratum and No. 11 Silicea prevents pregnancy fissures (striae) and umbilical hernia. Often, the expectant mothers also get larger shoe sizes - flat foot
- a loss of elasticity of the epidermis, namely the uppermost layer of the epidermis, in the horny layer, shows up in wrinkles and lines, a so-called withered skin. It has lost surface tension due to the lack of No. 1 Calcium fluoratum. If the subcutis is also involved, usually with a loss in the connective tissue of the skin, then No. 11 Silicea should also be used.
- the skin feels either too large or too small.

1.8.2 Different types of wrinkling

If the wrinkles of the skin become an issue, which happens especially with No. 11 Silicea, then a distinction must be made between the accordion wrinkles and those caused by the compaction of the connective tissue or the curvature of the skin, the arched wrinkles.

The former indicate exclusively a lack of No. 11 Silicea, the latter a lack of No. 11 Silicea and additionally of No. 12 Calcium sulfuricum.

In the facial analysis we also know the fan wrinkles beginning from the inner corner of the eye, which indicate a lack of No. 1 calcium fluoratum.

1.8.3 Stiffening - hardening

A severe deficiency of this mineral can also lead to the shortening of ligaments, recognizable by the fact that for example, the fingers can no longer be stretched out. This concerns above all the little finger and the ring finger.

A shortening of the tendons and ligaments is also present when the human being is restricted in his mobility, when he becomes stiff.
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The ligaments and tendons contract and can no longer expand.

When treating such disorders, it is essential to consider the external use of No. 1 Calcium fluoratum as well. Cleverly selected combinations support the success. Often, they even make it possible.

- **anal laceration**
- **dupuytren, carpal tunnel syndrome**: massage in a cream gel mixture of No. 1 Calcium fluoratum, No. 5 Potassium phosphoricum and No. 8 Sodium chloratum.
- **phimosis**: Cream Gel No. 1 Calcium fluoratum
- **eye muscles**: No. 1 Calcium fluoratum (strabismus)

**hardening, stiffening:**

- **hardening in general**, such as bone swelling, the following combination is recommended: No. 1 Calcium fluoratum, No. 2 Calcium phosphoricum, No. 3 Ferrum phosphoricum, No. 5 Potassium phosphoricum, No. 8 Sodium chloratum, No. 11 Silicea, No. 12 Calcium sulfuricum and No. 22 Calcium carbonicum.
- **ganglions**: tumor of the joint capsules with gelatinous content of the tendon part tissue – hardened: intake of No. 1+3+5+8
- **prolapse**: when the elastic skin of the disc hardens and tears, the disc prolapses. Shortened back extensors can also lead to prolapse.
- **hardened glands**, such as goitre: massage in a cream gel mixture of No. 1 Calcium fluoratum, No. 5 Potassium phosphoricum and No. 8 Sodium chloratum. “Hardened” glands, through a compressed gland membrane, the secretions are blocked: No. 12 Calcium sulfuricum
- **ulcers with hard edges**
- **corns**: massage in a cream gel mixture of No. 1 Calcium fluoratum, No. 5 Potassium phosphoricum, No. 8 Sodium chlorate and No. 11 Silicea.
- **benign lumps (breast)**: 1 Calcium fluoratum, No. 2 Calcium phosphoricum, No. 4 Potassium chloratum and No. 12 Calcium sulfuricum as a cream gel mixture in addition to intake
- **hardened scars**: massage in a cream gel mixture of No. 1 Calcium fluoratum, No. 5 Potassium phosphoricum and No. 8 Sodium chloratum.
- **meniscus fragmentation**
- **stiffness of the musculoskeletal system**
- **hardened ligaments and tendons**
- **hard swellings of all kinds**
- **cataract**: contamination of the eye lens, possibly accompanied by hardening of the surface of the lens: No. 1 Calcium fluoratum, No. 4 Potassium chloratum, No. 8 Sodium chloratum

**1.8.4 Areas of application of this mineral**

**cracked or dry lips, torn corners of the mouth, tendency to oral herpes**

intake:

level 1: No. 1
level 2: No. 1+9+11
level 3: No. 1+3+5+5+8+9+11
level 4: No. 1+3+5+5+8+9+10+11
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caries, varicose veins, hemorrhoids
(for internal hemorrhoids: biochemical suppositories),
couperosis: 1+4+9+10+11), tooth enamel problems: transparent tooth tips, touch-sensitive teeth
intake:
level 1: No. 1+2
level 2: No. 1+2+9+11
level 3: No. 1+3+5+5+8+9+11

elasticity

- bad fingernails - excessively flexible or splintering like glass (hand & nail lotion: 1+5+6+8+8+9+11),
- ankles with ligament stretching, flat feet, flail joints, ganglions (1+2+3+8+8+9+11),
- limp skin (face creams: 1+4+5+6+6+8+9+11)
- loose teeth (1+3+5+8+8+10+11+12)

intake:
level 1: No.1
level 2: No.1+9+11
level 3: No.1+3+5+5+8+9+11

teething children
Porridge or aqueous solution:
1+3+5+8

strain, bruise
porridge: 3 + 5 + 8 - 40 tablets each, 1 + 11 – 10 tablets each
intake:
level 1: No. 3
level 2: No. 1+3+9+11
level 3: No. 1+3+5+5+8+9+11

phimosis: intake of No. 1, bath: No. 1,

blue lips, heart
When the elasticity of the heart suffers, blue lips appear.
intake:
level 1: No. 1
level 2: No. 1+2+9+11
level 3: No. 1+2+3+5+5+8+9+11

keratin
calluses, horn discharge (especially at the heels),
cracks on hands, flaws, rhagades, hard palms(1+3+5+5+8+11l) and lips (1+3+8+10+11)
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intake:
level 1: No. 1
level 2: No. 1+9+11
level 3: No. 1+3+5+5+8+9+11

hardenings, scars, corns, corneas, Dupuytren’s contracture, carpal tunnel syndrome, perineal care
intake:
level 1: No. 1
level 2: No. 1+9+11
level 3: No. 1+3+5+5+8+9+11

1.9 Skins - skin surfaces in the body

1.9.1 Internal exchange surfaces

In addition, there are many internal skins, so-called internal exchange surfaces, which are border tissues that are responsible for the exchange of substances with the external environment. These surfaces are located inside the human body and are connected to the external environment through openings. By branching these skin surfaces, folding or combining both, the body can significantly increase the surfaces of these exchange surfaces.

A comparison:

**Effect of surface enlargement**

- Skin → 1,5 – 2 m²
- Lungs → 140m²
- Small intestine → 200 m²
- Blood capillaries at rest → 300 m²
- (An internationally suitable football field has approx. 600 m²)

All these internal exchange surfaces need mechanical strength, but at the same time also certain elasticity. They are all coated by an epithelial tissue containing cells that are very close together.

1.9.2 The most important protective functions of the skins in the body

- protection against mechanical injury,
- protection against microorganisms,
- protection against fluid loss, and
- protection against heat loss

These sheaths include the vein walls as well as the organ sheaths. They are all composed of epithelial cells - either single-layer or multi-layer. These epithelial cells of the skins are able to:
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- offer purely mechanical protection,
- or, as in the case of mucous membranes, secrete the mucus: stomach mucosa, nasal mucosa (cold).
- The secretion of Enzymes is performed by the skins of the digestive tract, such as the small intestine - prismatic epithelium,
- the secretion of hormones is done by the epithelia of the glands.
- The ciliated epithelium cleanses the bronchi and protects against contamination of the lungs.

The outermost layer of the epithelium is called the apical side, the innermost layer is called the basal side, which is usually firmly connected to the connective tissue; it is called the basal membrane.

The epithelium of human skin is a squamous epithelium.

The No.1 is extremely important when it comes to the elasticity of structural and supporting exchange surfaces.

1.10 The skin

1.10.1 The epidermis

The skin is the largest organ of the human body. The extent of the epidermis is 1.5 to 2 m².

The skin is our protection from the environment and at the same time our largest sensory organ. It is composed of three layers:

1. epithelial layer - epidermis
2. dermis - corium
3. subcutis

1.10.1.1 Epidermis

As an apical layer it is not only the outermost layer of the skin, but also the most important protection for the skin, whereby the uppermost of the epidermis divided into three layers has this task. This is the horny layer, which owes its elasticity solely to the presence of No. 1 Calcium fluoratum.

A deficiency of this mineral results in the well-known wrinkling of the skin (withered skin). The remaining shifts are:

- the granule cell layer,
- the spiked cell layer,
- and the basal cell layer,
- in which the melanocytes, which are so important for the tanning of the skin, are stored. With the help of No. 19 Cuprum arsenicosum the pigmentation substance melanin is formed in them, which is then controlled with the help of No. 6 Potassium sulfuricum, which results in the browning of the skin, which is so desired by many.
1.10.2 Corium

The second layer of the skin, the corium or dermis, contains essential components of the skin, which are all embedded in collagen and elastin fibres:

tactile receptors, blood vessels, nerves, sebaceous glands, hair muscles, ruffini bodies, sweat glands, the connective tissue of the skin, which is mainly built up with the help of No. 1 Calcium fluoratum and No. 11 Silicea.

1.10.3 Subcutis

The important fat cells are built into the subcutis as the third layer, which are closely connected to No. 9 Sodium phosphoricum. It also represents the water reservoir of the skin, which in turn is connected to the mineral No. 8 Sodium chloratum.

The hair bulbs are also embedded in the subcutis.

1.11. Calcium fluoratum and other shells

Calcium fluoratum is responsible for the formation of bone and tooth shells.

1.11.1 Calcium fluoratum and teeth

Fluorapatite is also a component of tooth enamel and protects teeth against caries, acid attack and bacteria in dental plaques.

Calcium fluoratum is particularly important when the enamel is roughened, when it is poorly formed or even partially absent.

It promotes the breakthrough of teeth in infants and young children and is responsible for tooth cramps, also if the teeth are sensitive to contact, which may especially occur during pregnancy.

From the praxis: A little girl had almost no enamel on her first teeth. Moreover, it was of particularly small growth and extraordinarily lean. It was so severely demineralized that she could hardly eat anything. The organism and thus also the cells of the body had a great lack of minerals, for this reason she could not process any food. The teeth were partly loose. The mother was very desperate. When the child had mainly taken calcium fluoratum in addition to other minerals, the teeth became stronger and tooth decay could be stopped. Very soon the lethargic tiredness disappeared, the girl became hungry and started eating again.

Nevertheless, the enamel was not formed on the first teeth, but the teeth became firm so that they no longer crumbled. Provision was made in good time for the formation of the second teeth. Their enamel was flawless.

The teeth are held in the jaw by highly elastic, tight bands. If these suffer from a lack of No. 1 calcium fluoratum, the teeth become loose. By taking this mineral and using a biochemical toothpaste, the teeth become firm again in most cases. The enamel is also continuously mineralized.
so that it can fulfil its function of protecting the teeth.

Loose teeth and gum loss are not causally related and must be considered separately.

When *children’s teeth* push through their jaws while teething, this is very often a painful process\(^4\).

Here, too, No. 1 Calcium fluoratum has an excellent effect by making the jaw elastic.

In combination with No.3 Ferrum phosphoricum, because of the slightly elevated temperature, No.5 Potassium phosphoricum, for the energy and No.8 Sodium chloratum, whose deficiency is shown by cold and salivation, it is possible to bring a significant relief to children. Frequently, all complaints are lost when using this combination.

The trace element molybdenum is of great importance for the hardening of the tooth enamel.

Calcium phosphoricum – No. 2 is not appropriate in this context, since it is mainly necessary for the formation of the tooth substance and this has already taken place long before the tooth protrudes. (already in the womb – the first teeth!)

### 1.11.2 Calcium fluoratum and the sheaths of the bones

What is important for us is that the calcification process of the bones begins in the cartilage tissue. Here the proteoglycans, i.e., carbohydrate chains with protein residues, are broken down and replaced by apatite. The apatite is the naturally occurring calcium phosphate, which we will then encounter at No. 2 Calcium phosphoricum.

That is why every bone is interspersed with collagen and elastin fibres, which gives it suppleness and fracture strength, in addition to calcification.

Then in the bone covering, parts of the hydroxyapatite are replaced by fluorapatite, which leads to a hardening of the bone covering, and brings more support and structural elasticity as well.

*From praxis: A young man had broken his leg and had to wear a cast for a long time. No local treatment with the bone-forming minerals in the form of dissolved tablets as envelopes or ointments could be carried out. He was solely dependent on the intake as help and support for healing. When an x-ray was taken after a few weeks to check, the doctors were amazed at the rapid healing progress of the fracture. The patient was pleased with the good effect of Schüssler’s minerals, which strengthened his attitude towards this healing method. After the plaster was removed, he was able to use the ointment with the bone-forming minerals, so that it was restored very soon.*

### 1.11.3 Calcium fluoratum is important for bones

With regard to problems with the bones, No. 1 calcium fluoratum is particularly appropriate for bone swelling, ganglions, inflammation of the bones, inflammation of the bony skin and bruises. It can also be used in cases of joint swelling, joint inflammation, bone weakness, bone fragility, bone deformities and the healing of bone fractures, also in cases of intervertebral disc weakness\(^5\), which is caused by an inadequate coating.

No. 1 Calcium fluoratum is the mineral that ensures good hardening of the bone coating, especially
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in the case of bone fractures and deformations.

Calcium fluoratum is responsible for good bone structure, but above all for a well-formed, elastic body structure. Bone is not only about hardness, but especially about elasticity. If the mineral is missing, the bone becomes rather brittle, so that it splinters easily. A second mineral, Magnesium phosphoricum No. 7, is also responsible for these tasks. In the surface of the teeth, in tooth enamel, these two minerals are also predominantly involved in building and preservation.

It is also needed when the fontanelle in infants is difficult to close.

1.12. Calcium fluoratum in pregnancy

This mineral is particularly important during pregnancy. It is not only about the elasticity of the abdominal wall and the muscles of the mother; the growing child should also be well cared for. In addition to intake, massaging in of the ointment is of great importance to prevent stretch marks (striae).

Dam and episiotomy

The dam is best kept elastic with massage oil.

Care for the expectant mother

All areas exposed to particular stretching at birth should be kept elastic with calcium fluoratum ointment (perineum) so that no incisive measures (perineal incision) are necessary and the reproductive organs can recover well. If the mother eats enough minerals, the saying that every child will cost one tooth will not come true.

In the case of the mother, the aim is to promote the elasticity of the abdominal wall due to abdominal stretching, to strengthen the abdominal muscles, to promote the elasticity of the Uterus due to uterine stretching, and to achieve the same with the uterine Ligaments in order to prevent uterine prolapse and lastly, as mentioned above, the elastic perineum is another important point.

Growing child

When it comes to the mineral supply for the growing child, No. 1 Calcium fluoratum focuses on the following topics:

bone formation - strength, teeth, ligaments, tendons, organ skins, skin, nails, hair, and veins.

External use during pregnancy:

A cream gel mixture of No. 1 Calcium fluoratum, No. 3 Ferrum phosphoricum, No. 5 Potassium phosphoricum, No. 8 Sodium chloratum and No. 11 Silicea prevents serious consequences.
### 1.13 No. 1 Calcium fluoratum - nutrients

#### SKIN

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Function</th>
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<tbody>
<tr>
<td>Alpha-linolenic acid, omega 3 FS</td>
<td>wilt, dry skin</td>
</tr>
<tr>
<td>Soy Lecithin</td>
<td>wilt, cracked, wrinkled skin, collagen formation</td>
</tr>
<tr>
<td>Zinc</td>
<td>skin structure, wound healing, mucous membranes</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>promotes collagen formation, antioxidant</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>build-up elastic skin, anti-aging, protects biomembranes</td>
</tr>
<tr>
<td>Beta Carotin</td>
<td>build-up elastic skin, anti-inflammatory</td>
</tr>
</tbody>
</table>

#### Bones and teeth

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>macro level</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>incorporation of natural fluoride, promotes absorption of fluoride from food, tooth enamel hardening</td>
</tr>
<tr>
<td>Vitamin C buffered</td>
<td>bleeding gums, seals blood vessels</td>
</tr>
<tr>
<td>Manganese</td>
<td>build-up of elastic cartilage and bones</td>
</tr>
<tr>
<td>Copper</td>
<td>build-up of elastic cartilage and bones</td>
</tr>
<tr>
<td>Calcium</td>
<td>macro level</td>
</tr>
</tbody>
</table>

#### Vessels

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha-linolenic acid, omega 3 fatty acids, and soy lecithin</td>
<td>elastic blood vessels</td>
</tr>
<tr>
<td>Copper</td>
<td>elastic blood vessels, elastic collagen - Lysyl oxidase (deficiency leads to hardening of vessels)</td>
</tr>
<tr>
<td>Vitamin C buffered</td>
<td>build-up of elastic blood vessels and capillaries</td>
</tr>
<tr>
<td>Citrus Bioflavonoids (secondary plant substances)</td>
<td>Strong antioxidant in the aqueous and lipophilic area, vitamin C enhancer (vitamin saver), oxidative protection and regeneration of unsaturated fatty acids</td>
</tr>
</tbody>
</table>

#### Elasticity

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Calcium Fluoratum D12

**Alpha-linolenic acid, omega 3 fatty acids, and soy lecithin**
- Elastic skin, - tendons, - ligaments, - organs, - cells

**Vitamin C buffered**
- Structure of elastic collagen, elastin structure, elastic tendons, ligaments, blood vessels
- Elastic cartilage build-up, tendons - ligament regeneration, also promotes wound healing

**Zinc**
- Elastic connective tissue, elastic bones

**Manganese**
- Elastic connective tissue, elastic blood vessels

**Copper**
- Elastic connective tissue, elastic blood vessels

---

**Connective tissue**

**Nutrients** | **Function**
---|---
Copper | Elastic blood vessels (blood vessels - hardening!), cross-linking of elastin and collagen
Manganese | Elastic blood vessels
Vitamin C buffered | Build-up of elastic blood vessels, cross-linking of elastin and collagen

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**Hair and Nails**

**Nutrients** | **Function**
---|---
L-Cysteine | Keratin construction, SH groups stabilize the hair structure (ladder structure) nail problems, hair loss
Zink | Hair loss from eyelash-, head- and brow nail structure
Biotin | Build-up of skin and hair

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1.14 External application of the No. 1 Calcium fluoratum

1.14.1. Teeth

As a basic mineral toothpaste, a biochemical toothpaste can positively influence the oral environment, strengthen the elasticity of the gums, prevent bleeding in the gums, reduce plaque, mineralize the teeth and relieve the „first poisoning space of the body“ (Prof. Langreder).

1.14.2 Elasticity

The cream gel mixture of No. 1 Calcium fluoratum and No. 3 Ferrum phosphoricum is excellently
suited for the following loads: **phimosis, care of the Perineum** during pregnancy (especially preventive), torn fingertips, calluses.

**For vein problems**, but also for hemorrhoids, the following mixture is suitable as a cream gel: No. 1 Calcium fluoratum, No. 4 Potassium chloratum, No. 9 Sodium phosphoricum and No. 11 Silicea. **For hemorrhoids, suppositories can also be made with the same mixture.**

The following mixture is recommended for **hernia** and ganglions: No. 1 Calcium fluoratum and No. 11 Silicea.

Not only a cream mixture should be used for body care, but one should also incorporate suitable substances for the skin into the ointment base. The following minerals can be considered: No 1 Calcium fluoratum, No 4 Potassium chloratum, No 5 Potassium phosphoricum, No 6 Potassium sulfuricum, No 8 Sodium chloratum, No 9 Sodium phosphoricum and No 11 Silicea.

### 1.14.3. Porridge

In the case of strains, it is advantageous to put on a porridge, whereby the following combination of minerals has proven itself: 30 tablets each of No. 2 Calcium phosphoricum, No. 3 Ferrum phosphoricum, No. 5 Potassium phosphoricum and No. 8 Sodium chloratum, and 10 tablets each of No. 1 Calcium fluoratum and No. 11 Silicea. It is beneficial to cover the porridge with cling film.

For **teething children**, a mash is prepared as well, which with the help of a finger can be placed on the spot where the tooth is breaking through. The soother can also be used. The minerals have already been mentioned, but they are mentioned here again: No 1 Calcium fluoratum, No 3 Ferrum phosphoricum, No 5 Potassium phosphoricum and No 8 Sodium chloratum. You can also dissolve the minerals and add the solution drop by drop.

### Bibliographic references

[1] Dictionary of Medicine, dtv 3355, Norbert Boss and others

2 Epidermis: epidermis - the vaeceless outer layer of the body skin consisting of corneous squamous epithelium in the upper layers.

3Aneurysm: circumscribed, usually asymmetrical, permanent abnormal bulge in the wall of an arterial blood vessel with pre-existing defects or the heart wall. (Dictionary of Medicine, dtv 3355, Norbert Boss and others)

4In the case of infants, dissolve 1 tablet from each number on a spoon with a few drops of water to a pulp and then put it in the mouth either with the finger, soother or spoon. Infants can take the tablets on their own without any problems.

5Intervertebral disc prolapse: Protrusion of the nucleus of the disc through the fibrous ring of the disc as a result of disc degeneration. The fibres or the entire shell of the intervertebral disc expands and becomes brittle, which also indicates silica.