

## Understanding the Energy of Cell Salts, Flower Essences and Aromas

by Anne Hall, S.K.

My approach to cell salts, flower essences and aromas is through the effect of each on the brain from a physiological view. My use is through the energetic field surrounding the body in regard to our internal communication system.

The storage of memory in the cells of our brain and body, combined with genetic imprinting, create patterns subject to interruption under stress. Our life force or vital chi "wave" is disrupted. This can manifest itself in unhealthy behavior, poor muscle reaction, loss of energy to our organs and distressed thinking patterns. Our internal communication system has become temporarily confused. Repeated stress imprints a new pattern that all of our energy complexes react to.

The brain is a cellular mass containing storage centers that hold our life knowledge. When we take on the energy of a new experience it breaks up into different frequencies and travels to various storage areas to be filed until needed. This filing pattern is impressed according to sense input at the time of recording. Example: audio, visual, odor, physical pain, etc. If our life needs this information at some point in time, it gathers, reforms and is rebonded to be released as thoughts or perceptions. Long term memory is not always accurate due to imprinting of new energy in these storage areas in the interim, disturbance in the fluid surrounding the cells of the brain and emotional stress on the issue to be recalled.

### **Kali Phos**

The fluid surrounding cells is a saline influence. A proper ratio of salts in this fluid promotes a catalytic action that helps the cell assimilate and use nutrients taken into our bodies and restores mineral deficiency to bring the cells back to a proper job description. This fluid also works as message transmitters.

Dr. Schussler, a homeopath in Oldenburg, Germany in 1872, began to understand these inorganic substances contained in the blood and tissues and introduced their use into his practice with great success. His development of Biochemical therapy utilizing twelve Tissues Salts has become a major part of treatment today.

According to Dr. Schussler, minute doses of these salts restore order to the deranged vital force which has been rendered ineffective by stress, either biochemically, physiologically or emotionally.

The key word is "minute". "Cells are microscopically minute. Assimilation and excretion by them take place in very, very small quantities. Most drugs are not effective simply because they are administered in large quantities. The cells reject them." (ref 1)

"The deficiency of one or more inorganic salts causes disease. Supply the deficiency and the disease will be cured." (ref 2)

A disturbance of any one of these inorganic tissues salts over an extended period of time may lead to disease. Each cell has the ability to absorb or reject certain substances and this property is diminished or suspended when the cell has lost one of its salts. Blood with a deficiency of one or more of the salts can lead to an excess of organic matter in the tissues it supplies. Examples are an abscess, boil or pustule.

If this need is not filled, the diseased cell may "suffer physical alterations which precludes the entrance of the required tissue salt." (ref 3)

Kali phos has a particular affect on the brain and nerves. Nerves retain their vital properties for a longer period of time in a solution of this salt. "The gray matter in the brain is controlled entirely by the inorganic cell salt, potassium phosphate." (ref 4) Traces of other salts are also needed, but the oxygenation qualities and ionization of Kali phos attract all things needed to manufacture this vital tissue. A

disturbance in the balance of Kali Phos in the molecules of the thought cells leads to distortions in the gathering of material impressed in the storage areas of the brain. Kal phos is also an antiseptic and hinders the decay of tissue.

### **Patterns of Imbalance:**

1) Bashfulness and blushing brought on by emotional sensitivity. This is a lack of control over the nerve coating of blood vessels.

2) Tendency to hypochondria, when they are overworked they look almost paralyzed and seem to feel symptoms of neuralgic type pain, spasms of irritable weakness and progressive muscular atrophy.

3) Tendency to drop into exhaustion after their sensitivity to noise and/or light has been triggered, usually when quiet or alone. In crowds they have an excitement that holds them for a while but soon slip into an exhausted state and want to escape.

4) Experience feelings of heaviness in the back of the head and across eyes and forebrain area. Many have headaches that respond to interchanging heat and cold compresses. Usually on the axis of the neck or the forebrain, sometimes both simultaneously.

5) Some times they experience itching sensations on their skin, especially their hands and feet. Many have a habit of wringing their hands or showing tearfulness when disturbed. This may be accompanied by intense body odor, flatulence and switching from constipation to diarrhea.

6) Brain fatigue is a major problem for someone that lacks enough Kali Phos. The desire to sit in one place, an aversion to movement is apparent. They see small labors to be insurmountable tasks when in this state.

7) Intellectually they tend toward confusion, loss of correct reasoning power and forgetfulness. They make mistakes in speaking, reading and writing by misplacing or using the wrong words. They have very active memories but recall is difficult, short term memory is more accurate.

8) During imbalance they may have delusions, illusions of fancy and a general dullness of senses. Despondency, anxiety, fear, tearfulness, suspicion, homesickness and melancholy are part of this depressed state.

9) Anxiety, inner agitation and a general nervousness that may lead to insomnia and pacing.

Furnishing a "minimal dose" of the deficient salt can help fill the gap in the molecular chain and may restore equilibrium to the cell. When we use them in a frequency form, my experience is that they have an immediate alternative affect and work well with other frequency type "tools".

### **Clematis**

Flower essences are vibrational "tools". Their effectiveness does not come from biochemical action of physical constituents, but from vibrational, or subtle energetic properties. Dr. Edward Bach left a thriving Homeopathic practice in 1930 to return to nature and find the remedies to support his statement "Seek the outstanding mental conflict in the person, give him the Remedy that will overcome that conflict, and [give] all the hope and encouragement you can, then the VIRTUE within him will, itself, do all the rest."

There are twelve personality types, each vibrate to one of the original essences.(ref 5) The vibrational frequency of the correctly chosen Flower essence supports the virtue of the personality.

In the case of Clematis they are: Focus, embodiment, inspiration in practical life, alert presence, grounded energy, deep sense of responsibility, ability to respond to present circumstances, etc. This type can be very loving, supportive and allowing of the people he/she is with.

A Clematis type personality is a mediator by character. They seem to be indifferent when in an unbalanced state and are unable to materialize their ideas. When in balance, they show more of an ability to be focused.

### **Patterns of Imbalance:**

1) Shy, timid with a nostalgic air about them. With only a half hearted interest in their

present circumstances they seem to be homesick for another part of themselves that they can't reach. Melancholy and idealistic can be used to describe a Clematis personality.

2) Hypochondria is part of their tendency. Physical aches become too large, in their mind, to deal with. Thoughts take minor pain to the extreme. Can have a tendency toward addictions to escape. Anxiety, fear and suspicion can separate their reason when ill.

3) Exhaustion is a way for them to be alone and escape to their "other world". They are sensitive to the energy around them and need to "turn off".

4) A general dullness of sensation when overwhelmed by the expectations of others leads to withdrawal. Avoidance of present circumstances and indifference seem to be a place of safety for them.

5) Despondency and a feeling of "welling up" with tears when senses are disturbed. The system seems to draw its fluid to the inside of the body leaving the skin dry.

6) Brain fatigue and patterns of procrastination can be major issues. They dread starting a new project but will become interested in it until they have resolved the "problem" and then will quit before completion. They love to solve puzzles, as far as they are concerned the job IS done.

7) Intellectually they become easily confused. During imbalance they lose normal reasoning power due to scattered thoughts. Forgetfulness and mistakes lead to a lack of ability for expression. When in balance they have very active memories, best recall is for geographical spaces.

8) They tend to live in the future, are daydreamers and seem "spacy". They seem to be of another world with impractical visions.

9) Anxiety, inner agitation and a general nervousness that may lead to insomnia and pacing.

In his research Dr. Bach's thoughts kept coming back to the fact that in earlier times each household kept a medicine cabinet of herbs & "simples" for health maintenance, to treat wounds and illness. He studied the

plants used in ancient times and discovered 38 flowers, used as essences, that have been registered in the Homeopathic Pharmacopeia.

#### **Aromas:**

The properties in the herbs used through time influence us on physiological, psychological, nutritional levels and contain mineral salts to address deficiencies in the cellular fluid.

Consider the effects of the fragrant oils emitted from the herbs when used in tea, compresses and ointments made in these time honored ways?

Recently the scientific community has been drawn to olfactory research and has been releasing new findings on the importance of the sense of smell. My particular interest has been in the affect of different fragrances/odors on the brain from the stand point of triggering memory and emotions.

The forebrain consists of the cerebral hemispheres, thalami, hypothalamus and limbic system, the hindbrain includes the cerebellum, the pons and medulla and the top inch of the brain stem is in the midbrain.

The corpus callosum is a C shaped collection of nerves that form a bridge between the left and right hemispheres. The limbic system is concerned with memory and emotion while the cerebellum is responsible for balance and fine control of muscle movements. Physical sensations pass to the sensory area and smell and sight to the olfactory and visual cortices. The thalamus relays messages to and from all other areas of the brain and connects with the olfactory and hypothalamus in the brain stem.

All of these sectors are surrounded by the cerebral cortex, a thin layer of nerve cells that is responsible for receiving, interpreting and storing information from the body and external environment. It is also busy organizing relevant responses to the incoming messages that we perceive as sight, sound, thoughts, emotions, memories and odor. These electrical patterns of activity are called brain waves.

Air inhaled through the nose passes over olfactory membranes where chemicals stimulate numerous receptor cells. This information passes to the tracts of the first

cranial nerve and into the frontal lobes of the brain. The hypothalamus is stimulated to activate the pituitary glands accordingly and release the chemicals our bodies need to function.

An example: The mere thought of fear activates the frontal lobes of the cerebral cortex, which stimulates the hypothalamus into action. The hypothalamus activates the supernal medulla which releases adrenaline into the bloodstream and causes numerous responses in the body.

The pathway for smell makes direct connection with the limbic system that is known to be concerned with motivated behavior, memory and emotion. Sometimes the merest hint of an odor can trigger instant and vivid recall of a scene from the past and revive emotions connected with it. Smell also contributes to the bonding action in the reformation of thought and response by triggering off a series of nerve impulses.

"Different combinations of molecules stimulate a certain pattern of response in the receptor sites and the brain might interpret the pattern of incoming nerve impulses as a particular smell." (ref 6)

Scent molecules diffuse across nerve junctions or synapses and are thought to attach to and alter the receptor sites on the membranes they affect, temporarily distorting the molecular structure. The normal polarized electrical "wave" passing over it has been altered. This also disturbs the electrical arrangement of neighboring molecules and ions can pass freely in all directions. My personal theory is that the "charge" has been lifted from an emotional imprint and the information stored is more apt to gather and be rebonded in a truer form.

I see the hypothalamus as a "mind/body" laboratory. It takes thought/emotion impulses from the storage banks and transforms them into the perceptions/chemicals we need for response. I have found that clients that use well chosen blends in aromatic form during their defusion have a shorter integration time and more far reaching results.

In an analogy with vision where there are only three different kinds of color receptors in the

retina of the eye but we are able to distinguish all colors in the spectrum, there are only thought to be seven basic scents that we record. The scents are camphoraceous, musky, floral, pepperminty, ethereal, pungent and putrid. I have chosen Rosemarinus officinalis, Lavandula angustifolia and Juniperus communis to respond to the issues of imbalance shared with Kali Phos and Clematis.

#### **Patterns of Imbalance:**

- 1) Vascular constriction: Rosemary indicated for a vasodialator, stimulant for adrenocortical glands
- 2) Muscular atrophy: Rosemary indicated for arthritis, muscular and articular pain, cicatrizant to rejuvenate tissue.
- 3) Exhaustion: Lavender and Rosemary: Stimulate vital centers, balance energy
- 4) Migraines: Lavender indicated as an analgesic, calming influence.
- 5) Flatulence, irregular bowels: Juniper indicated for accumulation, elimination and related effects.
- 6) Mental fatigue: Juniper and /or Lavender indicated for stimulation
- 7) Confusion: Rosemary and/or Lavender indicated for stimulation of poor memory, mental fatigue and strain.
- 8) Anxiety, depression: Lavender indicated as appeasing, antidepressant, calming.
- 9) Insomnia, nervousness: Juniper, Rosemary and /or Lavender indicated for calming, appeasing, antidepressant, etc.

My selections of aromas also address the physical traits of weakness with the personality that I chose. Lavender for lungs and respiratory weakness, Juniper for glandular systems, and infections, Rosemary is indicated as a cardiotonic for the heart.

In working with pure essential oils remember that one drop is normally the equivalent of 75 to 100 pounds of plant material and must be respected. My preference is to use them in an aroma form.

## Touch For Health International Journal, 1995

Aleopathic medicine addresses the effects of a "dis-ease". Homeopathy is based on the "Law of Similars" and Biochemic Therapy works on a deficiency principle. "The Flowers replace fault with Virtue, raising the body to an elevated state of existence." (ref 7)

Our job, as facilitators, is to help the client throw off the unhealthy pattern and return to a balanced transmission of signals to release the proper chemicals in our brain for correct response within the physical body.

Due to the fact that most kinesiologists are not under an umbrella that allows them to suggest ingestion of a foreign substance into the body either through the mouth or skin, we need to use the energy that gives us information about the individual to also trigger corrections in our clients through a frequency modality.

I use cell salts and Flower Essences in a spray form dilution of 2/3rds mineral water, 1/3 Korbels brandy, 4 drops of the chosen essence and/or 2 cell salts.

My use of Pure Essential oils is in a blended aromatic form specific to the issue or meridian that I am working with during a normal session. If I need to use only one oil, I add 1 drop to the formula created for the client.

### References:

Ref. 1, 2 3 & 4, *Rabindranth in Mongpu* by Maitreyi Devi

Ref. 6, *Atlas of the Body*, Funk and Wagnall

Olfactory Research Paper, 1993

Ref. 5 & 7, *Practical Applications & Uses of The Bach Flower Emotional Remedies*, Jessica Bear, PhD., N.D.

*Integration With Botanical Emotional Remedies*, Anne Hall, S.K.

Mind Matters Seminars for Health Professionals:

*Emotions*, P. Salovey, PhD.

*Memory*, Stuart Zola-Morgan, PhD.

*Senses and The Psyche*, M. Zane, PhD

### Recommended Reading:

Bear, Jessica, PhD, ND, *Bach Flower Formulas*

Bear, Jessica, PhD, ND, *Who "Reigns" on Your Parade*

Becker & Seldon, *The Body Electric*

Kaminsky & Katz, *Flower Essence Repertory*

Lavabre, M., *Aromatherapy*

Mitra, *Tissues Remedies*, Bela Rani Roy, Calcutta, available from Jessica Bear

Powell, Eric, *Biochemic Prescriber*

Rose, Jeanne, *The Aromatherapy Book*

Schussler, *Abridged Biochemic Therapy*

Tierra, M., *The Way of Herbs*

### Sources:

FES Flower Essences

Balancing Essentials, J. Bear, PhD., ND,  
348 Deauville St, Las Vegas, NV 89106  
Phone: 702-598-0727  
(Professional discounts a possibility)

Aromatic Kits for BB & 14 Meridians

Balances Skill & Support Center,  
2800 Accomac, St. Louis, MO, 63104  
Phone: 314-776-6103

Pure Essential Oils

Cherly's Herbs,  
11953 Meadow Run Ct, Maryland Heights,  
MO, 63043  
Phone: 1-800-231-5971

Oshadhi 100 % pure Oils

Brian Skiness, Joint Adventure,  
PO Box 824, Rogers, AR, 72757  
Phone: 1-800-898-Pure

Recommended uses of the aromatics available upon request. Please write: Anne Hall, S.K., Balances Skill & Support Center, 2800 Accomac, St. Louis, Mo 63104 or call 314-776-6103