



# HYDRATION

Water is life. You need water to eliminate toxic substances, produce digestive enzymes, maintain healthy skin, hair, and organs, and to help your body absorb essential vitamins, minerals, and natural sugars. Water also regulates body temperature, stimulates metabolism, and helps promote regularity. Fluids other than pure water don't act the same as water in your body, and they don't meet your needs for hydration like water does. Most people are slightly dehydrated from relying on other fluids besides water for their fluid intake. Coffee, tea, alcohol, and sodas (or any other caffeinated beverages) don't count; they're diuretics, which means they actually remove water and nutrients from the body.

Chronic dehydration has been linked to the following symptoms and disease processes:

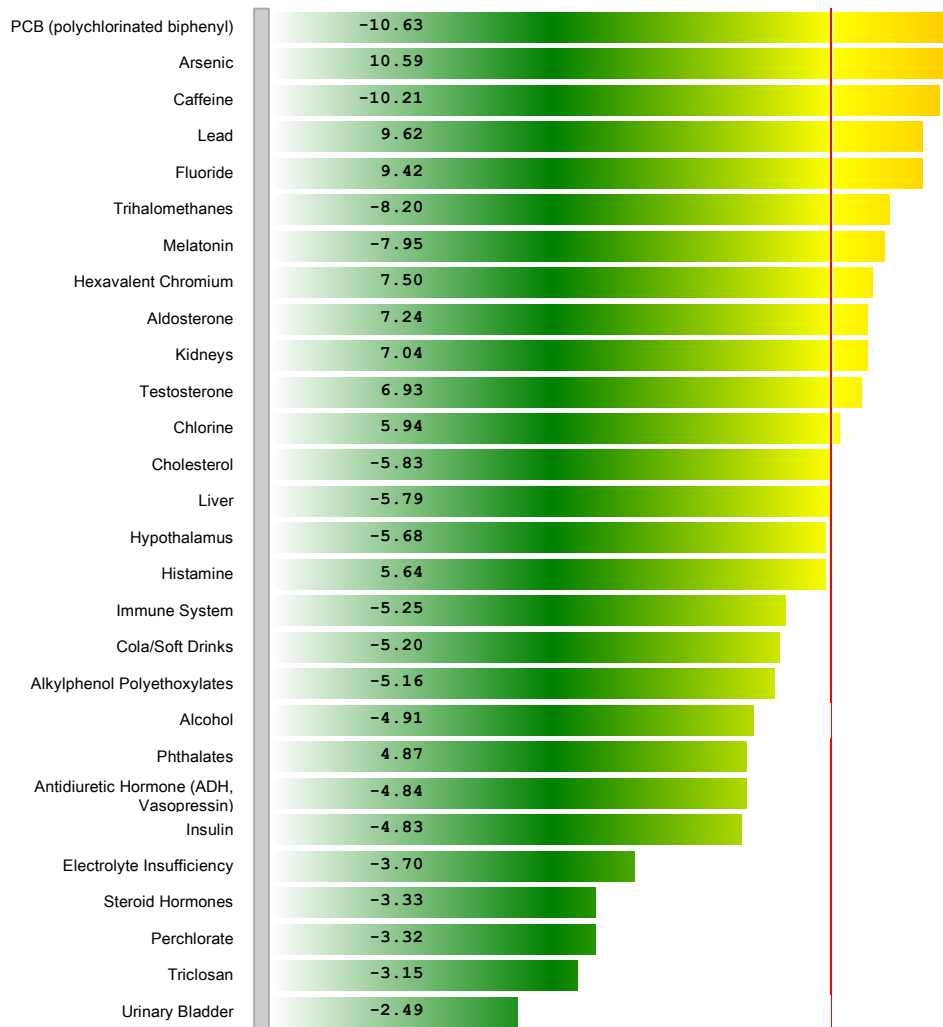
- Fatigue
- Constipation
- Headaches
- Indigestion
- Muscle and joint aches and pains
- High blood pressure
- Depression
- Allergies
- Lack of mental clarity
- Skin issues
- Excess weight

To prevent dehydration, drink as many ounces of water every day equal to half your body weight in pounds (e.g., body weight 150 pounds = 75 ounces of water a day). Use more water in hot weather or after strenuous exercise. When you're actually drinking enough water, your urine will be essentially clear.

Many digestive problems, joint and muscle issues, problems with fatigue, and even your complexion will clear up with the use of more water, especially when you limit or eliminate fluids that actually dehydrate your body (sodas/caffeinated beverages/alcohol).

It's okay to drink some water with meals because digestive enzymes are hydrolytic (activated by water). So drinking a little water with meals is fine. The bulk of the water you drink throughout the day, however, is best taken between meals. (1)





## BALANCER VIRTUAL ITEMS – Hydration

### Cell Salts w/ Descriptions

#### 22.44 **Calcarea fluorica**

(Fluoride of Lime)

A powerful tissue remedy for hard, stony glands, varicose & enlarged veins, & malnutrition of bones. Hard knots in female breast. Goitre. Congenital hereditary syphilis. Induration threatening suppuration. Many cases of cataract have undoubtedly been influenced favorably by it. Congenital syphilis manifesting itself in ulcerating of mouth & throat, caries & necrosis with boring pains & heat in parts. Arterio-sclerosis; threatened apoplexy. Tuberculosis. Used after operations, the tendency to adhesions is reduced.

Mind.--Great depression; groundless fears of financial ruin.

Head.--Creaking noise in head. Blood-tumors of new-born infants. Hard excrescences on the scalp. Ulcers on the scalp with callous, hard edges.

Eyes.--Flickering & sparks before the eyes, spots on the cornea; conjunctivitis; cataract. Strumous phlyctemular keratitis. Subcutaneous palpebral cysts.

Ears.--Calcareous deposits on tympanum; sclerosis of ossicula & petrous portion of temporal bone, with deafness, ringing & roaring. Chronic suppuration of middle ear.

Nose.--Cold in the head; stuffy cold; dry coryza; ozæna. Copious, offensive, thick, greenish, lumpy, yellow nasal catarrh. Atrophic rhinitis, especially if crusts are prominent.

Face.--Hard swelling on the cheek, with pain or toothache, hard swelling on jaw-bone.

Mouth.--Gum-boil, with hard swelling on the jaw. Cracked appearance of the tongue, with or without pain. Induration of the tongue, hardening after inflammation. Unnatural looseness of the teeth, with or without pain; teeth become loose in their sockets. Toothache, with pain if any food touches the tooth.

Throat.--Follicular sore throat; plugs of mucus are continually forming in the crypts of the tonsils. Pain & burning in throat; better by warm drinks; worse, cold drinks. Hypertrophy of Luschka's tonsil. Relaxed uvula, tickling referred to larynx.

Stomach.--Vomiting of infants. Vomiting of undigested food. Hiccough (Cajup; Sulph ac). Flatulency. Weakness & daintiness of appetite, nausea & distress after eating in young children who are overtaxed by studies. Acute indigestion from fatigue & brain-fag; much flatulence.

Stool & Anus.--Diarrhea in gouty subjects. Itching of anus. Fissure of the anus, & intensely sore crack near the lower end of the bowel. Bleeding hemorrhoids. Itching of anus as from pin-worms. Internal or blind piles frequently, with pain in back, generally far down on the sacrum, & constipation. Much wind in lower bowels. Worse, pregnancy.

Male.--Hydrocele; indurations of the testicles.

Respiratory Organs.--Hoarseness. Croup. Cough with expectoration of tiny lumps of yellow mucus, with tickling sensation & irritation on lying down. Spasmodic cough. Calc. Fluor removes fibroid deposits about the endocardium & restores normal endocardial structure (Eli G. Jones, M. D).

Circulatory Organs.--Chief remedy for vascular tumors with dilated blood-vessels, & for varicose or enlarged veins. Aneurism. Valvular disease. When the tuberculous toxins attack the heart & blood-vessels.

Neck & Back.--Chronic lumbago; aggravated on beginning to move, & ameliorated on continued motion. Osseous tumors. Rachitic enlargement of femur in infants. Pain lower part of back, with burning.

Extremities.--Ganglia or encysted tumors at the back of the wrist. Gouty enlargements of the joints of the fingers. Exostoses on fingers. Chronic synovitis of knee-joint.

Sleep.--Vivid dreams, with sense of impending danger. Unrefreshing sleep.

Skin.--Marked whiteness of skin. Scar tissue; adhesions after operations. Chaps & cracks. Fissures or cracks in the palms of the hands, or hard skin. Fissure of the anus. Suppurations with callous, hard edges. Whitlow. Indolent, fistulous ulcers, secreting thick, yellow pus. Hard, elevated edges of ulcer, surrounding skin purple & swollen. Knots, kernels, hardened glands in the female breast. Swellings or indurated enlargements having their seat



in the fasciæ & capsular ligaments of joints, or in the tendons. Indurations of stony hardness.

Modalities.--Worse, during rest, changes of weather. Better, heat, warm applications.

Relationship.--Compare: Con; Lapis; Baryt mur; Hecla; Rhus; Cacodylate of Soda (Tumors).

Calcar sulph-stibiata (acts as an hæmostatic & absorptive in uterine myoma).

Mangifera indica (varicose veins).

Dose.--Third to twelfth trituration. A "chronic" remedy. Needs some time before manifesting its effects. Should not be repeated too frequently.

### 16.19 **Natrium muriaticum**

(Chloride of Sodium)

The prolonged taking of excessive salt causes profound nutritive changes to take place in the system, & there arise not only the symptoms of salt retention as evidenced by dropsies & œdemas, but also an alteration in the blood causing a condition of anæmia & leucocytosis. There seems also to be a retention in the tissues of effect materials giving rise to symptoms loosely described as gouty or rheumatic gout. The provings are full of such symptoms (Dr. Stonham) A great remedy for certain forms of intermittent fever, anemia, chlorosis, many disturbances of the alimentary tract & skin. Great debility; most weakness felt in the morning in bed. Coldness. Emaciation most notable in neck. Great liability to take cold. Dry mucous membranes. Constrictive sensation throughout the body. Great weakness & weariness. Oversensitive to all sorts of influences. Hyperthyroidism. Goitre. Addison's disease. Diabetes.

Mind.--Psychic causes of disease; ill effects of grief, fright, anger, etc. Depressed, particularly in chronic diseases. Consolation aggravates. Irritable; gets into a passion about trifles. Awkward, hasty. Wants to be alone to cry. Tears with laughter.

Head.--Throbs. Blinding headache. Aches as if a thousand little hammers were knocking on the brain, in the morning on awakening, after menstruation, from sunrise to sunset. Feels too large; cold. Anemic headache of school-girls; nervous, discouraged, broken down. Chronic headache, semi-lateral, congestive, from sunrise to sunset, with pale face, nausea, vomiting; periodical; from eyestrain; menstrual. Before attack, numbness & tingling in lips, tongue & nose, relieved by sleep. Frontal sinus inflammation.

Eyes.--Feels bruised, with headache in school children. Eyelids heavy. Muscles weak & stiff. Letters run together. Sees sparks. Fiery, zigzag appearance around all objects. Burning in eyes. Give out on reading or writing. Stricture of lachrymal duct with suppuration. Escape of muco-pus when pressing upon sac. Lachrymation, burning & acrid. Lids swollen. Eyes appear wet with tears. Tears stream down face on coughing (Euph). Asthenopia due to insufficiency of internal recti muscles (Gels & Cup acet, when due to external muscles). Pain in eyes when looking down. Cataract incipient (Secale).

Ears.--Noises; roaring & ringing.

Nose.--Violent, fluent coryza, lasting from one to three days, then changing into stoppage of nose, making breathing difficult. Discharge thin & watery, like raw white of egg. Violent sneezing coryza. Infallible for stopping a cold commencing with sneezing. Use thirtieth potency. Loss of smell & taste. Internal soreness of nose. Dryness.

Face.--Oily, shiny, as if greased. Earthy complexion. Fevers-blisters.

Mouth.--Frothy coating on tongue, with bubbles on side. Sense of dryness. Scorbutic gums. Numbness, tingling of tongue, lips, & nose. Vesicles & burning on tongue, as if there was a hair on it. Eruptions around mouth & vesicles like pearls on lips. Lips & corners of mouth dry, ulcerated, & cracked. Deep crack in middle of lower lip. Tongue mapped (Ars; Rhus; Tarax). Loss of taste. Large vesicle on lower lip, which is swollen & burns. Immoderate thirst.

Stomach.--Hungry, yet loose flesh (Iod). Heartburn, with palpitation. Unquenchable thirst. Sweats while eating. Craving for salt. Aversion to bread, to anything slimy, like oysters, fats. Throbbing in pit. Sticking sensation in cardiac orifice.

Abdomen.--Cutting pain in abdomen. Distended. Pain in abdominal ring on coughing.

Rectum.--Burning pains & stitching after stool. Anus contracted, torn, bleeding. Constipation; stool dry, crumbling (Am m; Mag m). Painless & copious diarrhea, preceded by pinching pain in abdomen.

Urine.--Pain just after urinating (Sars). Increased, involuntary when walking, coughing, etc. Has to wait a long time for it to pass if others are present (Hep; Mur ac).

Male.--Emission, even after coitus. Impotence with retarded emission.



Female.--Menses irregular; usually profuse. Vagina dry. Leucorrhœa acrid, watery. Bearing-down pains; worse in morning (Sep). Prolapsus uteri, with cutting in urethra. Ineffectual labor-pains. Suppressed menses (Follow with Kali carb). Hot during menses.

Respiratory.--Cough from a tickling in the pit of stomach, accompanied by stitches in liver & spurting of urine (Caust; Squilla). Stitches all over chest. Cough, with bursting pain in head. Shortness of breath, especially on going upstairs (Calc). Whooping-cough with flow of tears with cough.

Heart.--Tachycardia. Sensation of coldness of heart. Heart & chest feel constricted. Fluttering, palpitating; intermittent pulse. Heart's pulsations shake body. Intermits on lying down.

Extremities.--Pain in back, with desire for some firm support (Rhus; Sep). Every movement accelerates the circulation. Palms hot & perspiring. Arms & legs, but especially knees, feel weak. Hangnails. Dryness & cracking about finger-nails. Numbness & tingling in fingers & lower extremities. Ankles weak & turn easily. Painful contraction of hamstrings (Caust). Cracking in joints on motion. Coldness of legs with congestion to head, chest, & stomach.

Sleep.--Sleepy in forenoon. Nervous jerking during sleep. Dreams of robbers. Sleepless from grief.

Skin.--Greasy, oily, especially on hairy parts. Dry eruptions, especially on margin of hairy scalp & bends of joints. Fever blisters. Urticaria; itch & burn. Crusty eruptions in bends of limbs, margin of scalp, behind ears (Caust). Warts on palms of hands. Eczema; raw, red, & inflamed; worse, eating salt, at seashore. Affects hair follicles. Alopecia. Hives, itching after exertion. Greasy skin.

Fever.--Chill between 9 & 11 am. Heat; violent thirst, increases with fever. Fever-blisters. Coldness of the body, & continued chilliness very marked. Hydræmia in chronic malarial states with weakness, constipation, loss of appetite, etc. Sweats on every exertion.

Modalities.--Worse, noise, music, warm room, lying down about 10 a m., at seashore, mental exertion, consolation, heat, talking. Better, open air, cold bathing, going without regular meals, lying on right side; pressure against back, tight clothing.

Relationship.--Complementary to Apis; Sepia; Ign.

Compare: Aqua marina-Isotonic plasma. Marine plasma is a sea water taken some miles from shore & some depth below surface, filtered & diluted with twice as much pure fresh water. It acts primarily on the blood, as in intoxications, scrofulous conditions, enteritis. It disintoxicates in cancer (administered subcutaneously in the treatment of diseases of skin, kidneys & intestines, gastro-enteritis, & tuberculosis). Scrofulous affection of children. Lymphadenitis. Lupus, eczema, varicose ulcers. A great "blood purifier & vitalizer." Potentized sea-water in weakness, lack of reaction; symptoms worse seaside (Goitre). Sal marinum sea salt, (indicated in chronic enlargements of glands, especially cervical. Suppurating glands. It appears likely to become a most useful remedy as an auxiliary, if not as a principal, in the treatment of diseases in patients of a strumous diathesis. Also useful in constipation). Natrum selenicum (laryngeal phthisis with expectoration of small lumps of bloody mucus & slight hoarseness). Natrum silicicum (hæmophilia; scrofulous bone affections; given intravenously every 3 days for senile pruritus); (Dolichos. Fagopyr). Ignat; Sep; Thuja; Graph; Alum.

Antidote: Ars; Phos; Spir nit dulc.

Dose.--Twelfth to thirtieth & higher. The very highest potencies often yield most brilliant results. & in infrequent dosage.

## 9,98 **Kali sulphuricum**

(Potassium Sulphate)

Ailments accompanied by profuse desquamation. Applicable to the later stages of inflammation. Yellow, mucous & serous discharges, profuse & intermittent. Has been found of much use in oxaluria.

Head.--Rheumatic headache, beginning in evening. Bald spots. Dandruff & scaldhead.

Ears.--Eustachian deafness. Discharge of yellow matter (Hydr).

Nose.--Cold, with yellow, slimy expectoration. Nose obstructed. Smell lost (Nat mur). Engorgement of the nasal pharyngeal mucous membrane, mouth breathing, snoring, etc, remaining after removal of adenoids.

Face.--Aches in heated room. Epithelioma.

Stomach.--Tongue coated yellow & slimy. Insipid, pappy taste. Gums painful. Burning thirst, nausea, & vomiting. Load feeling. Dread of hot drinks.

Abdomen.--Colicky pains; abdomen feels cold to touch; tympanitic, tense. Yellow, slimy diarrhea. Constipation, with hæmorrhoids (Sulph).

Male.--Gonorrhœa; discharge slimy, yellowish-green. Orchitis. Gleet.



Female.--Menses too late, scanty, with feeling of weight in abdomen. Metrorrhagia.

Respiratory.--Coarse rales. Rattling of mucus in chest (Tart em). Post-grippal cough, especially in children. Bronchial asthma, with yellow expectoration. Cough; worse in evening & in hot atmosphere. Croupy hoarseness (Hep; Spong).

Extremities.--Pain in nape, back & limbs, worse in warm room. Shifting, wandering pains.

Fever.--Rise of temperature at night. Intermittent fever, with yellow, slimy tongue.

Skin.--Psoriasis (Ars; Thyroid). Eczema; burning, itching, papular eruption. Nettle-rash. Polypi. Epithelioma. Seborrhœa. Favus. Ring-worm of scalp or beard with abundant scales.

Modalities.--Worse, in evening, heated room. Better, cool, open air.

Relationship.--Compare: Kali sulph chromico.--Alum of chrome-3x (Produces in the nasal passages very fine threads from the septum to external wall; affections of nasal fossæ & hay-fever. Chronic colds. Sneezing, red, watery eyes, irritation of mucous membrane). Pulsat; Kali bich; Nat m.

Dose.--Third to twelfth potency.

### 5.20 **Natrum sulphuricum**

(Sulphate of Sodium-Glauber's Salt)

A liver remedy, especially indicated for the so-called hydrogenoid constitution, where the complaints are such as are due to living in damp houses, basements, cellars. They are worse in rainy weather, water in any form. Feels every change from dry to wet; cannot even eat plants growing near water, nor fish. Always feels best in warm, dry air. Clinically, it has been found a valuable remedy for spinal meningitis, head symptoms from injuries to head, mental troubles therefrom. Every spring, return of skin affections. Tendency to warts. Fingers & toes affected. Chronic gout (Lycop).

Mind.--Lively music saddens. Melancholy, with periodical attacks of mania. Suicidal tendency; must exercise restraint. Inability to think. Dislikes to speak, or to be spoken to.

Head.--Occipital pain. Piercing stitches in ears. Vertigo; relieved by sweat on head. Bursting feeling on coughing. Hot feeling on top of head. Boring in right temple, preceded by burning in stomach. Ill-effects of falls & injuries to the head, & mental troubles arising there from. Dreams of running water.

Ears.--Sticking pain, earache, lightning-like stitches in damp weather.

Nose.--Nasal catarrh, with thick, yellow discharge & salty mucus. Coryza. Epistaxis. Ethmoiditis.

Eyes.--Conjunctiva yellow. Granular lids. Photophobia (Graphites).

Mouth.--Slimy, thick, tenacious, white mucus. Bitter taste, blisters on palate.

Throat.--Thick, yellow mucus, drops from posterior nares.

Stomach.--Vomits sour. Brown, bitter coating on tongue. Yellow complexion. Thirst for something cold. Bilious vomiting, acid dyspepsia, with heartburn & flatulence.

Abdomen.--Duodenal catarrh; hepatitis; icterus & vomiting of bile; liver sore to touch, with sharp, stitching pains; cannot bear tight clothing around waist, worse, lying on left side. Flatulency; wind colic in ascending colon; worse, before breakfast. Burning in abdomen & anus. Bruised pain & urging to stool. Diarrhea yellow, watery stools. Loose morning stools, worse, after spell of wet weather. Stools involuntary, when passing flatus. Great size of the fecal mass.

Urine.--Loaded with bile. Brisk-dust sediment. Excessive secretion. Diabetes.

Female.--Nosebleed during menses, which are acrid & profuse. Burning in pharynx during menstruation. Herpetic vulvitis. Leucorrhœa yellowish-green, following gonorrhœa in female. Leucorrhœa with hoarseness.

Male.--Condylomata; soft, fleshy excrescences; greenish discharges. Gonorrhœa; discharge thick, greenish; little pain.

Respiratory.--Dyspnœa, during damp weather. Must hold chest when coughing. Humid asthma; rattling in chest, at 4 & 5 am. Cough, with thick ropy,



greenish expectoration; chest feels all gone. Constant desire to take deep, long breath. Asthma in children, as a constitutional remedy. Delayed resolution in pneumonia. Springs up in bed the cough hurts so; holds painful side (Bry). Pain through lower left chest. Every fresh cold brings on attack of asthma.

Back.--Itching when undressing. Violent pains in back of neck, & at base of brain. Piercing pain between scapulæ. Spinal meningitis; opisthotonos.

Extremities.--Swelling of axillary glands. Inflammation around root of nails. Burning in soles; œdema of feet; itching between toes. Gout. Pain in limbs, compels frequent change in position. Run-arounds. Pain in hip-joints, worse left, worse, stooping. Stiffness of knees, cracking of joints. Rheumatism, worse in damp cold weather.

Skin.--Itching while undressing. Jaundiced, watery blisters. Sycotic excrescences; wart-like red lumps all over body.

Modalities.--Worse, music (makes her sad); lying on left side; dampness of basement, damp weather. Better, dry weather, pressure, changing position.

Relationship.--Compare: Natrum succinate (5 gr every 3 hours. Catarrhal jaundice). Malaria officinalis-decomposed vegetable matter--(Has evident power to cause the disappearance of the plasmodium of malaria. Malarial cachexia. General sense of weariness. Spleen affections. Malaria & rheumatism. Functional hepatic diseases. Sixth potency & higher). Natrum choleinicum-Fel Tauri Depuratum--(constipation; chronic gastric & intestinal catarrh; cirrhotic liver; diabetes; nape of neck pains; tendency to sleep after eating; much flatus; ascites); Momordica-Balsam Apple--(Colic, dysmenorrhœa with gushes of blood). Pulmo vulpis-Wolf's lung (persistent shortness of breath causing a paroxysm of asthma on the slightest motion. Strong, sonorous bubbling rales. 1x trit). Peumus Boldus-Boldo--(atonic states of stomach & intestinal canal; liver states following malaria. Burning weight in region of liver & stomach, bitter taste, languor; abscess of liver; asthma, bronchitis, catarrh, œdema of lungs); Natrum iodat (Incipient rheumatic endocarditis; chronic bronchitis, rheumatism & tertiary syphilis. Chronic catarrhal affections, arteriosclerosis. Here various symptoms, as angina pectoris, vertigo, dyspnœa become less marked after continued use of 5-10 grs, 3 times a day). Natrum hyposulph (liver-spots, locally & internally); Sulp; Thuja; Merc.: stilling.

Complementary; Ars; Thuja.

Dose.--First to twelfth trituration.

## Electrolytes w/ Descriptions

### General Balancers (ALL Positive)

Calcarea fluorica 22.44	Natrium muriaticum 16.19	Calcium-min 12.83
Sulfur 12.55	Kali sulphuricum 9.98	Natrum sulphuricum 5.20
Calcium Phosphate 4.53	Calcarea sulphurica 3.01	Kali phosphoricum 1.71