



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:

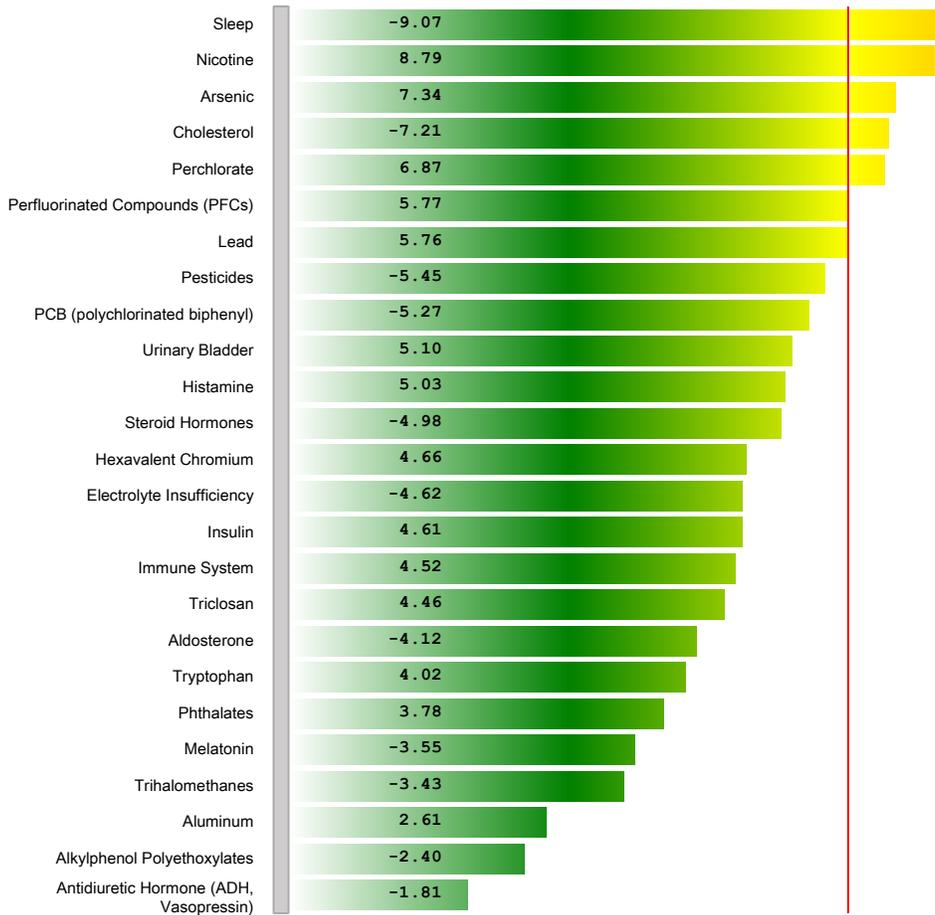
- Fatigue
- Constipation
- Headaches
- Indigestion
- Muscle and joint aches and pains
- High blood pressure
- Depression
- Allergies
- Lack of mental clarity
- Skin issues
- Excess weight

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. (8)





BALANCER VIRTUAL ITEMS – Hydration

Cell Salts w/ Descriptions

23.15 **Natrium phosphoricum**

(Phosphate of Sodium)

Natrum phosphoricum is the remedy for conditions arising from excess of lactic acid, often resulting from too much sugar. Ailments, with excess of acidity. Sour eructations & taste. Sour vomiting. Yellow, creamy coating at the back of the roof of mouth & tongue. Inflammation of any part of the throat, with sensation of a lump in throat. Flatulence, with sour risings. Colic, with symptoms of worms. Cracking of joints. Jaundice (1x trit). Oxaluria.

Mind.--Imagines, on waking at night, that pieces of furniture are persons; that he hears footsteps in next room. Fear.

Head.--Feels dull in the morning, full feeling & throbbing.

Eyes.--Discharge of golden-yellow, creamy matter from the eyes. Dilation of one pupil. Whites of eyes dirty yellow.

Ears.--One ear red, hot, frequently itchy, accompanied by gastric derangements & acidity.

Nose.--Offensive odor. Itching of nose. Naso-pharyngeal catarrh, with thick, yellow, offensive mucus.

Face.--Paleness of bluish, florid appearance of face.

Mouth.--Canker sores of lip & cheeks. Blisters on tip of tongue, with stinging in evening. Thin, moist coating on the tongue. Yellow, creamy coating at the back part of the roof of the mouth. Dysphagia. Thick, creamy membrane over tonsils & soft palate.

Stomach.--Sour eructations, sour vomiting, greenish diarrhea. Spits mouthful of food.

Male.--Emissions without dreams, with weakness in back & trembling in limbs. Desire without erection. Gonorrhœa.

Female.--Menses too early; pale, thin, watery. Sterility, with acid secretions from vagina. Leucorrhœa; discharge creamy or honey-colored, or acid & watery. Sour-smelling discharges from uterus. Morning sickness, with sour vomiting.

Extremities.--Rheumatism of the knee-joint.

Back.--Weariness; aching in wrists & finger-joints. Hamstrings sore. Synovial crepitation. Rheumatic arthritis.

Skin.--Yellow. Itching in various parts, especially of ankles. Hives. Smooth, red, shining. Erysipelas. Feet icy cold in daytime, burn at night. Swelling of lymphatic glands.

Relationship.--Compare: Natrum lactic (rheumatism & gout; gouty concretions, rheumatism with diabetes); Natrum nitrosum (angina pectoris. Cyanosis, fainting, copious liquid stools at night; throbbing & fullness; faintness, nervous pain in head, nausea, eructations, blue lips). Natrum silicofluoricum-Salufer--(a cancer remedy; tumors, bone affection, caries, lupus, ethmoiditis. Must be used carefully); Nat selen (chronic laryngitis & laryngeal phthisis; hoarseness of singers, expectorate small lumps of mucus with frequent clearing of throat); Nat sulphurosum (diarrhea, with yeasty stools); Nat sulphocarb (pyæmia; purulent pleurisy, 3 to 5 grains every three hours); Nat telluricum (breath has odor of garlic; night sweats of phthisis) calc; Robin; Phos. In oxaluria 1x four times daily prevents formation of calculi; keeps the oxal of lime in solution (Schwartz).

Dose.--Third to twelfth trituration. In Jaundice 1x. Non-homeopathically, Phosphate Soda used hypodermically for Morphine habit, by Dr. M. J. Luys. Phosphate Soda, 75 gr daily,

15.06 **Ferrum phosphoricum**

(Phosphate of Iron)

In early stages of febrile conditions, it stands midway between asthenic activity of Aconite & Bell, & the asthenic sluggishness & torpidity of Gels. Typical Ferrphos subject is not full blooded & robust, but nervous, sensitive, anemic, false plethora & easy flushing of Ferrum. Prostration marked; face more active than Gels. The superficial redness never assumes the dusky hue of Gels. Pulse soft & flowing; no anxious restlessness of Acon. Susceptibility to chest troubles. Bronchitis of young children. In acute exacerbation of tuberculosis, a fine palliative of wonderful power. Corresponds to Grauvogel's Oxygenoid Constitution, the inflammatory, febrile, emaciating, wasting consumptive.

The remedy for first stage of all febrile disturbances & inflammations before exudation sets in; especially for catarrhal affections of the respiratory tract. Ferr phos. 3x increases hemoglobin. In pale, anæmic subjects, with violent local congestions. Hæmorrhages, bright from any orifice.

Head.--Soreness to touch, cold, noise jar. Rush of blood to head. Ill effects of sun-heat. Throbbing sensation. Vertigo. Headache better cold applications.

Eyes.--Red, inflamed, burning sensation. Feeling like sand under lids. Hyperæmia of optic disc/retina, blurred vision.

Ears.--Noises. Throbbing. First stage of otitis. Membrana tympani red & bulging. Acute otitis; when Bellad fails, prevents suppuration.

Nose.--First stage of colds in the head. Predisposition to colds. Epistaxis; bright red blood.

Face.--Flushed; cheeks sore & hot. Florid complexion. Facial neuralgia; worse, shaking head & stooping.

Throat.--Mouth hot; fauces red, inflamed. Ulcerated sore throat. Tonsils red & swollen. Eustachian tubes inflamed. Sore throat of singers. Subacute laryngitis with fauces inflamed & red (2x). After operations on throat & nose to control bleeding & relieve soreness. First stage of diphtheria. Ranula in vascular, sanguine constitutions.

Stomach.--Aversion to meat & milk. Desire for stimulants. Vomiting of undigested food. Vomiting of bright red blood. Sour eructations.

Abdomen.--First stage of peritonitis. Hemorrhoids. Stools watery, bloody, undigested. First stage of dysentery, with much blood in discharges.

Urinary.--Urine spurts with every cough. Incontinence. Irritation at neck of bladder. Polyuria. Diurnal enuresis.

Female.--Menses every three weeks, with bearing-down sensation & pain on top of head. Vaginismus. Vagina dry & hot.

Respiratory.--First stage of all inflammatory affections. Congestions of lungs. Hæmoptysis. Short, painful tickling cough. Croup. Hard, dry cough, with sore chest. Hoarseness. Expectoration of pure blood in pneumonia (Millefol). Cough better at night.

Heart.--Palpitation; pulse rapid. First stage of cardiac diseases. Short, quick, soft pulse.

Extremities.--Stiff neck. Articular rheumatism. Crick in back. Rheumatic pain in shoulder; pains extend to chest & wrist. Whitlow. Palms hot. Hands swollen & painful.

Sleep.--Restless & sleepless. Anxious dreams. Night sweats of anemia.

Fever.--Chill daily at 1 pm. All catarrhal & inflammatory fevers; first stage.

Modalities.--Worse, at night & 4 to 6 pm; touch, jar, motion, right side. Better, cold applications.

Relationship.--Compare: (Oxygenoid Constitution. Acon; China; Arsenic; Graphit; Petrol). Ferrum pyrophosph (congestion of brain & headache following great loss of blood; tarsal cysts); Acon; Gelsem; China.

Dose.--Third to twelfth potency.

7.48 **Calcarea sulphurica**

(Sulphate of Lime--Plaster of Paris)

Eczema and torpid glandular swellings. Cystic tumors. Fibroids. Suppurative processes come within the range of this remedy, after pus has found a vent. Mucous discharges are yellow, thick and lumpy. Lupus vulgaris.

Head.--Scald-head of children, if there be purulent discharge, or yellow, purulent crusts.

Eyes.--Inflammation of the eyes, with discharge of thick, yellow matter. Sees only one-half an object. Cornea smoky. Ophthalmia neonatorum.

Ears.--Deafness, with discharge of matter from the middle ear, sometimes mixed with blood. Pimples around ear.

Nose.--Cold in the head, with thick, yellowish, purulent secretion, frequently tinged with blood. One-sided discharge from nose. Yellowish discharge from posterior nares. Edges of nostrils sore.

Face.--Pimples and pustules on the face. Herpes.

Mouth.--Inside of lips sore. Tongue flabby, resembling a layer of dried clay. Sour, soapy, acrid taste. Yellow coating at base.

Throat.--Last stage of ulcerated sore throat, with discharge of yellow matter. Suppurating stage of tonsillitis, when abscess is discharging.

Abdomen.--Pain in region of liver, in right side of pelvis, followed by weakness, nausea, and pain in stomach. Stool.-- Purulent diarrhea mixed with blood. Diarrhea after maple sugar and from change of weather. Pus-like, slimy discharge from the bowels. Painful abscesses about the anus in cases of fistula.

Female.--Menses late, long-lasting, with headache, twitching great weakness.

Respiratory.--Cough, with purulent and sanious sputa and hectic fever. Empyema, pus forming in the lungs or pleural cavities. Purulent, sanious expectoration. Catarrh, with thick, lumpy, white-yellow or pus-like secretion.

Extremities.--Burning-itching of soles of feet.

Fever.-- Hectic fever, caused by formation of pus. With cough and burning in soles.

Skin.--Cuts, wounds, bruises, etc., unhealthy, discharging pus; they do not heal readily. Yellow, purulent crusts or discharge, Purulent exudations in or upon the skin. Skin affections with yellowish scabs. Many little matterless pimples under the hair, bleeding when scratched. Dry eczema in children.

Relationship.--Compare: Hepar; Silica.

Dose.--Second and third trituration. The twelfth potency has been found effective in Lupus.

6.81 **Natrium 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. 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

9.31 Calcium (CA)

[No main description available]

General Balancers (ALL Positive)

Sleep 24.68	Natrium phosphoricum 23.15	Ferrum phosphoricum 15.06
Calcium (CA) 9.31	Watermelon 8.77	Calcarea sulphurica 7.48
Natrium sulphuricum 6.81	Probiotics 5.91	Lemon 3.75

Bibliography:

1. "The Importance of Proper Hydration." Heritage Integrative Healthcare. <http://heritageihc.com/blog/proper-hydration/>