

# DOSE & METHOD CHEAT SHEET

**Avoid taking the following combinations together unless dissolved in water (or mixed into a cream for topical application)**

**(due to competition for absorption):**

**Potassium and Calcium**

**Calcium and Iron**

**Sodium and Potassium**

**Tissue salts #1 and #8 like to be taken by themselves at all times  
(i.e. don't mix in water with other minerals)**

## **Methods:**

**HOT 7: Ten tissue salts in glass of warm water, taken within 20 – 30 minutes. Repeat up to 3 times during day, unless otherwise prescribed, until symptoms decrease.**

**Water Bottle: Mix required minerals in bottle and drink throughout the day.**

**Weeping/wet skin problems: Crush finely with wooden spoon and apply direct.**

**Dry Skin problems: Mix with water based cream/ointment or make paste with water.**

**Compress: 10 tissue salts in warm water. Put in cotton cloth and then apply to required area.  
Can also be done with cold water for fever.**

**Bath: Approximately 20 tissue salts in warm water.**

## **Oral Dosages**

**Acute: Short term problems, higher doses, 1 tablet every 10 minute or HOT 7**

**Chronic: Problems which last a long time, 1 to 2 tablets, 2–3 times per day**

**Infant: 1 tablet dissolved in water over one day**