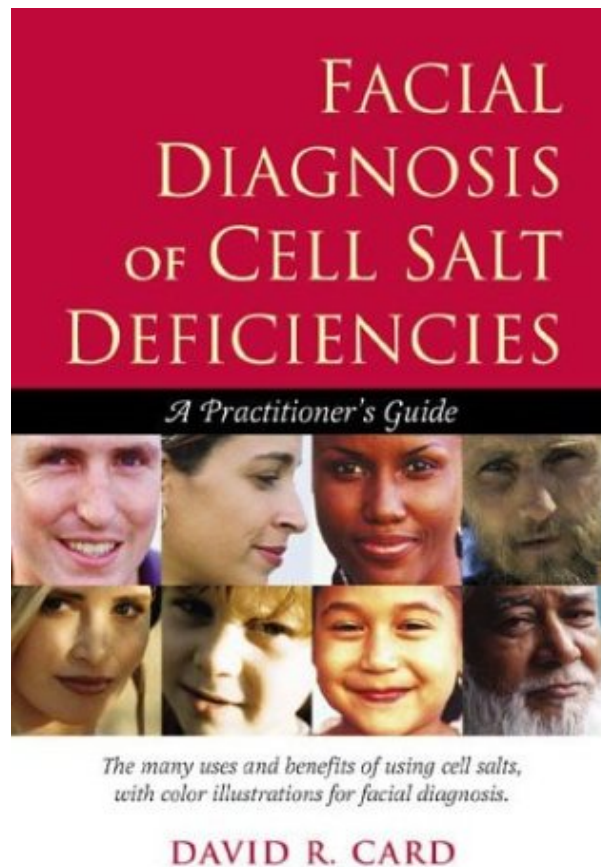


FACIAL DIAGNOSIS OF CELL SALT DEFICIENCIES BY FIRST LAST



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FACIAL DIAGNOSIS OF CELL SALT DEFICIENCIES

A Practitioner's Guide



*The many uses and benefits of using cell salts,
with color illustrations for facial diagnosis.*

DAVID R. CARD

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Review

Facial Diagnosis of Cell Salt Deficiencies is a fabulous, comprehensive resource that every physician who wants to incorporate natural medicine in their practice should have. – Cindi Croft, D.O.

This book has helped me to efficiently and quickly identify weak areas in my clients' health. Cell salt supplementation has dramatically increased the general overall health and vitality of my clients. – Christopher Noel, Licensed Massage Therapist, Energy Kinesiologist, Kinergetics Consultant

I strongly support Dave's book, and will recommend it to anyone, including those in the medical field, as a guide and for the application of Homeopathic medicine. – Cesar Diaz, M.D., Family Practice/Natural Medicine

About the Author

David R. Card is a certified nutritionist, certified homeopathic practitioner, and graduate of the University of Utah with a degree in psychology. He has been involved in the field of health and nutrition for over twenty years, and is the owner of three health stores in the Salt Lake City area. He has worked with thousands of clients over the years, utilizing kinesiology and homeopathy, as well as the methodologies of facial diagnosis and cell salt usage. A frequent lecturer, Dave teaches seminars and classes in both natural health and homeopathy.

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How to assess facial skin as a primary indicator of overall vitality and use cell salts to improve health. Deficiencies in diet and metabolism and disease conditions are easily observed in the face. Cell salts are twelve inorganic biochemicals found in the blood and tissues, catalysts for many essential processes, including digestion. Today, homeopathic practitioners and naturopathic doctors use cell salt supplementation to treat a spectrum of disease conditions. This well-illustrated book includes: * How to Read the Face by skin color, condition of eyebrows, size and color of lips, musculature, blemishes, under-eye circles and more *How to Use Cell Salts: explanations of the twelve cell salts (corresponding to the twelve signs of the zodiac) correlated with disease or imbalance conditions

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Most helpful customer reviews

89 of 91 people found the following review helpful.

Worth it's Weight in Gold

By Erin

I have referred to this book so many times. I have diagnosed a host of problems and their corresponding 'tissue' or 'cell' salt to clear up health issues. There are 12 main salts in the body. This book will show you, by symptoms, which salt you are lacking in your body. Tissue or Cell salts are not medicines and do not contraindicate with any drugs you may already be already taking. There are several facial shots for each of the twelve salts to show you what you are looking for in your own face and others to diagnose the necessity of a particular salt. Tissue salts are cheap, too. Available online or at most big whole food stores. I've got a lot of homeopathic materia medica books and herbal books, all which I love and do refer to:-- but tissue or cell salts are basic and easy to understand and use and highly effective. I cannot recommend this book enough as tissue or cell salts affect the body at the fundamental physical level and your face really will show which salt you are needing in your system. And no they are not salty! They melt on your tongue and are on the sweet side. Kids don't mind taking them at all. Forget daily chewable vitamins, and get this book. I promise you if you are interested in holistic healing you will grow to depend on this book and reach for it often.

68 of 75 people found the following review helpful.

Valuable Aid for Cell Salt selection

By Patricia E. Meyer

This book would be extremely helpful for healthcare workers. The excellent color photographs illustrate clearly how one recognizes stressed areas of the face, ears and skin that indicate deficiencies of Cell Salts. Supplementing with the easily obtainable Cell Salts can help improve health, which in turn can be reflected in the facial features.

There are chapters on the individual Cell Salts as well, and the astrological aspects of the Cell Salts is also covered. A valuable aid for selecting the most suitable Cell Salts for improving health.

84 of 95 people found the following review helpful.

beginner book; text is informational, photos applications very confusing.

By DANDT

This book re-gurgitates the exact same text from another cell-salt book out there (as most all of the cell salt books do), although it IS informational if this is your 1st cell salt book. To this author's (David Card) credit, he does make a footnote on each page that the text is extracted from another author. Not only that, but this book oddly repeats its text, under the different headings; Materia Medica and Therapeutic Index on the particular cell salt being discussed. The author also includes a couple paragraphs about the astrology of the particular cell salt and the zodiac sign it corresponds to, and goes into some esoteric mythological interpretations of the sign, but fails to present any logical or scientific connection between the sign and the cell salt. This was just strange and seemed to me to be a "space filler" for the book. Really, the astrology part seemed useless.

The photos are the confusing part: while there are several which show facial traits that are supposed to indicate deficiencies of certain cell salts, it is confusing because: e.g., on 1 photo it may show eye wrinkles/crows feet and state it is a deficiency of one particular salt, but another photo also shows crows feet that they then state shows deficiency of another salt entirely! Also, e.g., there is a photo of a gal with terribly yellow jaundiced skin, but there is no mention/explanation of this trait whatsoever and rather the author focuses on some other minor traits she has. Many of the photos show (repetitive) cell salt traits from other photos and the captions regurgitate the cell salt deficiency from photo to photo. Additionally, the photos explain not only the particular cell salt being discussed in the chapter, but explains the OTHER physical

traits of deficiencies from OTHER salts, which makes it confusing and hard to memorize. This book may be good for beginners or an intro into cell salts, but as a practitioner and user of cell salts, I thought it was confusing and wouldnt put too much stock into being able to truly and accurately diagnosis cell salt deficiencies from the photos.

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