Phosphorus at a Glance: Study Card

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1. Three kinds of phosphorus

Form	What it is	Safety
White phosphorus	Pure element; ignites in air	Highly toxic. Can damage liver, heart, kidneys (ATSDR).
Dietary phosphorus	Mineral in food; adults need 700 mg/day	Safe in food. Excess harmful in severe kidney disease (NIH ODS).
Homeopathic Phosphorus	Element diluted and shaken in steps	Not a supplement. Low potencies may contain the element.

2. The classical picture (Boericke, Kent): tradition, not evidence

Area	What the texts describe
Body type	Tall, slender, narrow-chested, fine skin, quick nervous reactions
Mind	Open, sympathetic, artistic; easily startled; fears dark, being alone, thunderstorms
Chest and voice	Hoarse in the evening; dry, tight cough worse from cold air and talking; burning chest
Thirst and tongue	Craves ice-cold water; tongue dry and smooth, red or white
Bleeding	Strong association with bleeding gums, nosebleeds, wounds that bleed freely
Worse	Touch, exertion, twilight, warm food, lying on left side, thunderstorms
Better	Darkness, lying on right side, cold food and air, sleep, company

3. Relationships listed by Boericke

Complementary	Antidotes	Incompatible
Arsenicum, Allium cepa, Lycopodium, Silicea	Turpentine, potassium permanganate, Nux vomica	Causticum

4. Always see a doctor for these, whatever the tradition says

[ ] Unexplained bleeding or easy bruising

[ ] Coughing up blood, or blood in urine or stool

[ ] Shortness of breath or chest pain

[ ] A cough or hoarseness lasting over 3 weeks

[ ] Vomiting blood or black stools

[ ] Yellowing of the skin or eyes

Emergency: heavy bleeding or trouble breathing. Call emergency services.

5. What the evidence says

No reliable trials show homeopathic Phosphorus treats any condition. Reviews by the NHMRC (Australia, 2015) and the UK House of Commons (2010) found homeopathy performs no better than placebo. No homeopathic product is FDA-approved (NCCIH).

Potency scales: X = 1:10 per step (6X = one part in a million). C = 1:100 per step (6C = one part in a trillion). Beyond 12C, on average no original atoms remain.

This card contains no doses, schedules or treatment recommendations.