Calc fluor
Calcium fluoride is particularly abundant in the bones and teeth, blood vessel walls, muscles and connective tissue. This tissue salt strengthens weak, brittle bones and poor teeth enamel, and may heal bony outgrowths such as heel spurs. Calc fluor is also widely used to restore tissue elasticity when it is lax or overly stiff. It is recommended for skin cracks and fissures, and when the skin becomes thick and hard. It may help hernia pains and strained or hardened tendons. Calc fluor can help hemorrhoids and varicose veins. Wet weather may make symptoms worse, while warmth and massage can improve symptoms.