

## Another Procedure for Making Colloidal Silver

You now have a choice. You can make your colloidal silver with or without salt. Colloidal Silver made without salt is considered superior as the particle size is smaller. A spokesman for the Colloidal Association of America told us it requires a smaller particle to kill a virus than a bacteria. Some customers have reported they have found silver colloid made without salt more effective. (Thanks, Tom) We've noticed that ourselves:

Procedure without salt:

1. Heat 16 ounces (500 ml) of distilled water to boiling. (Preferably in a heat-resistant glass container.)\*
2. The silver wires should be immersed about 75-80% in the hot water in a glass container.
3. Turn the switch on and time for 15-20 minutes.
4. Stir gently from time to time with a non-metal utensil. The silver colloid will be clear.

Notes:

- 15 to 20 minutes will produce 3-5 ppm (parts per million) with most distilled water. Water with a higher alkalinity (often found in the eastern U.S. and Canada) produces a higher ppm.
- If timed for longer, the Silver Colloid will be a pale yellow color. With most of the waters we tested, this occurred at about 6 to 9 ppm depending on the water.
- If grey or black flakes appear, filter before using.
- It is important the Silver Wires do not touch each other. A slightly higher ppm is produced when the silver wires are a uniform 12" apart for the length of the submerged wire.
- The White Bulb should remain off or be dimly lit when making Colloidal Silver. If the light shines brightly it means either the two Silver Wires are touching each other or there are too many impurities or minerals in the water you are using. Try a different brand of distilled water.
- Storage: Store in a dark glass bottle—never metal—in the cupboard or other dark place. Always store in a dark place as sunlight or room light will quickly degrade silver colloid by turning the solution grey or black—just as exposure to light darkens the silver in camera film. (Light neutralizes positive charges on silver ions that help keep-the particles in suspension.)
- Do not freeze. Do not refrigerate or expose to other rapid temperature changes (such as a hot car) or its usefulness will be affected.
- Do not drink any sediment.
- Do not use a glass measuring cup. A metal kettle that has been coated can be used, a glass cooking pot, or glass beaker with wire under it.

MORE ON COLLOIDAL SILVER

How much and how often?

It makes sense to me that since our soils are deficient—often woefully deficient—in trace minerals, our soils at one time contained more traces of silver. In *Colloidal Silver*, Keith Courtenay reports on an article: "In 1940 and 1966, respectively, R.A. Kehoe and I.H. Tipton reported that under normal circumstances the average daily diet will yield approximately 50 mcg to 100 mcg of silver." The report continues: "Therefore, it seems logical that a concentration of 3 to 5 ppm, yielding 15 mcg to 25 mcg of silver per teaspoon, will be a sufficient concentration to be both effective and safe to consume on a regular, daily basis. A 4 oz. container of colloidal silver at a concentration of 3 ppm will contain approximately 355 mcg of total silver—well below any reported toxicity level of orally consumed silver—even if several ounces were consumed on a daily basis for several years. Higher concentrations above 5 ppm, or about 591 mcg of total silver in a 4 oz container, may cause silver build-up in the system and are not necessarily more effective." For chronic or serious conditions the author states: "It is recommended to build up to, and take double or triple the recommended amount for 30 to 45 days, then reduce to the maintenance dosage." Here at SOTA, we take breaks from drinking colloidal silver just as we take breaks or vary our food supplements.

What determines toxicity?

There are no reports of silver toxicity—argyria or darkening of the skin—with modern-day colloidal silver produced electrically. A spokesperson for the newly-formed Colloidal Association of America, told us that toxicity in the past from silver compounds such as silver nitrates, silver iodides and silver bromides was a result of injection. These compounds had larger particle sizes of silver for the lymph system to deal with. In order to get rid of these larger particles, the lymph system pushed them out through the skin. Once silver is exposed to light, of course, it darkens. Thus darkening of the skin or argyria.

This same spokesperson said purity of the water is a major determinant of particle size. As PPM increases so does particle size. It takes a smaller particle size to kill a virus than it does a bacteria. He also pointed out that some companies producing colloidal silver commercially have developed proprietary formulas that enable them to increase PPM while keeping the particle size small. Electrically produced colloidal silver contains silver in both ionic and colloidal form. Some researchers say colloidal silver must be ionic in form to be effective.

If you're concerned about toxicity, the best measurement for silver levels in your body is hair analysis. One customer reported on his hair analysis after drinking 3 to 4 ounces of colloidal silver a day for 3 months. He was making the colloidal silver using the one drop of celtic salt. The lab reported that his level of silver could be 10 times higher and still be low. (Thank you, Dan.)

Ways to ingest:

For faster entry into the blood stream, one health practitioner passed along that he recommends dropping or spraying colloidal silver up the nose. As long you don't have mercury fillings, you can also hold it under the tongue for quicker absorption before swallowing. For those who do have mercury fillings, a customer passed along the idea of drinking your colloidal silver through a straw.

USING THE BECK PROTOCOL

Just a reminder the units based on Beck's research are experimental devices. It is not known, therefore, how long we need to use them. Bob Beck lectures about a 21-30 day protocol for HIV

because it is known to be undetected in some cases after this time period. Live blood cell analysis, however, shows there is a lot more needed to put the blood in a healthier state. Each of us must determine for how long and how often we want to do the Beck protocol.

I use the units for from 4 weeks to 12 weeks then take breaks to use an herbal program to help cleanse and build the colon, kidneys and liver. Even though I'm in generally good health, I see this as a continuing protocol for at least a year. After that, I plan to use the units for a month every six months as a maintenance and preventative program.

When stopping the use of all three parts of the protocol—customers have reported they forgot the units when they traveled—a few of us have noticed susceptibility to a flu or other 'bug'. It is possible the immune system misses the support, and if our body hasn't had the time to clean everything up, a 'bug' can get the better of us. When we complete a cycle now, we don't stop all three parts of the protocol—using the Silver Pulser, the Magnetic Pulser and drinking silver colloid—at once. We at least continue with the colloidal silver for a time to provide support for the immune system.

## GARLIC

Research abounds about how garlic strengthens the immune system. Dr. Bob Beck, however, found in his research back in the 1980's that garlic has a detrimental effect on the brain. We've also learned from a health practitioner that many yoga groups and philosophical teachings caution against the use of garlic as it is known to hinder meditation.

Here's our read on garlic. Dr. Richard Schulze—probably the foremost herbalist in North America today—tells us we've created problems because we now use many medicinal herbs as common foods. A medicinal herb, of course, should be used shorter term when needed to best benefit from its healing qualities. While Schulze does not include garlic in this list, we suggest that it be best used as a medicinal herb. That means we would use garlic from time to time to help strengthen the immune system.