



# Health Fact Sheet

## Colloidal Silver

### What is Colloidal Silver?

A colloid is a liquid which holds ultra-fine particles of a substance in suspension. Colloidal silver has silver particles so small they are invisible to the human eye (0.01 to 0.001 microns) distributed evenly throughout the fluid. A true colloid of silver is composed of pure silver particles in distilled water, there should be no artificial stabilizers or additives, so ensure what you buy is just water and silver.

### A Brief History

Silver vessels have been used for thousands of years to keep liquids fresh, and silver has been used as a medicine since Greek and Roman times. The anti-bacterial properties of silver nitrate were scientifically established in 1893 and it was widely used in medicine to treat septicaemia, rheumatic fever, gonorrhoeal arthritis, diphtheria and other infectious diseases. Unlike other early antibiotics, it did not have side effects, was not toxic and did not produce allergic reactions. Its use spread until by 1938 it was being used in almost every way that modern drugs are used to day. It was injected, used as a gargle, a douche, taken orally, applied topically and even put into the eyes and ears.

It fell out of favour with the introduction of modern antibiotics, the new wonder drugs. But as medicine has come to realize these are not as problem free as first thought, and as bacterial resistance increases to them, by the early 1970s some researchers were turning back to silver.

Today it is being used in 70% of the burns centres in America, helping to heal burns and even promote new skin growth. It has been looked at for water purification – particularly with regard to Legionnaires disease, to sterilise recycled water in space, on airlines and even in the treatment of sewage in some American cities. It has proven its effectiveness against some of the nastiest bacteria, including E. Coli. There is now even technology available which uses silver to purify air, and new research is being done in the medicinal field which is uncovering further uses for silver in the fight against disease. Research has shown that there is a very high safety level when using colloidal silver with no known toxicity at the low levels of concentration normally used, nor any reported interaction between colloidal silver and any drug medication.

### What Can It Help With?

Acne – spray the face twice a day

Asthma – when taken orally has helped to stop asthma attacks

Athletes Foot – spray directly onto infected area. Also saturate sock.

Burns and Cuts – spray on twice daily. Helps healing and scarring.

Candida & yeast infections – inhibits the growth of yeast

Cold Sores – spray directly on, repeating twice daily as needed

Mouth sores – hold 1 tsp of silver in the mouth for 5 minutes 2 – 3 times daily

Dandruff – spray the scalp morning and evening

Ear Ache – place 5 – 7 drops in infected ear.  
Enema – can be added to douches etc  
Eye Infections – place a few drops into the eye, several times a day  
Flu – take at the onset of flu  
Food poisoning – take 3 tsp at the onset and ongoing as required  
Fungal foot infections – spray directly on 2 – 3 times daily  
Inflammation of joints – 1 – 2 tsp daily  
Insect bites – helps relieve burning & itching. Spray on as required  
Laryngitis – spray to back of throat and also gargle 1 tsp 3 – 4 times day  
Mastitis – take 1 tsp four times a day  
Nappy and other rashes – spray the affected area several times a day  
Sinus infections – irrigate with ½ tsp per nostril several times a day  
Skin – apply topically to cuts, scratches, warts, open sores, eczema etc  
Sore Throat – 1 -2 tablespoons, have a good gargle and swallow several times a day  
Sunburn – spray the affected area and leave to dry. Repeat every 2 – 3 hours  
Teeth – for a sterile brush spray with silver  
Tooth Decay – swill 1 tsp around the mouth for several minutes and swallow  
Tooth abscess – spray the affected tooth. Also take 1 – 2 tsp internally  
Ulcers – can be used on both skin ulcers (topically) and internally.  
Urinary Tract Infections – take 2 tsp day until infection cleared up  
Vaginal Yeast Infections – take 1 tsp by mouth 3 times day and 4 – 6 tsps in a 60z douche twice daily.

These are only a few of the uses for silver. Others include blood parasites, blood poisoning, boils, cholera, ear discharge, impetigo, keratitis, leprosy, lupus, malaria, psoriasis, shingles, skin cancer to name only a few.

### **Dosage**

1 – 3 teaspoons per day is considered safe to take for extended periods. In acute cases take double or triple the above dose for up to 30 – 45 days.