

As colloidal Silver has not been included on the EU approved foods list, information on taking colloidal silver internally is for historical reference only.

How does the performance of colloidal silver compare with antibiotic drugs? Any single antibiotic has the power to kill perhaps half a dozen different disease organisms. Silver, by comparison, is reported to kill many different microbes, including all bacteria so far tested, and many viruses, fungi (e.g. *Candida albicans*) and parasites. Resistant strains of bacteria, the experts claim, have not developed.

The following collection of anecdotal reports have been made by individuals and health care practitioners using colloidal silver. It is important to note that these are not the result of scientific studies, but they may point to the need for future research. Colloidal silver is an effective anti-microbial agent but it is not a panacea. Self-medication should never be used as a substitute for the care and expertise of a professional health care provider. Readers should consult their health care professional before using colloidal silver for any of the following conditions:

Acne Spray the face twice daily with colloidal silver. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Asthma One of the most interesting reports is the effect that silver may have on asthma. Several people have reported that silver solution taken orally can stop asthma attacks (5ml three times per day under the tongue). One individual who reported that he has suffered from asthma since he was five years old and was taking bronchodilators six times a day, said that he started taking a colloidal silver solution for a deep chest cough and was surprised when after about 10 days his asthma attacks completely ceased. He then stopped taking the solution to see if it was really the colloidal silver that helped his asthma. The asthma recurred after three days. When he restarted the silver the asthma improved again.

Athlete's Foot Sprayed directly onto the cleaned infected area and let dry, patients report rapid recovery. In addition, saturate a clean sock and wear this over the infected area once dry. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format. Reports suggest that the burns and cuts will heal very rapidly. One little girl had splashed scalding oil on her face and had a large burn area. Her mother sprayed the colloidal silver solution directly onto the Newsletter January 2010 Issue 1 Page 2 burn twice daily and left it wet with the solution for 15-20 minutes. The girl showed an 85%-90% recovery within two weeks. Six months later, there was virtually no visible scarring on the girl.

Candida albicans and Yeasts Not only has colloidal silver been shown to kill harmful bacteria, but in recent test work, it was shown to inhibit the growth of yeasts as well. When taking colloidal silver for a *Candida* overgrowth, a probiotic supplement should be taken at a separate time of the day (ideally leave 2 hours in between).

Cold Sores & Herpes simplex Spray cold sores and other Herpes infection, ideally at the first onset of irritation, Repeat twice daily or as needed. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Mouth Sores Users report that approximately one teaspoon of colloidal silver solution held in the mouth for at least five minutes, two to three times a day, brings noticeable improvements within 24 hours.

Dandruff Lightly spray the scalp with colloidal silver morning or evening.

Ear Aches Most ear infections are caused by *Streptococcus pneumoniae* or H. influenzae bacteria. Colloidal silver has been shown to kill both organisms in laboratory studies. Patients suggest lying down with the affected ear upwards and placing 5-7 drops in the ear. Noticeable improvement has been reported in as little as 4-24 hours, when remaining in this position for a minimum of 10 minutes, preferably for at least 30 minutes, two or three times per day. Colloidal silver can be added to douches and colonic enemas. The US EPA (Environmental Protection Agency) has reported that silver is neither an eye nor a skin irritant. Spray or drip a few drops of silver solution into the eye, two to three times a day to combat infection. Good results have been reported within 1-3 days. Patients report that, provided one takes the colloidal silver at the onset of the 'flu, noticeable improvement has been reported in 1-3 days. If the 'flu has become entrenched in the body, improvement is slower. Hold the solution in the mouth (gargle, if possible) for 3 to 5 minutes before swallowing.

Food Poisoning In laboratory tests colloidal silver rapidly kills the six types of bacteria that commonly cause food poisoning. Reports recommend drinking three teaspoons of solution at the onset. Positive results have been reported in as little as 10 minutes, and as long as 3 hours.

Fungus Infections of the Feet An American podiatrist treated one patient with fungal (mycotic) toenails with colloidal silver. The results were sufficiently impressive over a 4 month period that he began treating others with this solution. He suggests filing the shine off the toenail (to increase porosity) and then spraying the solution directly on the infected toenail or applying the solution directly with a cotton ball, repeating two to three times daily. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Inflammation of the Joints Newsletter January 2010 Issue 1 Page 3 Laboratory personnel have observed that in addition to its ability to kill bacteria and inhibit the growth of yeasts, colloidal silver seems to be an anti-inflammatory agent. Researchers have suggested that this may be one of the reasons that the pain from conditions like earaches and cold sores recedes so quickly. In order to test this theory informally, one researcher donated a bottle of colloidal silver to a young woman suffering from fibromyalgia, which causes a painful swelling in the joints and also the muscle tissue. She reported that after using one teaspoon per day of the solution for one

week, she was able to reduce her joint pain medication by 90%. She claimed that almost all the swelling was gone from the joints and also that her energy level had dramatically improved.

Insect Bites Excellent results have been reported using colloidal silver to alleviate the burning and itching of insect bites and stings. Relief from a multitude of different bug bites have been reported including mosquitoes, spiders, hornets and even blue centipedes from Hawaii. Spray or pour onto the affected area for 10-15 minutes, three times a day. Good results have been reported in as little as 30 minutes. Or a more effective treatment is to apply CS Gel hourly. The CS will stay active for longer in a gel format and has reduced inflammation in some cases.

Laryngitis Spray on the back of the throat and gargle with at least 1 teaspoon three to four times per day. Relief within 2-3 days has been reported. If the laryngitis is accompanied by a sore throat, see the section on "sore throat".

Mastitis Nursing mothers may be hesitant to take antibiotics while nursing their babies. It has been reported that taking one teaspoon of colloidal silver, four times a day, has cleared up mastitis in 2 days. Alternatively it could be sprayed onto the breasts.

Nappy and Other Rashes Mothers report that for nappy rash, spraying the affected area with colloidal silver at each change, leaving damp and putting on the new nappy brings improvement in most cases within 24 hours. For other skin irritation and rashes, spraying the affected area and leaving it damp for at least 5 minutes, two or three times per day, has shown results. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Sinus Infection Patients report irrigating with half to a whole teaspoon per nostril, 3 times per day can bring noticeable relief in 24 hours, with complete remission often occurring in 2-3 days.

Skin Colloidal silver may be applied topically by spraying cuts, scrapes, warts, open sores, skin cancers, eczema, acne, mosquito bites or other skin problems. If necessary, spray over bandages. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

Sore Throat Both the antibacterial and the anti-inflammatory properties of colloidal silver may play a role in its affect on sore throats. Reports indicate noticeable improvement with 12-48 hours when taking one to two tablespoons, gargling for four to five minutes, and then swallowing, two or three times a day. It may also be helpful to spray or drip some solution into the nasal passages.

Sunburn Silver is the number one treatment for burns across the U.S. One doctor has been using colloidal silver for over a year to treat radiation burns on his patients, and has reported outstanding results. Success has also been reported using the product for sunburn. Spray the affected area; leave the solution wet on the skin until it dries. Repeat two or three times in the first 5-6 hours after occurrence. Relief has been reported in as little as 4-12 hours. Newsletter January 2010 Issue 1 Page 4

Teeth A toothbrush sprayed with colloidal silver (or standing in a half glass of water to which a teaspoon has been added) is a sterile toothbrush.

Tooth Decay In laboratory tests colloidal silver has been shown to kill two of the primary bacteria implicated in tooth decay. Reports suggest taking one teaspoon; circulate the solution in the mouth for 4-5 minutes, and then swallow.

Tooth abscess Spray the abscess or abscessed tooth to reduce the pain and inflammation.

Ulcers Colloidal silver may be applied to skin ulcers. It may also be taken for internal ulcers.

Urinary Tract Infection A woman who had a recurrent urinary tract infection for five years, reported that antibiotics would kill the infection, but that it would reappear soon after she stopped taking the antibiotic. She took two teaspoons a day of colloidal silver for 10 days and the infection had cleared up completely. In laboratory tests it has been shown that colloidal silver kills the 7 different types of bacteria that cause urinary tract infections.

Vaginal Yeast Infection Users have reported that infections have cleared up in as little as 2 days when taking 1 teaspoon by mouth three times per day and using four to six teaspoons of colloidal silver in a six-ounce douche twice a day. Or a more effective treatment is to apply CS Gel twice per day. The CS will stay active for longer in a gel format.

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