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# Using Colloidal Silver - An Introductory Essay

Today, an estimated 1,200 searches will be performed on the top two search engines in reference to colloidal silver. At last count on Alta Vista's search engine, there were 63,480 webpages that directly reference colloidal silver. Google's search engine has indexed 37,100 webpages. On these pages, one can find the following information:

<ul style="list-style-type: none"><li>• Colloidal silver can kill if you breath it</li><li>• Colloidal silver is all risk with no benefit</li><li>• Colloidal silver destroys internal organs</li><li>• Colloidal silver will turn you blue/gray</li><li>• There is no silver IN most colloidal silver</li></ul>	<ul style="list-style-type: none"><li>• Colloidal silver cures 650 diseases</li><li>• Colloidal silver is completely safe</li><li>• Colloidal silver is a partial key to immortality!</li><li>• Colloidal silver is the secret to living disease free</li></ul>
<b>Is it really this bad???</b>	<b>Is it really this good???</b>

Furthermore, there are hundreds of private companies offering either colloidal silver or colloidal silver generators for sale. Each of these companies, vying for marketing position, have dozens of reasons why their product is superior. Many of them tout tens to hundreds of testimonials. Some, despite new regulations, give extraordinary lists of what colloidal silver can be successfully used for.

It is no wonder, then, that there is such great confusion and lack of continuity in the colloidal silver production industry. Whatever answer a seeker wishes to discover, he or she can easily find.

This section, and the sections that follow in our website, are primarily geared toward providing an unbiased look at the available ideologies, data, and anecdotal evidence available regarding the effectiveness and use of colloidal silver. It is our earnest desire that the reader leaves these sections with a comprehensive and cohesive understanding of colloidal silver usage BEFORE exploring the extensive database to follow.

## Colloidal Silver - Why People Use It

Modern man has made vast strides toward increasing the knowledge base of humankind in the last one hundred years. Change has been the constant in our rapidly developing technical society, and modern medicine has made extraordinary leaps in illness diagnostic and treatment technologies. Yet, the fact remains that ANY change in internal or external environmental conditions takes generations to fully materialize long term impact. Only time will ultimately tell if all of the changes we have enacted in ourselves and our world will be "blessings in disguise" or turn out to be wolves in sheep's clothing.

The best documented evidence that demonstrates why one might consider this pertinent information is the medical profession's private war against bacteria and viri. There is a unique window of opportunity of study here. Bacteria and viri have short life cycles, and thus many generations of "evolution" occur in a very short period of time. In a forty year period, the medical profession has gone from being on the verge of wiping out infectious disease to the startling turnaround of being unable to successfully treat mutated strains of viri and bacteria that are killing thousands of people.

With these ideas in mind, we searched for documented references of colloidal silver use that might give a broader baseline for understanding long term use of colloidal silver and its impact on the health of humans.

Although we suspect there are other special locations in Asia, the best researched evidence of extremely long term use of colloidal silver is the people of the Hunza valley, in the northern part of Pakistan. Studies conducted by Dr. Henri Coanda (an engineer, not an MD), among others, document a high level of colloidal silver, clay particles, and other trace minerals in Hunza water supply. The Hunza valley has attracted much attention due to the incredible state of health of the people and their above average life spans. While the colloidal silver content is not the only unique property of their water supply, it is certainly suspected to be a contributing factor. Increased levels of naturally occurring silver are also present in the surrounding soils as well. The Hunzakuts have been subject to increased levels of naturally occurring silver for generations upon generations with no adverse side effects.

Colloidal silver made via the electrolysis method cannot fairly be compared to the unique water of the Hunzakuts. However, as the following references show, ionic silver has a few very unique properties that lend a great amount of credence to the idea of colloidal silver use for improved health.

Extensive research conducted by Robert O. Becker (a research medical doctor who wrote the book "The Body Electric") *conclusively* demonstrated several important facts: 1) silver electrodes placed at the site of a wound help to fight bacterial infections and speed tissue repair and growth. 2) Most likely because of its charged state, ionic silver encourages the production of stem cells, or at the very least causes fibroblasts to alter their normal cellular morphology.

Despite hundreds of references online that list colloidal silver as an antibiotic, it is not *per se*. However, numerous laboratory tests, including those formally accepted by the FDA (as part of FDA approval process for products such as Silveron ) have shown that silver has significant biocidal and antimicrobial properties. Silver is highly effective in reducing population counts in single celled organisms such as virtually every form of bacteria ever tested. Further data concerning these tests may be found in the database section of this website.

While it is generally accepted that in order for these organisms to develop an immunity to the properties of silver they would have to evolve to complex celled organisms, this is not entirely true. Bacteria have been identified in silver-rich soils which have developed a resistance to the effects of silver. However, as Dr. Bart Flick has demonstrated, if these strains are removed from the silver-rich environment, they quickly relinquish their resistance.

**The three properties that colloidal silver users are attempting to harness by its use are:**

1. The infection fighting biocidal properties demonstrated by silver.
2. The tissue healing properties of silver.
3. The electrical stimulation properties of ionic silver (it is theorized that colloidal solutions with an increased zeta potential assist the body to regain health through various means which are not yet fully understood).

Understanding these three properties is a key element in determining both when and how colloidal silver might be effective for use as a health-maintaining and health-restoring substance.

In the next section, the different philosophies and ideologies of general colloidal silver use will be covered with an exploration into the ideas of how colloidal silver works within the body.

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# Using Colloidal Silver

## Usage Philosophies

### The Ideas Behind Different Dosage Levels

The way colloidal silver users calculate dosage methods/levels is quite varied, and built around several central ideas. It should be noted that while colloidal silver use is quite widespread, there are no standardized formulas due to the fact that no conclusive research has been conducted that demonstrates an ideal (or effective) dose for any condition. However, every "dosage philosophy" addresses one or more of the following issues:

- Eliminating any personal concerns about the potential for silver toxicity
- Delivering enough colloidal silver to maximize the probability that the silver reaches the target destination in a high enough concentration to be effective
- Maintaining an ideal level of silver in the body for a sustained effect
- Minimizing the possibility of desensitizing the body to silver through long term use

#### **The Mineral Supplement Ideology**

Many people believe that mineral depletion in the world's farming soils has seriously reduced the amount of natural minerals in the average diet necessary to maintain a state of good health. Those who use colloidal silver as a mineral supplement generally take about one tablespoon of 5 ppm colloidal silver daily (about 75 micrograms of silver). Taking colloidal silver in these small amounts on a daily basis is generally felt to be an illness preventative measure with no associated risks.

### **Therapeutic Doses (oral)**

Many people use colloidal silver on a need only basis. Generally, one ounce is considered one therapeutic dose. How many doses are taken during a twenty four hour period is quite varied among users. The quantity of doses range from one ounce to sixteen ounces taken daily. Users that practice multiple doses usually take colloidal silver three to four times daily, feeling that this produces a sustained and cumulative effect throughout the usage period. However, it may be more beneficial to break the total daily doses down into much more frequent doses, using colloidal silver every fifteen minutes to an hour. Colloidal silver should be held in the mouth at least 30 seconds prior to swallowing.

Once symptoms subside, users generally stop taking colloidal silver. The duration of the treatment for more severe and chronic conditions can be from three weeks to four months, and will be explored in later sections of the website.

### **Special Treatments**

A growing body of users are turning to colloidal silver to help treat a wide variety of chronic and "incurable" conditions. Many of these users feel that small amounts of colloidal silver are not effective, and sustain larger doses for extended periods of time, ingesting up to a liter of colloidal silver daily. In fact, anecdotal reports suggest that it can take 16 ounces of colloidal silver use daily for one month before significant benefit is noticeable, especially with conditions involving a viral infection.

### **Non-oral Colloidal Silver Use**

Some users feel that taking colloidal silver orally is the least effective method of colloidal silver use. People operating under this ideology use a wide variety of methods to deliver colloidal silver into the body, usually in much smaller doses than normally would be taken by ingestion. The operative idea is deliver the colloidal silver into the body in a manner which avoids the digestive system in an attempt to maximize bio-availability (via IV, nebulizer, ect. ).

### **External Use**

Colloidal silver is often used externally to address skin conditions and to reduce the spread of bacteria. The general usage philosophy is to apply as needed, since few people believe there is any associated risk. Many of these unique methods of colloidal silver intake will be covered in the next sections, including using a generator to deliver silver ions directly into treatment sites.

### **Homeopathic Doses**

Many practitioners of homeopathy utilize colloidal silver under the ideology that subtle changes can be made within the body using minute doses of various substances. Practitioners using this philosophy utilize colloidal silver by the drop, attempting to stimulate metabolic response. Under this philosophy, larger doses of substances delivered into the body respond quite differently than near undetectable doses.

### **New Age and Fringe Science**

New Agers, and those experimenting with seldom-accepted science modalities, often use complex colloidal and ionic solutions as a carrier solution for programmed electrical, crystalline, and electromagnetic signals. The idea that substances with a high energy potential can be manipulated to produce pre-patterned effects dates back thousands of years. The colloidal silver is pretreated with devices such as a standing wave generators and crystal matrices, then delivered into the body in homeopathic doses.

## **Further Notes**

Upon initial usage of higher doses of colloidal silver, it is a good idea to watch the body, especially the skin, for the first indication that a saturation dosage level has been reached. This is often indicated by slight rashes and slight skin irritations that clear up quickly. This is not a negative sign, it is simply an indication that the amount of colloidal silver used should henceforth be slightly reduced.

What causes this phenomenon? When the kidneys/liver are introduced to substances in quantities that can not be processed as a normal part of the body's elimination system, the body redirects excess amounts to the skin for elimination. This is known as a toxic response, and occurs instantly with substances like garlic. A toxic response is not always negative. With garlic, it is this exact toxic response that allows the body to harness garlic's curative properties. With colloidal silver, when this state is reached, the result is increased silver levels to the skin tissues. Provided that one is not ingesting silver compounds or salts, all anecdotal evidence suggests there is no buildup of silver in the dermal tissues.

The often talked about Herxheimer effect is not a toxic response to silver. In actuality, a Herxheimer effect will often trigger a toxic response, but not to the silver itself, rather, to infections being rapidly eliminated within the body. The difference is important, especially if one is attempting to treat a chronic condition with larger doses of colloidal silver.

A Herxheimer effect will gradually subside as the body eliminates the die off of dead microorganisms, usually within 72 hours. This process can be assisted by drinking large amounts of water. Maximum saturation levels of silver do not occur unless one is orally ingesting a large amount of colloidal silver, using a nebulizer or humidifier, or through I.V. treatment.

For those using colloidal silver experimentally in an attempt to treat very severe and chronic conditions, the operative idea is to reach a level of saturation, then maintain a dose JUST below this saturation point. Occasionally, it is a good idea to adjust tolerance by increasing the dosage level again until this saturation level is reached. Again, this is mentioned for those who are involved in the experimental use of colloidal silver.

A very few people report digestive problems upon colloidal silver consumption. Any digestive imbalances can often be quickly corrected by adjusting one's diet to include any natural yogurt product.

## **In-Vitro Efficacy**

Dr. Ronald Gibbs, a notable colloidal silver researcher, conclusively demonstrated colloidal silver's ability to significantly reduce bacteria counts in test tube experiments. While this fact alone is interesting, the significance of his research centers around his findings regarding how much colloidal silver is needed to effect this change.

By measuring the ratio of colloidal silver compared to the amount of "bacteria-rich" water, Dr. Gibbs was able to chart the efficacy of what he classified as a high quality colloidal silver. He found that a 9:1 ratio to a 20:1 ratio (colloidal silver:bacteria) was required to sharply and quickly reduce bacteria population counts. He found that a 1:1 ratio was effective only for a short period of time, whereby the bacteria would "overcome" the effects of the colloidal silver.

A 20:1 solution would eliminate the bacteria in under an hour. A 6:1 solution would do so in six hours. A 1:1 mixture would slightly drop the bacteria colony count for up to six hours, but would not significantly reduce this count even during the "effective" time frame.

How colloidal silver might be "used up" during the process, thus becoming ineffective (such as in the 1:1 mixture) is unknown, and may be key in understanding exactly how silver works against pathogens. In such cases, however, Dr. Gibbs demonstrated that adding more colloidal silver after the bacteria count again begins to rise IS effective.

Dr. Gibbs' research implies that silver has no direct effect on pathogens. It is generally assumed that silver inhibits the reproductive cycle of pathogens and "suffocates" them. However, if this were the case, then silver would never stop working against pathogens that were not silver resistant. Careful thought reveals that silver MUST, in fact, be effecting a CHANGE in the conditions surrounding the pathogens. In effect, colloidal silver has no drug or chemical action in itself.

There is a world of difference between how a substance works in a test tube and how it works in the body. The above data, however, is key to understanding how to use colloidal silver to achieve maximum effectiveness. Only a fraction of the test-tube efficacy would be needed in order to augment the body's natural defenses to make a significant impact on the illness itself.

# Colloidal Silver Used Orally

## Theory

No one who has researched the subject of colloidal silver thoroughly would argue with the fact that colloidal silver has proven to be effective as a biocidal agent with antimicrobial properties in laboratory studies. However, a test tube does not share the same properties as a living, breathing human body.

On one hand, a substance that tests as effective against an illness-causing organism in a test tube only has to be partially as successful in the body. Even a 10% improved response in the elimination of illness-causing organisms is often enough to augment the body's natural immune system to turn the tide against that illness in short order.

On the other hand, there is no guarantee that a substance will even reach the area of the body where it is needed, or in its original form. If it does, there is also no guarantee that it will work in the same manner that it does in a test tube. Dilution factors must be considered, as well as a nearly endless combination of variables in the body's metabolic state.

Colloidal silver has on occasion been described as being a "second" invisible immune system. This might indeed be true, provided that the silver ions and/or particles are small enough to permeate through most human tissues and travel "unrecognized" through the human body, not reacting with other substances in the body, nor bonding with other chemicals and/or organic material.

This is a matter of substantial debate. It is known that silver, including colloidal silver, tends to react strongly with sulfides and chlorides. Some hypothesize that upon drinking colloidal silver, much of the ionic silver bonds with chlorides in the stomach to form silver chloride. Under this theory, ionic silver through oral use would be virtually useless. Others hypothesize that a small amount of ionic silver is surrounded by a special protein created in saliva, and is thus protected from contact with reactive substances when first ingested. Even bolder theorists hypothesize that the silver chloride bond can be severed in the body by utilizing minute amounts of ammonia.

While it stands to reason that some of the silver MUST end up as silver chloride, it also stands to reason that this simplistic view is not all together accurate. The mainstream chemist might simply drop the idea. However, there are experts that spend their entire lives dedicated to this specialized branch of study, and still leave with many questions unanswered. Colloidal and ionic chemistry are a literally branches of science unto themselves.

Based on the responses reported by thousands of colloidal silver users worldwide, and our own experience, silver must be reaching the bloodstream and/or other areas of the body in sufficient strength to maintain at least some of its test tube demonstrated effectiveness when ingested orally. Whether this is due to the fact that not all colloidal silver ingested bonds to form silver chloride, or whether at different parts of the metabolic process the chloride-silver bonds break leaving ionic and/or silver particles free once again is a matter of debate.

Because of variable conditions as described above, the reported effectiveness of colloidal silver when ingested for various health-related issues often varies from one person to the next, especially in the amounts of colloidal silver needed and the time period whereby relief is experienced. For instance, even in the case of sore throats, relief has been experienced in as little as 15 minutes or as long as four hours (for the same type of infection). The relief period is often consistent with the user.

It is suspected that correcting any acid imbalance in the body improves the effectiveness of colloidal silver, and may partially explain why the amount of colloidal silver needed varies so widely between different people.

Clearly there are variables that are not simple to isolate when it comes to colloidal silver effectiveness. However, it is equally clear that these unanswered questions should not deter the individual seeking an alternative health solution. One can determine with very little investment whether or not colloidal silver might be an effective solution for any given situation.

## **Practice**

Colloidal silver has not been proven to do anything in the body. The reverse is equally true. Although no scientifically acceptable studies have been formally conducted regarding colloidal silver effectiveness in the body, anecdotal evidence suggests the following uses for colloidal silver via oral use (see table below). Please note that this list is by no means complete, and more will be added as time progresses. The dosage levels (see previous section) indicated are relative to every person's individual experience as well as the condition, and refer to the amount of colloidal silver actually taken orally, ingested into the body. They are included ONLY as a starting reference point to give a general idea of how some people have used colloidal silver as a remedy. These ideas, expressed in generalities, are by no means to be construed as scientifically acquired evidence. In the future, with the cooperation of any interested researchers/users, we may be able to present more formal data. The uses listed are included through first hand knowledge that a colloidal silver protocol has been used successfully. It should be assumed, currently, that the simple nine-volt battery method of colloidal silver production was used to achieve results. In future sections, case examples will be explored.

## **Notes:**

For mouth infections, the idea is to keep a constant supply of colloidal silver in contact with the infection site. Some infections may be slow to respond if the silver is unable to reach the location of the infection. For best results, prior to use, brush the teeth with a 3% Hydrogen Peroxide solution, including the tongue. Rinse mouth well. Then, rinse mouth with distilled water if available. Let the colloidal silver taken sit in the mouth for as long as convenient, then swallow it.

Tailored doses can only be established with experience -- colloidal silver does not act like a drug in the body in that there is no engineered, targeted effect.

Severe infections of any type must be watched carefully. Please do not continue a treatment that is not proving effective in lieu of proven alternatives.