

# Colloidal minerals

+ Colloidal oils  
+ monatomic  
elements

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# General information on colloids

"Colloid" is a physico-chemical term for the suspension of microscopic particles of a substance (1 to 1000 nanometres) in a so-called dispersion medium. Suspension is the dissolution of solid substances in a liquid (medium), whereby the particles are finely distributed in the medium.

Thanks to state-of-the-art laboratory procedures (proton resonance), it is now possible to use the elements that are vital for us in form of the finest colloids.

In the **proton resonance**, the smallest particles are separated from the desired element by means of a linear electric field.

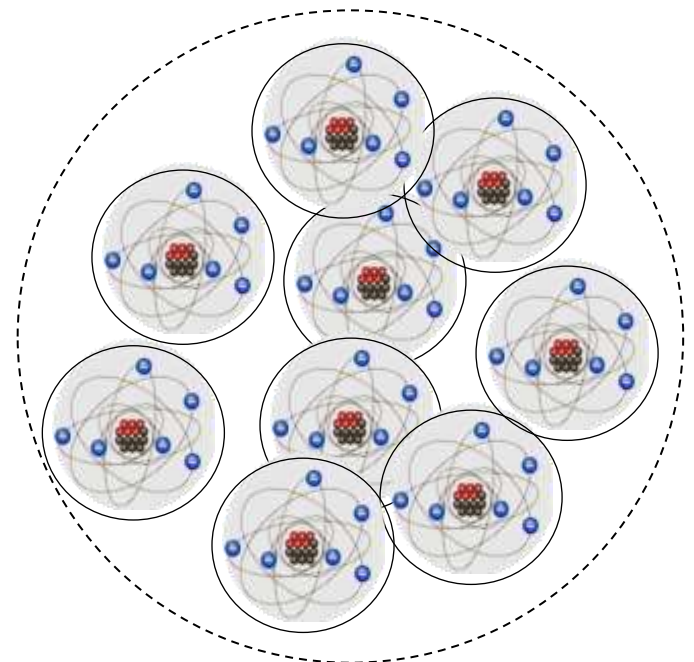


A colloid is visible under the Electron microscope

Silver or another desired element in its purest form (99.9999%) is comminuted in the dispersion medium H<sub>2</sub>O (distilled water) to the fabulous size of only **8-10 atoms**.

Through this small unit

- the effect is at its maximum (the smaller the particles, the larger the total surface area)
- the particles can penetrate into wide areas of the body
- the particles can be optimally separated again



Colloidal particle consisting of 8-10 atoms

The most important body fluids, such as blood or lymph are colloids. Our body can therefore absorb the elements it needs particularly well in a colloidal form and excrete them better.

The body absorbs colloids particularly easily because it does not have to expend any effort to metabolize the elements from the intestine into the bloodstream.

The following product descriptions describe numerous possible ways of use.

### **Features & Benefits**

In colloidal water, the elementary particles keep each other in suspension because they repel each other. Therefore, it does not have to be shaken up before use.

Colloids are substances of the highest purity (99.999%) without binding to other substances. They are provided with enough free electrons, e.g.  $Mg^{++}$  for magnesium. Because no load means no movement. Colloids also have sufficient redox potential (e.g. 174 millivolt for silver).

Minerals or trace elements in their true colloidal state can be absorbed 1:1 by the cell without the help of antagonists or other resources of the organism. Colloidal solutions have a 100 percent absorption rate without any accompaniment of toxins and others.

A healthy, well supplied body can usually produce sufficient colloidal substances from the food supplied to it to supply the cells.

If the supply of the organism is no longer sufficiently ensured by the body's own processes, it makes sense to intervene with colloids in a supportive way.

### **Mode of action of a colloid on body cells:**

Blood supplies the cells with necessary nutrients and removes toxins. Water is playing an important role.

The cell walls allow vital nutrients, minerals and trace elements to penetrate through their membranes and helps used waste products to escape through their membranes. Water rinses the cells and keeps the membrane porous in both directions.

The colloidal trace elements and minerals developed by our laboratory are so small that they can easily pass through the membranes and therefore act directly in the cell without being deposited in the organism. The colloid fills missing elements without straining the organism.

Many nutrients compete for the most effective way to get into the blood. For example, zinc and iron need the same protein carrier to be transported from the intestine into the bloodstream. The intake of nutrients in colloidal form is therefore much more efficient than via the intestine,

as the competition mentioned above does not occur.

## Recommendations for use

### Oral use

bottle content 200ml: 30 drops

bottle content 100ml: 15 drops

bottle content 50ml: 8 drops

Pull the colloid out of the bottle with the use of a pipette and put the indicated amount on a plastic spoon.

Take it in its pure form.

Leave the colloid in the mouth for a minute (under the tongue), imagining where it should go in the body. Afterwards drink a glass of water.

If you are taking multiple colloids in the same period, please leave a 15 minute interval between them.

Please also keep a pause of at least 15 minutes to take stimulants such as coffee, alcohol and vinegar.

### atomizers

Another very efficient way of taking it is using a cold atomizer. The colloids are atomized into tiny droplets and absorbed by the entire mucous membrane of the mouth and throat. A wide range of inhalation devices are available.

### embrocation

In addition, you can do an embrocation: Twice a day, apply approx. 15 drops to the palms of your hands and rub upwards over the inside of the forearms to the crook of your arm. With silver water you can do it 4-5 times a day in an acute case. To prevent contamination, avoid contact of the pipette with the skin.

### Local application

You can also use the colloids externally - wherever they are needed on the body.

A classic case is using colloidal silver on wounds, bedsores or athlete's foot.

Silver is also very helpful when applied directly into the nose.

### eye

Colloids can also be trickled directly into the eye, e.g. germanium or silver.

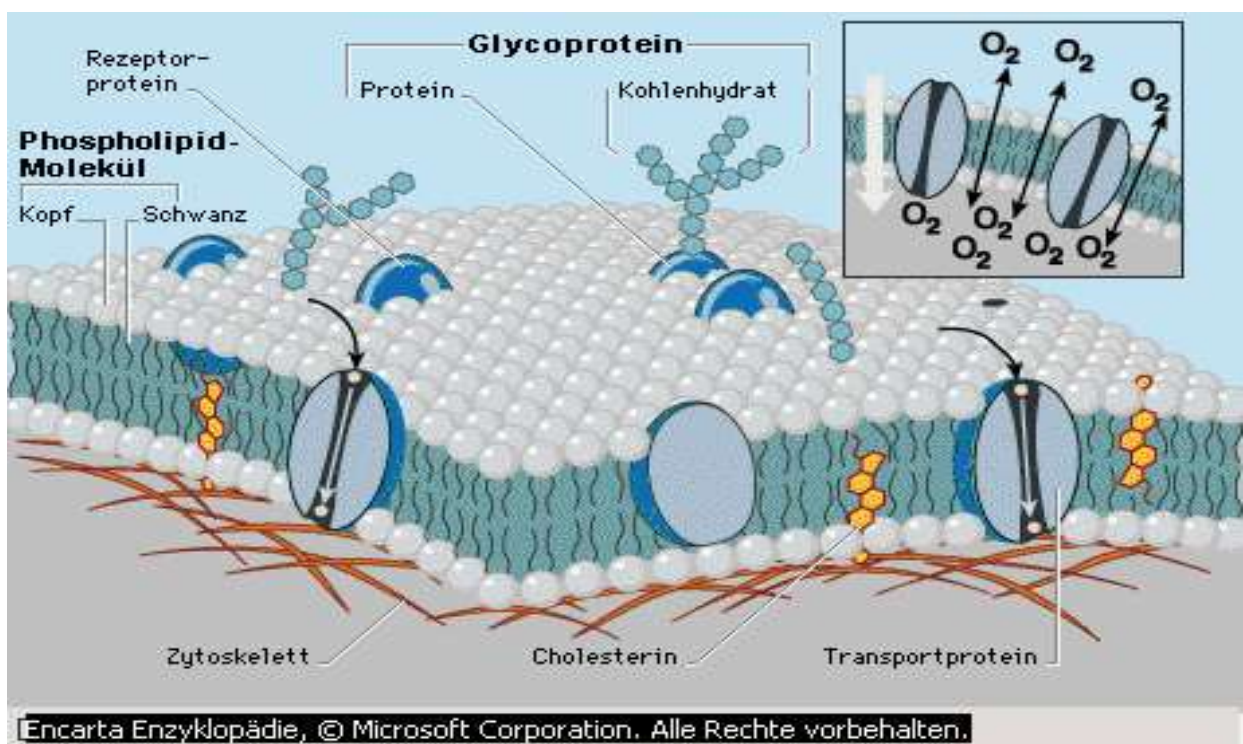
This local application can be done in addition to oral use.

## time

In principle, you can take all colloids in the morning - but there are some

advantages if you pay attention to: Iron at noon. Magnesium, silver and potassium in the evening.

# Why water is so important



The graph (surface of a body cell) is showing clearly: all substances such as carbohydrates, trace elements, proteins and colloids must be absorbed by the cell through the membrane openings.

Water helps to keep the "food porridge" liquid. The cell processes the substances and must excrete them again through the membranes. The "waste products" return to the kid-

neys through the bloodstream to be excreted.

Drinking a lot of water is important to keep the inside of the cell fluid. The more fluid the interior of the cell is kept, the easier it is to excrete toxins.

## Why water is so important:

If you weigh 75 kg, you have 50 litres of water in your body. Sounds like a lot? This is because the body

needs fluid for all metabolic processes. Water transports nutrients and minerals via the intestines into the blood. This also applies to colloids that have been taken. From there the journey continues to the organs where the bio substances are urgently needed. The kidneys filter and excrete toxins. Water also regulates body temperature. Sweat evaporates water and cools the skin.

About 2.5 litres of water are excreted daily. If this amount is not replaced, the metabolism no longer functions optimally.

**Lack of water** is a state of emergency for the body. US studies show: As a reaction, fat is stored and not burned. The detox works worse. Wrinkles are also mainly caused by dehydration. Scientists see a connection between a reduction in the natural sensation of thirst and skin aging (from the age of 35).

Cells, that are filled with enough water bring further advantages:

The development of wrinkles is reduced, the external appearance (skin) improves. (Here colloidal sili-

con is also very effective.) The metabolism goes back to normal. The cells absorb the supplied substances (carbohydrate proteins, colloids, etc.) more easily. "If the cell dries up inside, you can see it from the outside. Therefore, the proverb "Beauty comes from within" is absolutely no fairy tale.



# Why colloids?

**Chromium, magnesium, zinc, silicon, etc. are trace elements, which can enormously increase and strengthen the muscle structure, the immune system and the efficiency of the body.**

For example, experts in studies on strength athletes confirm that chromium has an anabolic effect, zinc promotes endurance and strengthens the immune system. Magnesium prevents muscle cramps, gold and germanium increase the oxygen supply, etc... The different effects of the individual elements can be read below.

**The trace elements in colloidal form are much more effective than powder or effervescent tablets.**

This is not only due to the fact that colloids are produced in their purest form and without chemical additives such as sweeteners (aspartame) etc... Colloids are absorbed by the bloodstream immediately after ingestion and released into all body cells.

A "digestion" of the elements by the stomach is not necessary, since the desired trace element is already "split". Thus, it acts quickly without burdening the digestive system with acid or additives and binders.

Colloidal water is the ideal form to distribute the desired trace elements such as chromium - zinc - gold - silver and germanium (etc.) in the organism.

Colloidal substances, as we understand them, are substances of the highest purity (99.9999%) without binding to other substances (e.g. calcium and carbonate would be calcium carbonate if they were bound). They are provided with sufficient free electrons (e.g.  $Mg^{++}$ ), no charge means no movement. Colloids have a sufficient redox potential (e.g. 174 millivolts for silver).

Minerals or trace elements in their true colloidal state can be absorbed 1:1 by the cell without the help of antagonists or other resources of the organism. Colloidal solutions have a 100% absorption rate without any accompaniment of toxins.

A healthy, well supplied body can usually produce sufficient colloidal substances from the food or dietary supplement supplied to it to supply the cell, the organism.

If the supply of the organism is no longer sufficiently ensured by the body's own processes, it can be useful to intervene with colloids to provide support.

**But the most important thing:**

The application of a trace element in colloidal form can no longer be detected in the body after 3-4 days. The colloidal particles are so small that they are not deposited in the

body (cells) and are "washed out" by the daily drinking of water.

There are **no side effects** to be feared.

## Colloidal Aluminium

Aluminium is present in the liver, spleen, bones and brain, but also in the skin, testicles, pituitary gland, adrenal glands, pancreas, thyroid gland, teeth, pineal gland and in the breast milk.

Within the metabolism, aluminium is a constant companion of phosphorus and iron, whose uptake in the intestine is improved. Since it causes a basic metabolism, it helps against heartburn, rheumatism and gout.

By strengthening the conductivity of the nerves, it helps when movement and perception are slowed down. A homeopathic symptom is the feeling of going crazy. Aluminium promotes

emotional self-expression, sobriety and a sense of reality.

*physical* - alkaline metabolism, conductivity of the nerves, against weakness

*mental* - against fears and feelings of guilt, nerve-soothing, expressiveness, helps against restraint.

*spiritual* - sobriety, alertness, realism.

Colloidal aluminium does NOT have the negative effects of the environmental toxin aluminium, which rains from the sky through chemtrails, for example.

# Colloidal bismuth

In the past, bismuth was used as an antiseptic, also as a diarrhea medication, as well as for the treatment of gastritis. Bismuth compounds are contained in some antibiotics.

With its antiseptic properties, bismuth counteracts pathogenic bacteria such as *Helicobacter pylori*. It also regulates the formation of gastric mucus and regulates the amount of pepsin in the stomach.

# Colloidal boron

Boron is very important for the immune system, cell repair as well as for the control of cell division and metabolism of all living beings. Studies from the 1930s to the present day have shown that boron is essential, i.e. indispensable, for plants.

## **Tags:**

**immune system**

**Current flow in the body**

**Energy supply**

**Calcium Balance**

**Bone Stability  
osteoporosis**

**hormonal balance**

## **thyroid gland**

## **plants**

However, the importance of boron for humans and animals has not yet been properly recognized, although the use of different forms of boron in medicine and for eye rinses probably dates back to Hippocrates himself. It has not been considered, however, that the special characteristic of life is not so much the elements of which a body consists, but rather the flow of electrical impulses.

A corpse still consists of exactly the same solid organic compounds as the previously living body. But it lacks the decisive flow of electrons.

Exactly this current flow in the body, however, is only made possible by boron. In plants with boron deficiency, the energy and carbohydrate balance, the stabilization of cell wall formation, respiration, the phytohormone balance and the conduction of stimuli by the plant's own immune system with its leaf sensors, which was only discovered in 2007, are therefore particularly disturbed.

However, the knowledge of boron in its significance for humans and animals, especially in Europe, is much poorer than the knowledge of the effects of boron on plants. In 1987, in the USA it was proven for the first time that boron actually intervenes in the calcium and hormone balance of humans and has a regulating effect particularly when the human hormones of the thyroid and parathyroid glands are no longer sufficiently formed in old age and therefore the regulation of the calcium balance is only possible to a limited extent.

Age-related osteoporosis can - as it has been shown - be treated very effectively with boron. Findings in menopausal women by Forrest Nielsen and Curtis Hunt (USA) have shown that the excretion of calcium and magnesium in the urine was significantly increased if the boron intake was constantly too low at only approx. 0.25 mg per day, especially with very low-boron food of animal origin. Already only 8 days

after the beginning of a supplement with boron this excretion decreased by more than 40 %.

This can be explained by the fact that boron inhibits protein degradation, whereby in bones the degradation of proteins that make up the cytoskeleton can be slowed down.

Further research into the causes of this revealed the amazing fact that boron activates a specific enzyme - a hydroxylase - which is necessary for the formation of estrogenic hormones and hydroxy vitamin D3. The women treated with boron already showed a significantly increased hormone level after 8 days.

Boron - women should know about it - helps women to produce estrogen and increases the circulation of serum concentrations of testosterone in men. Boron makes hormones work better, can mimic and reinforce the effects of the sex hormones estrogen and testosterone.

When women have boron deficiency, they feel the negative effects of menopause and often have problems such as obesity, altered metabolism, hot flushes or depression. Men, on the other hand, don't know whether to wear trousers or skirts.

Boron is also effective curing depression, in the treatment of epilepsy and especially in hyperthyroidism. Colloidal boron helps in the production of natural steroid compounds.

Further studies showed that the brain functions increased when boron was supplied in adequate amounts. With a low supply of boron, reduced wavelengths were observed in brain currents. The consequences are, for example, low attention and poorer motor skills.

Boron deficiency reduces the effectiveness of flavonoids and vitamins in humans, inhibits enzyme activity, greatly weakens the immune system because it promotes the stability or formation of anti-bodies, lowers resistance to allergies and chronic skin diseases, makes it more difficult to break down toxins, reduces protection against fungal diseases, impairs the function of many organs, including the heart, prevents photo cell repair and reduces resistance to cancer.

It should also not be forgotten that the cell division rate in tumours is dramatically increased, but boron is known to be able to prevent an increased cell division rate without differentiation.

With increasing age, the boron content in the body decreases. Old people have low boron content, but their aluminium content rises drastically. Boron is very easily displaced by aluminium, with 3 boron molecules being lost, it is replaced by a single aluminium molecule. Although aluminium, which is chemically related to boron, can occupy the same positions as boron due to similar bonding pat-

terns, it cannot enable or maintain current flow.

In a way, you can say that boron switches on the flow of electricity and thus life, and aluminium helps to switch it off again. Boron is extremely reactive to radiation and the only neutron scavenger that can be used by living organisms.

Aggressive children, who often suffer from an entire family, quickly become peaceful and friendly if you spray boron water into their nose once every day for a week. Boron ensures a balanced current flow in the body and therefore has a very calming effect.

This is also the reason why shooters at major sporting events such as Olympiads and World Championships do not mind all medical bans on boron and take it in order to get calm and secure nerves and be able to aim accurately.

Today, boron deficiency mechanisms are widespread because, unlike in the past, the boron requirement can no longer always be sufficiently balanced by food, even if its boron content were to be paid more attention to. This is because chlorinated drinking water causes massive boron deficiency. Many children also unintentionally swallow water in swimming pools, which often causes insidious damage and allergies in addition to red eyes.

In addition, high alcohol consump-

tion can also cause a boron deficiency (with the exception of red wine), as can large quantities of pollutants, which the body needs boron in combination with calcium to excrete and render harmless. Since the intake of calcium is more difficult with boron deficiency and is therefore always coupled with calcium deficiency, the intake of boron should be combined with the intake of calcium.

With increasing age, high calcium levels lead to calcification of soft tissues, causing muscle tension and joint stiffness. The arteries and hormonal glands also calcify, especially the pineal gland and the ovaries. Kidney stones and renal calcification can also occur, which ultimately leads to kidney failure. Boron deficiency in combination with magnesium deficiency is particularly harmful for bones and teeth.

Bone analyses showed that joints affected by osteoarthritis and the adjacent bones contain only half as much boron as healthy joints. The

synovial fluid - the "joint capsule lubricant", which also supplies the cartilage with nutrients - also has a low boron content if the joint is affected by arthrosis.

Boron supplementation made the bones much harder than usual, and surgeons had greater difficulty sawing them through during surgery. With additional boron, bone fractures in humans and animals heal in about half the time. Horses and dogs with broken legs, even with hip fractures, recovered completely.

Boron is also effective against other conditions such as rheumatoid arthritis, juvenile arthritis and lupus (systemic lupus erythematosus).

Because of its excellent fungicidal properties, boron is also used for candidiasis therapy.

# Colloidal chromium

Chromium is an essential trace element and must be supplied to the body through food in order to maintain its health. It is required in glucose and insulin metabolism and is a component of the glucose tolerance factor, which improves glucose tolerance.

The insulin level thus does not rise with carbohydrate-rich meals but remains in a constant state. Glycogen is therefore increasingly transported into the muscle cells instead of being deposited as a triglyceride.

Chromium also lowers cholesterol levels and increases "good" HDL cholesterol levels.

Chromium provides for an increased fat burning and an increase of fat-free muscle mass.

It protects against free radicals and thus against oxidative stress.

## **Tags:**

**Lose weight without hunger,  
without "renouncing"**

**without yo-yo effect**

**diabetes**

**lower cholesterol**

## **build muscle**

## **Protection against free radicals**

## **Cornea and lens of the eye**



In overweight people, chromium can help to promote fat loss. It seems that chromium has an effect on the saturation mechanism in the hypothalamus, that part of the brain that says, "You've eaten enough, stop it".

Our body only needs tiny concentrations of vitamin B12, iodine and chromium. Already a daily amount of 80 µg is enough to supply our body with chromium.

Chromium deficiency causes symptoms such as fatigue, nervousness, irritability and signs of diabetes mellitus. These are all complaints caused by a disturbed glucose (carbohydrate) metabolism.

Nerve and brain cells only require glucose as fuel, unlike all other body cells. The reason is that this carbo-

hydrate burns faster and gives off its energy content than e.g. fat.

The brain and nerve cells need energy much faster because they often have to react very quickly. If the glucose supply works well, you are balanced, well nervously resilient, wide awake and highly concentrated. If there is no glucose in the blood, the opposite is the case.

Chromium plays an important role in controlling blood sugar levels. It works closely with the pancreatic hormone insulin, which regulates the incorporation of glucose into cells.

With mild hypoglycaemia, sweets are usually used to raise the blood sugar level again. The glucose produced as a fission product of sucrose (= granulated sugar) reaches the blood immediately and thus brings nerves and brain the desired freshness boost.

Of course, chromium cannot regulate or raise the blood sugar level alone. There are often other causes of persistent hypoglycaemia. But despite everything, if the value is right, chromium is involved.

The exact chromium status cannot be measured because concentrations in the blood say nothing about the amount in the cells. Tissue concentrations are 10 to 100 times higher than in blood. Also the excretion via the urine does not show any results.

With increasing age, the chromium intake in the body decreases. This is why people over the age of 40 often have problems with their blood sugar level.

Scientific studies have shown that in age-related diabetes mellitus, insulin excretion increases again when molecules in which chromium is incorporated are ingested through food over a longer period of time. Therefore, chromium will become an important component of a successful therapy of diabetes mellitus in the future.

### **Substances that degrade chromium:**

So-called stress factors demand increased chromium rations or also lead to increased chromium excretion. This includes any physical activity (e.g. at work or in sport, infectious diseases).

The monosaccharide in food removes chromium from the body (e.g. pasta, dumplings, white bread, cakes, pastries, everything sweet, drinks mixed with sugar).

### **Chromium deficiency can cause the following complaints:**

constant fatigue

nervous weakness

drive arm



restlessness  
tetchiness  
insomnia  
concentration disorders  
Depressive moods  
dizzy spells  
headaches  
anxiety states  
sweet tooth  
alcohol addiction

**Proverb:**

**You are what you eat!**

Eat at least 5 pieces of fruit a day and drink 2-3 litres of water. Always drink 1 large cup of hot water after eating (without anything, cook for at least 2 minutes). This stimulates the metabolism and has a laxative effect !

**The "Chrome Picolinate Advantage"**

Experts confirm in the studies on strength athletes that chromium has an anabolic effect. The renowned American physician Dr. Michael Colgan wrote: "The build-up of one extra kilogram of muscle mass within 12 weeks is what is called the 'chromium picolinate advantage'".

**Deficiency conditions can be occur:**

In case of a wrong diet (too high in fat, too much sugar and refined carbohydrates).

In case of stress, exaggerated physical activity, after infections, trauma and illness (fever etc.) pregnancy, age-related symptoms.

**Consequences of chromium deficiency:**

Reduced glucose tolerance and insulin effect, weight loss. Elevated blood cholesterol and triglyceride levels, peripheral neuropathy. Chromium deficiency can cause similar symptoms as diabetes mellitus due to the disturbance of the sugar metabolism.

Chrome-zinc and magnesium in combination are ideal for diabetes. Coronary heart disease and an increase in fatty acid levels in the blood could also be caused by a lack of chromium. General signs: Nervousness, irritability, confusion, depression, learning difficulties; increased urination, itching, muscle weakness.

Other known consequences of chromium deficiency are clouding of the lens and cornea and growth delays in children.

Potentiation of insulin action: improves glucose tolerance; increases uptake of amino acids in muscles, heart and liver; improves protein synthesis, regulation of blood lipids; reduces total and LDL and increases

HDL cholesterol. It influences the maintenance and functionality of the cornea and the eye lens.

## Colloidal iron

10 to 12 mg iron should be supplied to the body daily. Women have a much higher need because of the high iron loss during menstruation, namely between 13 and 25 mg, depending on the extent of bleeding.

### **Tags:**

**oxygen supply**

**Ability to perform and concentrate**

**Muscles, heart function**

**libido**

**skin pallor, hair loss**

**Brittle nails, hair loss**

Iron deficiency leads to anaemia in the long term. This initially manifests itself harmlessly with a drop performance, brittle nails, constipation and headaches. In the case of prolonged anaemia, dangerous warning symptoms can occur such as fainting spells, shortness of breath, chasing

hearts, outbreaks of sweating, anxiety and nausea.

In order to supply all body cells with sufficient oxygen, our metabolism in the bone marrow produces two to two and a half million red blood cells per second and enriches them with iron. Each of these blood cells contains around 300 million haemoglobin molecules. The metabolism needs iron to produce haemoglobin.

A healthy person withdraws between 10 and 15% of his iron from his daily diet, a person who has an iron deficiency withdraws up to 20%.

The bone marrow is also able to increase the production of haemoglobin and red blood cells up to sixfold, provided good health is maintained. The haemoglobin molecule transports oxygen from the lungs to all body cells.

Iron molecules are transported in the blood and other body fluids with the help of transferrin, a protein body. Iron is not only needed for the red blood cells, but also plays an important role in the function of enzymes.

Iron sulphur enzymes play an important role in the respiratory chain of skeletal muscle cells. If iron is missing here, then the muscles are not sufficiently loadable. You get sore muscles more quickly, generally suffer from muscle weakness and reduced physical performance.

Enzymes that do not contain any iron are also weakened by an iron deficiency. A typical example is the copper-containing enzyme monoaminoxidase, which triggers sensations such as happiness, euphoria and optimism in the nervous system by converting certain proteins into happifiers such as noradrenaline.

In order for the iron contained in vegetable protein to be better absorbed by the blood, you should take plenty of vitamin C with every meal.

### **Iron deficiency can cause the following complaints:**

- lack of drive
- Chronic fatigue
- constipation
- Brittle nails
- poor concentration
- libido deficiency
- breathing difficulties
- skin pallor

- hair loss

The most common cause of iron deficiency anaemia is iron loss due to bleeding. It's coming through:

- Bleeding from the digestive tract, e.g. through stomach ulcers, inflammation of the gastric mucosa (gastritis), haemorrhoids, infections, diverticula, intestinal polyps, parasites, but also through malignant tumours.

- Genital bleeding in women, most frequently due to menstrual bleeding, but also to severe blood loss during childbirth; blood loss from other organs; injuries or operations; frequent blood donation, blood sampling and dialysis treatment;

- Low iron diet: Meat is the largest source of iron in humans, which is why vegetarians are particularly affected.

- Reduced absorption of iron in the intestine: Various stomach and small intestine diseases lead to a disturbance of iron absorption, e.g. partial or total stomach removal, gluten intolerance or inflammatory gastrointestinal diseases.

Increased iron requirements exist in children in the growth phase and puberty, during pregnancy and breastfeeding as well as in athletes.

### **Common symptoms of anaemia are:**

- Pallor of skin and especially mucous membranes (e.g. inside of lips, eyelids, gums, etc.)

- Weakness, fatigue, dizziness and headaches; narrow heartbeat, palpitations and shortness of breath;

### **Typical symptoms of iron deficiency are:**

- Burning on the tongue, smooth tongue
- Pain during swallowing due to mucous membrane changes in the esophagus
- brittle hair, hair loss, itching and dry skin
- cracked corners of the mouth (rhagades)
- severe blood deficiency can lead to brittle, longitudinally grooved or brittle fingernails and hollow nails
- abnormal eating cravings, e.g. on soil or lime;

Anemia is the lack of red blood cells or the red blood pigment (haemoglobin). To form red blood cells, the body needs, among other things, iron, which is supplied with food and absorbed in the small intestine. If the iron is missing, the production of red blood cells is impaired over time and leads to so-called iron deficiency anaemia.

Iron deficiency anaemia is the most common form of anaemia. Women are predominantly affected: in Europe, about ten percent of women of childbearing age suffer from iron de-

ficiency anaemia. About 80 percent of all anemia is caused by iron deficiency.

### **Without iron there is no life-blood**

If the energy turnover of the organism is increased, as for example in sports, there is also an increased need for minerals. During physical activity, the need for minerals and trace elements increases, which are excreted more frequently in both sweat and urine, e.g. magnesium, potassium, sodium, but also iron.

Muscle work requires energy. The energy power plants of our cells need oxygen for the degradation of nutrients, which is transported in the blood. The ability to transport oxygen is determined by the number of red blood cells. However, it is not the quantity but the quality that is decisive: iron is absolutely essential for the formation of the red blood pigment (haemoglobin). A deficiency therefore quickly becomes noticeable in a decrease in concentration, muscle strength and endurance.

During high sporting activity, the loss of minerals and trace elements via the kidneys or sweat also increases. Athletes, pregnant women, growing girls and boys, women with increased menstruation (e.g. due to myomas, pessaries), older people or vegetarians are risk groups for iron deficiency.

Often 1-2 meat meals per week as well as the intake of a vitamin C-containing drink (e.g. orange juice) are sufficient for eating or the well-tolerated herbal blood juice from the health food store or pharmacy. High-dose iron preparations often lead to gastrointestinal problems.

### **Women's power instead of iron deficiency**

Women who are active in sports have twice the difficulty in supplying their bodies with sufficient iron because they lose an average of 15 mg of iron with every menstruation. Particularly young high-performance athletes or gymnasts who favour iron deficiency with radical slimming diets are at risk.

Biathletes like Martina Glasgow for example know that a good iron supply is a prerequisite for good performances - in cross-country skiing a high endurance is important and after this great strain the concentration still has to be sufficient for the shooting range.

### **For a long breath**

An iron deficiency causes a sharp drop in our physical and mental performance because our cells are not supplied with sufficient oxygen. A study of untrained young women with mild iron deficiency (without proper iron anemia) showed that additional iron intake improved oxygen uptake and endurance.

While 41 women trained on a bicycle ergometer five times a week for four weeks, the metabolism of the untrained participants adapted to the changed situation with a higher oxygen intake. After the women had compensated for their iron deficiency with an iron preparation, the adaptation was more successful than before. (American Journal of Clinical Nutrition, Vol. 75, No. 4, April 2002).

### **Iron steels muscle strength**

In a recent study of women with iron deficiency, iron supplementation improved muscle performance by almost 30 percent (American Journal of Clinical Nutrition 77, Feb 2003).

# Colloidal germanium

In 1886, the German metallurgist and chemist Clemens Alexander Winkler first demonstrated an element called germanium in honour of his homeland. For a long time, science did not find a real use for it. Relatively late one recognized his outstanding biochemical abilities, which one can use as cancer therapeutic agent.

## **Tags:**

**Detoxification Heavy metal rejection**

**cell proliferation, cancer**

**more oxygen for  
Cells and Organs**

**eye diseases**

**Combating free radicals  
and cytotoxins  
(antioxidants)**

**Strengthening the immune system**

As a trace element, germanium is able to bind oxygen to itself and transport it into the finest capillaries. But where is germanium found in its organic form? In some medicinal plants, concentrated for example in ginseng, garlic and aloe plants. Without the germanium, the medicinal plants would be attacked by viruses and would rot.

Also some healing waters, e.g. from Lourdes and Fatima, allegedly show increased concentrations. Germanium promotes oxygen uptake in the blood and thus also cell respiration. The blood sewing fluid is reduced and the blood circulation is improved.

Colloidal germanium corresponds to healthy, organic germanium. It has nothing to do with the harmful inorganic germanium.

Colloidal germanium binds acidifying hydrogen ions - these have the tendency to damage the cells. If too many hydrogen ions are taken up, which consume the oxygen in the body, an overacidification develops. This acidosis means oxygen deficiency. If the acid-base equilibrium gets out of control, this ultimately leads to a lack of oxygen and thus to a risk of illness.

Colloidal germanium is therefore particularly important as an oxygen catalyst and as an antioxidant. It improves the entire metabolism of the cell and thus that of the entire organism. Many diseases are the result of a lack of oxygen in the body. By enriching the body with oxygen, colloidal germanium may protect against carbon dioxide poisoning and stroke.

The more oxygen the body has at its disposal, the better the blood flow to all organs, as oxygen reduces the viscous blood. However, if the cells are not sufficiently supplied with oxygen, they cannot maintain their normal metabolic functions. This can lead to cell degeneration and cancer.

In addition, an anaerobic, i.e. oxygen-poor environment in our body promotes the growth of a pathogenic microflora, such as candida. An oxygen deficiency in our body is caused by stress, lack of sleep, lack of exercise and poor nutrition.

Germanium also plays an important role in the immune system because it stimulates the body's own production of interferon - proteins used to fight cancer - as well as the effect of macrophages and lymphocytes. It also helps to remove heavy metals and toxins from the body.

Actually, humans are a reservoir of electrically charged particles. Electric-dynamic processes can correct misregulations; thus Germanium conducts the electrically stored stress information from the body. It helps to build up an inner energetic balance as well as the immune system.

Due to its semiconductor property, germanium can absorb and release electrons. It can influence electrical and magnetic properties. A disturbed electrical potential can normalise again and prevent the hidden formation of a tumour.

In sick people, the flow of body energy is often weakened or blocked. Germanium can dissolve the blockages, bring the energy back into balance and thus set a healing process in motion.

If our blood is rich in electrons, it means there is a high degree of chemical reactivity. The blood is thus able to maintain a constant pH value - the pH value is a measure of the strength of its acid or alkaline effect. On the other hand, too much oxidation - i.e. too many protons, too few electrons - and a change in the pH value into an acidic environment, could bring a degeneration of microorganisms and protozoa into pathogenic bacteria and fungi.

So if the blood is poor in life-giving electrons, necessary biochemical reactions are impossible and diseased cells can develop. Germanium takes over the electron transport and thus supports the energy production of the body without additional oxygen uptake.

In this way, germanium excretes all malignant and contaminating substances from the body, waste and foreign substances, which are harmful for health or prevent the healing process, or degrades them to harmless substances.

Even environmental toxins such as the heavy metals mercury from amalgam tooth fillings and cadmium can neutralise organic germanium. These heavy metals are deposited as

positive ions in the body. They get caught in the network of negative oxygen ions of the organic germanium compound and are excreted with them.

Colloidal germanium even has a preventive effect against poisoning and can protect blood cells from radiation! Germanium has a stimulating effect on the immune system, including the increment of production of gamma interferon. It increases the utilization of oxygen by the cells so that the condition of diseased tissues and organs improves. It can help the body to normalize basic physiological functions. For example, it can lower pathologically elevated blood pressure to healthy levels - but not lower than that. Germanium makes thick blood thinner and thus improves the blood circulation, e.g. of "smoker's legs".

### **Germanium balances, brings all systems into balance.**

Colloidal germanium binds metals such as cadmium and mercury so firmly to itself that it takes them out of the body and removes pollutants from it.

This variety of effects makes germanium an important aid. However, almost nobody knows that organic germanium has been used for more than 30 years to treat a wide variety of diseases - with research results that make people sit up and take notice.

Cancer and AIDS clinics in the United States that treat patients with organic germanium, achieve good results.

### **Eye**

Germanium can influence eye diseases and eye injuries, especially burns. Germanium has been successfully used to treat various eye diseases such as glaucoma, cataracts, retinal detachments, retinitis and burns (1-2 eye drops and oral).

Germanium, together with hyperbaric oxygen treatment, can bring about a significant improvement in multiple sclerosis and other degenerative diseases.

In his book "By Appointment only", the natural doctor Jan de Vries describes the success of treatment with increased oxygen supply in multiple sclerosis. Often, a patient suffering from multiple sclerosis who is treated with hyperbaric oxygen also has better vision. Good vision depends on an adequate oxygen supply to the body.

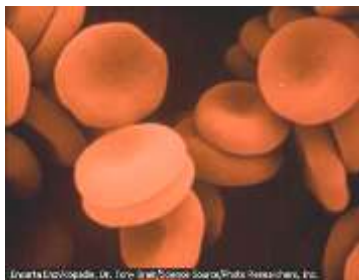
### **Oxygen**

The many oxygen atoms bound to germanium have a positive effect on the body because they bind the free hydrogen. At the same time, it can clear the way for the inhaled oxygen to reach the cells unhindered and unfold its invigorating effect there.





Sickle cell anaemia: blood cells with oxygen and nutrient deficiency



Healthy oxygenated blood cells.

Source: Microsoft ® Encarta ® Encyclopedia 2003. © 1993-2002 Microsoft Corporation.

Germanium enables an intensified tissue breathing, which would be difficult to reach in the respective disease state - and the patient soon gets supplied with blood skin and warm limbs.

Repair processes take place unhindered. The hydrogen ion bond also has the effect that human pathogenic germs cannot find a livelihood without the pathologically excessive aqueous environment. The oxygen bound in germanium not only captures hydrogen ions, but also other free radicals and cytotoxins.

My personal experience shows very good results by **taking colloid gold and germanium at the same time.**

The increased oxygen supply for brain and organs increases the gen-

eral well-being enormously. Feeling satisfaction and being happy is possible again.

Sleep is restful again, dizzy spells, blood circulation problems caused by years of smoking, heart problems and even skin changes (dark spots) disappear. I can say that gold and germanium bring back the quality of life.

**Colloidal germanium can be used on/for:**

Removal of cadmium, mercury and other heavy metals

Oxygen supply of all organs and cells

Eye diseases (drops): glaucoma, cataracts and to improve eyesight

Parkinson's, diabetes, MS. Age-related diseases, rheumatism and angina

immunodeficiency

cell proliferation, cell diseases

blood diseases, blood pressure regulation, circulatory diseases

Chronic pain and anemia (anemia)

**Further successes were achieved with:**

Asthma, diabetes, osteoporosis, depression, psychosis, schizophrenia, diseases of the digestive tract (gastritis, ulcers), circulatory diseases, arteriosclerosis, headaches.

# Colloidal Gold

Gold has been man's most sought-after metal for thousands of years. Gold makes you happy in the truest sense of the word.

Finely dispersed gold powder is black, colloidal suspensions show colours from ruby red to purple. The decisive factor here is the size of the particles - from a particle diameter smaller than one ten thousandth of a millimetre one already speaks of a colloid.

Gold is also used in dentistry. Certain radioisotopes of gold are used in biological research and in the treatment of cancer.

## Tags:

**for heart and soul**

**Gold makes you happy!**

**against depression**

**against panic attacks**

**improves blood circulation**

**increases performance**

**IQ improvement**

## Works against inflammation



writes in the November 2005 issue:

"According to estimates, about 4 million people in Germany today already suffer from depressive moods requiring treatment. This is a worrying development, because this is not a 'momentary whim', but a serious clinical picture with a complaint profile. Despondency and listlessness are manifested in lack of drive, limited performance, depression, inner emptiness, tiredness, fear and nervous restlessness.

Often these symptoms are accompanied by insomnia, nervous heart problems, gastrointestinal problems, loss of appetite or eating attacks, back and muscle pain or dizziness for which there are no organic causes." (End quote)



Depression is one of the worst things people go through.

Panic attacks and fear of death are inevitable. Doctors are often powerless, because the pharmaceutical industry has only developed drugs that are intended for the individual symptoms.

The fatal thing about it is that the patient still has problems because the drug does not work against the true causes. So the spiral continues to rotate until it collapses.

Colloidal gold gets to the root of the problem: our brain is better supplied with blood by gold and releases "happiness hormones". Already after a few days you will feel that the "dark hours" are getting shorter and shorter.

Panic attacks will be less, dizziness and circulatory problems normalize. Pain and insomnia can improve.

You get your performance back in all situations in life. You will find that you will enjoy life again and will be able to enjoy little things.

Problems of a material nature (money problems, etc.) will not be solved, but you will find that an old proverb says the truth: money alone does not make you happy. Gold does.



The brain is better supplied with blood and can therefore function "normally" again.

In clinics in the USA, gold (in powder form) is used to treat cancer. It's been reported Cancers can stop growing.

Scientific studies show that Gold is stimulating, or even increasing the IQ value.

Circulatory complaints are alleviated, blood pressure is normalized again. The general discomfort improves significantly.

You'll be able to see better again. (Color Sharpness Night Blindness). Colloidal gold improves all senses, probably due to better oxygen uptake by the brain.

In the case of children who are difficult to educate, behavioural improvements may occur. Because if you're happy, you don't fight.

Gold processes control the cardiovascular system. Cardiac arrhythmias, blood rush to the head and rheumatic pain of the joints.

The patient with disturbed gold processes often has sleep disturbances and wakes up around 4 o'clock in the morning not to fall asleep anymore. This symptom is also a frequent concomitant of clinical depression.

Colloidal gold is an anti-inflammatory agent for intestinal inflammation, eczema, acne, endocarditis, all diseases caused by streptococci, prima-

ry and secondary chronic infectious arthritis, gout and osteoarthritis.

Colloidal gold is helpful in all inflammatory and degenerative processes of joints such as primary and secondary polyarthritis, spondylitis and also osteoarthritis if the cause is in the cardiovascular system.

Gold is said to heal where antibiotics can't. While antibiotics suppress fever and weaken the immune system, gold activates the entire immune system.

Colloid gold is not only for the ill: school performance is improved, overall performance is increased.

**Short summary:**

Colloidal gold can also be applied:

- For all types of inflammation
- On the harmonious effect of emotional life and general well-

being

- Gold brings up to 20% more oxygen into the bloodstream
- In case of chronic fatigue, to increase mental vitality
- To improve digestion
- for blood circulation problems (smoke damage)
- For depression, melancholy, anxiety, frustration, dissatisfaction, irritability, rage, frenzy, sorrow, worry, indifference, apathy
- For heart and circulatory complaints
- For cell proliferation and pain

# Colloidal Potassium

## Tags:

**Cell metabolism of carbohydrates, fats, proteins and hormones**

**brain function**

**performance capability**

**Excitation of muscle and nerve cells**

**heart function, blood pressure**

The human organism contains approx. 2 g potassium per kilogram of body weight. 98% of these are located within the cells. The cell fluid serves as a solvent for enzymes and proteins. Potassium provides a sufficient amount of fluid in the cells and is supported by sodium.

If the exchange of nutrients were to come to a standstill, water would penetrate the cell and cause it to burst. Potassium receives the osmotic pressure on the cell. A failure of the sodium-potassium pump would be the precursor of cell death.

Potassium is also irreplaceable in the glucose metabolism. Potassium, supported by phosphorus, transports glucose to the brain cells. In contrast to all other cells, the brain cells (besides oxygen) want to be supplied exclusively with glucose. For humans, glucose deficiency is mani-

fested in dizziness, lack of concentration and sudden tiredness.

Brain cells prefer glucose because it can be rapidly cleaved and made available. In dangerous situations, the brain must be wide awake quickly in order to be able to react correctly. Much more time passes before a fat molecule is burned and available as cell food.

Potassium is also involved in protein metabolism and activates certain enzymes.

Potassium uptake is mainly via the small intestine. In the body itself, it is regulated by the hormones of the adrenal cortex. These ensure that about 95% of the food potassium is excreted via the kidneys. The adrenal glands also play an important role in stress-related processes in the body. They induce an increased release of hormones during stress, which in turn results in an increased excretion of potassium in the intestine.

It is dangerous if you not only eat low-nutrient food, but also a diet rich in salt. The kidneys are constantly trying to excrete too much sodium from the body. However, since potassium excretion is coupled to sodium excretion, this mineral is also lost.

## **Potassium for athletes**

95% of potassium is excreted in the urine, the remaining percentages are mainly due to respiration and sweat. Competitive athletes represent a special case. Through the effort the body sweats extremely strongly and excretes many electrolytes, such as potassium, via the sweat. For this reason, athletes must pay special attention to an adequate supply of potassium and minerals.

## **laxative hazard**

If laxatives are used regularly, extreme potassium losses occur. Without potassium and the other minerals, the intestines cannot be stimulated to become active again. The intestinal movement is also dependent on nerve stimuli and neuromuscular excitation. These in turn cannot be activated without sufficient potassium. The intestine becomes more and more flaccid, higher and higher doses of the laxative have to be taken in order to achieve an effect at all. It comes to a vicious circle.

*physical* - electrical conduction, regulation of osmotic pressure, controls the pineal gland

*mental* - against fears, for inner satisfaction, against oversensitivity

*mental* - increase of the perceptive faculty

## **Potassium deficiency can cause the following complaints:**

- nervousness
- insomnia
- fatigue
- cardiac arrhythmias
- muscle weakness
- muscle cramps
- constipation
- intestinal cramps
- spells of weakness
- Dry skin
- Acne (especially in adolescents)
- headaches
- Delayed wound healing

# Colloidal Calcium

As the fifth most abundant element on earth, calcium is widespread in rocks, soils, organisms and waters. Also in the human metabolism, this most important mineral in terms of quantity has a multitude of tasks.

Our body contains about 1.2 kg of calcium. Of these, 99% are stored as calcium apatite (an extremely stable and insoluble compound) in bones and teeth. The mineral is taken up with the food and reaches the bones via the blood. There it combines with phosphoric acid to form a solid, cement-like framework. The dry mass of the bones weighs about 5 kg, of which 1 kg is pure calcium.

## **Tags:**

**bone density, osteoporosis**

**teeth**

**Cell communication, cell membrane**

**Nervous system  
(transmission of impulses)**

**Muscle control, coordination of movements**

**Smooth heartbeat**

Calcium plays a passive role in bone structure. It is dependent on other nutrients such as silicon, copper, zinc, manganese. And above all vit-

amin D in combination with vitamin K. Only when these two are used correctly, the calcium will be where it is needed: in the bones (instead of in the blood vessels).

Calcium directs the necessary nerve impulses for all controlled muscle movements. Therefore, calcium is transported from the bones into the muscle at every load. To prevent demineralisation, the bone is immediately supplied with new calcium. Accordingly, our bones are never equally strong, but change constantly in their firmness. Depending on the type of bone tissue, the bone-forming cells absorb more or less calcium.

The bone with the highest calcium consumption is the bone arch on the jawbone in which the teeth sit.

The main part of calcium is used for bones and teeth. But just the remaining body calcium (approx. 1%) fulfils important tasks in the blood and in the body cells. Plasma calcium (in the blood) is involved in the activation of the blood coagulation system.

In the cells, calcium ensures the permeability between the individual cells and the transmission of neuromuscular impulses. This is what lays the foundation for coordinated movements in the first place. Calci-

um is also involved in the transmission of hormones and neurotransmitters. The latter will keep you in a good mood.

For the nerve- and hormone-controlled processes to run smoothly, the calcium concentration in the blood must always have an almost constant value of ten mg per tenth of a litre of blood serum.

This is guaranteed by three hormones. The parathyroid hormone ensures a constant level of calcium in the blood. Calcitonin, on the other hand, reduces excess calcium and calcitriol in vitamin D causes calcium from food to enter the blood via the intestinal mucosa.

Calcium is one of the most powerful "bosses" in our brain and nervous system. Two other important minerals, sodium and potassium, then interact closely with calcium during stimulus transmission. Calcium deficiency in nerve and brain cells causes symptoms ranging from nervous anxiety to severe psychotic or neuromuscular deficits.

### **Correct ratio of phosphorus to calcium:**

Although the mineral phosphorus fulfils important functions in the organism, the phosphates (= salts of phosphoric acid) can lead, in concentrated form, to a breakdown of calcium from the bone mass. A

phosphorus-calcium ratio of 1.5:1 is barely bearable for the metabolism.

However, those who consume many phosphate-containing foods such as meat, ready meals and sweet, carbonated drinks (e.g. cola) can easily achieve an additional gram of phosphorus per day and thus a ratio of 2:1 or even 2.5:1.

*Physical* - cell metabolism, elasticity and flexibility of tissues, bone formation, hematopoiesis, binding agent for protein building, against cramps, for parathyroid gland, which produces testosterone and estrogen.

*mental* - fear of losing control, overexertion, fear of the future, despair, dissatisfaction, despondency, weakness of memory. Gives clamping force and drive.

*spiritual* - development worker for spiritual growth

### **Calcium deficiency can cause the following symptoms:**

- muscle cramps
- tingling and numbness
- signs of paralysis
- Lack of muscle control
- Pulse too low
- heart palpitations, sleep disorders
- bleedings



- joint pain
- state of fear
- Growth disorders in children
- tooth decay

### **Changes in age:**

Age is also an important factor in calcium requirements: While, for example, an infant can completely renew its skeleton within one to two years, calcium turnover decreases with increasing age. Bone resorption predominates from the age of 40 onwards.

This is not due to a deteriorated absorption capacity, but rather to the fact that in old age the calcium excretion in the intestines is increased and the deposition of calcium in the skeleton is reduced.

The main reasons for this change in old age are fluctuations in hormone levels. Therefore, calcium deficiency symptoms occur most clearly in women during the hormonal transition phase, i.e. after the menopause.

The ovaries then stop producing the hormone estrogen, which maintains bone mass. The imbalance between degradation and build-up leads to a drastic reduction in bone mass. This is obvious, because the calcium circulates through the blood and is in constant exchange with the bones and body cells.

The body withdraws the mineral where it is not immediately vital: from the bone cells. If calcium deficiency persists, osteoporosis may develop.

Shelf life in food: too long watering and cooking washes out this important mineral substance.

### **Substances that affect calcium:**

Certain substances in food are naturally calcium destroying. This means that they bind the mineral in the intestine and make it unusable. These include oxalic acid-rich foods such as rhubarb, chard and spinach (which actually have a high calcium content).

Phytinic acids have a similar effect (they are mainly found in cereals). Together with calcium, iron, zinc and magnesium, they form hardly soluble salts which are then also excreted.

Also before the consumption of too much animal protein is warned, it provides for a constant elimination of calcium over the urine.

Caffeine and theophylline (in black tea) also promote calcium excretion via the kidneys.

Calcium is the most abundant element in the body and the one that makes us hard. It is present in bones, teeth and in calcified arteries, where it is deposited in fat layers or where cell walls become gelatinized.

Calcium is the catalyst of the blood clotting chain and the transmitter of the impulses for muscle contraction (also and especially of the heart muscle).

The calcium balance is regulated by the parathyroid gland (4 small lens corpuscles) with the participation of vitamin D. The hormones of the parathyroid gland are calcitonin (which pushes calcium into the bones) and parathyroid hormone (which removes calcium from the bones so that it can be found in the blood).

The body provides optimal calcium levels to supply the heart muscle. Possibly at the expense of the bones (osteoporosis). Since vitamin D (calciferol) is involved in the shifting of calcium to and fro, care must be taken to ensure a sufficient supply.

Vitamin D (fat-soluble) is contained in meat, cheese, oils (cod liver oil) and is formed by UV irradiation from its precursors.

### **Supports recording:**

- magnesium
- Vitamin A and D

### **Absorption inhibiting:**

- too much magnesium
- Oxalic acid (spinach, rhubarb, cocoa) inhibits the absorption of calcium, as does
- saturated fats
- sugar
- albumen

- Phosphorus (phosphate-containing beverages)
- liquor

In summary, the correct intake of both calcium and vitamin D must be ensured. Vitamin D is absorbed in the intestine. HCL and pepsin-containing enzyme preparations, which counteract the decreasing acid and enzyme production in old age, have a supporting effect.

Sufficient sunlight, functioning of the parathyroid gland, intake of vitamins A, C and plus or minus magnesium.

Omission of inhibitory factors such as excessive fat intake, sugar consumption and stress. Calcium deficiency is favored by estrogen deficiency. Lack of movement, immobilization due to prolonged lying leads to decalcification of the bones.

### **Deficiency symptoms:**

- Joint and bone pain
- Osteoporosis (bone decalcification)
- Osteomalacia (bone softening)
- Bad teeth
- Muscle cramps (calcium tetany, paw position of the hands, calf cramps),
- menstrual cramps)
- growth disorders
- sleeplessness
- nervousness
- anxiety states
- palpitations
- High blood pressure

- Lead, cadmium and strontium are increasingly absorbed and deposited in the bone.
- apathy
- depression
- constipation
- sickness
- weight loss

Calcium is excreted via sweat and kidneys. Excess calcium is rare and only occurs in cases of an extremely phosphate-rich diet or a parathyroid dysfunction (consider tumour). Check for kidney function, kidney stones possible.

Note: In osteoporosis patients who drink a lot of milk and whose bone findings nevertheless deteriorate, there is often a **milk intolerance**.

It is difficult to explain these connections to patients, since milk consumption is often prescribed by the doctor treating the patient.

### **Good sources of calcium:**

- sesame seed
- Emmental cheese
- Green vegetables, broccoli,
- parsley
- Seafood, crabs, mussels
- milk
- wholemeal bread
- oat flakes
- milk chocolate
- yeast
- fish
- poultry

# Colloidal cobalt

Cobalt is an important component of cobalamin, also known as vitamin B12. Simply put, cobalamin is important for cell division, blood formation and the function of the nervous system.

## **Tags:**

**Especially important for vegans**

**anemia**

**nervous system**

**cardiovascular system**

Cobalamin is involved as a methyl group carrier in the synthesis of methionine from homocysteine. This reaction does not take place without the presence of folic acid. Homocysteine poses a threat to the cardiovascular system. Cobalamin also has a positive effect on cardiovascular complaints due to its degradation. Cobalamin is also involved in the synthesis of purine and pyrimidine bases, nucleic acids and proteins. Nucleic acids are the main constituents of DNA, by which it provides the information of all hereditary traits of a living being.

## **Cobalamin deficiency symptoms**

Cobalamin is stored in the liver for a very long time. Therefore, symptoms of cobalamin deficiency usually occur

several years later. Vegans represent the largest risk group of the deficiency, since they do not use any animal products. Cobalamin, as already mentioned, is synthesized only by animal organisms, whereby the vegan naturally lacks the source of the vital vitamin. Cobalamin is therefore often indispensable for vegetarians and especially for vegans.

Cobalamin deficiency manifests itself in certain forms of anaemia (blood count changes) and damage to the nervous system, which can manifest themselves as memory impairments, concentration disorders, apathy, depression and even dementia. A deficiency can also lead to funicular myelosis.

The causes for the deficiency can lie on the one hand in inadequate food intake, as has been observed with vegan diets, because vegan food is, with a few exceptions, free from cobalamin. Cobalamin (B12) occurs in significant quantities only in animal products.

On the other hand, a deficiency can be caused by a disturbance of the recording mechanism. If digestion has an insufficient intrinsic factor (a glycoprotein formed by the supporting cells of the stomach and in the duodenum, which is essential for cobalamin uptake), cobalamin cannot

be absorbed. Which is more and more often the case. The subject is

disturbed intestinal flora.

## Colloidal carbon

Colloidal carbon is the basic building block of every animal and plant organism. A decisive advantage of colloidal carbon over glucose is its insulin-independent uptake into the cell. Carbon in colloidal form therefore saves insulin and protects the pancreas.

If the intracellular glucose concentration drops due to age or disease (e.g. due to reduced function of the insulin receptor or reduced blood flow to the central nervous system), glucose can be formed from the insulin-independent colloidal carbon and the reduced metabolism (energy and building metabolism) normalised again.

Carbon is a vital source of cellular energy and is also required for the maintenance and repair of cellular structures.

Since amino acids are formed from it, carbon also has a detoxifying effect by utilizing toxic ammonia or ammonium ions and thus disposing of them. This is another special feature of this simple sugar: Vital amino acids are saved by new formation.

Colloidal carbon is essential for the maintenance of important cell functions and their relationships with neighbouring cells. Its effect on the cells of the central nervous system supports concentration, attention, long-term and short-term memory.

# Colloidal F6 - Fullerenes

F6 is a specially formed carbon molecule that is rare in nature and has only been known for about 30 years. Due to its electron configuration, carbon can form any number of compounds and thus form extremely complex molecules. In its pure form, carbon occurs as graphite, diamond and even as fullerene, but this occurs in economically not interesting quantities.

Fullerene consists of 12 pentagons and 20 hexagons, which together form a structure like a football, which is why it is also called a football molecule.

## **Powerful antioxidant**

Due to the binding conditions in the molecule, it can absorb and bind an extremely large number of radicals. Especially those that are supposed to be responsible for the aging process of the skin. In a trial with rats in 2012, it was found that the reached age of the animals by fullerenes almost doubled.

Furthermore, fullerenes should help to stabilize the mineral balance in the body and to restructure water molecules. The F6 also offers support in our biofield in dealing with electrosmog.

# Colloidal copper

## Tags:

**oxygen utilization**

**Red blood cells**

**Anaemia (anaemia)**

**skin**

**bones**

**connective tissue**

**Central Nervous System**

**Promotes liver, brain, and blood**

Copper isolated as an element is ineffective in our body. However, in combination with certain proteins and enzymes, it provides important metabolic reactions. For example, as part of a transport molecule, it attacks oxygen radicals outside the cells.

Together with zinc, copper also combats free radicals inside the cells. This transport molecule transports iron particles into the spinal cord. There, iron is important for the production of red blood cells.

Copper is also necessary for the conversion of iron into hemoglobin. It makes the amino acid tyrosine usable.

Copper provides the structure and elasticity of bones, ligaments, connective tissue, blood vessels and cartilage. The connective tissue cells excrete a copper protein which combines collagen and elastin fibres. In this way, copper ensures the elastic strength of the blood vessels.

The colour pigment, which causes the skin to tan under the influence of sun rays, is also controlled by a copper enzyme.

## **hormonal balance**

Copper is also involved in the breakdown of excess hormones such as histamine in the body. The protein histamine causes swelling and redness in inflammations.

Joie de vivre, euphoria and happiness are biochemical processes based on enzymes and proteins. The nerve stimulant dopamine is responsible for creating cheerful and harmonious moods. At the same time dopamine is also the precursor of noradrenaline. This hormone provides feelings of happiness and optimistic enthusiasm in the metabolism.

The conversion of dopamine into noradrenaline requires an enzyme that contains at least two, probably even eight copper atoms. The same

enzyme is also involved in the production of the important stress hormone adrenaline.

## **nervous system**

The trace element is involved in the formation and renewal of the myelin layer of the nerve cells. The moisture level of this cell protective layer is of decisive importance for the function of the nervous system.

If too little copper is supplied to the body over a longer period of time, the protective layers of all nerve cells dilute. This can lead to nerve inflammation or tissue death in the nerve tissue. For this reason the copper supply is very important.

The liver is the central organ of the copper metabolism, it regulates the concentration in the body and in serum. Paracelsus recommended copper for mental illness, lung complaints and syphilis, Hahnemann for epilepsy and hysteria.

In recent years, copper therapy has regained its importance. Inflammatory processes are often accompanied by a copper deficiency, as are carcinomas. It has an astringent and disinfecting effect.

It is also important in cellular respiration and in iron metabolism. It most commonly occurs in the liver and brain. It increases dreaming, stimulates the visual world and the imagination. On the other hand, it

also makes you neutral and open. Copper promotes sensuality and *joie de vivre*, sense of justice and friendship.

In all higher organisms, copper is a vital trace element as a component of many enzymes. The daily copper requirement of an adult human being is about 2 milligrams.

In its ionized form, which is not bound to proteins, copper has an antibacterial effect; as with silver, this is referred to as the oligodynamic effect. This is why, for example, flower water stored in copper containers does not rot so quickly.

## **Food containing copper**

Offal, shellfish such as crustaceans and lobsters, chocolate and nuts, liver, cereals, vegetables and a number of spices contain relatively large amounts of copper. Too much copper, which was taken up with the food, is excreted again.

## **Functions of copper in the body**

The trace element fulfils a number of tasks in the human body: It is involved in the formation of red blood cells and plays a role in the function of the central nervous system and in pigment metabolism. The copper content of the blood serum is between 70 µg and 150 µg.

## **Strengthening of immune defence and formation of new blood cells**



White blood cells (lymphocytes), also known as antibodies, originate from the bone marrow. These cells fight infections in the body and directly attack antigens, foreign substances that have entered the circulatory system. Copper deficiency can lead to the reduction of white blood cells. Result: immunodeficiency.

Globulins, which also include antibodies, are a central component of the immune system; they are proteins of the blood plasma. Globulins are involved in copper ion transport and lipid metabolism. Among the most important lipid types are phospholipids, which form the main component of the cell membrane (opening of the human body cell).

Lipids restrict the transport of water-soluble compounds through the membrane, shielding the cell contents from environmental toxins. Copper can help to "clean" or keep the body cells clean.

The central nervous system is not functional without enzymes. Enzymes accelerate chemical reactions without being consumed. So they're catalysts.

Copper is contained in many enzymes. Enzymes convert sugars and other nutrients into the compounds the organism needs to build tissue, replace spent blood cells, and perform many other activities.

Pigment disorders of the skin can be caused by copper deficiency, but

mental stress can also cause skin changes.

### **copper deficiency symptoms**

Copper deficiency can be caused by a strongly unbalanced diet, resorption disorders or a prolonged artificial diet. If children are fed cow's milk unilaterally for a long time, a lack of copper can also occur and, as a result, a so-called copper deficiency anaemia.

It should be noted that the absorption of large amounts of vitamin C inhibits the absorption of copper. Copper interacts with zinc and vitamin C. That means they're obstructing each other in the recording.

### **The typical signs of a copper deficiency include:**

- anaemia
- white blood cell count reduction
- dysfunctions of the immune system
- Pigment disorders in the skin
- Disorders of the central nervous system
- Weak connective tissue
- Unstable bones
- Poor detoxification
- General weaknesses
- Negative mood

An overdose or poisoning with copper is rare. However, it is suspected that a high copper content in drinking water (over 10 mg/l) can lead to liver damage in small children.

### **Colloidal copper can be used:**

- in anaemia for the formation of red blood cells
- for pigment metabolism disorders, pigment disorders in the skin
- dysfunctions of the immune system
- for disorders of the central nervous system
- after cancer treatments, if a lot of vitamin C was taken
- to improve the oxygen transport in the blood

## **Colloidal Lithium**

Lithium is a silvery-white light metal that belongs to the group of alkali metals. It has the atomic number 3 in the periodic table of the elements and the chemical symbol Li. The name was derived from the Greek term for stone = lithos.

It has a density of 0.53 g/cm<sup>3</sup> and therefore floats on water. But with water it reacts to lithium hydroxide and hydrogen. It was discovered by the Swedish chemist Johan August Arfvedson (1792-1841) in 1817.

It does not occur in elementary form on earth, but in around 150 compounds, of which the spodumene  $\text{LiAl}(\text{SiO}_3)_2$ , for example, is one of the most fertile lithium compounds.

### **Tags:**

**depressions**

**manias**

**Bipolar disorder  
(manic-depressive St.)**

**mood-stabilizing**

**cluster headache**

**migraine**

**serotonin deficiency**

### **Functions in the body**

Lithium has probably been used to treat mental illnesses since ancient times. Since the middle of the 20th century it has been used mainly in the therapy of affective disorders (manias) and to prevent attacks of manic-depressive psychosis.

From its effect one deduces the function of lithium in the central

nervous system. Lithium is probably involved in the transmission of the signal within the nerve cells after synaptic transmission. Lithium is also stored in the lymph nodes and the skeleton.

### **deficiency symptoms**

The effects of a lack of lithium supply have not yet been satisfactorily clarified. Since it is used for the treatment of mental illnesses, it can be assumed that a lack of care could lead to psychological changes, e.g. aggressive behaviour.

Lithium can be used for bipolar disorder, mania or depression - on the one hand as a phase prophylactic, on the other hand also for augmentation in connection with antidepressants.

Another application is the preventive treatment of cluster headache. Cluster headache (other names: Bing-Horton neuralgia, histamine headache, erythroprosopalgia) is a primary headache disorder that manifests itself in severely unilateral and in attacks occurring extreme pain in the area of temple and eye.

The term cluster refers to the nature of this type of headache to occur periodically in large numbers, while intervals between months and years can be free of symptoms.

### **The bipolar affective disorder**

Also known as "manic-depressive illness" is a mental illness in which

those affected suffer from deliberately uncontrollable and extreme deflections of their drive, activity and mood, which fluctuate far beyond normal levels in the direction of depression or mania.

The bipolar affective disorder is characterized by an episodic course with depressive, manic or hypomanic and mixed episodes in which both the criteria of mania and depression are met.

Depression is characterized by an abnormally depressed mood and drastically reduced drive. Manic phases are always accompanied by over-excited drive and restlessness, often with inadequate euphoric or irritable mood, but sometimes also with depressive symptoms up to mixed phases.

Hypomania is a less pronounced mania. However, a hypomania is already well above a normal activity and/or mood swing. There is usually an improvement between the disease episodes. Drive and mind are then again within the normal fluctuations between both extreme poles.

Usually a bipolar disorder begins in adolescence or early adulthood. If the symptoms are very severe, the ability to adequately assess reality may be limited and psychotic symptoms may occur. It is a serious disease with an increased risk of suicide. In the case of a longer course with several episodes, residual symptoms may remain.

Lithium has a fundamental influence on the activation of the immune system, especially in viral infections. Lithium is a diuretic salt in gout that affects the water balance. It otherwise makes insoluble substances such as uric acid soluble.

It is used therapeutically for psychoses, depressions and manias. Lithium can partially replace potassium and sodium if there is a corresponding deficiency. It stimulates the formation of blood in the bone marrow. Together with zinc it increases cellular immunity. Enzymes activated by potassium are inhibited by lithium. Lithium promotes the ability to remember, self-confidence and devotion.

**Lithium is also used successfully in the following cases:**

- Serotonin deficiencies causing compulsive and withdrawal symptoms (help with cigarette and alcohol withdrawal)

- for oedema and excess sodium
- for migraines to reduce pain
- Supports the nervous system
- relieves irritability and restlessness, mood swings, drowsiness, dizziness, tiredness, sleep disorders, mental disorders, anxiety and depression.
- Lithium favors our general emotional health. In manic depressive illnesses, it is mainly during relapses.

*physical* - against muscle tension, reduces the tension potential in the nerves, against increased nervousness, tremor, epilepsy, heart attacks. Alleviates nerve pain and rheumatism. Lowers the cholesterol level.

*mental* - mood stabilizer, antidepressant, mood-lightening, improves memory.

# Colloidal Magnesium

With 2.5% magnesium is the eighth most common element in the earth's crust. It is contained in rock, seawater, groundwater and surface water in varying concentrations.

Magnesium is widespread in the plant kingdom. It is an important building block for the cell function of plants, especially for chlorophyll formation. Chlorophyll, on the other hand, the leaf green, uses sunlight to incorporate carbon from the carbon dioxide in the air into the plant cell, thereby ensuring the plant's survival.

Magnesium is also a vital substance for humans and animals. The human body contains 20 to 28 g of it. About 60% of them are stored in the skeleton. Around 40% are found in soft tissue (including skeletal and heart muscles, liver, intestines, thyroid gland and kidneys). In the muscles, the magnesium content is seven times as high as that of calcium.

A very small part of the magnesium is located outside the cells and interacts with neuropeptides, hormones and nerve irritants.

The most important enzymatic processes take place in the presence of magnesium. More than 300 enzymes are only activated by magnesium. So this one's got

mineral, a major part of all chemical reactions in the body that are initiated by enzymes. Magnesium is therefore involved in an extremely large number of metabolic processes in the body, including ATP production in the cells. The daily requirement is about 300-350mg.

Since the body is not able to produce magnesium itself, this important mineral must be supplied through food. In case of physical or mental stress, during pregnancy and breastfeeding, in growth phases and with athletes as well as in old age, the need may be increased.

Magnesium has many functions in the body, e.g. in the muscles, the central nervous system, the gastrointestinal tract, the heart muscle, the skeletal muscles, the function of the nervous system, the strength of the bones and the work of numerous enzymes, e.g. in the combustion of carbohydrates and fats and in the formation of protein and nucleic acids (carriers of genetic material).

It has an anticoagulant effect, regulates calcium and potassium metabolism, vitamin metabolism and the synthesis of hormones.

## **Tags:**

**Musculature, cramps**

**performance**

**heart, rhythm disturbances**  
**diabetes**

**Sleep well**

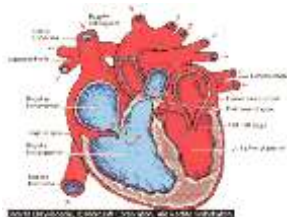
**anti-stress mineral**

**gastrointestinal tract**

**metabolism**

**nervousness**

**headaches, migraines**



## **Power in sport through magnesium**

Athletic fitness is the basis for health and well-being. Regular physical activity gets the cardiovascular system up to speed, strengthens the im-

mune system and increases its performance permanently.

However, every form of physical movement also poses a challenge to the metabolism. Only those who supply their body sufficiently with all vital nutrients will achieve the desired fitness.

The supply of the mineral magnesium plays a particularly important role for people active in sports. More than 300 enzymes alone are mobilised by this metabolic activator.

Magnesium regulates the interaction of nerves and muscles and thus enables muscle contraction.

Every form of physical activity therefore depends on a sufficient supply of magnesium. The first signs of an undersupply are muscle tremors and cramps in the calves, which are so feared by competitive athletes.

Endurance athletes in particular have an increased need for magnesium and fluid. Their absence can lead to circulatory weakness.

## **Magnesium and Stress**

On the one hand, this mineral is used to produce the stress hormones noradrenaline and adrenaline, without which we would not be up to the challenge of everyday life. On the other hand, magnesium dampens the increase of these stress hormones and counteracts excessive

irritability, aggressiveness and other harmful stress-related overreactions of the body.

A vicious circle can develop between stress and magnesium. Under greater mental and spiritual stress, the magnesium in the cells decreases more and more, which at the same time leads to an increased stress reaction. When people react overanxiously or nervously to challenges and stress, they may lack magnesium.

Similarly, magnesium interferes with fat and carbohydrate metabolism and is one of the major players in protein metabolism in the organism.

### **Prevention of heart disease**

For a healthy heart muscle activity, the cells need sufficient amounts of oxygen- and nutrient-rich blood. Magnesium is involved in the active control of cell supply and in the autonomous control of heartbeat. Magnesium improves the performance of the heart muscle, dilates the coronary arteries and positively influences the blood's ability to clot. These effects make it an important factor in the prevention of arteriosclerosis and myocardial infarction.

The organism tries to maintain magnesium levels in the blood. In the case of a deficiency, the magnesium content in the blood is always affected first. The body reacts with increased neuromuscular excitability,

which can manifest itself in cramps, diarrhoea and depression.

### **heart rhythm disturbances**

Magnesium is vital for cardiac function. It ensures a good oxygen supply to the heart and lowers high blood pressure. In addition, magnesium makes the blood thinner and allows it to flow better through the veins.

Even a small magnesium deficiency has a negative effect on your heart. Therefore, cardiac insufficiency and arrhythmia are typical for low magnesium levels.

Here, too, studies show that 30% of fatal cardiovascular diseases, such as heart attacks, can be prevented by optimal magnesium blood values.

### **diabetes**

Magnesium reduces the risk of diabetes because it is important for the transport of sugar in the body and for the functioning of the so-called "sugar pack hormone" insulin. Magnesium improves sugar utilization and thus leads to a lower insulin requirement.

Magnesium, zinc and chromium are an optimal combination for the prevention of diabetes. Zinc is needed for the storage and production of insulin. Zinc also improves the effect of insulin on the cell.

### **sleep problems**

Magnesium helps you to sleep better. The reason: It calms and relaxes the muscles. In most cases, muscle tension is the reason for problems falling asleep. Recommended dose: Take 1 teaspoon of coll. magnesium one hour before falling asleep. Until the problems with falling asleep have disappeared.

**Magnesium deficiency can cause the following complaints:**

- diarrhoea
- muscle weakness
- leg cramps
- Disturbances of heart function
- tooth decay
- bone complaints
- tingling in arms and legs
- nervousness
- states of anxiety and confusion
- Depressive moods
- concentration disorders
- Painful menstruation

Magnesium deficiency occurs in low-carbohydrate diets or diets, malnutri-

tion, vomiting and diarrhoea, alcohol abuse, laxative abuse, certain hormone disorders (e.g. hormones of the parathyroid or adrenal glands), certain kidney diseases, cirrhosis of the liver, in the growth phase of adolescents due to stress, in athletes, also frequently during pregnancy.

**Colloidal magnesium can be applied at:**

Dizziness, drowsiness, nervousness, blurred vision.

tremors, muscle twitches, muscle cramps, e.g. calf cramps.

gastrointestinal complaints, nervous complaints, e.g. headache, migraine.

Lack of concentration, with heart problems, e.g. heart rhythm disturbances.

For premature labor during pregnancy, menstrual cramps.

For brittle fingernails, carious teeth. For circulatory problems.

To improve the combustion of carbohydrates and fats and in the formation of protein and nucleic acids.



# Colloidal manganese

## Tags:

**Bone - Cartilage**

**Arthrosis - Gout**

**osteoporosis**

**hormonal balance**

**uric acid levels**

**diabetes mellitus**

**Fat and carbohydrate metabolic disorders**

Manganese is an essential, i.e. vital trace element for humans. The body needs it for bone growth and it is also involved in the formation of various enzymes.

The human body contains about 10 to 40 mg manganese. About 40 percent of these are located in the bones. Manganese is also found in the liver, kidneys, pancreas, muscles and hair pigments.

Manganese is one of the engines of our life forces, although we only need between two and five thousandths of a gram of this trace element every day. Liver, kidney, pancreas and heart cells need a lot of manganese, because these cells have to perform the most. A deficiency has the fastest effect on these organs.



The pituitary gland (which produces most hormones), the pineal gland (which produces the sleep hormone) and the woman's mammary glands also need manganese. In addition, manganese activates over 60 enzymes, especially those that make certain vitamins functional in the metabolism. For example, you can eat as much fresh fruit as you want, and the vitamin C it contains would not even be worth one-fifth without manganese!

Manganese plays a similarly important role in protein, carbohydrate, fat and cholesterol metabolism. The skeleton needs it just as bad as the blood. The trace element also supports the nerves and brain and is

important for the production of thyroid hormones.

If love and sex are no longer fun, manganese deficiency can be the cause. Manganese is used, among other things, for the production of the pigment melanin in skin and hair and for the biosynthesis of the potent nerve irritant dopamine. Dopamine ensures balance, inner peace and serenity in the body.

Only about 5% of the manganese in food is absorbed into the blood. Calcium, phosphorus salts, iron and plant acids slow down the bioavailability of the trace element or prevent it from penetrating through the intestinal mucosa into the blood.

On the other hand, the protein component histidine (usually in animal food) and citrates (salts of citric acid, which are particularly rich in lemons) facilitate manganese entry into the metabolism and thus increase its bioavailability. However, the most effective form is colloidal.

Inside the body cell, manganese stimulates enzymes that do not decompose protein, but rather assemble it. This is the secret of our youthfulness. When manganese is absent, a large number of protein production sites are degraded by the cells. However, protein is enormously important for cell renewal. If there is a deficiency, the cell nucleus and other cell parts can no longer be regenerated properly and premature ageing occurs.

Even the excess fat in the bloodstream cannot be integrated into the various metabolic processes without this trace element. Manganese helps to break down blood lipids and thus protects against arteriosclerosis and heart problems.

Manganese in combination with vitamin C can counteract *lupus erythematosus* (inflammatory skin disease). In this disease, the collagen in the skin, blood vessels and other elastic connective tissues is destroyed.

Manganese plays a decisive role in some important processes in the human body, as the trace element is indispensable for the function of various enzymes. For example, manganese activates the enzyme that is involved in proteoglycan synthesis in cartilage and bone.

Manganese is also important for the adenosine tri-phosphate household in the body (abbreviated ATP). This is the most important substance for energy transfer in the metabolism of all living beings. ATP is produced in the mitochondria of the cell, for example during the degradation of food components (fat and carbohydrates) through the process of glycolysis.

### **diabetes mellitus**

By activating pyruvate carboxylase, manganese is also involved in gluconeogenesis, i.e. the formation of new glucose.

Hypoglycaemia is the lowering of the blood sugar level below normal. The resulting signs of illness include dullness, trembling, nervousness, inner restlessness and weakness to the point of unconsciousness. The patient can also show pronounced personality changes and appear drunk.

One cause of hypoglycaemia is excess insulin in the body, either as a result of insulin overdose in patients with diabetes mellitus or as a result of insulin overproduction in the body. Insulin is essential for the control of carbohydrate metabolism.

If there is a surplus of insulin, the amount of blood sugar is drastically reduced, as insulin increases the conversion of glucose (simple sugar) to glycogen (in the liver and muscles) and to fat (in fatty tissue), which can cause obesity.

Reactive or functional hypoglycaemia, the most common form of this disease, occurs particularly in patients under emotional stress. It is also due to insulin overproduction, which usually occurs three to five hours after meals.

The symptoms are less severe than in insulin-dependent diabetics. This disorder can be remedied by reducing carbohydrate intake (simple sugars).



The image shows crystals of sucrose (cane or beet sugar) under the scanning electron microscope (250x magnification).

Because reactive hypoglycaemia has many of the classic symptoms of depression or anxiety, it is often mistakenly thought to be the cause of the underlying mental disorders.

### **uric acid**

Manganese also activates the enzyme arginase, which plays a role in the urea cycle, and pancreatic enzymes, which are involved in the breakdown of protein building blocks (amino acids).

Uric acid is produced in the body during protein metabolism. A disturbance in the uric acid metabolism can cause gout; in this case uric acid separates in the joints. In people with high uric acid levels in the urine, kidney stones are formed from salts of uric acid.

Manganese is involved in the production of prothrombin, a protein that facilitates blood clotting.

It is also involved in the production of melanin (pigments) and dopamine (neurotransmitters). Manganese activates a number of enzymes which,

for example, act as antioxidants (manganese superoxide dismutase) and are important for the utilization of vitamin B1 (phosphatase).

**Various factors can lead to a manganese deficiency:**

- Poor nutrition, for example when larger amounts of simple carbohydrates (simple sugars) are consumed.
- In the case of a prolonged artificial (parenteral) diet
- alcoholism
- Excessive intake of other minerals such as calcium, iron, phosphate and zinc. The reason for this is that the minerals interfere with each other during resorption.
- Increased oxidative stress (increased accumulation of highly reactive oxidants, i.e. free radicals).
- 

**Manganese deficiency can cause the following complaints:**

- tremors, nervousness, inner restlessness
- tiredness, faintness and weakness to the point of unconsciousness
- personality changes
- Obesity despite low (total) calorie intake
- pessimism, depressions
- anxiety states
- Disorders of the carbohydrate and fat metabolism which manifest themselves in the form of hypocholesterolemia, i.e. a reduced cholesterol concentration.
- diabetes mellitus, hypoglycaemia
- growth disorders
- osteoporosis
- Joint pain due to arthrosis
- dysfunction of the sex organs, lack of libido
- Ear noise and hearing loss
- Dry, cracked skin
- Decreasing hair growth
- Coagulation disorders due to prolonged prothrombin time

- Disorders of the carbohydrate metabolism.

## Colloidal molybdenum

Molybdenum is a relatively hard but brittle heavy metal. In the periodic table of the elements it has the atomic number 42 and the chemical symbol Mo. In its pure form it has a colour comparable to tin. It oxidizes in the air. At low temperatures it is superconducting. It's the 39 most common element in the Earth's shell.

The Swedish chemist Peter Jakob Hjelm (1746-1813) succeeded in producing the metal for the first time in 1781. The name derives from the Latin term "molybdaena" for galena, because at that time it was not possible to distinguish galena from molybdenum. It does not occur in elementary form in nature.

### **Tags:**

**antioxidant**

**potency, fertility**

**gout**

**teeth**

The human body contains about 10mg molybdenum, mainly in the skeleton, internal organs and skin.

### **Functions in the body**

As a cofactor, molybdenum supports a number of important enzymes in the metabolism, especially those that are responsible for the degradation of nitrogen- or sulfur-containing compounds.

These include, for example, amino acids that are broken down into urea.

Two examples of enzymes that have incorporated molybdenum (together with iron) into their structure and active centers are xanthine oxidase and aldehyde oxidase. Xanthine oxidase is involved in the purine metabolism and leads to the formation of the end product uric acid. Aldehyde oxidase is responsible for the breakdown of alcohol in the liver.

Furthermore, molybdenum has a very positive effect on certain forms of impotence - inadequate sexual function in men and infertility can occasionally be eliminated by combined molybdenum-zinc doses.

Molybdenum promotes the degradation of purines - gout. It promotes the incorporation of fluoride into the teeth.

In addition to its function in the metabolism, molybdenum is a component of the teeth. It has a bacteriostatic effect here, i.e. it inhibits the growth of bacteria.

### **need**

The German Nutrition Society (Deutsche Gesellschaft für Ernährung) states the daily requirement of molybdenum at 50 to 100 µg for children aged 12 and over and adults.

An increased need for molybdenum can arise in some inflammatory bowel diseases such as Crohn's disease and ulcerative colitis or in resorption disorders. A deficiency may also be caused by anorexia or prolonged artificial feeding.

### **deficiency symptoms**

Possibly a deficiency favours the development of caries, since molybdenum is involved in the incorporation of fluorine into the teeth. Uric acid also plays an important role in the chemical binding of free radicals in the organism. A molybdenum deficiency leads to a reduction of the uric acid concentration and thus increases the load of the cells by free radicals, which can cause mutations of the DNA.

The amino acid metabolism is also disturbed, whereby the degradation of toxic sulphurous amino acids is reduced. The purine metabolism is also disturbed and an accumulation

of xanthine occurs, which is normally converted from xanthine oxidase to uric acid. If the xanthine concentration is increased, xanthine stones may form in the kidney.

In addition, a number of non-specific symptoms such as excitability, night blindness, shortness of breath, itching or nausea may occur.

Although this trace element is present in our body only in extremely low doses (approx. 0.2 µg in the entire body), it is an important link for other trace elements. For example, iron cannot be sufficiently utilized by the body without molybdenum.

In addition, this rare trace element is an important component of several enzymes for sulfur utilization, the purine metabolism (important for the breakdown of uric acid) and for the smooth flow of energy processes in the cells. Molybdenum is used to activate essential enzymes, such as xanthine oxidase, which is important for kidney detoxification.

Molybdenum regulates the pH value in the body. Per 0.1 increase (e.g. 6.1 to 6.2) the oxygen level is increased by a factor of 10. This results in better fat burning.

**Molybdenum deficiency can cause the following complaints:**

- poor general condition
- cardiac chace
- Increased breathing rate
- night blindness
- Exaggerated nervous excitability

## Colloidal Nickel

Nickel is involved in the synthesis and metabolism of nucleic acids, proteins, enzymes, skin dyes and hair. It is a very sociable mineral, which combines with many organic substances (e.g. protein building blocks). There's evidence it's stabilizing an unstable blood clotting factor.

The trace element helps to activate the carbohydrate metabolism and the energy balance.

It also increases the effect of some important hormones, such as insulin (= hormone to lower blood sugar levels) and vasopressin (= hormone to lower blood pressure).

The effect of the stress hormone adrenaline is reduced by nickel. Nickel also supports the absorption and utilization of iron in the body.

Nickel strengthens the regenerative power, gives a feeling of security and trust in God, it helps to release stress. Nickel makes inventive and playful.

Positive observations also for insulin intolerance in diabetes 1 and 2.

### **A lack of nickel can cause the following complaints:**

- Reduced iron utilization
- Anemia (= anaemia)
- indigestions
- fatigue
- cardiac insufficiency

# Colloidal platinum

- can lead to improved mental focus and ability to concentrate
- supports the regeneration of heart tissue, thymus and complete endocrine system (7 endocrine glands)
- can improve creativity
- some patients report more vivid dreams
- it can lead to a better memory
- Platinum is a basic component of many cytostatic drugs and is therefore used against cancer.

According to therapists, platinum is regarded as a "women's remedy". It has a strong connection to the nervous system and sexuality.

## **The following indications may indicate a need for platinum:**

- obesity
- bulimia
- dysmenorrhoea
- fascial nerve palsy
- herpes
- headache
- malignant degeneration
- metrorrhagia
- narcissism
- neuralgia
- ovarian cysts
- fluorine albus
- phobias
- sexual disorders
- constipation
- Mind very idealistic
- complaints of disappointment, sorrow, contempt and disappointed ambition
- excessive passion, needs excitement or drama
- Delusional idea, "she's of royal descent."
- impudent and rude
- arrogantly
- aversion to children
- fear of one's partner
- fear of being abandoned by the partner
- increased sexual desire, promiscuity, sexual excess
- Sexually aroused by the slightest touch
- leukorrhoea
- Menses black, pitchy, abundant and of short duration
- history of sexual abuse
- genital numbness
- genital herpes
- Hypersensitivity of the vagina
- Ovarian cysts, especially on the left side



# Colloidal sulphur

Sulphur can be found in nature (as volcanic sulphur or rock sulphur) or in bound form (as sulphide, sulphite or sulphate). For example, it is hidden behind Glauber's salt (sodium sulphate) and Epsom salt (magnesium sulphate).

## **Tags:**

**protein production**

**detox**

**Joints and cartilage**

**connective tissue**

**receptacles**

**Beautiful skin, hair and nails**

In the human body this mineral occurs only in bound form, as a component of the sulphurous amino acids cysteine, methionine and taurine. They are needed for the production of protein.

We obtain most of our metabolic sulphur from proteins. A lack of sulphur leads to serious metabolic complications. It is not only contained in protein, but also in various vitamins. In this way, the sulfur-containing molecule ensures that energy production in the cells does not come to a standstill.

In addition, the sulphur-charged molecules in vitamin B1 and biotin,

supported by polyunsaturated fatty acids, help to protect and supply the nerve cells.

## **Firm connective tissue**

Connective tissue, cartilage and the inorganic bone matrix also require sulphur. Both the joint lubricant and the inner layer of our joint capsules consist of sulphur compounds and have to be renewed again and again due to high loads. Failure to do so may result in painful degeneration and stiff joints.

Activated sulphur is also involved in detoxification processes in the body.

## **Protection against pathogens**

The sulphurous amino acid methionine has many important functions in the body. It transports the important immune substance selenium and thus contributes to the defence against pathogens. This trace element is very important for the eyes, but also for the vascular walls and the connective tissue, which have to build up a permanent protection against free radicals.

Methionine is also indispensable for fat metabolism. Together with other substances, it ensures that the oily, moist protective layers of the nerve cells remain intact. This is an important prerequisite for our mental and spiritual well-being.

## **Beautiful skin, hair and nails**

So that our hair shines and our fingernails remain firm, they depend on the supply of sulfur. The horn substance keratin, which is required for the formation of hair and nails, is also a sulphurous protein. By the way, the hair of red-haired people has the highest sulfur content.

Sulphur provides for a smooth skin in two ways: It maintains the natural fat and moisture content of the skin and transports zinc into the connective tissue. Together with vitamin C, this trace element builds up strong elastic collagen, forming a stable and at the same time elastic network.

Sulphur can also counteract the premature formation of wrinkles. Because cysteine, one of the most important protein building blocks of the skin, also consists to a large extent of sulphur. Vitamin C protects cysteine in the connective tissue against the attack of free radicals and is therefore one of the most effective skin vitamins.

## **Natural antibiotic**

The sulphur compounds contained in some foods act like antibiotics and are therefore suitable for colds, flu, bronchitis and other infections.

Sulphur as a preservative - this reacted sulphur form is not beneficial for the body.

Sulphurous acid and its salts (= sulphites) are contained in many foods

as additives. They should improve the durability. Sulphurous acid, for example, is added to wine (including heavy, sweet wine) in order to store it for a long time and to stop the growth of mould yeasts.

If the quantity is very small, this is harmless to health. However, some people react with intolerances to even the smallest amounts of the sulphur-containing preservatives. This manifests itself above all in headaches and nausea. Wines labelled as organic have no sulphur additives and are therefore better tolerated but less long-lasting.

## **Sulphur deficiency can cause the following complaints:**

- joint problems
- anxieties
- Dull hair
- Pale skin
- Flaccid connective tissue
- Brittle fingernails
- cataract
- liver poisoning
- circulatory problems
- Inelastic vessels

# Colloidal selenium

Selenium is one of the greatest allies of our immune system. It is contained in the enzyme glutathione peroxidase (= GPO), which protects cells from free radicals. Free radicals are created by the action of oxygen and UV light and have a destructive effect on the tissue and all cell components. Free radicals are also responsible for cell ageing, which explains why selenium can keep cells fresh and young.

While vitamin E as an immune substance mainly protects the oily-wet protective layer of the cell, the selenium-containing GPO enzyme is used in the aqueous cell interior, in the cell nucleus and in the many energy combustion chambers - typically where free radicals attack particularly aggressively (e.g. in the eye).

Selenium ensures that the tissue remains elastic, that arteries do not clog, that blood pressure does not rise excessively and that the muscle cells (including the heart muscle cells) are always supplied with sufficient oxygen.

The trace element prevents complaints and diseases and accelerates the healing process. The production of antibodies against pathogens and cytotoxins is also selenium-dependent. Together with vitamin E,

selenium prevents cardiac dysfunction and thus prevents angina pectoris. If the EKG sounds the alarm, selenium may be able to help.

Selenium also accelerates the excretion of toxic heavy metals such as mercury and cadmium and, under certain circumstances, also eliminates infertility. The function of the male testicles depends on a high concentration of selenium-containing proteins.

Important for our vitality is the selenium-dependent enzyme deiodinase, which is responsible for the activation of the 5 $\alpha$ hormone.

## **Tags:**

**detox**

**immune defense**

**cell protection**

**Free radicals - catchers**

**thyroid gland**

**cancer**

**cardiovascular diseases**

**arthritis**

The total amount of selenium in the human organism is approximately 10 to 15 mg. Selenium functions in the body as a component of some enzymes, e.g. deiodases, which are re-

quired for the formation of thyroid hormones. In addition, selenium as an enzyme component together with other antioxidants (radical scavengers) protects the cell from oxidative damage.

A good supply of selenium is said to have a protective effect against cancer.



skin cancer



lung cancer

Nowadays it is considered certain that the intake of selenium is recommended for cancer, certain cardiovascular diseases and special forms of arthritis. The amount of selenium to be taken varies depending on the disease and, in the case of cancer, depending on the treatment status.

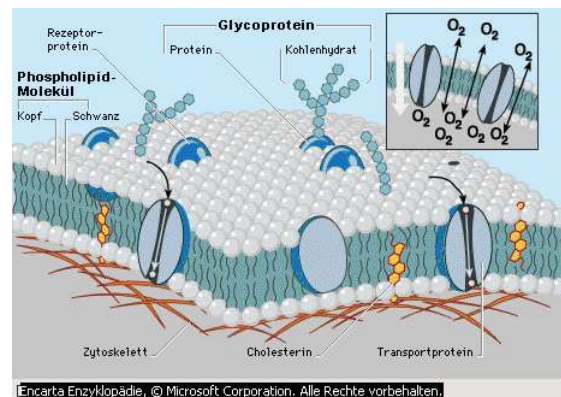
### Selenium and thyroid hormones

The thyroid gland: a small organ (25 grams) with an important function for the metabolism. Selenium plays an important role in the production of thyroid hormones, more

precisely in the "activation" of thyroxine (T4) to triiodothyronine (T3).

Selenium is part of an enzyme, thyroxine-5'-deiodase (thyroxine-5'-deiodase), which is responsible for the removal of an iodine atom from T4. This deiodorization produces T3. A selenium deficiency leads to a deficiency of thyroxine-5'-deiodase, whereby only a part of the available T4 can be deiodized.

Since T3 is much more effective in metabolism, a T3 deficiency results in hypothyroidism.



Selenium can play an important role in protecting cell membranes (red circle) from oxidative destruction (radical scavenger).

Free radicals are formed in most body cells as by-products of metabolism. Some cell types, such as macrophages of the immune system during phagocytosis (absorption of foreign bodies into the cell interior), produce larger amounts of free radicals. The most important free radi-

cals formed in the human aerobic cell metabolism are oxygen radicals.

Within cells, free radicals lead to the oxidation of biomolecules (e.g. destruction of lipids) and can cause cell death or damage (or cause cancer). Various mechanisms protect the cells and thus the genetic material against the damaging effect of free radicals. For example, there are enzymes that decompose peroxides and transition metals. Other free radicals are bound by proteins or other molecules and their reactivity is restricted. Selenium is a component of these helpful enzymes.

The baby food prepared from cow's milk only reaches about one third of the selenium content of breast milk. The fruit products used in normal baby food also contain very little selenium. This shows once again how important breastfeeding is.

The selenium content of the grain depends on the selenium content in the soil. The arable soils in Europe are relatively poor in selenium, especially in the low mountain ranges and in the Alps, where glaciers and rain have washed a large proportion of the trace elements out of the soil over time. Also the monoculture practiced over many years and the use of chemical fertilizers are responsible for selenium poverty.

Selenium, like most other trace elements, is lightly boiled. Therefore one should avoid long cooking times with strong heat.

### **Selenium deficiency can cause the following symptoms:**

- Increased susceptibility to infection
- lack of mental freshness
- visual disturbances
- signs of aging
- heart dysfunctions
- Skin pallor and hair loss
- Brittle nails
- muscle aches
- joint problems

Further consequences of selenium deficiency: hypothyroidism - weight gain and metabolic problems can be caused. The process is also known as the yo-yo effect in diets. The thyroid gland regulates the metabolic process and allows the body to run on "economy flame".

Cell damage can be caused by selenium deficiency. Cancer is also cell damage.

Selenium deficiency can cause skin problems such as psoriasis and dandruff. Also causes Kaschin-Beck disease in humans (nutritive joint cartilage degeneration).

Muscular dystrophy, slow loss of skeletal muscles. The disease progresses, i.e. the patient suffers from ever greater weakness and increasing loss of muscle mass and muscle function, so that he is finally tied to the wheelchair.

Rhabdomyolysis: Degradation of muscle cells, resulting in kidney and heart failure.

Many scientific studies have shown that certain risk groups have too little selenium in their bodies. This includes, among others, persons with

- heart trouble
- cancer patients
- diabetics
- alcoholic
- Artificially fed patients
- Chronic digestive disorders
- infections of the gastrointestinal tract
- Vegetarian or vegan
- Premature babies not breastfed

**Colloidal selenium can be used on/for:**

- Diseases/symptoms for which the cause was not found
- as cell protection against free radicals
- cancers
- hypothyroidism
- arthritis
- Heavy metal detoxification aid
- Muscular dystrophy (slow loss of skeletal muscles)

# Colloidal Silver

Silver was already used over 2000 years ago by rich Romans for wound healing and as a substitute for antibiotics. At that time it was ground to the finest powder.

With the discovery of penicillin and the triumph of antibiotics, the germ-inhibiting effect of silver fell into oblivion. Only since bacteria developed increased resistance to antibiotics have scientists returned to the use of silver. Today people remember again the many advantages of silver.

Silver particles penetrate bacteria and viruses and damage their shell and DNA. The bacterium or virus can no longer multiply and dies. This mechanism of action prevents bacteria from developing resistance through mutation.

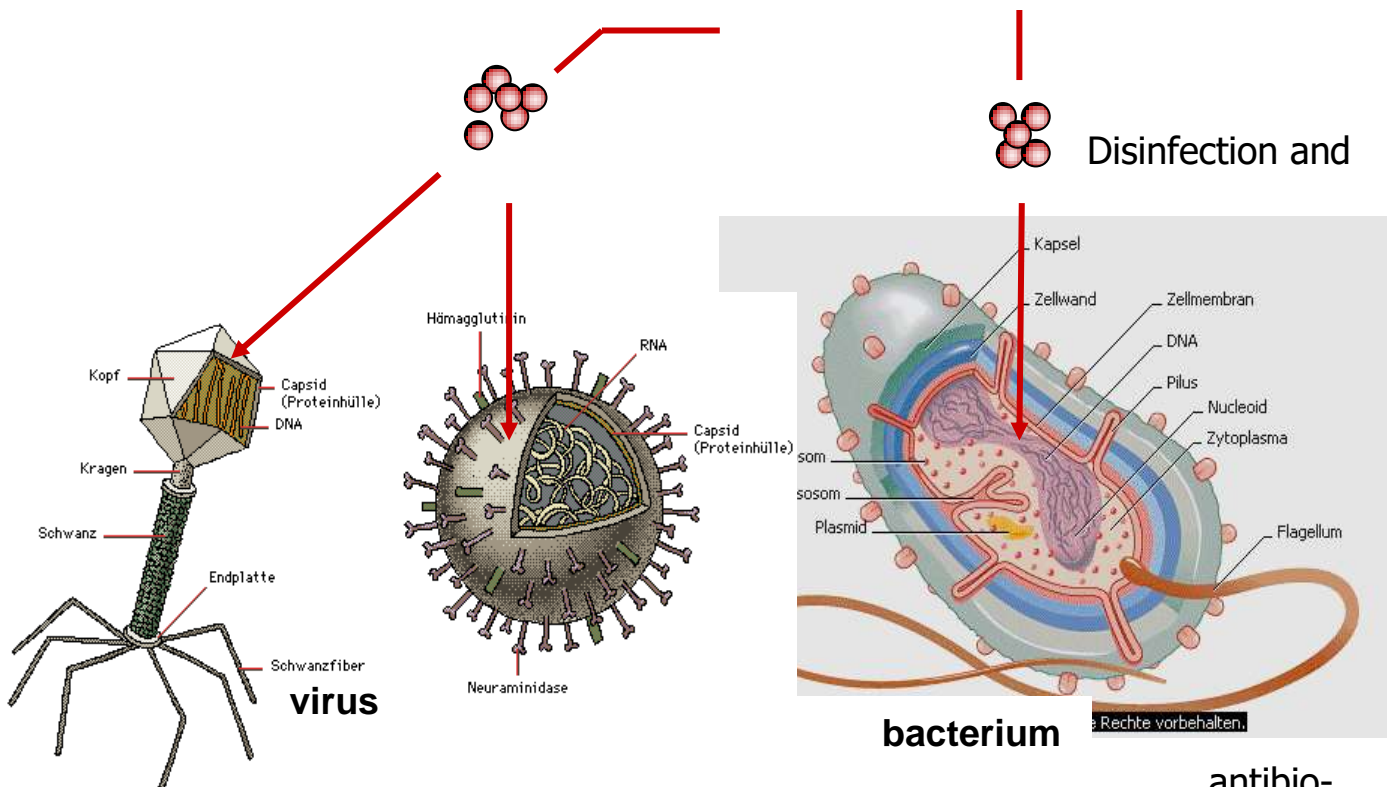
See the pharmacy survey 09/05.



Further it says in the pharmacies Umschau: The precious metal keeps germs in the chess and can lower so the risk of infections.

## Colloidal silver particles

Disinfection and



### Tags:

**Antibiotic against bacteria Germ killer**

**viral infections**

**Mushrooms, external and internal**

**All inflammations**

**Wounds, also chronic**

**Various skin problems: psoriasis, neurodermatitis, acne**

antibiosis with silver brings many advantages: Because bacteria react so sensitively to the metal, comparatively low concentrations that are non-toxic to humans are sufficient.

### Help with chronic wounds

The fields of application are extremely diverse: Silver-containing dressings support the treatment of poorly healing chronic wounds. They are also used in the care of burn injuries.

### neurodermatitis

neurodermatitis patients. Noticeable consequences: less irritation, less



itching, swelling and redness, as well as weeping spots. Colloidal silver in the form of a spray bottle is indispensable here.

Whether acne, neurodermatitis, athlete's foot, burn, cut or abrasions, eye inflammation and much more. The affected areas are simply sprayed with the colloid several times a day. The effect won't be long in coming.

Even hospitals use silver-containing catheters to prevent the risk of dangerous life-threatening infections. Diabetics can reduce the risk of poorly healing wounds "diabetic foot", writes pharmacist Umschau.

Medical journal reports and documented studies of the last hundred years speak of no side effects from orally or intravenously administered silver colloid, neither in animals, nor in humans.

The only known side effect is argyria, a gray coloration of the skin. It has occurred in very rare cases, when users have taken high doses of silver over a long period of time, especially in the form of silver nitrate.

Silver has been used with excellent results in highly acute health problems. Without exaggerating: "It is time to recognize colloidal silver not only as the safest, but also as the most effective medicine in the world." (Perceptions Magazine)

The American FDA (Food & Drug Administration) regards colloidal silver as a natural remedy.

Internal organs can also be reached by oral ingestion. From gastritis to arthritis to phlebitis. The application possibilities against internal inflammations are almost unlimited.

Whether you want to fight dangerous parasites or annoying athlete's foot: the broadband effect of colloidal silver is unsurpassable.

### **Colloidal silver can be applied to/from:**

- acne
- warts
- dandruff
- herpes

- athlete's foot
- psoriasis
- Prevention of underarm and hand perspiration
- as a household disinfectant.
- For viral infections
- halitosis
- gingivitis and inflammation of internal organs
- rheumatism
- asthma
- bronchitis
- pneumonia
- tuberculosis of the skin

- chronic cough
- sinusitis
- fever and colds
- eye inflammations
- open legs and wounds
- cuts, burns or abrasions

Colloidal silver can, for example, be taken preventively during influenza periods in order to counteract the spread of viruses at an early stage.

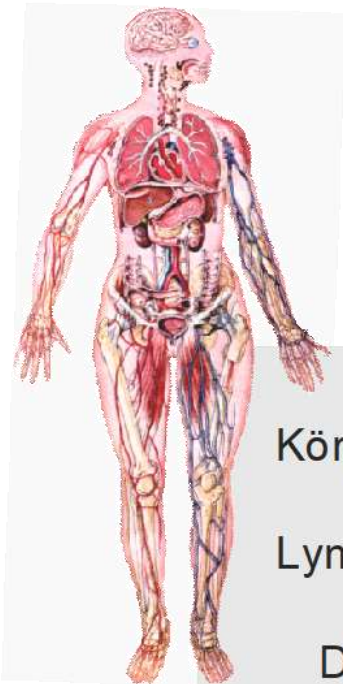
Colloidal silver water is superior to silver powder because the particles are much smaller and because it is distributed with the bloodstream (blood is also a colloid) and can reach all parts of the body.

# Weshalb ist Kolloidales Silber besser als Silber in Pulverform ?

Die Größenverhältnisse:



.....  
Kolloide Teilchen



Die wichtigsten Körperflüssigkeiten wie **Blut** und Lymphflüssigkeiten sind **Kolloide**. Diese Erkenntnis eröffnete unbegrenzte Möglichkeiten und führte zu raschen Fortschritten bei medizinischen Behandlungen.

Blut ist für den Transport der Nahrung und die Entsorgung der Abbauprodukte lebenswichtig, und enthält reichlich Wasser.

Kolloidales Wasser ist daher die ideale Form Spurenelemente im Organismus zu verteilen! Durch die Aufnahme im Blut kann es allen Stellen im Körper wirken !

# Colloidal silicon

In nature, silicon alone practically does not occur, but is bound to oxygen as silica. Silicic acid is the previously known form of silicon absorption. The absorption of silicic acid from food or from silica is quite difficult for the organism because of the relatively large molecules, it takes place in coupling with cell respiration.

Experts recognize the importance of silica uptake by the connection with cellular respiration. The organism thus achieves a resorption rate of around 5 percent of the silicic acid supplied. That's not much. If cell respiration decreases as a result of deficiencies or stress and with increasing age, the absorption of silicic acid decreases even further.

Colloidal silicon with its approx. 10,000 times smaller particles can be absorbed almost 1:1 by the organism.

Cell respiration, the central function of our body, is reduced by a lack of silicic acid (silicon). The result is a cascade of aging and degradation processes that is accelerating more and more. Silicon is a vital trace element.

Silicon is important for cellular respiration as well as for the structure

and elasticity of connective tissue and for collagen synthesis.

## **Tags:**

### **metabolism**

**Building material for bones, cartilage, connective tissue, skin, hair and nails**

**Skin problems, e.g. acne**

**cellulite**

**Elasticity and stability of vessels**

**vein complaint**

**Cell renewal, defence cells**

**anti-inflammatory**



## **What is silicon important for?**

For the elasticity and firmness of the arterial and venous walls, for the

matrix and mineralization (calcium incorporation) of the bones. The trace element is the central building material for skin, hair, nails and bones.

It serves to build and strengthen the cartilage in the joints, the activity of the immune system, which protects against the spread of infections and malignant cell growth, and the local alleviation of inflammations in the mouth, throat, esophagus, stomach and skin.

There is hardly any other elementary remedy - apart from the oxygen we breathe - with such an important, necessary and far-reaching effect at comparatively minimal cost.

### **skin**

At 1.8 m<sup>2</sup>, the skin is the largest human organ. Silicon is of particular importance in the development of a stable skin structure because it enters into effective cross-links with proteins.

I know from feedback that colloidal silicon puts acne in its place. Best results were achieved with silicon, now and then some zinc and silver as skin spray.

### **cellulite**

Affected people usually suffer a lot from it. Many dare to go to the door out of shame only in flowing robes. Too bad, because against the weak-

ness at belly and bottom a lot can be done. One of the best ways to improve the strength of connective tissue is colloidal silicon, along with a healthy, low-fat diet and plenty of exercise.

About 80 percent of all women have them - ugly dents on buttocks, stomach and thighs. Experts call these consequences of a weak connective tissue cellulite, laymen rather speak of orange peel skin.



Silicon also fills wrinkles in the face and tightens neck and décolleté

Silicon provides stability in the connective tissue and, from a purely external point of view, tightens the skin. This is why doctors advise patients who are looking for a remedy for their cellulite to take silicon regularly. The more available to the organism, the better the result.

When the hair shines, man shines. Hair has a signalling effect. Whether red, blond, black or brown - people with healthy hair stand out positively. However, hair is not only an indicator for external, but also for internal health. Colloidal silicon has all the capabilities needed to strengthen the 'beauty signal hair' from the inside out.

## **rejuvenation**

The cell metabolism can be reactivated by taking colloidal silicon. The cell's ability to divide, i.e. duplicate and grow again, can be stimulated.

In this way, the ageing process in the tissue can be influenced. A true reversal of age symptoms, as opposed to the mere slowing down of aging, is completely new in gerontology.

## **Silicon loss goes hand in hand with aging**

Silicon plays a major role in all body processes and in our appearance. Bones, hair, nails, skin and skin padding (connective tissue) absolutely need silicon. The decrease of this important trace element in the body goes from the baby age (still much silicon available) up to the high age parallel to the decrease of the connective tissue.

Since silicon plays an important role in binding water, it becomes clearer why people dry out optically with increasing age. In contrast to the bulging, elastic baby body, the body of the aging person becomes increasingly wrinkled, the body shrinks, the skin slackens, becomes wrinkled, the connective tissue reduces the skin padding, the hair becomes thin and thinning.

However, silicon is also missing over time in the invisible part of the body,

in the vessels (calcification of the arteries), in the tissues (weakening of the connective tissue), in the organs, whose function and elasticity are impaired. French researchers found fourteen times less silicon in arteriosclerotically contaminated (calcified) vessels than in healthy ones!

## **Silicon, the fabulous power dispenser**

Our immune system is the decisive protective function of our body. Without exception, we would all die very quickly without a well-functioning immune system. Silicon provides the immune system with a new breeding ground that enables the body to successfully defeat infections and environmental toxins. Silicon mobilizes the body's defenses against invaders and microorganisms.

In contrast to a purely defensive body defence, silicon is also strongly involved in the body structure.

That's good news for all bodybuilding fans. The sports medical, anabolic "formula" that silicon offers is by no means illegal and, in contrast to steroids that are harmful to health, silicon also improves health.

## **Silicon plays an important role**

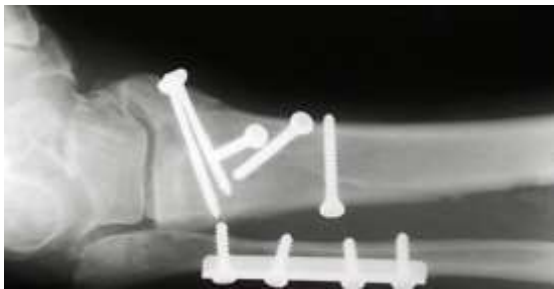
- in metabolism (as activator)

- during cell renewal (for rejuvenation)
- during cell formation (as a stabilizer of the cell walls)
- in all organs (functions)
- in the connective tissue (firmness)
- in the vessels (strength and elasticity)
- in the bones (strength) Osteoporosis, arthrosis
- in the skin (padding, freedom from wrinkles)
- for hair and nails (healthy growth)
- in the immune system (as activator)
- fungal diseases  
(internally: mouth fungus, pharyngeal fungus, vaginal fungus, intestine, stomach, digestive tract, arthrosis etc.)  
(externally: skin fungus, vaginal fungus, arthrosis)
- inflammations
- Gastrointestinal diseases (Crohn's disease)
- Digestion (flatulence, constipation)
- haemorrhoids
- Tumor diseases (chemotherapy for breast cancer, lung cancer, etc.)

# Colloidal Tantalum

**Tantalum**, symbol Ta, is in pure form a white, malleable metal. Because the metal is chemically neutral to body fluids, it is used in medicine to treat bone fractures.

(e.g. nails, implants).



The x-ray shows how a fracture was fixed to the lower leg with tantalum screws.

*Source: Microsoft® Encarta® Encyclopedia Professional 2003 © 1993-2002 Microsoft Corporation*

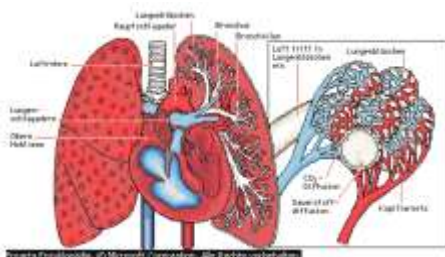
**Tags:**

**detox**

**Sick and yet no diagnosis**

**smokers**

**malaise**



Encarta Enzyklopädie, Dorling Kindersley

Poisoning can be treated with various methods. In most cases it is advisable to dilute the poison by drinking large amounts of water, tea or juice. That's what the Microsoft® Encarta® encyclopedia says.

So if you drink a lot of water every day, you detoxify your body. But many people do not create the necessary amount of water.

Fatal: especially with older people who have already "accumulated" more toxins, "being thirsty" decreases. That's where colloidal tantalum comes in. Since it is chemically neutral, it does not interfere with human metabolism.

Tantalum binds environmental toxins and excretes them via the kidneys and intestines.

Years of smoking have been proven to be responsible for many diseases. The health consequences: Cancer, smoker's leg, cardiovascular disease, infertility, impotence, arterial occlusion, nerve damage and many dis-



eases not indirectly associated with the "blue haze".



Smoker's lung - tarry coating caused by cigarette smoke. (dyed black)

Diseases whose cause cannot be found have reached alarming proportions in recent years. Ultimately, substances that do not belong in our bodies are responsible for this.



Pesticides in fruits and vegetables, spoiled meat, exhaust gases from industry and traffic, pollutants in drinking water, aspartame, aromas, preservatives, nicotine, condensates, etc...

Our body has to process all this. These are substances with which humans poison themselves. In nature these do not occur in the form.

Man has lived on Earth for 5 million years. Only since 100 years he has to live with his self-made "poisoning industry". So how should our body know how to get rid of these toxins, which were previously unknown to the organism?

Colloidal tantalum can be the solution here. It should generally be used when no cause is found for a symptom, in general malaise or to prevent and cleanse the body.

One thing is certain: all other colloids (or even medication prescribed by a doctor) can work better if the organism has been detoxified beforehand.

### **Colloidal tantalum can be used on/for:**

- unexplained malaise
- sickness
- detoxification of the body
- smoker damages
- cough
- environmental damage

# Colloidal vanadium

Vanadium is one of the trace elements. Mushrooms contain a lot of vanadium.

Vanadium received its name in 1831 from the Swedish chemist Niels Gabriel Sefström. He named the element after the Old Norse goddess Freya, who belonged to the Vanen family and had the nickname Vanadis.

Vanadium is absorbed in the small intestine. High concentrations are found mainly in the liver, kidneys, bones and spleen. Through food, humans ingest about 15 to 30 micrograms ( $\mu\text{g}$ ) of vanadium per day.

It has been observed that vanadium has a blood sugar lowering effect. In veterinary medicine it has been researched that regular administration of vanadium and chromium over a longer period of time has often successfully treated diabetes.

In addition, it is suspected that vanadium can influence numerous metabolic processes by inhibiting or activating enzymes.

Vanadium also has a positive effect on growth. A lack of vanadium can lead to growth disorders and infertility, among other things.

# Colloidal tin

Possible growth-promoting effect. Harmonizes the nervous system. It can help with chronic complaints of the respiratory tract, liver and gall bladder. Pewter helps to put emotional things into words and to concretize them. Tin, an artistic ele-

ment, promotes enthusiasm, tolerance, friendliness and lightness. It produces the predisposition.

*physical* - against exhaustion, protein build-up, hair loss, loss of appetite, weakness, delayed growth

# Colloidal Zinc

Zinc plays an essential role in the human metabolism. For example, zinc is vital for the functioning of more than 200 enzymes, for the stabilisation of DNA, the building of genes and for the transfer of stimulus signals.

The soil used to be rich in zinc, a bluish shimmering metal. The formation of glaciers during the Ice Age, however, washed out large parts of the metals and minerals found in the soil. A long series of harvest cycles and the widespread cultivation of cereals in monocultures did the rest to reduce the concentrations of valuable trace elements in the soil.

Nowadays, fields, fields and gardens are usually so exhausted that their products no longer satisfy our inner metabolism. Not to mention pesticides, insecticides and tons of other toxins that will continue to pollute our arable soils for many decades to come. Compared to the luxuriant grain of our ancestors, today's grain provides only one third of the usable organic matter.

## **Tags:**

**defenses**

**Acne - Hair - Nails**

**Stabilization of DNA**

**Structure of genes**

**Transfer of stimulus signals**

**strengthens the immune system**

**sportsmen**

**hormonal system**

**potency disorders**

Complaints, illnesses and disturbances of well-being of all kinds are often only due to a simple lack of vitamins, minerals and trace elements.

Patients with one or more individual symptoms are often treated with various medications over a longer period of time, although in many cases there is only a zinc deficiency.

Similar to most other trace elements, the zinc value in the blood is not very important. The zinc concentration in the cells is particularly important. Therefore, zinc deficiency conditions cannot be remedied overnight, as is possible, for example, with vitamin C deficiency. Conversely, however, the zinc concentration in the blood drops to up to 50% only

12 hours after a completely zinc-free main meal.

The zinc in these foods is better absorbed by the body because these foods contain many protein building blocks, which together with zinc form stable complexes and then more easily get through the intestinal wall into the blood.

In contrast to animal zinc suppliers, cereals and dietary fibres contain a vegetable protein and additional acids which form insoluble complexes with zinc.

Each of our body cells is surrounded by an oily moist protective layer. Among other things, immune bodies, enzymes and proteins cavort here. The cell interior is supplied by the cell protective layer.

Without zinc, there would be pure chaos both in the cell and in the cell membrane. The trace element prevents foreign molecules from attaching to the protective layer. It is also a component of radical scavengers that fend off destructive substances.

But zinc also provides strength inside the cells, for the strong structure of ribonucleic acids and deoxyribonucleic acids (= DNA), which store our genes. So-called zinc fingers on genes and chromosomes ensure that fluctuations in zinc concentrations caused by food do not have an irritating effect on the work of DNA. This is the only way to regenerate the cell nucleus or individual cell

parts. This is the most important condition for our health and that we do not age too quickly.

Zinc also acts as an enzyme activator in the formation of thyroid hormones, growth hormone, reproductive hormones in the pituitary gland and cortisol, an anti-inflammatory stress hormone.

Zinc-dependent enzymes contribute to many chemical reactions in the body. It supports carbohydrate and energy metabolism, the formation and breakdown of protein molecules, the production of red blood cells and the maintenance of healthy skin and pancreas.

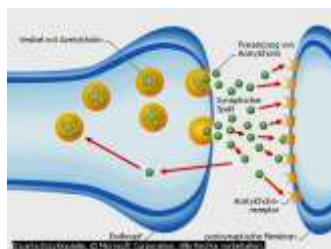
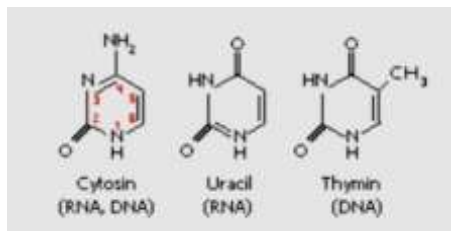
Furthermore, zinc activates a concentration hormone from the pituitary gland and thus ensures that we can be attentive and awake. With the activation of this hormone, the release of the euphoria peptide beta-endorphin takes place at the same time, which optimistically attunes one to the daily tasks. A further task of this trace element is to support the immune system in its defence mechanisms, it strengthens the different white blood cells.

Zinc concentrations in food are subject to strong fluctuations. The absorption of zinc in the body is reduced by phytic acid and increased by protein.

The human body contains 2-3 grams of zinc, which is found throughout the body, with the highest levels in

muscles, liver, kidneys, bones and prostate. Daily intake depends not only on food, but also on sex, age and general health.

Children, teenagers, pregnant women and old people need more zinc. This is essential for human health, but many adults and children could get too little zinc from their diet alone.



A comprehensive review (Walsh et al. 1995) of current knowledge about zinc and human health concludes that there is potential for zinc deficiency worldwide.

In the United States, studies conclude that a significant proportion of the general population is at risk of zinc deficiency. A mild chronic deficiency is predicted in people with a low meat diet with high proportions of plants and fibres.

Almost half of all Germans consume too little zinc. The main reason for this is the modern diet, which is often very low in zinc. The average requirement of a healthy adult is approx. 15mg per day.

A regular, sufficient supply of zinc is important for the organism because zinc strengthens the body's defences.

Zinc activates in particular the defence cells that fight viruses and bacteria. With a sufficient zinc supply, the body is more resistant (susceptibility to infections), more efficient (sport, age, growth) and regenerates faster (wound healing, inflammations, infections).

### Consequences of a zinc deficiency can be:

- Increased susceptibility to infections
- Disorders of wound healing
- Dry, scaly skin
- inflammatory skin diseases
- acne
- Zinc deficiency dermatitis: reddening of the skin and pustules, especially in the face, fingers and

anal and genital areas.

- hair loss, decreasing hair quality
- Broken nails
- Growth disorders in children and adolescents
- potency disorders
- reduced fertility
- reduced sense of taste and smell
- visual disturbances
- Motor disorders
- sleeplessness
- mood instability, lethargy
- anxiety states
- unrestrained thoughts and ideas that go through your mind
- lack of concentration

### **Zinc against hay fever**

Harmless substances such as dust, animal hair or flower pollen can trigger an allergy, as the body classifies these substances as threatening.

An allergy manifests itself among other things through sneezing attacks, a constantly running nose,

itchy and watery eyes and neck scratches. Those affected should have symptoms of this kind clarified by a doctor by means of an allergy test.

For allergy sufferers, there are helpful drugs that prevent the release of histamine in the body and create the possibility of hyposensitization. Patients suffering from allergies in particular often avoid foods to which they could be allergic, such as milk and dairy products, eggs, meat and pulses. This results in a reduced supply of the vital trace element zinc.

Zinc influences the immune system on different levels. It inhibits the release of histamine dose-dependently and can increase the sensitivity threshold of allergenic substances.

An undersupply of zinc can impair the immune system in its function, so that the danger of allergic reactions can increase.

A zinc supply can on the one hand put a weakened immune system back on its feet, on the other hand it can also be used as a biological remedy in the context of hay fever treatment. Zinc not only stimulates the immune system, but also has a direct anti-allergic effect, preventing the release of messenger substances after contact with the allergen and thus helping to avoid the annoying allergy symptoms.

Attention **athletes**: No zinc, no puff. If the energy conversion of the organism is increased, as for example with the sport, also an increase need of zinc exists. The need rises with high sporty load, since this micro nutrient is increased both over the sweat and over the urine excreted:

With 1 litre of sweat about 20% of the daily absorbed trace element zinc is lost. This deficit should be replenished as quickly as possible, because: if there is insufficient supply of this trace element, athletes quickly run out of breath! And: zinc losses can be a reason that athletes suffer from infections more frequently than other people.

**Colloidal zinc can be applied to/from:**

- hair loss, improvement of nail and hair growth
- Reduced taste and sense of smell

- Mental lethargy and reduced fertility
- Growth disorders in children.
- redness of the skin and pustules, especially the face, fingers and anal genitals
- increased susceptibility to infections
- acne
- Wound healing disorder
- Dry, scaly skin
- hay fever
- potency disorders
- vegetarian diet

# Colloidal oils

The effects of colloidal oils are similar to those of the corresponding colloids. In addition, they have their own unique qualities, specially designed for the skin.

## **There are seven colloidal oils:**

- germanium oil
- gold oil
- magnesium oil
- silver oil
- silicon oil
- zinc oil
- ozone oil

The most widespread is magnesium oil, known for its muscle relaxing effect. In colloidal form, magnesium oil is more effective because it can be absorbed directly by the body - without metabolism.

Rub the magnesium oil daily (also several times) on tense or aching muscles.

The minerals and trace elements are dissolved directly in oil using the proton resonance method. At 1000ppm, they are so highly dosed that even the smallest quantities are sufficient.

In addition, the particles are so small that they can be easily absorbed by the skin.

## **Colloidal germanium oil**

- scars
- skin plants
- skin proliferations
- inflammations
- cosmetic
- pigment disorders
- Rheumatic joints
- aches

## **Colloidal Gold Oil**

- scars
- cosmetic purposes
- wrinkles, skin aging
- joints affected by rheumatism or gout
- inflammations
- eczemas
- acne

## **Colloidal Magnesium Oil**

- muscle tensions



- muscle hardenings
- muscle cramps
- cosmetic purposes

### **Colloidal silver oil**

- wounds
- scars
- inflammations
- tinnitus
- otitis
- Disinfectant
- psoriasis
- neurodermatitis
- acne

### **Colloidal silicon oil**

- skin improvement
- Skin problems, e.g. acne
- Strengthening of the connective tissue
- cellulite
- joint pain
- varicose veins
- inflammations
- Cosmetic purposes

### **Colloidal Zinc Oil**

- paranasal sinuses
- inflammatory skin diseases
- Allergies of the nose
- aches
- lipomas
- cold sores
- Dry, scaly skin
- acne
- Zinc deficiency dermatitis: red-  
dening of the skin and pus-  
tules, especially in the face,  
fingers and anal and genital  
areas.

# Ozonized olive oil

Ozone is 3-fold bound oxygen and is used by nature as a cleaning agent. We know this e.g. after a lightning strike - the freshness in the air afterwards.

The positive aspects of ozone have been known for a long time, only the production is very cost-intensive (electricity, compressed oxygen, etc.).

Ozone decomposes very quickly into oxygen and is therefore very difficult to conserve and make available. Therefore, there are usually only ozonized oils or fluids to buy. This means that the oil is exposed to the ozone for many hours and then bottled. At the latest after you have opened such bottles 2-3 times there is no ozone in the oil but maximum additional oxygen.

Ozone has an effective factor of over 2000 in relation to oxygen. It is therefore important not only to ozonize a carrier medium such as high-quality native oil, but also to integrate ozone into the structure of the oil and make it durable.

In Ionic Oil, we have succeeded in incorporating ozone into oil without ozone decomposing into oxygen again, making it durable for many months. The big difference lies in this new manufacturing process.

In the case of Ionic Oil, the glycerol molecule of the native oil is stimulated to stretch. Then ozone is introduced and the glycerine contracts again. This process is repeated continuously for several days until the glycerol molecule is saturated.

By this form of production you have the guarantee that you have genuine ozone oil and not only oxygen-enriched oil when using Ionic Oil.

When used externally on the skin, ozone is released to the skin surface and the underlying tissue for hours and partially reduces germs and viruses and supplies the tissue with a high degree of oxygen.

## **External use:**

- external fungal diseases - foot, nail, genital, vaginal fungus (via tampon)
- itching
- supporting all forms of skin diseases
- open wounds - ulcers, cuts, OP scars
- skin tightening - wrinkles ... reduces age spots

- erection-promoting - e.g. for circulatory disorders (rub pelvic floor)
- vitality-enhancing - because of oxygen uptake via tissue
- for oral hygiene - tongue coating, caries, periodontosis
- Age care - e.g. for sore patients
- Ozone oil hinders the reproduction of viruses - therefore interesting for all viral diseases

The strong partial oxygen supply of the skin and the underlying tissue sometimes leads to strong optical initial reactions, almost without exception painless. These are the following

- a) either initial aggravation or
- b) Demonstration of a deficiency - in minerals, blood circulation, lymphatic or energetic blockage

### **Internal application:**

For Dam Remediation

For intestinal fungi (Candida)

For intestinal parasites

On deworming

For blood parasites

Against Giardia (small intestine parasites)

Against Clostridia

In case of faulty fermentation (flatulence)

Accompanying Lyme disease

Accompanying chronic diseases

Orally ingested eliminates ozone oil CFCs and PCBs

Any formaldehyde present is broken down by ozone into carbon dioxide, water and oxygen.

### **Recommended dosage:**

To clarify possible strong reactions, initially drink only 1 drop in a little water on 2 days. Drop into cold water - then stir with plastic spoon.

If the product is well tolerated, take 3 times 2-3 drops on 3 days.

Afterwards on 5 days 3 times 5-6 drops, then 20 days 3 times 10 drops

The intake is optimal before eating.

# Monoatomic elements

The main difference between colloids and monoatomars is that colloids work mainly on the physical level, monoatomars on the mental-psychic and spiritual level.

In the colloids, the atoms are connected by binding bridges to particles of 10-30 atoms (the number depends on the element). In the monoatomars, on the other hand, most atoms remain separate from the others. This different structure results in completely different properties. Pure monoatoms are electron-neutral and do not react with other atoms.

The use of monoatomas is also different from that of colloids: several monoatomas can be mixed together and taken at once. It is not necessary to keep a distance from irritants such as coffee, tea or vinegar. Once or twice a day 7 drops taken orally are sufficient. The material is absorbed via the mucous membranes of the mouth.

## **Where do monoatomic atoms come from?**

Since monoatomic atoms are not interested in forming bonds with other atoms, it is likely that they have been in their isolated state for a long time. Some researchers have suggested that they be produced natu-

rally in the center of stars, where high temperatures can decompose molecular bonds.

Others think that they originated when the universe began - perhaps with the Big Bang?

It has even been suggested that monoatomic elements form part of the elusive "dark matter".

In astrophysics and cosmology, dark matter is a matter of unknown composition that does not emit or reflect enough electromagnetic radiation to be observed directly, but whose presence can be deduced from gravitational effects of visible matter. According to the latest findings, dark matter accounts for more than 70% of all matter!

Our monoatomic elements are designed for oral use. They enter the bloodstream very quickly by being absorbed by the oral mucosa.

The monoatomic elements offer almost inexhaustible application possibilities. The following remarks are only references and do not claim to be exhaustive.

Readers are invited to make their own experiences. A test kit with

small samples of all monoatoms can help. In this way, the right resources can be allocated and selected without intellectual understanding.

### **Monoatomic chromium**

Similarity in the periodic table with manganese. As a hard metal, chromium has outstanding properties. It is corrosion-resistant over a long period of time, tough, formable and forgeable. Even the smallest amounts of chromium give materials high mechanical strength!

Even within social norms and rules, we want to be the people we really are. Often our pressure and suffering reduce our actual desire for change to such an extent that we can no longer recognize and solve inner entanglements.

Monoatomic chromium helps us to mirror ourselves and to bring about changes without suffering.

More insight and clarity in everyday life bring us more balance between our mental and emotional levels.

Thus we are more in harmony with ourselves and our environment.

Reconciliation, satisfaction and cheerfulness help us with too much criticism.

Dynamism and agility support us in holistic approaches and promote our self-realization.

Regulation and support of the metabolic apparatus, liver, gall bladder, intestines, pancreas.

### **Monoatomic iron**

Strengthens the male energy (Mars). Good for men's problems and for clarifying father-son relationships. For potency.

Improves blood circulation in all organs. Especially in the heart and brain, because it brings with it an energetic activation of haemoglobin. Purification and better flow of blood.

Less fatigue, more energy and drive. Leaving the path of suffering. Steering anger and aggression in a creative direction. Stronger assertiveness.

For all those who see life as a struggle: "You don't get anything for free". Learning to live easily and to leave the path of suffering. To perceive and express one's needs.

Detachment from the victim role, demarcation, strengthening of self-confidence.

Basically, the grounding and strengthening of the body's own energies are stimulated. Being easy and using the potentials.

## **Monoatomic germanium**

Especially suitable in combination with the monoatomic gold, especially BEFORE this!

### **Tags:**

- cell regeneration
- Rejuvenating effect
- joie de vivre, joie de vivre, lightness
- Support of the nervous system
- Strengthening of the brain and ability to concentrate

- depressions
- burnout
- tissue pain
- Letting go of old patterns and energetically stored shock
- Purification of the emotional areas: Let go of worries, fears and sorrows

Many customers report beneficial effects when applying monoatomic germanium to the eyelids and drop-lets into the eyes, glaucoma, cataracts and other eye conditions.

## **Monoatomic gold**

Monoatomic gold has a different atomic structure than solid gold. This gives it unique properties that open up an almost endless field of applications.

The phenomenal effects of monoatomic gold were already recognized and used by the ancient Egyptians. They already knew how to change gold from a metallic to a monoatomic state. Monoatomic gold is no longer metallic.

And they knew the magical effects of the "tear from the eye of Horus" on man:

Spiritual development, expansion of consciousness, activation of the full DNS potential (more below).

The knowledge about the production and taking of the "bread of the gods" was passed on from the Egyptian high culture to other religious schools. The Hebrews called it "manna." They too said gold had a magical effect. Rabbis still today know about the traditions of the alchemists.

Alchemy also referred to monoatomic gold as "calx" - the true elemental substance of gold. The great goal of alchemy, to transform lead into gold, can be translated to the spiritual level as follows: the heaviness of being on earth and of the ego can be transformed into a golden, luminous state through spiritual and spiritual development.

Today this is more necessary than ever: to help the planet and its inhabitants with the development of one's own consciousness. Acting in a brotherly spirit for the whole. Turn the inner lead into gold.

The knowledge about the production and use of monoatomic gold has been known for thousands of years. Monoatomic gold is also the subject of current scientific research, as its physical properties are truly amazing.

### **Properties of solid gold**

Gold is the most malleable and flexible of all metals. It is not chemically attacked by air and most reagents because it is so stable in itself and hardly reaction-friendly.

Gold conducts electricity and heat particularly well. It is therefore particularly suitable for the manufacture of cables, circuit boards and connectors. We all have gold from our cell phones, cars and hi-fi equipment.

Gold is metallic and has a yellow colour as a mass. Finely distributed it can occur in the colours black, carmine red or purple. Gold does not wear out and its lifespan is eternal.

One gram of gold can be pulled out as wire up to a length of 6,000 m, or pressed as gold leaf to 1/10000 mm.

### **Gold deposits on earth**

In nature (water, air, rock, food) we find a high proportion of monoatomic elements. It is assumed, for example, that there is about 9 billion tons of gold in our oceans! 30 billion tons in the Earth's crust.

A certain proportion of it is gold in monoatomic state.

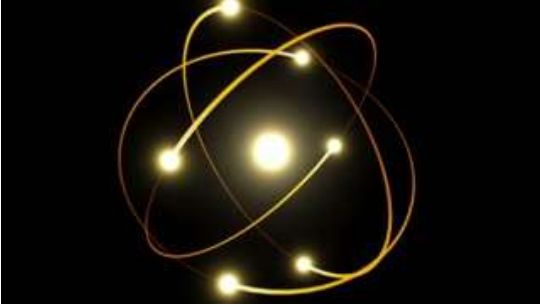
That would theoretically be the most interesting source for extracting gold. But in practice the concentration is so low that the exploitation is not worth it.

It is estimated that the entire gold supply of the world (in refined form) would fill a cube with a side length of 20 meters. Yes, you can even extract a large amount of gold and other elements from old technical scrap!

## **Properties of monoatomic gold**

### **Superconductors at room temperature**

If a material (usually metals or ceramics) is cooled down further and further, it suddenly becomes superconducting at a certain temperature. The inside of the material becomes free of electric and magnetic fields, the electrical resistance drops to zero. Superconducting objects float on magnetic fields due to their neutralized own magnetic field - they **levitate** (Meissner-Ochsenfeld effect).



The critical transition temperature differs from material to material. For many materials it is -269 degrees Celsius (equivalent to approx. 4.2 Kelvin) - for high-temperature superconductors -196 degrees Celsius.

Superconducting properties therefore normally only occur at extremely low temperatures. However, monatomic gold has these properties already at room temperature. It thus eludes the Earth's magnetic field - it levitates.

PICTURE from Wikipedia



Man can take advantage of this levitating, "facilitating" quality by taking mono gold. He can raise his spirits. Figuratively speaking: away from the heaviness of the earth and all its burdens, towards heaven, towards enlightenment, towards the sun. It is not for nothing that many users report that they take the sun with the mono gold.

Superconductors are involved in cell metabolism and DNA replication by processing, storing and releasing en-

ergy and information without loss. Communication within cells and between cells can be improved by incorporating gold atoms into our cell material.

### **Our genetic material is mutable - unfolding our potential**

Only 30 years ago, people learned at school that every human being was born with his or her genetic material. This was regarded as unchangeable, one had to live with it.

After the collapse of the Soviet Union around 1990, many findings of Russian basic research came to the West. These included the famous experiment in which trout eggs were exposed to an electromagnetic field during the breeding season. A trout species was born that died out millions of years ago.

Conclusion: the genetic material is changeable. By electro-magnetical radiation, by thoughts, by the way of life, by nutrition, etc..

We are mostly defenceless against some influences, e.g. the radiation of mobile phone masts, car electronics or electrosmog. We can shape other influences.

Man is the most adaptable living being. Therefore it is the number 1 on the planet and can survive in all conceivable climate zones. This adaptability must be related to the changeability of the genetic material. To put it boldly: possibly at some point man



can even endure radioactive radiation without falling ill. Because his genome has adapted.

Mono-Gold can help to accelerate such changes and make them easier.

The potential of the energy flow in the DNA is increased. The energetic conductivity of monoatomic gold has even been confirmed by laboratory tests and bioenergetic test procedures such as kinesiology and dark field microscopy.

### Effects on humans

Here is a collection of experiences and findings made in 3000 years with monoatomic gold:

- Acceleration and facilitation of spiritual development
- Activation of the thymus gland, pineal gland (epiphysis) and pituitary gland and thus great influence on the hormone system. This can be seen as an interface between body and mind. Disturbances in the hormonal system have great effects on health and quality of life.
- Slowing down the aging process by repairing damaged molecules. Damaged molecules cause inflammation
- Faster repair of cell function disorders through improved cell communication

- More vital function and faster adaptation of DNA



- Better sleep, more conscious dreaming
- Improved light flux in the meridian system
- Stronger nervous system
- Spiritual purification and stabilization
- Increased performance and stress resistance
- More to rest in oneself, more to be in the middle
- Clear Intuition ("Listening to the Inner Master")
- Recognition of solutions instead of problems
- Using the power of thought for manifestations
- Synchronization of head and heart intelligence
- Increase of chakra energy
- Sharper perception

- Liberation of the Kundalini energy. Kundalini is the strongest ethereal power that can bring enlightenment to man when it is "unleashed" in the root chakra and passes through the chakras.
- Activation of dormant potentials
- Higher consciousness on all levels

Monoatomic gold is the substance described in the ancient texts that is supposed to support us in the time of transformation.

If you burn gold at high temperatures, it loses 4/9 (almost half) of its original mass. What remains is a white powder whose weight can be measured. If you restore this powder to its original state, it will regain its full weight!

Where are the "lost" 4/9?

They are associated with dark matter.

Monoatomic gold is able to generate an independent zero-point field around itself (a so-called "Meissner field"). This resembles the human Merkabah, a magical energy field.

### **Merkabah**

Merkabah is a word handed down from the ancient Egyptians and means "Heaven's conveyance". It is a force field created by star tetrahedra rotating in opposite directions.

It is said that the principle of all creation is based on this force field.

MER = field rotating in opposite directions, KA = mind, BAH = body and feeling.

The Merkabah meditation is an ancient spiritual ritual handed down by Drunvalo Melchidesek. One visualizes the star tetrahedrons rotating in opposite directions and thus generates the Merkabah zero point field.

On the one hand, this offers protection against undesirable influences and energies. On the other hand, it facilitates and accelerates the manifestation of desired states and events. It also celebrates the spirit and smoothes the spiritual path. And that's how monoatomic gold works.



### **The pineal gland**

It is the central control of our hormonal system: it produces the hormone melatonin itself. This is primarily responsible for good sleep, but it is said to have many other effects: keywords immune system, re-

juvenation, tumor brake, remedy for winter depression, etc.

In addition to melatonin production, the pineal gland controls the pituitary gland (hypophysis), which produces many other hormones, e.g. serotonin, the hormone for waking and happiness. It tells the pituitary gland when to release how much of which substance. It's the control center, although it's only about pea-sized.

When the pineal gland is stimulated, the entire hormone system benefits. This can be seen as the interface between mind and matter. This is why hormonal disturbances can have such a blatant effect on the psychological level.

The epiphysis is also said to have subtle effects:

- Seat of the soul
- She is the third eye and therefore important for intuition, clairvoyance and spiritual development.
- It corresponds to the second highest chakra (just as the 7 human endocrine glands correspond to the 7 chakras).

### **Monoatomic iridium**

Protection against negative energies and "dark forces". More inner peace, less fear and melancholy.

To recognize the essential and to face life full of self-confidence and

esteem. Excitation of the two lower chakras (stabilization of the base).

Grounded. Through better contact with Mother Earth, we can value life more and be more optimistic about things.

If the basis is stable, we can grow better and exploit our potential.

Unfinished tasks can be resumed and completed. More creativity and a desire for challenges. Less heaviness and drama.

Connectedness with the higher self and support for projects that previously seemed insurmountable.

### **Monoatomic copper**

Reference to Venus. Women's remedy - supportive for women's ailments.

Even in the age of information technology and increasingly complex technical and industrial processes, one of the oldest metals plays an important and future-oriented role. Copper is the only coloured metallic element besides gold.

Copper is not only a naturally occurring element that can be found in various forms and concentrations in the earth's crust, oceans, lakes and rivers, but also a vital trace element.

Usually the daily requirement of an adult of about 2 milligrams is covered by the intake of a balanced diet

with an abundant portion of cereals, meat, root vegetables, pulses, nuts or chocolate. Since copper is particularly important for the metabolism, a copper deficiency can lead to serious health problems.

Allows the view to the sky and higher levels. This lets us forgive more and rediscover our inner harmony. Natural self-love and a sense of beauty are encouraged.

Typical female characteristics such as artistic creativity can be encouraged.

Copper can help to accept oneself better and to forgive oneself. This makes you less critically addicted and tied to your own ratings. More peace and harmony can be brought into life.

Copper conveys a certain ease in taking life as it is.

One is less sensitive to electrosmog and mobile phone radiation.

### **Monoatomic magnesium**

Generally for eye diseases: Regulation of the intraocular pressure, helpful for vitreous opacities and deposits in the eye.

The so-called third eye is also activated. This makes imagination and intuition richer. It is easier to look inside and to reflect on oneself.

The nervous system is strengthened, the brain activated. So you can remember things better and concentrate better. Even the synchronization of the brain hemispheres can function more easily.

Very good in combination with monoatomic iron!

### **Monoatomic manganese**

Related to chromium, iron and molybdenum.

"You have to work hard for everything." "Per aspera ad astra." "Life is hard".

If these phrases seem familiar to you, it's monoatomic. Manganese is right for you. It helps you to experience more lightness and "carelessness".

Mono-manganese promotes meditation, peace and relaxation. Meditation and peace of mind enable us to fill our inner emptiness with peace, relaxation and well-being.

Fear and shyness can be released, one goes more into communication (laryngeal chakra).

Mono-manganese facilitates the release of loads from the stones in the backpack, which you constantly carry around with you and which create tension in the jaw, neck and shoulder area. It has a mentally relaxing and relieving effect.

### **Monoatomic osmium**

Helps to achieve more serenity and basic confidence. Can alleviate the anger and frustration of not living your potentials and visions. So you can be more in tune with yourself and recognize: What is possible, what is not possible?

Thus Mono-Osmium serves as a link between spiritual possibilities and reality.

Let go of the old to create the new. Strengthening creative power. Facilitated implementation of plans into action.

Simplified germination of our "vision seeds". A little "sprouting" and "rooting."

Readiness to receive new insights and superior wisdom. The desire to learn new content.

Mono-Osmium supports the transition into the new age. Increases sensitivity to the importance of spiritual instances and one's own creative powers.

Less active chakras, brain areas, glandular systems and DNA areas can be activated.

Clear structures, creation of a stable consciousness. To rest in oneself. Being more human, being conscious.

### **Monoatomic palladium**

Helps broaden our horizons by strengthening our willingness to change limiting causes.

Gives confidence into the possibilities and perspectives of the future and the own abilities.

Intuition and trust are encouraged. This allows us to open our consciousness to the gifts of life.

Mono-palladium is good for the brain in its complex processes: Function of synapses and nerve cells, cooperation of the two halves of the brain, blood circulation. This improves memory and concentration. Also suitable after a stroke.

The flow of blood and energy is stimulated. The eyes and their ability to see are promoted. Better control of muscles and fine motor skills.

### **Monoatomic platinum**

Improves blood circulation and thus also supports memory and heart function.

Inner peace and more contact with one's own centre. Better connection of the subtle bodies with each other. More energy flow and communication.

Mono-Platinum connects us with our higher self, that all humans are basically one: "What I do to you, I do to myself."

So we better see through our ego with its addiction to evaluation and judgement, its competitive thinking, its drawing of boundaries and egoism.

Assertiveness and discipline are strengthened. This makes it easier to overcome obstacles and resistances without losing sight of the goal.

Less indecision - more courage and determination!

### **Monoatomic Rhodium**

To help us "unfold our wings" and strengthen our higher chakras. Also the 3rd eye and thus the intuition should be supported.

Intensifies the imagination and the contact to spiritual worlds, facilitates astral journeys and channelings.

When problems seem unsolvable, mono-rhodium makes "light at the end of the tunnel" appear. Confidence that there is a solution for everything. Release of traversed states and recognition of possibilities.

Let go of the deceased and overcome the pain of separation. The feeling of spiritual freedom and vastness. Overcoming material boundaries.

More success, more happiness and the desire to explore the infinite possibilities of our existence.

### **Monoatomic ruthenium**

Pressure and stress should be relieved. To promote stamina and consciously create new opportunities. Access to the heart chakra and responsible handling of oneself.

Facilitated perception and exercise of one's own power and creativity. Creation of a connection between heaven and earth.

Promotes clairvoyance.

### **Monoatomic silver**

Silver is a well-known remedy and now also available in monoatomic form!

It has a connection to the moon and can help to develop the female parts. Good for women's ailments and menopausal complaints (as well as mono copper).

Our often lost basic trust and the inner center are strengthened. You feel good in his skin.

We live in a world of polarities, seemingly irreconcilable opposites. Mono-silver can help to unite and accept them. Even with opposing

feelings that one feels within oneself.

Preventive effect of silver on our immune system and our mental and physical health. Intracellular communication is improved.

Mono-Silver is even able to stimulate stem cell production in the spinal cord and to transport the required cells to where they are missing. Silver works like intelligent software that knows exactly what to do!

### **Monoatomic silicon**

Chemical relationship to germanium and tin (4 electrons in the outer atomic shell) - thus similar properties to these.

Just as silicon in skin, hair, nails and connective tissue maintains the physical structure, it also stands for structure, order and stability on the mental level. Also for the ability to recognize and intuitively understand higher orders and structures such as Sacred Geometry or Hermetic Laws.

Alignment of the energy system according to the Sacred Geometry. Especially the flower of life fascinates more and more people. Anyone who dives into this area quickly has the feeling that great knowledge is just waiting to be discovered by us humans.

Paradoxically, despite all the structuring, mono-silicon also enables

flexibility and mental agility at the same time. Old-established opinions, worldviews and views can dissolve.

Formation of new crystal structures in the body. Joints, muscles, tendons, spine and the entire musculoskeletal system are strengthened.

Good for bone marrow, cartilage and joint fluids.

### **Monoatomic zinc**

The name zinc derives from the fact that zinc solidifies in a serrated shape when cooled. Zinc, zinc, tooth, serrated. Zinc is one of the most important materials for negative electrodes (anodes) in non-rechargeable batteries and has become an integral part of our high-tech world.

Monoatomic zinc can help us to feel our life impulse and convert it into activity.

For people with strong self-discipline and a rigid lifestyle who have to show their beautiful appearance to the outside world: Conflicts swept under the carpet can be lifted up and solved.

Mono-zinc brings more joie de vivre and lightness to life. It activates and enlivens by stimulating the cells and their communication. So it helps with lack of energy, lack of drive and even burnout.

Through the energy boost, we are able to address the clarification of interpersonal relationships.

More movement and corporate urge through liberation from the isolation and self-suppression of our feelings help us to find our place in the world.

Mono-zinc increases kidney activity and thus improves detoxification - on a mental and spiritual level.

### **Monoatomic tin**

More clarity: both within oneself and in interpersonal communication. To stand by oneself and one's opinions, to assert oneself. Courage to honesty and truthfulness. Be authentic.

Mono-tin can strengthen the healthy ego and increase self-confidence. You trust your own inner voice more and make fewer lazy compromises.

"I know what I want!"

Improvement of the body's own Chi, i.e. the life energy. This helps to go one's own way powerfully and to get out of the way, which is not good for you.

"If you don't go, you won't get there!"

Upright posture, clarity of the eyes, letting go of addictions.

Look straight ahead and stand by yourself. Take off your masks honestly and truthfully. Strengthening of the solar plexus chakra. This means willpower and self-responsibility.

### **Monoatomic Zirconium**

Zirconia has an extraordinary crystal structure and is like a light slingshot that distributes countless light particles in great color splendour. Zircon captures light, stores it and passes it on.

Stimulation and regulation of the entire glandular system, especially the thymus gland. This is an important part of the immune system (formation of T lymphocytes).

Activation of heart and throat chakra.

Mono-zircon revives and rejuvenates. The mood is improved, joie de vivre is introduced.

Negative emotions and fears are alleviated and physical and psychological processes are united. Sight and sense of balance are strengthened.

Also helpful for digestive problems.



**Expelled by:**

