

Colloidal

minerals & trace elements

+ Colloidal oils
+ Monoatomic elements

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The texts on the monoatomic elements are written by Martin Strübin, from the Blaubeerwald Institute. Much thanks to his contributions to this book. They are [marked as blue](#) in the chapter about the monoatomic elements.

Foreword

As is often the case, people learn from others. In this case, it's the doctor, from her patients. I used to know only three colloids: Gold, silver and zinc. I knew gold makes you happy, silver is a natural antibiotic and zinc is essential for kidney energy and the immune system (read more under Colloidal Zinc).

I was surprised when a patient told me that many minerals are now also available in colloidal form. This made me curious and I began to research the fascinating properties of colloids.

I learned: Minerals and trace elements are better bioavailable and more efficient in colloidal form than tablets, capsules or powder. This is because the colloids are absorbed via the oral mucosa or the inside of the forearms, they do not have to be metabolised and are therefore one hundred percent available to the body.

Some examples: Colloidal magnesium relaxes the basic tone of the muscles and can be effective against night cramps after only a few days. Highly concentrated colloidal magnesium oil instantly relaxes the muscles. Colloidal iron can quickly bring a noticeable improvement in productivity and concentration. And silicon gives the whole body structure more stability.

With this book I would like to share the results of my research with many people so that they can benefit from the fantastic effects of colloids - and without side effects. The book is aimed at beginners as well as therapists.

Initially I explain why the additional intake of minerals and trace elements is so important. Then the properties of colloids are explained - and the convincing advantages of taking minerals in colloidal form.

After the recommendations for use, I describe the colloids (in alphabetical order), oils and the monoatomic elements in detail. The concluding register helps you to find the right remedies.

Werner Bauer from Austria has been working on colloids and their effects for a long time. Many important impulses and fundamental texts in this book originate from his investigations. He was a loving light worker and always open to the concerns of others.

Finally, I would like to thank Monika Kompatscher and my son Daniel Mauermann for their intensive support. They helped me a lot with the research, the writing of the texts and

the formatting and layout of the book.

Enjoy reading!

Jutta Mauermann, November 2020



Why take minerals and trace elements?

We indispensably need minerals and trace elements to live: For the numerous metabolic processes, hormone formation, bones, muscles, the nervous system, the development of the immune system, etc.. In short, certain minerals and trace elements are vital for **the functioning of our body and** its wonderful self-regulating mechanisms. An unbalanced mineral balance will make us ill in the long run.

Shortage

The minerals correspond to the inorganic chemical elements (except carbon). Our body cannot produce these substances itself. They must be constantly supplied from the outside - through food, drinks or targeted food supplements. If this does not happen in sufficient quantities, a deficit occurs.

Lack of strength, complaints and illnesses are often due to a mineral deficiency. There are widespread **deficiencies**. For example, one study concluded that there is a general **zinc deficiency** worldwide (Walsh et al 1995). But selenium deficiency is also common because the soils contain less selenium since the last ice age. The same applies to iodine and fluorine.

Essential

Many nutrients are **essential** for the processes in our body, e.g. chromium, potassium, calcium, copper, magnesium, sulphur and zinc. Other elements such as bismuth, germanium, gold and silver are not necessarily essential, but can significantly improve our lives, health and productivity.

The difference

The difference between minerals and trace elements lies solely in the quantity that is present in our body. Officially, a distinction is made between **bulk elements and trace elements**. Quantitative elements are present in relatively large quantities; trace elements are present at a maximum of 50mg per kilo of body weight. Iron is an exception: It is considered a trace element, although we have more than 50mg of it per kilo of body weight.

Of the bulk elements, one needs a few grams per day, of the trace elements only milli- or even micrograms.

The body often builds the bulk elements into its structures, e.g. sodium, potassium, calcium, magnesium and sulphur. The trace elements usually trigger all vital metabolic processes as enzyme activators.

Why feed extra?

There are good reasons why we should provide our body with specific minerals, trace elements and vitamins in addition to food:

Firstly, many people often eat an unfavourable diet - too much meat, too much sugar, industrially processed food, fast food, baked goods made from low-quality flour full of additives, lack of variety, too few fruits and vegetables, etc.

It is well known that **poor nutrition** is responsible for many modern diseases of civilisation, including the increase in intolerances and allergies, diabetes, cancer, all kinds of chronic inflammations and cardiovascular diseases.

Secondly, we are exposed to much **more stress** today than in the past. Excessive stress, pressure to perform, time pressure, lack of exercise, electro smog, lack of grounding, new types of pathogens, sensory overload, pollutants such as heavy metals and pesticides all take their toll on us.

Alcohol, nicotine and drugs are consumed more than ever. These toxins reduce important trace elements. In addition, the body needs more minerals and energy to pro-

cess (liver) and eliminate (intestine) the toxins.

Thirdly, there is widespread agreement that **arable and pasture soils are increasingly depleted and low in minerals** – which also is the case in Europe. Fruit, vegetables and meat contain fewer **naturally occurring** minerals and trace elements than in the past (but more added ones).

The reasons for the lack of minerals are manifold:

- Intensive cultivation
- Compaction of soils by heavy agricultural machinery
- Mineral instead of organic fertilisation, e.g. glyphosate
- Monocultures
- Pollutant load, e.g. pesticides, insecticides, herbicides
- Fruits harvested unripe
- Long transport routes

In addition, it costs our body energy to process the toxic pollutants and get rid of them again. The metabolic processes required for this additionally increase the nutrient demand.

Fourthly, the "officially recommended daily dose" of certain substances is often **set too low** and does not take into account individual life circumstances such as illness, age, youth, pregnancy/breastfeeding or physical and emotional overload.

Fifth: If the energy metabolism of the organism is increased, as for ex-

ample during sport, there is also an increased need for minerals. Athletic exertion increases the need for minerals and trace elements, which are increasingly excreted both through sweat and through the urine, e.g. magnesium, potassium, sodium, but also iron.

And last but not least, our **Our life expectations have risen enormously**. Whereas people used to fatalistically accept that the ailments start at 40 and that we become frail at 60, today we want to live to at least 80, and we want to be as healthy, fit and lucid as possible.

Stay healthy and fit

Staying relatively healthy and fit into old age is possible. In addition to conventional and alternative medical healing methods through

- Healthy, balanced diet
- Sufficient exercise, yoga, Feldenkrais or similar.
- Selective supply of minerals & trace elements
- Vitamins
- Amino acids
- Base remedies
- Food supplements
- Natural remedies like honey and frankincense

General information on colloids

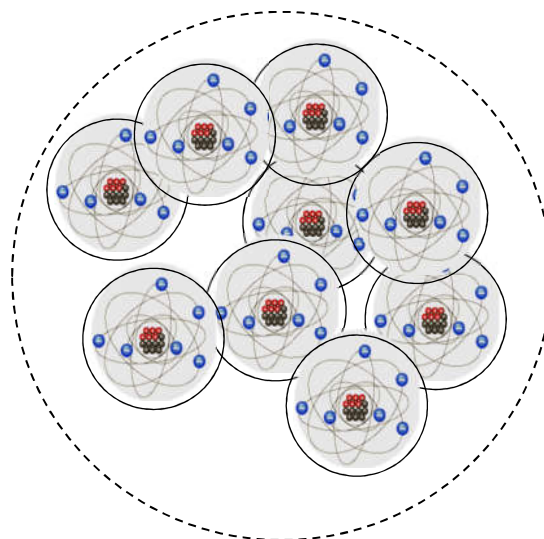
"Colloid" is a physico-chemical term for the distribution of microscopically small particles of a substance in a so-called dispersion medium. The size of the particles is in the nano or micrometre range.

Examples of colloids are smoke and mist, spray, paint, toothpaste, but also blood and lymph. For medical use, minerals and trace elements are dispersed in pure form in distilled water or oil.

Proton resonance

Through the novel manufacturing process of **proton resonance**, it is now possible to use the minerals and trace elements that are vital for us as the finest, highly effective colloids, colloidal oils and even in monoatomic form.

In proton resonance, the starting material is excited by an electro-physical process and thus breaks down into the smallest particles. Silver, gold and other elements can thus be reduced to the incredible size of only **8-10 atoms**.



Through this smallness

- the effect is maximum: the smaller the particles, the larger the total surface area - for the same amount of substance. A comparison: A bucket full of sand has a much larger total surface area than a bucket full of stones - with a similar weight;
- the minerals and trace elements can penetrate into wide areas of the body;
- the particles can be easily excreted again.

Due to their small size, colloidal particles can easily pass through cell membranes and therefore act directly in the cell without being deposited in the organism. Missing elements are transported exactly where they are needed - without burdening the organism.

More features

Colloids are **very pure** (99.999%), without binding of further substances. You have only the respective element in double distilled water.

A valuable colloid also contains a high proportion of **ions**, i.e. electrically charged particles. The charge makes the respective element more effective.

Due to their smallness and their charge, the particles float in the liquid and repel each other. This becomes visible when a green laser beam is directed into the colloid.

Another advantage of proton resonance over the classic process of electrolysis is that proton resonance enables the production of colloids that could not be produced with electrolysis at all or only at great expense, e.g. gold, sulphur or carbon.

Advantages of colloids

Taking in minerals and trace elements in colloidal form offers some significant advantages over absorbing the substances via digestion (food, tablets). These are described below.

Our cells need minerals as pure colloids because this is the only way they are 100% cell-permeable. If we take them in as compounds via the intestine, the body must first break them down (metabolise them) so that they are available to the cells in pure form. Our body therefore produces colloids itself.

For example: If one takes magnesium citrate, only 6% of the magnesium is really usable for the cells (and this although citrate compounds are already considered to be well bioavailable). 94% of the magnesium is excreted again or is deposited in the connective tissue, which can lead to muscle hardening.

Minerals in colloidal form are easily absorbed by the body through the mucous membranes with almost no energy expenditure because it does not have to split and metabolise them first. This significantly increases the bioavailability - a deficiency is remedied more quickly. This is particularly important for people with

- a resorption disorder
- a metabolic disease (cystic fibrosis, metabolic syndrome, diabetes, gout)
- an inflammatory bowel disease (Crohn's disease, ulcerative colitis, leaky gut)

In addition, minerals in colloidal form do **not reduce antagonists**, which they need for their metabolism. Examples of antagonists are potassium/sodium, copper/zinc or magnesium/calcium (calcium tenses muscles, magnesium relaxes them).

If, for example, one takes magnesium in non-colloidal form, there is the following problem: the body needs calcium to metabolise magnesium. If the body has too little calcium, less magnesium is metabolised.

In addition, nutrients compete with each other for the most effective route from the intestine to the blood. For example, zinc and iron need the same protein carrier to be transported from the intestine into the bloodstream. It is like many people fighting over a few taxis after going to the theatre. The absorption of nutrients in colloidal form is much more efficient than absorption via the intestine, as this competition does not occur.

Minerals or trace elements in a true colloidal state can therefore be absorbed by the body 1:1 without the aid of antagonists or other resources of the organism.

Further advantages of Colloids

- they are especially suitable for **children and animals** - easy to take and tasteless (except for fullerenes)
- they **act quickly** because they are absorbed through the mucous membranes
- you can **also** absorb them **through the skin**
- you **cannot overdose on** them because the body excretes what it does not need
- they do not interfere with homeopathics or Schuessler salts. A simultaneous therapy is therefore possible

- monoatomic elements can be made from them, which have an effect on the psyche and the mind

A healthy, well-supplied body can produce colloidal substances from the valuable food it receives to supply the organism. However, if this supply is not sufficiently ensured, it makes sense to compensate for deficits with colloids.

There are **no side effects to** worry about because the colloids are not foreign substances synthesised in the laboratory, but natural elements that the body also produces itself.

Who needs which Colloids?

In the register at the end of this book you can search for **symptoms, indications and diseases and** find the appropriate elements in each case.

For central processes in the body such as sugar metabolism, fat metabolism and the building of the immune system, there are several colloids to choose from. For example, the immune system is supported by boron, germanium, copper, sulphur, selenium, silver, silicon and zinc (see register).

However, it would be costly to take eight different colloids just for the immune system - especially because there should be a time interval of at least 15 minutes between them when taking them. Therefore, I recommend that you pay attention to

the **overall picture of** the indications and areas of application and select those colloids that fit best for you in the context.

You can test yourself or have a therapist test which colloids your body needs. With bioenergetic testing methods such as kinesiology, tensor,

EAV or the RAC pulse palpation method, a need can be determined as well as through blood or hair analysis. For testing, there are test kits with samples of all available colloids.

Recommendations for use

Dosage

The following **dosage recommendations** refer to the colloids and monoatomic elements of *Alternativ Gesund*:

- 15 drops daily for the following colloids: Bismuth, iron, potassium, cobalt, copper, lithium, molybdenum, nickel, selenium, tin.
- 30 drops daily for the following colloids: Boron, calcium, chromium, fullerene, glyco, gold, magnesium, manganese, sodium, platinum, sulphur, silicon, tantalum, vanadium, zinc. In case of acute deficiency also 2 times 30 drops daily.
- Up to 4-5 times 15 drops daily - as needed: Colloidal silver and germanium.
- 5 drops 4 times a day:
All Monoatomic Elements

These are general recommendations that may differ in individual cases. If you have an acute, increased need for an element, you can also take the recommended amount **several times a day**. Remember: The colloids cannot be overdosed.

For children and animals, reduce the recommended dosage as follows:

- Children up to 8 years: 50% less
- Children up to 15 years: 25% less

- From 16 years old like adults
- Small animals like children up to 8 years old
- Large animals like adults

Notes

When taking several colloids in the same period of time, it is recommended to keep an **interval of 15 minutes** between them. The same applies to the consumption of stimulants such as coffee, alcohol and vinegar.

Further information can be found in the individual colloids, e.g. copper.

There are typical morning remedies that are sympathicotonic (stimulate the sympathetic nervous system), e.g. sodium or gold. You should preferably take these in the morning or forenoon. Other colloids such as silver, magnesium and potassium are more vagotonic (stimulate the vagus) and should therefore rather be used in the late afternoon or evening. Exception: In the case of an acute infection, you can also use silver, for example, several times a day. You can also test or have tested at what time of day a colloid is particularly good for you.

If the **drip cap** of the bottle does not drip properly, remove the dropper from the bottle. Then draw the liquid out of the bottle with a pipette

and pour the indicated amount onto a plastic spoon. Avoid putting the pipette directly into the mouth or drinking directly from the bottle (risk of contamination of the colloid).

Oral

Take the colloid in pure and leave it in your mouth (under your tongue) for one minute and then swallow it. You can consciously imagine where in the body it should go. Please drink a glass of good quality water afterwards.

Atomiser

Oral intake with a cold vaporiser (inhaler) is very efficient. The colloids are thereby atomised into the smallest droplets and absorbed by the entire mucous membrane of the mouth and throat. There is a large selection of such inhalation devices. Inhalation therapy with colloidal silver has proved very effective, especially for colds.

Rubbing

Alternatively, you can also rub the colloids in: Twice a day, put the indicated amount in the palms of your hands and rub over the insides of your forearms upwards to the crooks of your arms. To prevent germination, avoid touching the pipette to the skin.

Health diary

Experience shows that people do not adequately perceive improvements in their condition because the consciousness represses the negative past. It can therefore make sense to write down the physical and mental state BEFORE the colloid therapy and to check it AFTER the therapy. In addition, you can ask friends & family if they notice any changes - especially in the mental sphere.

Local application

You can also apply the colloids externally - to the areas where they are supposed to work. A classic case is colloidal silver on wounds, sore areas, bacterial skin infections and athlete's foot. Silver is also very helpful when applied directly to the nose.

There are special spray bottles for this purpose into which you can decant the colloid.

Eye

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

Colloidal oils

The colloidal oils are intended for application on the skin. The amount and frequency cannot be given as a general rule, but depends on the needs of the user.

The oils can be used pure or mixed with a massage oil or base cream.

Storage

To prevent germination, touching the dropper should be avoided. In the case of oil, the screw cap should be wiped off regularly.

Please store the colloids, oils and monoatomic elements at room temperature and protected from light. Not near electromagnetic fields (electrical appliances, lighting, mobile phone, microwave, etc.). You can also wrap the bottles in aluminium foil to protect the valuable contents.

Durability

Originally sealed, colloidal silver lasts at least 8 months, all other colloidal elements at least 12 months; colloidal oils 16 months, monoatomic elements will last 24 months.

If **opened and stored at room temperature in the dark**, colloidal silver will last 6 months, all other colloids 10 months; colloidal oils 14 months, monoatomic elements will last 20 months.

How long should one ingest colloids?

This cannot be said across the board for everyone, because everyone has a different body, their own lifestyle and individual needs.

However, there is a basic rule for oral ingestion and rubbing onto the body: take the suitable colloid until there is a clear improvement in the symptoms. Then continue taking it for the same period of time to stabilise the effect.

If the symptoms do not improve after the first 3 weeks, you can stop taking it. Another colloid may be more suitable.

Continuous intake is not recommended in principle, especially for silver. Exceptions are chronic ailments such as depression: Here, the permanent intake of colloidal gold or lithium can be quite useful. Please ask your therapist whether he or she considers continuous intake to be useful.

Drink water

Blood supplies the cells with the required nutrients and removes the accumulated toxins.

Therefore, always drink enough high-quality non-carbonated water, at least 2-3 litres daily.

Colloidal Aluminium

Keywords

Metabolism

Heartburn

Rheumatism

Gout

Detoxification

Nerve cells

Brain power

Please note: Colloidal aluminium does NOT have the negative effects of aluminium in its metallic form and its compounds, which are toxic to us.

Aluminium in the body

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 breast milk.

Metabolism

Within the metabolism, aluminium is a constant companion of phosphorus and iron, whose absorption it improves in the intestine. Aluminium phosphate in the brain is important for thinking.

Due to its **alkaline properties** (high pH), colloidal aluminium can help with **heartburn, rheumatism and gout**.

It also has a **detoxifying effect**. With colloidal aluminium, one can eliminate material, toxic aluminium. Again and again I have found that my patients have high aluminium and barium loads - possibly due to chemtrails in the sky.

By strengthening the **conductivity of the nerves**, it can contribute to an improvement in mobility. In this context, **brain power** can also be positively influenced.

In homeopathy, *Alumina* is often prescribed when the patient feels like going crazy. It can promote emotional self-expression and strengthen the sense of reality.

Impact on three levels

Physical - support of the alkaline metabolism, better conductivity of the nerves.

Mental - for anxiety and guilt, to calm the nerves when you feel like you are going crazy.

Spiritual - sobriety, alertness, realism.

Possible symptoms of aluminium deficiency

- Depression
- Fatigue
- Trembling hands
- Forgetfulness
- Increased irritability
- Inner restlessness
- Headache
- Insomnia
- Lack of appetite
- Burning skin sensation

Colloidal Bismuth

Keywords

Antiseptic (germicidal)

Diarrhoea

Stomach, gastritis

Flatulence

Bad breath

Chron. Duodenal ulcer

Antiseptic

Bismuth was already used in the past as an antiseptic and for **diarrhoea**, as well as for the therapy of **gastritis**. Bismuth compounds are also contained in some antibiotics.

Bismuth was used in medicine until the beginning of the 20th century in wound powders to treat injuries and infectious diseases. Until it was replaced by chemical antibiotics, it was also used against syphilis.

With its antiseptic properties, bismuth counteracts pathogenic bacteria such as *Helicobacter pylori*, which can cause stomach ulcers, among other things. It regulates the formation of gastric mucus and the amount of pepsin in the stomach.

Digestion and wound healing

In a comparative study conducted in the 1980s to cure **duodenal ulcers**, bismuth was found to be very important. Bismuth contributed to recovery just as successfully as a commercially available drug developed for this purpose.

In addition, applying bismuth allows **tissue** to **heal faster** because it contracts the top cell layer of the skin, inhibits fluid release from the inflammation and closes the tissue. The same effect can also be observed when applied to the mucous membranes, e.g. in the intestines (leaky gut).

In this way, bismuth can also seal vessels. This reduces the influx of fluid into the intestine, which prevents uncontrolled **diarrhoea**.

In addition, bismuth can reduce **flatulence and bad breath**.

Possible psychological Effects of bismuth

- Promotes creativity and childlike behaviour
- Being able to accept feelings of loneliness
- Can help to accept life as it is
- Gives serenity

Please note: Stopping bismuth therapy too early could promote a relapse. Especially in the case of duodenal ulcers, bismuth intake is recommended for a further 3 weeks even AFTER the symptoms have subsided.

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Colloidal Boron

Keywords

Plants

Immune system

Current flow in the body
Energy supply

Calcium balance
Bone stability
Osteoporosis

Formation of hormones

Hyperthyroidism

Candida

Brain function

Prostate carcinoma

Arthritis/Arthrosis

Boron is a rare semimetal and is (probably) one of the essential trace elements.

In plants, boron deficiency particularly disturbs the energy and carbohydrate balance, the stabilisation of cell wall formation, respiration, the phytohormone balance and the stimulus conduction of the plant's own immune system with its leaf sensors, which was only discovered in 2007.

However, the knowledge of boron's importance for humans and animals is much more scanty than the knowledge of boron's effects on plants.

Boron is important for the **immune system**, cell repair and for the control of cell division and **metabolism** in all living organisms.

Current flow in the body

With increasing age, the boron content in the body decreases. Boron is involved in the electrical current flow in the organism and thus for the basis of life. A corpse consists of the same organic compounds as the previously living body. However, it lacks the decisive flow of electrons that makes it alive. This **flow of electricity** in the body is only made possible by boron.

Since boron provides current flow, it has a calming effect, increases the ability to concentrate and spatial perception. That is why, for example, shooters take boron in competitions to be calm, have strong nerves and aim accurately.

Calcium balance, Osteoporosis

In 1987, it was proven for the first time in the USA that boron actually intervenes in the **calcium and hormone balance** of humans. In particular, it has a regulating effect when the human hormones of the **thyroid and parathyroid glands** are no longer produced sufficiently in old age **and** therefore the regulation

of the calcium balance is only possible to a limited extent.

When boron is added, calcium and magnesium requirements can drop by up to 40%, i.e. one needs less calcium and magnesium.

Age-related **osteoporosis** can - as has been shown - be effectively treated with the help of boron. Diagnostic 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 when the boron intake was constantly too low at only approx. 0.25 mg per day with a primarily very low-boron meat diet. Only 8 days after starting supplementation with boron, this excretion decreased by over 40%.

The whole thing can be explained by the fact that boron inhibits protein degradation, whereby in the bone the degradation of proteins, of which the cell skeleton consists among other things, can be slowed down.

Formation of hormones

Further research revealed that boron activates the enzyme hydroxylase, which is necessary for the formation of **oestrogenic hormones** and hydroxy-vitamin D3. The women treated with boron showed significantly increased hormone levels after only 8 days.

Boron helps women to produce oestrogen and increases the circulation of serum concentrations of testos-

terone in men. Boron can mimic and enhance the effects of the sex hormones oestrogen and testosterone, especially in combination with zinc.

When women have a hormone deficiency, they feel the negative effects of the menopause and often have problems such as obesity, altered metabolism, hot flushes or depression.

Where else is boron used?

Boron can also be helpful with **depression**, in the treatment of **epilepsy** and especially helpful with hyperthyroidism. Colloidal boron helps in the production of natural steroid compounds.

Because of its excellent fungicidal properties, boron is also used as a supplement to **candida therapy**.

Studies showed that **brain functions** increased when boron was taken in adequate amounts. The website thieme-connect.com lists several studies on the improvement of brain function through the intake of boron. With a low intake of boron, reduced wavelengths were observed in brain waves. The consequences are, for example, low attention and poorer motor skills.

Some therapists report that boron has the ability to decalcify the **pineal gland**.

In its 50th issue, the German Pharmacists' Newspaper pointed out several studies showing that **prostate**

carcinomas had a better chance of being cured through the administration of boron.

Boron is known to be able to prevent an increased rate of cell division without differentiation (tumours).

Arthritis/Arthrosis

Bone analyses showed that joints affected by osteoarthritis and the bones adjacent to them contain only half as much boron as healthy joints. Similarly, the synovial fluid - the "joint capsule lubricant" that also supplies the cartilage with nutrients - has a low boron content when the joint is affected by osteoarthritis.

Supplementing with boron made the bones significantly harder than usual. It was also observed that bone fractures healed faster with boron supplementation.

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

Boron shortage

- reduces the effectiveness of flavonoids and vitamins
- inhibits the enzyme activities
- weakens the immune system because it promotes the stability or formation of antibodies
- reduces resistance to allergies and chronic skin diseases
- impedes the degradation of toxins
- weakens the protection against fungal diseases
- impairs the function of many organs, including the heart
- Decreases the resistance to cancer
- May cause tremors and convulsions

Today, boron deficiency conditions are widespread because, unlike in the past, boron requirements can no longer be met through food. This is because chlorinated drinking water can trigger boron deficiency.

In addition, boron deficiency can be triggered by excessive alcohol consumption (with the exception of red wine) and high pollutant loads. For the excretion of pollutants, the body needs boron in combination with calcium.

Since **boron** deficiency makes calcium absorption more difficult and since boron deficiency is always coupled with calcium deficiency,

the intake of boron should be combined with the intake of calcium.

With age, high calcium levels lead to **calcification** of soft tissues, causing muscle tension and joint stiffness. Which also counts for arteries, endo-

crine glands, the pineal gland and ovaries. Kidney stones and kidney calcification can also occur. Boron deficiency in combination with magnesium deficiency is particularly harmful for bones and teeth.

Colloidal Calcium

Keywords

Bone density, osteoporosis

Teeth

Cell communication, cell membrane

Nervous system
(transmission of impulses)

Muscle control, coordination of movements

Steady heartbeat

As the fifth most abundant element in the earth's crust, calcium is widely distributed in rocks, soils, organisms and waters. In the human metabolism, too, this essential quantity element has a multitude of tasks.

Calcium is the most common element in the body and the one that makes our skeleton hard and stable. It is present in bones, teeth and also in calcified arteries, where it is deposited in fatty layers or agglutinates cell walls. Calcium is the catalyst of the blood coagulation chain and the transmitter of impulses for muscle contraction (also and especially of the heart muscle).

Bones and teeth

Our body contains about 1.2 kg of calcium. Of this, 99% is stored as calcium apatite (an extremely stable

and insoluble compound) in bones and teeth. The mineral is absorbed with 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 5kg, of which 1kg is calcium.

Calcium plays a passive role in bone building. It depends on other nutrients such as silicon, copper, zinc, manganese. And above all on vitamin D in interaction with vitamin K. Only when these two are used correctly does the calcium get to where it is needed: Into the bones (instead of into the vessels).

The body always ensures an optimal calcium level to supply the heart muscle. If there is not enough calcium, the body takes it from the bones.

Calcium conducts the necessary nerve impulses for all **controlled muscle movements**. Therefore, with every load, calcium is transported from the bones to the muscles under stress. To prevent demineralisation, the bone is immediately supplied with new calcium. Accordingly, our bones are never equally strong, but constantly change in strength.

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 in the jaw, where the teeth are located.

The majority of calcium is needed for bones and **teeth**. The remaining body calcium (approx. 1%) fulfils important tasks in the blood and body cells. The plasma calcium (in the blood) is involved in activating the blood clotting system.

Nervous system and hormones

In the cells, calcium ensures the permeability of the cell membranes and the **transmission of neuromuscular impulses**. This lays the foundation for **coordinated movements**.

Calcium is also involved in the transmission of **hormones and neurotransmitters**. The latter ensure a good mood.

In order 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 decilitre of blood serum.

This is guaranteed by three hormones. The parathyroid hormone ensures a constant calcium level in the blood. The calcitonin, on the other hand, reduces calcium excess and the calcitriol in vitamin D finally 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, work closely with calcium in transmitting stimuli. Calcium deficiency in nerve and brain cells causes symptoms ranging from nervous, anxious restlessness to severe psychotic or even neuromuscular deficits.

Correct ratio of phosphorus to calcium

Although the mineral phosphorus fulfils important tasks in the organism, the phosphates (= salts of phosphoric acid) in too high a concentration can lead to a breakdown of calcium from the bone mass. The metabolism can just about cope with a phosphorus-calcium ratio of 1.5:1.

However, those who eat a lot of phosphate-containing foods such as meat, convenience foods and sweet, carbonated drinks (e.g. cola) easily end up with an extra gram of phosphorus per day and thus a ratio of 2:1 or even 2.5:1.

Changes in old age

Age is also an important factor in calcium requirements: While a small child, for example, can completely renew its skeleton within one to two years, calcium turnover decreases with increasing age. Thus, bone loss already predominates from the age of 40.

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

The reasons for this change in old age are mainly **fluctuations in the hormonal balance**. Therefore, calcium deficiency symptoms occur most clearly in women during the hormonal upheaval phase, the **menopause**.

The ovaries then stop producing the hormone oestrogen, which is responsible for maintaining bone mass. The imbalance between breakdown and build-up leads to a drastic reduction in bone mass. This is obvious because calcium circulates through the blood and is in constant exchange with the bones and body cells. Calcium deficiency is therefore favoured by oestrogen deficiency.

The body extracts the mineral where it is not immediately vital: from the bone cells. A persistent calcium deficiency can therefore lead to **osteoporosis**.

Lack of movement and immobilisation due to prolonged lying also lead to decalcification of the bones.

The calcium balance is regulated by the parathyroid gland with the cooperation of vitamin D. The hormones of the parathyroid gland are calcitonin (pushes calcium into the bones) and parathyroid hormone (takes calcium out of the bones so that it is available in the blood).

Note: Osteoporosis patients who drink a lot of milk and whose bone condition nevertheless deteriorates are often found to be **intolerant to milk**. It is difficult to explain these correlations to the patients, as the consumption of milk is often prescribed by the treating physician.

Calcium and vitamin D

Since vitamin D (calciferol) is involved in moving calcium back and forth, care must be taken to ensure sufficient intake.

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

Effects of calcium

Physical - cell metabolism, elasticity and flexibility of tissues, bone formation, blood formation, binder for protein building, against cramps, for parathyroid gland which produces testosterone and oestrogen.

Mental - helps with fear of losing control, overstrain, fear of the future, despair, discontent, despondency, poor memory. Gives resilience and drive.

Spiritual - development workers for spiritual growth

Supporting calcium intake

- Magnesium
- Vitamins A and D

Calcium absorption inhibiting

- Oxalic acid (spinach, rhubarb, cocoa)
- saturated fatty acids
- Sugar
- Too much animal protein
- Phosphorus (phosphate-containing drinks)
- Alcohol
- Too much caffeine and theophylline (in black tea).
- Soaking and boiling for too long flushes out calcium

Calcium deficiency can cause the following complaints

cause

- Muscle cramps
- Tingling and numbness
- Signs of paralysis
- Lack of muscle control
- Tooth decay
- Pulse too low
- Palpitations
- High blood pressure
- Joint and bone pain
- Osteoporosis and osteomalacia
- Sleep disorders
- Bleeding
- Menstrual cramps
- Nervousness
- Anxiety
- Constipation
- Nausea
- Weight loss
- Growth disorders in children

Colloidal Carbon (Glyco)

Keywords

Diabetes mellitus

Cell repair

Brain function
(Alzheimer's disease, dementia)

Metabolism

Energy, productivity

Ammonia detoxification

Carbon is the element from which all organic compounds are formed, from which nature is built. Due to its electron configuration, it can form any number of compounds with other elements and thus form extremely complex molecules.

In pure form, carbon only occurs as graphite, diamond and fullerene.

Carbon is a vital source for obtaining cellular energy, it is considered "fuel" for the cells. When **quickly available energy** is needed, e.g. for the brain, heart or muscles during sport, carbon is particularly important.

Diabetes

A decisive advantage of colloidal carbon over glucose is its **insulin-independent absorption into the cell**. Carbon in colloidal form therefore has an **insulin-saving** effect and is gentle on the pancreas.

In the case of a drop in the intracellular glucose concentration due to age or disease (e.g. due to reduced function of the insulin receptor or reduced blood supply to the central nervous system), glucose can be formed from the insulin-independently absorbed colloidal carbon and thus the reduced **metabolism** (energy and building metabolism) can be normalised again.

Therefore, carbon can be useful and beneficial to support diabetes therapy. Open skin caused by diabetes can heal better with application of colloidal carbon with light, organic honey.

Cell repair

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

Brain function

Carbon is essential for maintaining important **functions of cells** and their relationships with neighbouring cells. In its effect on the cells of the central nervous system, it supports the ability to concentrate, attention behaviour, long-term and short-term memory.

Recent research has drawn attention to the connection between insulin deficiency in brain cells and Alzheimer's disease.

Ammonia detoxification

Since amino acids are formed from carbon, it has a detoxifying effect by utilising toxic ammonia or ammonium ions and thus disposing of them. This is especially important when killing **parasites** in the body, because according to Dr. Hulda Clark, these release ammonia, which burdens the liver and prevents it from performing its detoxification tasks.

Possible symptoms of carbon deficiency

- Muscle cramps
- Heart failure
- Concentration difficulties
- Long-term and short-term memory disorders
- Attention deficits
- Lack of energy
- Decreased metabolism
- Symptoms of poisoning

Colloidal Chrome

Keywords

Hypoglycaemia, diabetes

Lower cholesterol

Loosing weight without hunger and yo-yo effect

Build muscle

Protection from free radicals

Cornea and lens of the eye

Chromium is an essential trace element and must be supplied to the body through the diet to maintain its health.

Our body only needs vanishingly small concentrations of vitamin B12, iodine and chromium. A daily amount of 80 µg is already sufficient to supply our body with enough chromium.

Hypoglycaemia

Chromium is needed in **glucose and insulin metabolism** and is a component of the glucose tolerance factor. Sufficient chromium intake also improves the processing of fructose.

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

Chromium deficiency can lead to symptoms such as fatigue, nervousness, irritability and signs of hypoglycaemia. These are all complaints that can be traced back to a disturbed carbohydrate metabolism. Chromium can be very helpful for type 2 diabetes, which is **difficult to control**.

Nerve and brain cells demand glucose exclusively as fuel, unlike all other body cells. The reason is that this carbohydrate burns and releases its energy content faster than fat, for example.

The brain and nerve cells need energy much more quickly in order to be able to react at lightning speed. If the glucose supply functions well, you are well-balanced, able to cope with nervous strain, wide awake and highly concentrated. If there is a lack of glucose in the blood, the opposite is the case.

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

In cases of slight hypoglycaemia, people usually reach for sweets to raise the blood sugar level again. The glucose produced by the breakdown of sucrose (= crystal sugar) immediately enters the bloodstream,

giving the nerves and brain the energy boost they crave.

Of course, chromium cannot regulate or raise the blood sugar level on its own. There are often other causes for persistent hypoglycaemia. A combination of chromium, zinc and magnesium is ideal for diabetes. But other colloids also come into question (see register).

The exact chromium status cannot be measured, because concentrations in the blood say nothing about the amount in the cells. The tissue concentrations are 10 to 100 times higher than in the blood. Excretion via the urine also does not indicate a finding.

With increasing age, the chromium absorption in the body decreases. People over 40 years of age have more frequent problems with their blood sugar levels. Therefore, chromium can be an important part of a successful therapy for diabetes mellitus.

Other possible effects of chromium

- Increases the absorption of amino acids in muscles, heart and liver
- Improves protein synthesis
- Affects the maintenance and functionality of the cornea and the lens of the eye
- It protects against **free radicals** and thus against oxidative stress.

Similarly, chromium causes a reduction in **cholesterol** levels and an increase in "good" HDL cholesterol levels. It ensures **increased fat burning** and an increase in lean muscle mass. Chromium is also called the "ignition key" for fat metabolism.

Lose weight

In overweight people, chromium can help promote **fat loss**. It seems that chromium has an effect on the **satiety mechanism** in the hypothalamus, the part of the brain that says "you've eaten enough".

Muscle building

Experts confirm that chromium has an anabolic, i.e. muscle-building effect. The renowned American doctor Dr. Michael Colgan wrote: "The build-up of an extra kilogram of muscle mass within 12 weeks is what is called the 'chromium picolinate benefit'".

Reasons for chromium deficiency

Wrong diet: Too much fat, too much sugar and refined carbohydrates. **Simple sugar** is the biggest **chromium robber**, it withdraws chromium from the body. That is why a lot more people have a chromium deficiency compared to a hundred years ago. Therefore, avoid excessive consumption of foods that contain a lot of simple sugars (wheat products, white bread, cakes, pastries, sweets, sweetened drinks).

Sugar is also hidden in many foods where you would not expect to find it, e.g. ketchup, pickles, etc.

Stress, excessive physical activity, infections, trauma and illness (fever etc.), pregnancy.

Chromium deficiency can cause the following symptoms

- Constant fatigue
- Weakness of nerves/irritability
- Lack of drive
- Unrest
- Mood swings
- Sleep disorders
- Concentration problems
- Depressive moods
- Dizzy spells, shakiness
- Headache, migraine
- Anxiety
- Greed for sweets
- Hyperactivity

Possible consequences of chronic chromium deficiency

Decreased glucose tolerance and insulin action

Elevated cholesterol and triglyceride levels in the blood

Peripheral neuropathy

Coronary heart disease and elevation of fatty acid levels in the blood

Increased urination, itching, muscle weakness

Opacity of the lens and cornea

Growth retardation in children

Colloidal Cobalt

Keywords

Cardiovascular system

Especially important for vegans

Chronic fatigueFatigue

Anemia

Nervous systemWeakness in concentration

Cobalt is an essential trace element and an important component of **cobalamin**, also called **vitamin B12**. Cobalt deficiency is therefore directly related to vitamin B12 deficiency.

Cobalamin is important for cell division, the formation of red blood cells and the function of the nervous system.

Cobalamin is involved in the breakdown of homocysteine, which endangers the **cardiovascular system**. Therefore, cobalamin can have a positive effect on cardiovascular complaints.

Cobalamin is also involved in the synthesis of purine and pyrimidine bases, nucleic acids and proteins. Nucleic acids are the main components of DNA, i.e. our genetic material.

Causes of Cobalamin deficiency

Cobalamin is stored in the liver for a very long time. Therefore, symptoms of cobalamin deficiency usually appear several years later. **Vegans** represent the largest risk group of the deficiency, as they abstain from any animal products. Cobalamin is only synthesised by animal organisms, which means that vegans lack the source of the vital vitamin. For vegetarians and especially for vegans, a supplementary supply of cobalamin is often indispensable.

On the other hand, a deficiency can be caused by a **disturbance of the absorption mechanism**. If the digestive system has too little intrinsic factor (a glycoprotein formed by the stomach and duodenal cells), cobalamin cannot be absorbed. This is increasingly the case. The cause can be a disturbed intestinal flora.

Consequences of Cobalamin deficiency

If cobalt is missing in the body, all life processes and the energy in the system are shut down. Fatigue and even chronic exhaustion can be the result of a cobalamin deficiency.

Cobalamin deficiency can manifest itself in certain forms of **anaemia** (blood count changes).

In addition, **damage to the nervous system** can occur. This can manifest itself as weak memory,

concentration disorders, apathy and depression, and even dementia. A progressive, long-term deficiency can lead to **funicular myelosis** (damage to the spinal cord)

Colloidal Copper

Keywords

Oxygen utilisation

Red blood cells

Anaemia

Immune system

Metabolism

Antioxidant

Bones, ligaments, connective tissue

Skin, hair

Hormone balance
Balancing thyroid activity

Nervous system

Inflammations

Copper is one of the most important elements for us humans. It is vital, even though we only need about 2mg of it daily. The organism cannot produce it itself and is therefore dependent on a sufficient supply. Copper is an antagonist of iron and zinc in the body.

The central storage sites for copper are the liver and the brain. The liver is the central organ of copper metabolism, it regulates the concentration in the body and in the serum.

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 as well as in pigment metabolism.

Paracelsus recommended copper for mental illnesses, lung complaints and syphilis, Hahnemann for epilepsy and hysteria.

Oxygen utilisation

Copper is responsible for the conversion of iron into haemoglobin, which is contained in the red blood cells and transports oxygen in the blood. This means that without copper we could consume an infinite amount of iron without the red blood pigment haemoglobin being formed. This is something to watch out for when anaemia is present.

Copper is also important for the central nervous system, which in turn has an influence on the production of red blood cells.

Copper is therefore largely responsible for our productivity.

Strengthening of the immune defence and formation of white blood cells

White blood cells (leukocytes) originate from the bone marrow. They attack foreign bacteria and viruses directly and thus fight infections in the body. Copper deficiency can lead

to a reduction in white blood cells. Result: immunodeficiency.

Globulins (proteins of the blood plasma), which also include antibodies (gamma globulins), are a central component of the immune system. Globulins are involved in the transport of copper ions and in lipid metabolism. The most important types of lipids include phospholipids, which are the main component of **cell membranes**.

Lipids restrict the transport of water-soluble compounds across the membrane so that the cell contents are shielded from toxins in the environment. Copper can help "clean" or keep the **body's cells clean**.

Metabolism

In humans and animals, copper is a component of many **enzymes and** thus a vital trace element.

The central nervous system cannot function without enzymes. Enzymes accelerate chemical reactions without being consumed. They are therefore catalysts.

Enzymes convert sugars and other nutrients into the compounds the body needs to build tissue, replace spent blood cells and perform many other **metabolic functions**.

Antioxidant

Copper is ineffective as an isolated element in our body. Only in combination with proteins and enzymes does it support important metabolic activities. For example, it already at-

tacks **oxygen radicals** outside the cells and thus has an antioxidant effect. Together with zinc, copper also fights free radicals inside the cell.

Bones, ligaments, connective tissue

Along with iron, copper plays a crucial role in collagen and elastin formation. The connective tissue cells also secrete a copper protein that binds collagen and elastin fibres together.

In this way, copper ensures the structure and elasticity of bones, ligaments, connective tissue, blood vessels and cartilage.

Skin, hair

The colour pigment melanin, which causes the tanning of the skin when exposed to sunlight, is produced by the copper-containing enzyme tyrosinase. Copper is what makes the amino acid tyrosine usable in the first place.

Melanin gives our skin, hair and eyes their colour. Pigmentation disorders can therefore also be triggered by copper deficiency. Copper therefore brings colour back to grey hair.

At the same time, copper helps to restore the skin's natural moisture content and gives a youthful appearance.

Hormone balance

Copper is involved in the breakdown of excess hormones such as histamine. This protein produces the

swelling and redness in inflammatory and allergic reactions.

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

The conversion of dopamine into noradrenaline and adrenaline requires the enzyme dopamine hydroxylase, which contains copper atoms.

Thyroid function

Copper is needed for proper thyroid function. Copper works closely with selenium and zinc to **balance the activity of the thyroid gland**. It can thus counteract hyper- or hypothyroidism.

In the case of thyroid dysfunction, one must therefore not only pay attention to the copper level, but also to the zinc and selenium content in the blood.

If thyroid activity is disturbed, excessive weight gain or weight loss, fatigue, changes in body temperature and appetite may occur.

Nervous system

The trace element is involved in the build-up and renewal of the **myelin layer of the nerve cells**. The

moisture level of the myelin layer is of decisive importance for the function of the nervous system.

If the body receives too little copper over a long period of time, the protective layers of all nerve cells thin out. This can lead to nerve inflammation or even tissue death in the nerve tissue. For this reason, the copper supply is essential for the nervous system.

If the copper balance is imbalanced, it can lead to nerve pain and damage. Our motor skills would also not function without copper.

Inflammations

In inflammatory processes, e.g. chronic intestinal inflammations, there is often a copper deficiency. Copper has an astringent and disinfecting effect.

In ionised form, 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 vessels does not rot so quickly.

In recent years, copper therapy has regained importance. In South African traditional medicine, copper sulphate is used for pain, inflammation and skin rashes.

Causes of copper deficiency

Copper deficiency can be caused by a highly unbalanced diet, absorption disorders, chronic intestinal diseases or prolonged artificial feeding. If

children are fed a one-sided diet of cow's milk for a long time, a copper deficiency and consequently copper deficiency anaemia can also develop.

By the way, the body consumes a lot of copper during the digestion of maize. Organic products in particular often contain a lot of maize.

It should be mentioned that the intake of larger amounts of vitamin C inhibits copper absorption in the intestine. One more reason to take copper in colloidal form.

Possible consequences of a Copper deficiency

- Anaemia, lack of oxygen in the blood
- Decrease in white blood cells
- Dysfunctions of the immune system
- Pigmentation disorders of the skin
- Brittle, colourless hair
- Disorders of the central nervous system
- Nerve damage and nerve pain
- Inflammatory processes
- Weak connective tissue
- Unstable bones
- Prolonged indigestion
- General weakness
- Irritability
- Increased uptake of environmental toxins

Colloidal Fullerenes (F6)

Keywords

Powerful radical scavenger
(antioxidant)

Cancer screening

Anti-aging

Stabilise mineral balance

Amplifier

Fullerene (F6) is a specially shaped carbon molecule that rarely occurs in nature and has only been known for about 30 years. 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**.

The internet often talks about fullerene C60, so here is an explanation: C60 - i.e. carbon 60 - **contains** fullerenes, but is not a fullerene per se. The indication "F6" means F of fullerene and 6 of C60.

"In 2010, fullerenes were detected in the planetary nebula Tc 1 by infrared images taken by the Spitzer Space Telescope. They are the largest molecules detected in extraterrestrial space. " (Wikipedia)

Powerful antioxidant

Free radicals are atoms or fragments of molecules that are missing an electron. They snatch this from other molecules and can cause great damage in the process.

Free radicals are continuously produced by metabolic processes in our body. Therefore, it is important to continuously supply the body with sufficient antioxidants as protection.

While classic antioxidants such as vitamin C are consumed in the process of "catching radicals", fullerenes act as a catalyst: they make two radicals combine to form a new, harmless molecule.

This makes fullerenes a powerful antioxidant with long-lasting effects.

Cancer screening

It is known that many free radicals also promote the development of cancer, e.g. by damaging the genetic material. Colloidal fullerenes can therefore also be a useful **precaution against cancer**.

Anti-aging

Due to the bonding conditions in the molecule, fullerenes can **absorb** and bind an extremely large number of **free radicals**. Especially those that are responsible for the **ageing process**. In an experiment with rats in

2012, it was found that the age reached by the animals was almost doubled by fullerenes.

We age faster when we permanently have too many free radicals in our body. Colloidal fullerenes are therefore a very effective preparation for **anti-ageing**. They promote the self-regulating mechanisms of the body.

Further effects

Furthermore, fullerenes are said to help **stabilise the mineral balance** and restructure water molecules.

In addition, users repeatedly experience that fullerenes make **other preparations work more effectively**.

Application note

Do not take fullerenes permanently and not every day, but take a 3-day break after every 3 days.

Colloidal Germanium

Keywords

More oxygen for
cells and organs

Cancer

Acidosis

Fighting free radicals
and cell toxins
(antioxidant)

Strengthen the immune system

Blood pressure

Eye diseases

Detoxification Heavy metal de-
toxification

In 1886, the German metallurgist and chemist Clemens Alexander Winkler was the first to identify an element called germanium in honour of his home country. For a long time, the semiconductor element was only used technically. It was only later that its outstanding biochemical abilities were recognised, which can be used as a **cancer therapy**.

Organic germanium

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

Organic germanium is concentrated in some **medicinal plants**, such as ginseng, garlic and the aloe plants.

Without these fine gifts of germanium, the medicinal plants would be attacked by viruses and rot. Some healing waters, e.g. from Lourdes and Fatima, are also said to show increased concentrations.

Oxygen

Germanium can bind oxygen to itself and transport it into the finest capillaries. This is because it promotes **oxygen uptake in the blood** and thus also cell respiration. Germanium makes thick blood thinner and thus improves **blood circulation, e.g. in "smoker's legs"**.

Rubbing colloidal **germanium oil** can also improve blood circulation externally. This oil is used on rheumatic joints, skin inflammations, scars and skin growths.

The increased oxygen supply for brain and organs increases the general well-being. Sleep problems and dizzy spells can be alleviated, blood circulation and heart complaints improve. Even skin changes (dark spots) can disappear with sufficient germanium supply.

Germanium enables intensified **tissue respiration**, which would be difficult to achieve otherwise in the respective disease state - and soon the sick person gets well perfused skin and warm limbs.

Cancer

Germanium improves the entire **metabolism of the cells**. If they are not sufficiently supplied with oxygen, they cannot maintain their normal metabolic functions. This can lead to **cell degeneration and cancer**.

If the tissue is low in oxygen, it shows a tendency towards an acidic environment and favours cancer, but also the growth of pathogenic bacteria and fungi.

Electrons and oxygen reach everywhere in the body with the help of germanium, even to undersupplied regions. A metastasis is known to be surrounded by an acidic environment (+) and basic in its core. The oxygen and electrons can bring about the desired change of environment and the metastasis can become inactive.

Germanium can bring the electrical polarity of the cancer cells back to the healthy state. Cancer cells are electrically positively charged on the inside, the outside of the cell is negatively charged. With healthy cells it is the other way round.

Cancer treatment should be accompanied by papaya leaf tea: At least ½ litre daily.

I do not want to call for treating cancer with germanium alone. But this fabulous colloid is a very important element of cancer therapy, which should consist of different forms of treatment.

Acidosis

Colloidal germanium binds acidifying hydrogen ions - these have a tendency to damage the cells. If too many hydrogen ions are absorbed, which consume the oxygen in the body, **hyperacidity** (acidosis) occurs. This is therefore also caused by a lack of oxygen.

If the acid-base balance runs out of control for a long time, this can lead to serious, insidious diseases such as **cancer**.

In addition, an anaerobic, i.e. oxygen-poor, environment in the body promotes the growth of pathogenic microflora, such as candida.

An **oxygen deficit** in our body is caused by stress, lack of sleep and exercise and a poor diet, among other things.

Antioxidant

Colloidal germanium is a powerful **antioxidant**. Due to its semiconducting properties, it can easily absorb and release electrons. This is how it catches free radicals.

If our "lifeblood" is rich in **electrons**, this means a high level of chemical reactivity. But if the blood is poor in life-giving electrons, necessary biochemical reactions are impossible and diseased cells can develop.

Therefore, colloidal germanium is a very important remedy in the treatment of **cancer**. It can even be used preventively.

Germanium takes over the electron transport and thus supports the body's energy production without additional oxygen intake.

Immune system

Germanium helps to build up an inner energetic balance and also helps to build up the immune system.

Here it plays a decisive role, because it stimulates the body's own production of gamma interferon (protein body for defence against cancer) - as well as the action of macrophages and lymphocytes.

In sick people, the **flow of body energy** is often weakened or blocked. Germanium can release the blockages, bring the energy back into balance and a disturbed electrical potential can normalise.

Detoxification

Germanium helps to remove **heavy metals and toxins** from the body or to break them down into harmless substances.

Mercury from amalgam tooth fillings and cadmium can neutralise organic germanium. These heavy metals are deposited in the body as positively charged ions. They get "caught" in the network of negatively charged oxygen ions of the organic germanium compound and are excreted with them.

Colloidal germanium is even said to have a **preventive effect** against poisoning. This means, for example, that someone who is often exposed

to toxins in everyday life can use germanium to ensure that the toxins do not affect them so much.

Blood pressure

Germanium can help the body normalise basic physiological functions. For example, it can lower pathologically elevated **blood pressure** to healthy levels - but not lower.

Eye

Germanium is successfully used to treat various eye diseases such as glaucoma, cataracts, retinal detachments, retinal inflammations and burns (as eye drops and orally).

Because good vision also depends on a sufficient supply of oxygen to the body.

Degenerative diseases

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

Summary

better oxygen supply to all organs and cells

Combating free radicals

Elimination of environmental toxins and heavy metals

better blood circulation, regulation of blood pressure

Strengthening the immune system

Cell proliferations, cell diseases

Blood diseases, anaemia (anaemia)

Improvement of vision and eye diseases

Germanium is an important component of cerebrospinal fluid. This may be the reason why taking germanium after concussion and inflammation of the brain can lead to good healing.

Further successes were achieved at

- Asthma
- Diabetes
- Osteoporosis
- Depression
- Psychosis
- Schizophrenia
- Parkinson's
- Multiple sclerosis
- Diseases of the digestive tract (gastritis, ulcers)
- Circulatory diseases

- Arteriosclerosis
- Rheumatism
- Headache
- Lyme disease
- Wound healing (oral intake and germanium dressings)

Conclusion

The variety of positive effects makes germanium a particularly important and versatile mineral for maintaining health.

Organic germanium has been used for over 30 years to treat a wide variety of diseases - with amazing results.

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

The combined intake of colloidal **gold and germanium** is ideal because these two colloids complement or strengthen each other in their effect (complementary effect).

Colloidal Gold

Keywords

for heart and soul

Gold makes happy

for depression
and panic attacks

Improved blood circulation
Cardiovascular system

Concentration, memory

Nervous system

Energy

Productivity

Sharpening the senses

Pineal gland, hormone system

Inflammation, pain

Arthritis/Arthrosis

Cancer

For thousands of years

Used as a remedy

Colloidal gold has so many positive effects that it is rightly the best-known colloid next to silver.

For thousands of years, gold has not only been the most sought-after metal, but also a source of energy and wisdom for people. It makes you happy in the truest sense of the word. The saying "**gold makes you happy**" is well known.

Already the ancient Egyptians took gold powder for physical and mental illnesses, the priests and pharaohs also for spiritual development. Chinese acupuncture has used gold needles for thousands of years to stimulate certain systems and organs in the body via the meridians. The Incas and Mayans believed that by taking gold they could better absorb the life energy from the sun. In fact, gold has a similar effect on us as the **sun**.

The alchemists tried to transform iron into gold. On a higher level, this means that they wanted to transform the ego (iron) into brotherhood and selflessness (gold).

Gold is also said to be able to release inner resistances. These are often based on deeply anchored beliefs or on condemnations; i.e. when one condemns others or oneself.

Today, gold is also used in conventional medicine, e.g. in dentistry, because it is well tolerated and non-toxic. Certain radioisotopes of the precious metal are used in biological research and in the treatment of cancer (see below).

Colloidal gold is the easiest and best way to get gold into the body. Because we cannot take in sufficient amounts through our food (shellfish, carrots and chicory). And we cannot use the approx. 9 billion tonnes of

gold that are finely distributed in the oceans.

Depression

The Apothekenumschau wrote in November 2005:

"According to estimates, about 4 million people in Germany today already suffer from depressive moods that require treatment. This is a worrying development, because this is not just a 'momentary mood', but a serious clinical picture with a profile of complaints. Dejection and listlessness make themselves felt through lack of drive, limited productivity, depression, inner emptiness, fatigue, anxiety and nervous restlessness.

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

Depression is one of the worst things people have to go through. Panic attacks are often added to this.

Pharmaceutical antidepressants can resolve the symptoms, but often only after a long period of "trying out" different remedies. And their effect often only sets in after a few weeks, so people suffer for a long time until the right medication is found and really works.

Colloidal gold gets to the root of the problem: our brain is **better supplied with blood** and releases happiness hormones. By using it, you

can feel that the dark hours become shorter and rarer. Lust for life, joy and optimism increase again.

The mood brightens, panic attacks and dizziness decrease; fewer crashes; more stability; circulation and blood pressure normalise; insomnia, one of the worst symptoms of depression, improves significantly. One has more zest for life again and can also be happy about little things.

Many users report that gold (in colloidal or monoatomic form) has helped them very quickly, **often within days.**

It can be used for the whole spectrum: From transient depressive moods to severe clinical depression. Please note: In severe cases, gold is supportive but not sufficient. Then you should definitely also see a psychiatrist.

Improved blood circulation, Cardiovascular system

Colloidal gold improves blood circulation by **increasing oxygen uptake**. The body is more efficient as a result, especially the brain. Since gold activates the sympathetic nervous system, it should preferably be taken in the morning.

The **heart and circulation** are relieved by the generally improved blood flow. In addition, the mental strength of the heart is strengthened.

Good blood circulation also has many positive effects on the mind:

One can **concentrate better**, the mind is sharpened, memory is better. Faster reactions and better physical and mental coordination are also often reported.

Even scientific research shows that gold is IQ stimulating: 30mg of colloidal gold daily increased the IQ by 20% (Journal of Frontier Sciences).

Colloidal gold is therefore important for circulatory disorders.

Nervous system

In addition, gold can improve **communication between the cells**, and thus also brain power. It has a strengthening and calming effect on the entire **nervous system**.

Then life's problems, worries, self-reproaches and fears can no longer affect you so much, you feel more "armed". Inner resistance to problems disappears and it is easier to **let go**.

Colloidal gold can also **improve the senses**, which is due to the higher oxygen uptake of the brain. Some users report that they can see better again (colour and night blindness).

Energy

Gold gives energy, productivity increases, you feel more alert and at the same time more balanced. More confident and at the same time more relaxed. Gold can have a positive influence on **burnout** and **chronic fatigue** and increase mental vitality.

Competitive athletes use it to increase their endurance.

Pineal gland, hormone system

Gold can activate the pineal gland (epiphysis), which atrophies in the course of life and through negative environmental influences.

This degeneration has far-reaching consequences, because the pineal gland is the "boss" of the endocrine **system**, so to speak. It determines which hormones are released when and in what quantity by the pituitary gland and the other glands of the endocrine system.

I see the hormone system as the **interface between matter and spirit**, because hormones control our moods and feelings. They are similar to neurotransmitters, which transmit signals in the brain. Hormones therefore strongly influence how we feel and think.

Colloidal gold can also indirectly help with hormonal complaints / diseases such as

- Tiredness, poor productivity
- Sweating
- Menopausal symptoms
- Depression
- Sleep disorders
- Metabolic disorders
- Overweight
- Osteoporosis

- Allergies

The pineal gland corresponds to the "third eye" on an energetic level and is considered the seat of **intuition, creativity and consciousness**.

To activate the pineal gland, one can start with colloidal boron to ground it and dissolve calcifications. In the next step, colloidal silicon, which improves cellular respiration. This finally allows the colloidal or monoatomic gold to work better.

Inflammation and pain

Colloidal gold can relieve various forms of inflammation and the pain associated with it:

- Joints
- Chronic intestinal inflammation
- Skin inflammations: Psoriasis, Lupus, Eczema, Neurodermatitis, Acne

The best results are achieved with inflammation and pain of the **joints**: Arthritis, arthrosis, gout, polyarthritis and spondylitis.

Due to the improved blood circulation, colloidal gold is generally used **for pain**, also for headaches.

By the way, there is also **gold oil that** helps with inflammations. This can be massaged onto aching joints (rheumatism, gout, arthritis). Also for skin inflammations, wrinkles and scars.

Cancer

Gold (in powder form) is used in US clinics to **treat cancer. It has** been reported: Cancerous tumours can stop growing. Gold is therefore part of the alternative medical treatment of cancer. Especially in combination with germanium.

For children and animals

At this point it should be mentioned again that colloidal gold, like all colloids, also helps children and animals. In the case of quarrelling or stubborn children, it can lead to improvements in behaviour. For those who are happy do not quarrel. Older children can improve their productivity at school, which makes learning more fun.

Animals can be more confident and have more energy and joy. In restless horses, it has been observed

that rubbing colloidal gold or gold oil into the nostrils relaxes the animals.

The combined intake of colloidal **gold and germanium** is ideal because these two colloids complement or enhance each other in their effect.

Book

For those who want to read more about the fantastic effects of gold on health, the book "Healing with Gold" by Brigitte Hamann is highly recommended.

Colloidal Iron

Keywords

Oxygen supply
Cell respiration
Anaemia

Ability to perform and
concentrate

Muscles, heart function

Skin pallor, hair loss

Brittle nails, hair loss

Digestion

Headache

Libido

Iron is an essential trace element and is mainly responsible in the body for oxygen transport, cell respiration and the formation of red blood cells. In addition, iron plays a central role in the production of numerous substances and the generation of energy.

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

Iron is an antagonist of copper in the body. Therefore, if you take iron with food or as a dietary supplement, the copper level decreases

(and vice versa). This antagonism does not occur in colloidal form.

Nickel can improve iron absorption and utilisation in the body. In order for the iron contained in vegetable protein to be better absorbed by the blood, one should consume plenty of vitamin C.

Anaemia

Anaemia is the lack of red blood cells or red blood pigment (haemoglobin). To produce red blood cells, the body needs, among other things, iron, which is supplied with food and absorbed in the small intestine. The lack of iron impairs the production of red blood cells 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 deficiency anaemia. About 80 percent of all anaemias are caused by iron deficiency.

No lifeblood without iron

Muscle work requires energy. The energy power plants of our cells, the mitochondria, need oxygen to utilise nutrients, which is transported in the blood.

The ability to transport oxygen is determined by the number of red blood cells.

In order to be able 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. The **bone marrow is able to increase the** production of haemoglobin and red blood cells up to sixfold, provided that we are in good health.

Each of these blood cells contains around 300 million haemoglobin molecules. For the production of haemoglobin, the metabolism needs iron. Iron molecules are transported in the blood and other body fluids with the help of transferrin, a protein body.

An iron deficiency quickly becomes noticeable through a decline in **concentration, muscle strength and endurance**.

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

Women's power and Iron deficiency

Women who are active in sports have a doubly difficult time supplying their bodies with sufficient iron, because they lose an average of 15 mg of iron with each menstruation. Particularly at risk are young high-performing athletes or gymnasts who promote iron deficiency with radical slimming diets.

Performance and power

An iron deficiency causes a sharp drop in our physical and mental power, as our cells are not sufficiently supplied with oxygen. In a study on less-active young women with mild iron deficiencies (without true iron anaemia), supplemental iron intake was shown to improve 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 uptake. After the women compensated for their iron deficiency with an iron supplement, this adaptation was more successful than before. (American Journal of Clinical Nutrition, Vol. 75, April 2002).

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

Enzymes

Iron is not only needed for red blood cells, but also plays an important role in the function of some **enzymes**.

So-called iron-sulphur enzymes perform important tasks in the respiratory chain of skeletal muscle cells. If iron is missing here, the **muscles are not** sufficiently resilient. You get sore muscles more quickly and generally suffer from muscle weakness and reduced physical power.

Even enzymes that do not contain any iron at all are weakened by an iron deficiency. A typical example is the copper-containing enzyme monoaminoxidase, which triggers feelings such as happiness, euphoria and optimism in the nervous system. It converts certain protein compounds into happiness hormones such as noradrenalin.

Iron deficiency

A distinction is made between 3 stages of iron deficiency:

Stage I

The storage iron content decreases, while sufficient red blood cells are still produced. At this stage, iron deficiency usually does not show any symptoms.

Stage II

Here it already comes to clear symptoms such as burning on the tongue, pain when swallowing, brittle hair

and hair loss, itching, cracked corners of the mouth and dry skin.

Since the cells can no longer be supplied with sufficient iron and the stored iron in the liver and spleen is not mobilised or not mobilised quickly enough, more and more iron is dissolved from the transferrin (iron transporter) and used to form red blood cells. As a result, the transferrin saturation decreases and the above-mentioned symptoms occur.

Stage III

In the third stage, the cells are already so undersupplied that many metabolic processes can no longer be carried out adequately. This is a very serious iron deficiency.

Now the affected person may suffer from headaches, listlessness, lack of concentration, sleep disorders, lack of libido, chronic fatigue, paleness and constipation. There may even be shortness of breath.

Long-term iron deficiency leads to anaemia. This can be recognised by the paleness of the skin and especially the mucous membranes (inside of the lips, eyelids, gums).

This can result in dangerous **warning symptoms** such as dizziness, fainting spells, shortness of breath, heart palpitations, sweating, anxiety and nausea.

Sickle cell anaemia: blood cells with oxygen and nutrient deficiency

Healthy blood cells supplied with oxygen.

Causes for Iron deficiency anaemia

Iron losses due to bleeding from the digestive tract, e.g. due to stomach ulcers, inflammation of the stomach lining (gastritis), haemorrhoids, infections, diverticula, intestinal polyps, parasites, but also due to malignant tumours.

Genital bleeding in women, most often due to menstrual bleeding, but also due to heavy blood loss during childbirth; blood loss from other organs; injuries or surgery; frequent blood donations, blood collection and dialysis treatment;

Low iron diet. A lot of iron is contained in pulses, nuts, vegetables,

fruit, cereals, meat and fresh herbs such as parsley and nettles...

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

The absorption capacity of iron is different for each person. There are many iron supplements, but some people cannot tolerate them or the body cannot metabolise them efficiently. Colloidal iron can be absorbed well by all people.

Colloidal Lithium

Keywords

Depression

Fear

Manias

Bipolar (manic-depressive) disorder

Mood stabilising

Serotonin deficiency

Cluster headache

Migraine

Addiction

Dementia

Parkinson's

ADHD

Lithium is a silvery-white light metal that belongs to the alkali metals. In the body, it serves as an essential trace element. The name was derived from the Greek term for stone = lithos.

On earth, lithium does not occur in elemental form, but in around 150 compounds from which it must first be isolated, e.g. also for lithium-ion batteries.

Psyche

Lithium has been used to treat **mental illnesses** since ancient times. Since the middle of the 20th century,

it has been used primarily in the treatment of affective disorders (manias) and to prevent episodes of manic-depressive psychoses.

Lithium acts on the **central nervous system**, namely within the nerve cells. During synaptic transmission, it is involved in the transmission of signals. Lithium is also an important component of cerebrospinal fluid. This is why it is also used for **dementia, Alzheimer's, Parkinson's and ADHD, among others.**

Depression is often accompanied by overwhelming feelings of anxiety. Lithium can thus also be used therapeutically as an adjunct in anxiety therapy. It can also be taken in the short term - before exams and other frightening situations such as fear of flying, difficult conversations, public appearances, etc. (start using it 5 days beforehand). (start using it 5 days beforehand).

Colloidal lithium has the advantage over pharmacological lithium drugs that it has no side effects and one cannot overdose it. Too high a lithium level can lead quite quickly to unpleasant and even dangerous symptoms: Tremor, rigour, nausea, vomiting, cardiac arrhythmia, leucocytosis.

Bipolar affective disorder
Disorder

Lithium is most frequently used for **bipolar disorder, mania or depression** - on the one hand as a phase prophylactic (preventive), on the other hand in combination with other antidepressants (augmentation).

Bipolar affective disorder is also known as "manic-depressive illness". Those affected suffer from uncontrollable and extreme swings in their drive, activity and mood, which fluctuate far outside normal levels towards depression or mania.

Mania is an extreme high in which the sufferer is strongly driven and conspicuous by excessive staging and devastating spending of money. Manic phases are always accompanied by over-excited drive and restlessness, often with inadequate euphoric or irritable mood.

This euphoria alternates uncontrollably with severe depressive phases: "High as the sky - saddened to death".

Depression is characterised by abnormally depressed mood and drastically reduced drive. Lithium is also used for pure **depression and anxiety** because it has a reinforcing effect on the serotonin system and brightens the mood.

Bipolar affective disorder is characterised by an episodic course with depressive, manic or hypomanic and mixed episodes.

Hypomania is defined as mania that is not as pronounced. However,

hypomania is already clearly above a normal activity and/or mood swing.

Between episodes of illness, there is usually an improvement. Drive and mood are then again within the normal fluctuations between the two extremes. Lithium is mainly given during the relapses.

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

Lithium also works against muscle tension and the increased tension potential in the nerves associated with this disease.

Ask your therapist if you can take the colloidal lithium as a substitute or complement.

Cluster headache

Lithium is also used in the treatment of cluster headaches - also as a preventive measure. This manifests itself as severe one-sided pain in the area of the temple and eye, occurring in attacks. Other names for cluster headache are: Bing-Horton neuralgia, histamine headache, erythroprosopalgia.

The term cluster refers to the characteristic of this type of headache to occur periodically in clusters, fol-

lowed by symptom-free intervals for months to years.

Migraine patients can also benefit from lithium therapy.

Further effects

Lithium has a fundamental influence on the **activation of the immune system**, especially in viral infections. It is a urea-solubilising salt that acts on the water balance. It makes otherwise insoluble substances such as uric acid soluble. Therefore, it can prevent **oedema** and improve **gout**.

Lithium is also stored in the lymph nodes and in the skeleton. It stimulates the blood formation of the bone marrow. In combination with zinc, it increases **cell immunity**.

What else is lithium used for?

- With nicotine and alcohol addiction: Consumption causes serotonin levels to rise in the short

term, but to go down in the long term. Serotonin is one of our most important happiness hormones. Lithium can stabilise the serotonin level.

- May reduce drug cravings and withdrawal symptoms
- To improve memory
- For the relief of irritability and inner restlessness, for mood swings.
- For drowsiness, dizziness, faintness
- For sleep disorders

Please note:

Colloidal lithium should be taken or rubbed in over a long period of time. Just like pharmaceutical lithium or other anti-depressants.

A detailed description of lithium can be found in the **book**

James Greenblatt: *Lithium, the super mineral for brain and soul* (VAK-Verlag).

Colloidal Magnesium

Keywords

Prevention of heart disease

Heart rhythm disorders

Arteriosclerosis

Performance and productivity

Musculature, cramps

Metabolism

Diabetes

Anti-stress mineral

Tension headache,
migraine

Sleep well

Gastrointestinal

Nervousness

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

Functions of magnesium

Magnesium is widely distributed in the plant kingdom. It is an important building block for the cell function of plants, especially for chlorophyll formation. Chlorophyll in turn, the leaf green, incorporates carbon from the carbon dioxide in the air into the plant cell with the help of sunlight and thus ensures the plant's survival.

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

A small part of the magnesium is located in the area outside the cells and is involved in the interaction of neuropeptides, i.e. hormones and neurotransmitters.

The daily requirement of humans is about 300-350mg. Since the body is not able to produce magnesium itself, this important mineral must be supplied. The requirement can be increased during physical or mental stress, during pregnancy and breastfeeding, in growth phases and for athletes as well as in old age.

Prevention against Heart disease

For healthy heart muscle activity, the cells need sufficient amounts of oxygen- and nutrient-rich blood. Magnesium improves the performance of the heart muscle and dilates the coronary vessels. It allows the blood to flow better through the veins.

This makes it an important factor in the **prevention of arteriosclerosis**

sis, heart attacks and thrombosis.

Here, too, studies show that 30% of fatal cardiovascular diseases such as heart attacks can be prevented by optimal magnesium blood levels. One of the first studies to prove this connection was the "Framingham Study" in the 1950s (5,000 participants). More about this topic can be found at journalmedizin.de/heart-circulation.

Heart rhythm disorders

Magnesium is therefore essential for heart function. It ensures a good oxygen supply to the heart and reduces high blood pressure.

Even a slight magnesium deficiency has a negative effect on the heart. In the case of cardiac insufficiency and cardiac rhythm disorders, it is strongly recommended to check the magnesium level in the blood and replenish it if necessary.

Arteriosclerosis

With magnesium deficiency, free radicals take over. This causes an increased consumption of vitamin E, one of the most important radical scavengers in the body. Therefore, a magnesium deficiency also means a vitamin E deficiency.

The result is that free radicals put the blood vessels under oxidative stress and attack their walls. Plaques can build up in the damaged areas, the blood vessels narrow and arteriosclerosis develops. Magnesium

therefore plays a decisive role in prevention.

Power in sport through magnesium

Sporting fitness is the basis for health and well-being. Regular physical activity boosts the cardiovascular system, strengthens the **immune system and** permanently increases **productivity**.

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

The supply of magnesium plays a particularly important role for people who are active in sports. Magnesium regulates the interaction of nerves and muscles and thus enables **coordinated muscle contractions**.

Any form of physical exercise is therefore dependent on a sufficient supply of magnesium. The first signs of an undersupply are **muscle tremors and calf cramps**.

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

Magnesium **relaxes the muscles**. You can feel this particularly clearly when you rub **magnesium oil into** aching muscles.

Metabolism

The most important **enzymatic processes** take place in the presence of magnesium. More than 300 enzymes are only activated by magnesium. Magnesium is therefore involved in an extremely large number of metabolic processes in the body, e.g. in the central nervous system, also in ATP production (adenosine triphosphate is the main energy carrier in the cells), in the muscles, in the gastrointestinal tract, in the heart muscle, skeletal muscles and the strength of the bones. Magnesium is also responsible for the combustion of carbohydrates and fats and for the formation of proteins and nucleic acids (carriers of genetic material).

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

In a similar way, magnesium intervenes in **fat and carbohydrate metabolism** and is one of the major contributors to protein metabolism.

The organism tries to maintain the magnesium level in the blood. In the case of a deficiency, the magnesium level in the blood is always affected first. The body reacts to this with increased neuromuscular excitability, which can manifest itself in **cramps, diarrhoea and reduced mental resilience**.

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 waypack hormone" insulin. Magnesium improves **sugar utilisation and** thus leads to a lower insulin requirement.

Magnesium, zinc and chromium are an optimal combination for the prevention of diabetes.

Magnesium and stress

On the one hand, this mineral is needed to produce the stress hormones noradrenaline and adrenaline. Without these, we would not be able to cope with the challenges of everyday life. On the other hand, magnesium dampens the increase of these stress hormones and counteracts excessive irritability, aggressiveness and other stress-related overreactions of the body.

A vicious circle can develop between stress and magnesium. Under greater emotional and mental stress, the magnesium in the cells decreases more and more, this at the same time leads to an increased stress reaction. If people react overanxiously or nervously to challenges and stress, they may be lacking magnesium.

Tension headache, migraine

Magnesium ensures a stable resting potential of muscles and nerves. It is of central importance in the conduc-

tion of excitation (from nerves to muscles). If it is present in sufficient quantities, magnesium avoids over-excitability of the central nervous system. When the store is filled, the mineral compensates for the effects of physical strain and stress.

Most migraine patients have a magnesium level that is too low. Because magnesium is involved in the conduction of excitation and thus influences muscle function, muscle cramps, tension, among other things in the shoulder and neck area, can be the consequences of magnesium deficiency. These symptoms often accompany migraine attacks and are considered to be the trigger for tension headaches.

Sleep problems

Magnesium helps to fall asleep better because it calms and relaxes the muscles. In many cases, muscle tension is the reason for problems falling asleep. Here you should take the colloidal magnesium one hour before going to bed.

Night cramps often disappear with magnesium supplementation, unless they have a cause other than magnesium deficiency. Rubbing with colloidal magnesium oil also brings immediate relief.

Magnesium deficiency can cause the following complaints

- Disturbances of the heart function, e.g. heart rhythm disturbances.
- Reduced performance, concentration disorders
- Muscle cramps and twitching
- Migraine, tension headache
- Disorders in sugar metabolism, diabetes
- Stress, nervousness
- Tingling in arms and legs
- Gastrointestinal complaints
- Menstrual cramps
- Risk of preterm labour and eclampsia (EPF syndrome)

Causes of Magnesium deficiency

- Magnesium deficiency can result from
- Increased need due to stress, sport, also often during pregnancy
- Unbalanced or malnutrition
- Eating disorders
- Vomiting and diarrhoea
- Alcohol abuse
- Liver cirrhosis
- excessive use of laxatives
- Kidney diseases
- Pancreatitis (inflammation of the pancreas)
- Chronic inflammatory bowel diseases
- Hyperthyroidism
- in the growth phase in adolescents

Medications such as diuretics and antibiotics can also negatively affect magnesium levels.

Colloidal Manganese

Keywords

Hormone balance

Protein, fat and
Carbohydrate metabolism

Energy

Diabetes mellitus

Uric acid levels

Bone, cartilage,
osteoporosis

Gout

Immune function

Wound healing

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

The human body contains about 10 to 40 mg of manganese. About 25 percent of this is found in the bones. Furthermore, manganese is found in the liver, kidneys, pancreas, muscles and hair pigments.

Manganese is one of the motors 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, as these cells have to

perform the most. A deficiency affects these organs most quickly.

Hormone balance

The pituitary gland (hypophysis), the pineal gland (epiphysis) and the mammary glands in women need manganese. It is also important for the production of **thyroid hormones**.

Manganese is needed for the biosynthesis of the "happiness hormone" **dopamine**. Dopamine ensures balance, inner peace and cheerfulness in the body.

In the case of libido deficiency, manganese deficiency can also be the cause, because this reduces the secretion of sex hormones.

Metabolism

Manganese activates over 60 **enzymes**, especially those that make certain vitamins function in the metabolism. It is therefore enormously important for protein, carbohydrate and fat metabolism.

Inside the body cell, manganese stimulates enzymes that do not break down protein but assemble it. Therein lies the secret of youthfulness. If manganese is lacking, **protein metabolism** in the cells is reduced. But protein is important for **cell renewal**. If there is a deficiency, the cell nucleus and other cell

parts can no longer be regenerated properly, premature ageing occurs.

Also, the excess fat in the bloodstream cannot be integrated into the **fat metabolism** and other metabolic processes without this trace element. Manganese therefore helps to break down blood fats and thus protects against **arteriosclerosis and heart problems**.

The protein building block histidine (mostly found in animal food) and citrates (salts of citric acid) facilitate manganese's entry into the metabolism and thus increase its bioavailability. However, taking manganese in colloidal form is even more effective.

Energy generation

Manganese is also important for the formation of adenosine triphosphate (ATP) in the body. ATP is the most important substance for energy transfer in the metabolism of all living beings and is therefore considered a synonym for **energy**. ATP is produced in the mitochondria of the cell, for example during the breakdown of food components (fat and carbohydrates) through the process of glycolysis.

Diabetes mellitus

Manganese also participates in the formation of new glucose. **Hypoglycaemia** is the dropping of the blood sugar level below the normal value. This can lead to **faintness, trembling, nervousness, inner restlessness and weakness**.

One cause of hypoglycaemia is an excess of insulin in the body, either as a result of insulin overdose in patients with diabetes mellitus or due to insulin overproduction by the body. Insulin is essential for the control of **carbohydrate metabolism** (synonymous with sugar metabolism).

When insulin is in excess, blood glucose levels are drastically reduced because insulin increases the conversion of glucose (simple sugar) to glycogen (in the liver and muscles) and to fat (in adipose tissue), which can cause obesity.

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

Uric acid

Manganese 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 disorder in the uric acid metabolism can cause **gout**; in this case, uric acid crystals are deposited in the joints. People with high uric acid levels in their urine can develop **kidney stones**.

Bone and cartilage

Manganese, along with other vital substances, is involved in bone formation and cell renewal in bones and cartilage. A quarter of the body's manganese is stored in the bones. It activates an enzyme involved in proteoglycan synthesis in cartilage and bone.

Manganese is an indispensable building block for the prevention and treatment of bone loss (e.g. in the jaw) and osteoporosis. Osteoporosis mostly occurs in women of advanced age.

Together with calcium, vitamin D3, zinc, boron, magnesium and copper, manganese can sustainably increase bone mass.

Further effects

Manganese is involved in the production of prothrombin, a protein that enables **blood clotting**. With manganese deficiency, wounds heal more slowly.

It is also involved in the production of **melanin** (pigments in skin and hair).

Manganese activates a number of enzymes that act as **antioxidants** (e.g. manganese superoxide dismutase) and are important for the utilisation of vitamin B1 (phosphatase).

Manganese is necessary for the **metabolism of vitamin C**. No matter how much fresh fruit you eat, not even 20% of the vitamin C it con-

tains could be utilised without manganese.

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

Possible causes of manganese deficiency

- Poor diet, for example when large amounts of simple carbohydrates (simple sugars) are consumed.
- Prolonged artificial feeding
- Alcoholism
- Excessive intake of other minerals, such as calcium, iron, phosphate and zinc. The reason is that the minerals hinder each other during absorption. This competition does not occur when taken in colloidal form.
- Long-term use of certain psychotropic drugs
- Heavy metal pollution
- Increased oxidative stress (increased accumulation of highly reactive oxidants, i.e. free radicals).
- Congenital enzyme defect (porphyria)

Manganese deficiency can cause the following com-

plaints

cause

- Lack of energy, fatigue, susceptibility to infections
- Disorders of the lipid metabolism, which manifest themselves, for example, in the form of hypocholesterolaemia (reduced concentration of HDL cholesterol) or as fatty liver.
- Impaired carbohydrate metabolism, diabetes mellitus, hypoglycaemia
- Coagulation disorders due to a prolonged prothrombin time (slow wound healing)
- Gout, kidney stones
- Elevated calcium, phosphorus and glucose blood levels
- Growth disorders
- Osteoporosis
- Decreased production of sex hormones, lack of libido
- Infertility
- Ringing in the ears
- Dry, cracked skin
- Declining hair growth, premature greying

Please note: Long-term iron deficiency can also lead to manganese deficiency.

Colloidal Molybdenum

Keywords

Uric acid metabolism

Alcohol and nicotine degradation
in the liver

Kidney function

Gout (with excess of M.)

Antioxidant

Virility, fertility

Caries

Inflammation of the gastrointestinal tract

Visual impairment

Molybdenum is a relatively hard but brittle metal. In its pure form, it has a colour comparable to tin and oxidises in air. At low temperatures, it is superconducting.

The human body contains about 10mg of the essential trace element molybdenum, especially in the skeleton and in the internal organs and skin.

Demand

The German Nutrition Society states the daily requirement of molybdenum as 50 to 100 µg for children from the age of 12 and adults.

An increased need for molybdenum can occur in some inflammatory

bowel diseases such as Crohn's disease and ulcerative colitis or in absorption disorders. Furthermore, a deficiency can result from anorexia or prolonged artificial feeding.

Functions in the body

Molybdenum is an important **link for other trace elements**. For example, iron and sulphur cannot be sufficiently utilised by the body without molybdenum.

Molybdenum supports a number of important enzymes in the **metabolism** as a cofactor.

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

Detoxification of the kidneys

In the case of molybdenum deficiency, the purine metabolism is disturbed and there is an accumulation of xanthine, which is normally converted to uric acid by the enzyme xanthine oxidase. With a long-term increase in the xanthine concentration, **xanthine stones** can form in the kidney.

Surplus

Molybdenum is antagonist to copper. This means that if there is a copper deficiency, there can be too much molybdenum in the body.

In the case of molybdenum excess, too much uric acid is formed - uric acid crystals (urate) are deposited in the joints, among other places, and **gout** can occur.

The kidneys also suffer from an excess of molybdenum. So especially for the kidneys, the right molybdenum concentration is important, not too little and not too much. Here, too, the colloid has the advantage that the body takes just as much as it actually needs; the excess is excreted.

Further effects

Uric acid also plays an important role in the organism in the chemical **binding of free radicals**, among other things. A molybdenum deficiency leads to a reduction in the uric acid concentration and thus increases the load of free radicals on the cells, which can cause mutations in the DNA.

In the case of molybdenum deficiency, there are disturbances in the **sulphite oxidase metabolism**, whereby the degradation of toxic, sulphur-containing compounds is reduced.

Furthermore, molybdenum has a very positive effect on certain forms of **impotence**. Inadequate sexual

function in men and **infertility** can be improved by combined molybdenum-zinc administration.

Beyond its function in metabolism, molybdenum is a component of the **teeth**. It promotes fluoride incorporation into the teeth. And it has a bacteriostatic effect, i.e. it inhibits bacteria in their growth.

Many studies have shown that there is often a molybdenum deficiency in **mucosal** inflammations - especially in the digestive tract in inflammations of the oesophagus, stomach (gastritis) and intestines (ulcerative colitis and Crohn's disease). Thus, sufficient molybdenum is also a prevention against tumour formation in the digestive tract (cancer of the oesophagus, stomach and intestine).

Molybdenum deficiency can cause the following complaints

- Nausea, vomiting, diarrhoea, abdominal cramps
- Fatigue
- Susceptibility to infection
- Inflammation of the mucous membranes in the digestive tract
- Heart palpitations, heart rhythm disturbances
- Shortness of breath
- Increased caries
- Itching

- Impaired vision, night blindness
- Exaggerated nervous excitability
- In the case of long-lasting deficiency, also growth disorders or developmental disorders of the embryo during pregnancy.

Colloidal Nickel

Keywords

Metabolism

Hormones

High blood pressure

Diabetes mellitus - better medication adjustment

Detoxification

Digestive disorders

Energy balance, productivity

Heart failure

Note: Nickel allergies occur when nickel compounds are ingested, e.g. when wearing costume jewellery. However, since colloidal nickel is pure and not bound to other substances, allergic **reactions** (nickel allergy) do **not** occur here.

The highest concentrations of the essential trace element nickel are found in the kidneys, lungs and endocrine glands.

Metabolism

Nickel is involved in the synthesis and metabolism of nucleic acid, proteins, enzymes, skin pigments and hair. It is a very contact-friendly mineral that forms compounds with very many other substances, e.g. protein building blocks.

The trace element contributes to a healthy carbohydrate metabolism, energy balance and hormone metabolism.

Hormones

The effect of the **stress hormone** adrenaline is reduced by nickel.

It enhances the effect of some important hormones, e.g. insulin (hormone to **lower blood sugar levels**) and vasopressin (hormone to **lower blood pressure**).

Diabetes

In type 1 and 2 diabetes, positive observations were made with nickel supplementation. 60% of diabetics benefited from this therapy.

In type 1, better adjustment with fewer insulin injections became possible. In addition, nickel is given to diabetics who are difficult to adjust.

Detoxification

With a nickel deficiency, the **excretion of pollutants is** slowed down. The pollutants concentrate in the blood and can cause symptoms similar to kidney failure. In fact, however, the kidney continues to function normally and is not affected.

As a protein component, nickel is involved in the breakdown of harmful substances. Nickel supplementation can therefore (in the case of a deficiency) **improve detoxification** and reduce the accumulation of toxins in the liver.

Nickel is also important for the beneficial bacteria of the intestinal flora. Therefore, it can improve digestion.

Last but not least, nickel supports the **absorption and utilisation of iron in** the body.

Causes of nickel deficiency

- Malnutrition
- Eating disorders
- Alcohol addiction
- Extreme stress
- Chemotherapy and radiation

plaints cause

- Decreased iron utilisation
- Anaemia (= anemia)
- Digestive disorders
- Fatigue
- Heart failure
- Infertility in animals

A deficiency of nickel can cause the following com-

Colloidal Platinum

Keywords

Women's suffering

Nervous system

Ability to concentrate,
Memory

Intuition & Creativity

Hormone system

Perfectionism

Cancer

Platinum is a very rare precious metal, much rarer than gold. Platinum is also known as white gold and symbolically corresponds to light, while gold is associated with the sun.

The name comes from Spanish and is derived from plata =silver, meaning the "smaller silver".

Women's suffering

According to therapists, platinum is considered a **women's remedy**. It has a strong connection to sexuality and the female sexual organs. Platinum can be helpful for sensitive genitals, ovarian and uterine diseases, fluor albus (white discharge) as well as menstrual cramps (dysmenorrhoea). The topics of pubertal anorexia and bulimia also belong in this subject area.

Nervous system

Platinum has a positive effect on the central nervous system with brain and spinal cord. Platinum improves the electrical transmission of the synapses in the brain and the general regeneration of nerve tissue. Thus, it can lead to **better memory performance and increased concentration**. Nerve disorders and nerve pain can improve.

Intuition and creativity can also be stimulated by platinum.

Hormone system

Platinum also has a positive influence on the **hormone system**: it supports the endocrine glands and in particular the formation of the thymus factor. This hormone influences the maturation of the T-lymphocytes and is therefore important for the **immune system**.

Due to its influence on the nervous and hormonal system, platinum is also associated with a **psychological group of forms**: When one feels superior and lonely at the same time (narcissism); when one is perfectionistic and at the same time has the feeling of not being recognised; when one's own high standards are not met by others and one therefore despises them; when moods suddenly change (laughter and crying, cheerfulness and dejection). Plati-

num is even mentioned as helpful in connection with autism.

Cancer

Platinum compounds are often used in medical **cancer therapy** (as a component of cytostatics).

Platinum has the ability to support the **repair of DNA**, which is a continuous process.

Possible signs of a need for platinum

- Rapid mood changes
- Neuralgia (nerve pain, e. g. trigeminal)
- Tingling, "ants running"
- Facial paresis (facial paralysis)
- Partial sensation of cold
- Obesity
- Bulimia
- Allergies
- Phobias
- Sexual disorders
- Either idle sexual desire or libido deficiency
- Hypersensitivity of the vagina
- Numbness of the genitals
- Sexual abuse
- Dysmenorrhoea (menstrual cramps)
- Menses black, pitchy, abundant and of short duration.
- Leucorrhoea (fluor albus, white discharge)

- Genital herpes
- Ovarian cysts, especially on the left side

Colloidal Potassium

Keywords

Cell metabolism of carbohydrates, fats , proteins and hormones

Glucose metabolism

Brain function

Hormones

Heart rhythm disorders

Athlete, performance

Cell metabolism

In the human organism there are about 2g of the essential quantity element potassium per kilogram of body weight. 98% is found inside the **cells**. The cell fluid serves as a solvent for enzymes and proteins. Potassium is mainly needed for energy production and is thus significantly involved in the regulation of the water-electrolyte balance. At the same time, it regulates the **balance of acids and bases**.

If the exchange of nutrients were to stop, more water would enter the cell and cause it to burst. Potassium maintains the osmotic pressure on the cell. A failure of the sodium-potassium pump would be the precursor to cell death.

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

Glucose metabolism

Potassium is also irreplaceable in glucose metabolism. Potassium, supported by phosphorus, transports glucose to the brain cells. Unlike all other cells, the brain cells want to be supplied exclusively with glucose (in addition to oxygen). For humans, the lack of glucose makes itself felt in dizziness, lack of concentration and sudden tiredness.

Brain cells prefer glucose because this molecule can be quickly broken down and made available. In dangerous situations, the brain needs to be wide awake quickly in order to react properly. It takes much more time until a fat molecule is burned and available as cell food.

Hormones

Potassium absorption takes place mainly through the small intestine and is regulated by the hormones of the adrenal cortex. The adrenal glands also play an important role in stress-related processes in the body. They induce an increased hormone release during stress, which in turn results in an increased potassium excretion in the intestine.

It is dangerous to eat a diet that is not only low in nutrients but also high in sodium chloride. The kidneys are constantly trying to eliminate the excess sodium from the body. But since potassium excretion is linked to sodium excretion, potassium is also lost. Potassium, together with sodium, regulates the body's fluid balance and is vital for heart function.

Heart rhythm disorders

Potassium deficiency can lead to heart rhythm disturbances, muscle weakness and even reduced reflexes because it is significantly involved in **cell excitation and signal transmission**. The most dangerous effects of a potassium deficiency are on the heart. The so-called sinus node then gives the heart the command to contract more frequently due to an overreaction. This leads to tachycardia, the heart beats too fast.

In addition, with a potassium deficiency, the heart cells recover much more slowly after a contraction. Since the recovery time varies from cell to cell, the cells get out of their usual rhythm. The result is heart rhythm disturbances.

Danger from laxatives

Regular laxative use results in extreme potassium losses. Without potassium and the other minerals, the intestines cannot be stimulated to work on their own again. This is because intestinal movement is also dependent on **nerve stimuli** and neuromuscular excitation. These in turn cannot be activated without sufficient potassium. The intestines become increasingly flabby, and higher and higher doses of the laxative have to be taken in order to have any effect at all. A vicious circle ensues.

A potassium deficiency can also be caused by taking diuretics (dehydrating agents). In addition, many minerals are lost through frequent vomiting and diarrhoea.

Potassium for athletes

95% of potassium is excreted in the urine, the remaining percentages are mainly due to respiration and sweat. Competitive athletes are a special case. Due to the exertion, the body sweats extremely heavily and excretes many electrolytes, such as potassium, through the sweat. For this reason, athletes must pay special attention to a sufficient supply of potassium and minerals.

Effects of potassium can be

Physical - electrical conduction, regulation of osmotic pressure, controls the pineal gland.

Mental - against fears, for inner contentment, against oversensitivity

Mental - Increasing perceptual ability

Potassium deficiency can cause the following complaints

- Increased nervousness
- Sleep disorders
- Fatigue
- Cardiac arrhythmias, circulatory problems
- Muscle weakness
- Muscle cramps
- Constipation
- Intestinal cramps, flatulence
- Dry skin
- Headache
- Delayed wound healing

Colloidal Selenium

Keywords

Antioxidant - free radicals

Cell protection

Cancer

Immune system

Heavy metal detoxification

Lighten the mood

Cardiovascular diseases

Thyroid gland

Arthritis

Selenium is an essential trace element. The selenium content in plant foods depends on the selenium content of the soil and can vary greatly. In Europe in particular, the soils are very low in selenium according to measurements by environmental authorities. This means that many people have a selenium deficiency and do not know what health consequences this can have.

The total amount of selenium in the human organism is about 10 to 15 mg.

Free radicals

Selenium is an essential trace element and functions in the body as a component of important enzymes. It is contained in the enzyme glutathione peroxidase (=GPO), which binds

free radicals inside the cell so that the life-supporting genes are not destroyed.

Free radicals are formed in most body cells as by-products of metabolism. Some cell types, e.g. the phagocytes of the immune system, produce larger amounts of free radicals than others.

Even oxygen and UV light produce free radicals, which the body normally copes well with. But if the system gets out of balance, too many free radicals have a destructive effect on the tissue and the cells (oxidative stress).

An excess of free radicals results from inflammatory processes, infections, after operations, from an unbalanced diet, from toxins such as alcohol and nicotine, and from mental and physical stress.

Since selenium is one of the most important radical scavengers, as already mentioned, it is also called the "fountain of youth".

Cancer

Inside the cells, free radicals lead to the oxidation of certain molecules and can thus cause cell damage and even trigger cancer. An adequate supply of selenium is therefore also an important **preventive measure against cancer**. For more on free

radicals, see Colloidal fullerenes and germanium.

The selenium level decreases continuously in the course of a cancer disease. Selenium therapy is successfully used for prostate, lung, oesophageal, stomach and colon cancer. The side effects of chemotherapy can also be significantly reduced by selenium, e.g. inflammation of the mucous membranes and a drop in leukocytes and lymphocytes.

For prevention, 3-5 drops of colloidal selenium are recommended every 3 days.

Immune system

Selenium is one of the greatest allies of our immune system. The trace element prevents complaints and diseases, accelerates healing processes and strengthens the defence against carcinogenic substances.

The production of antibodies against pathogens and cytotoxins is also selenium-dependent.

Since selenium also protects the defence cells (leukocytes, monocytes and lymphocytes) from free radicals, it has a positive effect on the immune system. However, selenium relieves the immune system not only through its antioxidant effect, but also through its heavy metal-binding property.

While vitamin E as an immune substance mainly protects the oily cell membranes, the selenium-containing GPO enzyme comes into play in the

aqueous cell interior, in the cell nucleus and in the mitochondria - in other words, exactly where free radicals attack particularly aggressively.

Viruses generate strong oxidative stress. Selenium can limit the replication of viruses and mitigate the effects of viral disease. A Chinese study from April 2020 showed that the effects of covid-19 and mortality rates were higher in areas with selenium-deficient soils.

Heavy metal detoxification

Selenium binds toxic heavy metals such as arsenic, lead, mercury and cadmium. This creates selenium-metal compounds that no longer harm the body.

The antioxidant and heavy metal-binding properties of selenium naturally also have a positive effect on nerve cells. This explains the **mood-lifting effect**. Selenium is also an important building block of neurotransmitters such as serotonin.

Cardiovascular system

Selenium ensures that the tissue remains elastic, arteries do not become clogged, blood pressure does not rise excessively and the heart muscle cells are supplied with sufficient oxygen.

Together with vitamin E, selenium prevents **heart dysfunction** and thus prevents angina pectoris. If the ECG sounds an alarm, selenium may be able to help.

Thyroid gland

It is a small organ with important functions for metabolism: energy consumption, regulation of body heat, activity of nerves, muscles, heart, circulation, stomach and intestines, mental well-being, sexuality and physical and mental development.

Important for our vitality is the selenium-dependent enzyme deiodinase, which is needed for the **formation of thyroid hormones**, namely in the conversion of thyroxine (T4) to triiodothyronine (T3).

Since T3 is much more effective in metabolism than T4, a T3 deficiency results in hypothyroidism. A common form is Hashimoto's disease, in which the thyroid gland completely dissolves.

Hypothyroidism does not necessarily have to be due to an iodine deficiency, but can also be related to a selenium deficiency.

During the formation of thyroid hormones, large amounts of free radicals are produced in the thyroid gland. Selenium is needed to defend against them - and if it is lacking, the tissue of the thyroid gland can suffer damage in the long run.

Weight gain and metabolic problems can be the result, for example. The process of dieting is known as the yo-yo effect. The thyroid gland adjusts and lets the body run on an "economy flame".

Selenium can also help with **male infertility**. The function of the testicles depends on a high concentration of selenium-containing proteins.

Causes of selenium deficiency

The selenium content of cereals depends on the selenium content of the soil. The arable soils in Europe are relatively low 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.

The monoculture practised over many years, the use of chemical fertilisers and climate change are also responsible for the selenium deficiency in the soil. Farmers have to give their animals selenium-enriched feed or fertilise the soil with selenium to prevent deficiency symptoms.

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

There are also **disease-related selenium deficiencies**: due to chronic intestinal inflammation, genetic selenium metabolism disorders, kidney weakness, long-term dialysis or cystic fibrosis.

Selenium deficiency can cause the following complaints

- Increased susceptibility to infections, weak immune system
- Constant fatigue and lack of concentration - and as a result self-doubt and even depressive moods
- Weight gain
- Cardiac dysfunction
- severe hair loss
- Psoriasis, dandruff
- Infertility in men
- Muscle complaints
- Muscular dystrophy
- Kaschin-Beck disease (articular cartilage degeneration)

The following risk groups can be affected by a selenium deficiency

- Vegetarian or vegan
- Pregnant and breastfeeding women
- Cancer
- Diabetics
- Alcoholic
- Smokers
- People with chronic inflammatory bowel diseases (Crohn's disease, ulcerative colitis)
- ... with thyroid disorders
- ... with heavy metal contamination
- ... with bulimia or anorexia
- People who have a lot of stress

On the website [selen-heilt.com](https://www.selen-heilt.com), under the search term "selenium deficiency", there is an article from March 2020 about the risk groups.

The standard values of the selenium content in the blood are often set too low. Optimal values are between 120 and 160 µg per litre of whole blood.

Colloidal Silicon

Keywords

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

Elastic tendons & ligaments

Healthy skin

Stable connective tissue, cellulite

Beautiful hair

Cellular respiration

Anti-aging

Elasticity and stability of vessels

Immune system

Inflammations

Silicon is an essential, i.e. vital trace element. It does not occur in nature in isolation, but only bound to oxygen - in the form of silicic acid. Silicic acid was the only known form of silicon absorption until colloidal silicon was developed.

The human body contains about 7g of silicon. 50mg must be taken in daily. The absorption of silicic acid through food requires a lot of energy for the body because of the relatively large molecules. It only manages a maximum resorption rate of five percent via the metabolism.

Colloidal silicon, on the other hand, with its approx. 10,000 times smaller particles, can be utilised almost one hundred percent by the organism.

Building material for the Body framework

Silicon promotes the formation of the connective tissue fibres **collagen and elastin**. It thus promotes the elasticity and strength of the connective tissue and the vascular walls as well as the matrix and mineralisation of the bones (calcium incorporation). It helps to build up and strengthen the cartilage in the joints.

Tendons and ligaments also remain elastic.

The trace element is also a central building material for skin, hair and nails and ensures resilience.

Skin

At 1.8 m², the skin is the largest human organ. Silicon plays a special role in building a stable skin structure because it forms effective cross-links with proteins - in addition to collagen formation.

Silicon fills wrinkles in the face and tightens the neck and décolleté. That is why silicon is called the colloid of beauty.

For inflammatory skin diseases such as acne, psoriasis and neurodermatitis, the silicon can additionally be

used successfully as **colloidal silicon oil**. Very good results have been achieved especially together with colloidal zinc oil and silver oil.

Hair

When the **hair** shines, the person shines. Hair has a signalling effect for beauty and health. Whether red, blond, black, brown or grey - people with healthy hair stand out positively. Colloidal silicon can strengthen the hair from the inside.

Hair is not only an indicator of external health, but also of internal health. A hair analysis can detect deficiencies in minerals and trace elements, among other things.

Connective tissue, cellulite

One of the best ways to improve the strength of the connective tissue, besides a healthy, low-fat diet and exercise/sport, is colloidal silicon. It provides stability in the connective tissue.

Doctors therefore advise patients who are looking for a remedy for their cellulite to take silicon regularly. Varicose veins can also be prevented by firmer tissue (best combined with sulphur and B vitamins). At first, pain may occur when the vessels are compressed by the firmer connective tissue.

Cellular respiration

Cellular respiration is a central metabolic process. The cells gain **energy** through the oxidation of organic

substances, for example the conversion of oxygen and glucose to carbon dioxide and water (cold combustion).

Silicon therefore activates cell metabolism and thus promotes the ability of cells to divide, i.e. to grow again.

Cellular respiration is reduced by silicon deficiency with increasing age, so the organism has less energy. This creates a cascade of ageing and degradation processes that accelerates more and more, because the cells absorb silicon through cellular respiration. Reduced cellular respiration means: even less silicon in the cells.

Anti-Aging

This vicious circle can be broken through the regular use of colloidal silicon, and signs of ageing *and* wear can be reduced and delayed.

In addition, if there is a lack of silicon for vital cellular respiration, the body gets it from connective tissue, bones and skin - the body structure becomes weak. If, on the other hand, sufficient silicon is available, it can be used for cell respiration **and** for building up the body structure.

Silicon plays a major role in our appearance and beauty. **Skin, hair, nails and connective tissue** need silicon to remain healthy and stable. Over the course of a lifetime, more and more connective tissue and silicon break down in the body.

Silicon plays an important role in the task of binding water. That is why people also dry out visually with increasing age. In contrast to the plump, elastic baby body, the body of the ageing person becomes increasingly wrinkled, the body shrinks, the skin slackens and becomes wrinkled. Along with the connective tissue, the skin's padding recedes, the hair becomes thin and sparse.

The trace element keeps arteries and veins firm and elastic, which in turn has a positive effect on blood pressure.

Immune system

The immune system is the crucial protective function of our body. Silicon strengthens the defence system and mobilises the body's defence forces against invaders and microorganisms such as **viruses, bacteria and fungi**.

Thus, silicon is also successfully used in the therapy of dental disorders: In addition to its antibacterial effect, it also improves the rebuilding of the jawbone when the bone mass has already been eaten away and reduced by bacteria.

Since **inflammations** are often caused by bacteria, silicon also has an anti-inflammatory effect. Especially in inflamed joints and purulent inflammations. If these are not fought, hardenings, fistulas, ab-

cesses or ulcers can develop in the long term.

Silicon deficiency can cause the following complaints

- Lack of energy
- Weak immune system
- Brittle nails
- Dry, straw-like or thin hair
- Dry, wrinkled skin
- Rapid skin ageing
- Skin diseases such as acne, psoriasis or neurodermatitis
- Weak connective tissue
- Cellulite
- Osteoporosis, arthrosis
- Degenerated joints
- Purulent inflammations

A long-lasting silicon deficiency can affect the whole body: In the **ves-**
sels (calcification of the arteries), in the tissues (weakening of the connective tissue) and in the organs, whose function and elasticity are impaired.

French researchers found fourteen times less silicon in arteriosclerotic (calcified) vessels than in healthy ones!

Colloidal Silver

Keywords

Natural antibiotic

Bacterial inflammations

Viral infections

Fungi, external and internal

Immune system

Wounds, also chronic

Various skin problems:
psoriasis, neurodermatitis, acne,
herpes

Silver powder was already used by the Romans over 2000 years ago for wound healing and as an antibiotic. Alexander the Great transported water in silver vessels on his long military campaigns. And our great-grandmothers put a silver coin in milk to make it last longer.

Even back then it was known that you can keep food fresh longer with silver. Because silver renders germs harmless.

With the discovery of penicillin and the triumph of chemical antibiotics, the germ-inhibiting effect of silver was forgotten. Only since bacteria have increasingly developed resistance to antibiotics has the use of colloidal silver been recalled.

Advantages over Chemical antibiotics

Silver particles penetrate bacteria and viruses and damage their envelope and DNA. The pathogens can no longer reproduce and die.

While a chemical antibiotic is effective against a maximum of seven different bacteria, colloidal silver is active against about 650 different pathogens - **bacteria, viruses and fungi**. Whether you want to fight bacterial diseases, viral infections, herpes or annoying athlete's foot: The broad-spectrum effect of colloidal silver is fabulous.

In addition: Aerobic bacteria cannot develop **resistance**, because the silver particles render an enzyme harmless that is needed by aerobic bacteria for oxygen utilisation. No matter how they mutate, aerobic bacteria always need oxygen.

Colloidal silver is compatible with all medicines and homeopathics.

These are invaluable advantages of the natural antibiotic colloidal silver over chemical antibiotics.

The German pharmacy magazine "Apotheken-Umschau" wrote about the "germ killer" in its September 2005 issue:

"The precious metal keeps germs at bay and can thus reduce the risk of infections."

Because silver is effective against germs, doctors, for example, use catheters and other tools containing silver: this minimises the risk of dangerous infections. Silver-containing dressings support the treatment of poorly healing chronic wounds. They are also used in the treatment of burns.

In aeroplanes and rockets, the water tanks are silver-plated. Refrigerators are coated with silver and sports-wear is silver-plated on the inside.

Inflammations

When taken orally, the silver particles are absorbed through the oral mucosa and can spread throughout the body. That is why colloidal silver is one of the most important remedies **for all kinds of bacterial inflammations** - from the organs to the joints and vessels to the skin and teeth. The possible applications are almost unlimited.

Because the silver particles are so small, most of them are excreted again after one to two weeks.

Colloidal silver is simply drizzled into the eyes for eye inflammation. For sinusitis, it can also be sprayed into the nose.

Immune system

Colloidal silver can also be taken as a **preventive measure, e.g.** in times of flu, to counteract the spread of viruses at an early stage.

By displacing pathogens, colloidal silver helps leukocytes (white blood cells), monocytes, lymphocytes and platelets to do their work.

Colloidal silver and Silver oil on the skin

The areas of application are manifold: Inflammatory skin diseases such as psoriasis, acne and neurodermatitis; athlete's foot and other skin fungi; burns, cuts and abrasions. The affected areas are simply sprayed with the silver colloid several times a day. If the skin is dry and inflamed, it can also be rubbed with **silver oil**.

Neurodermatitis patients benefit: Less irritation, less itching, swelling and redness go down, as do weeping spots.

Diabetics can reduce the risk of poorly healing wounds, writes Apotheker Umschau.

Vaginal and rectal application is also possible - e.g. for fungal infections, venereal diseases or haemorrhoids.

Women report that the vaginal application of a tampon soaked in silver brought considerable relief from vaginal fungus, bacterial infestation and bladder infections. The bacteria could also no longer be detected in

the laboratory after the silver treatment.

With every external application (also eye), simultaneous oral intake is recommended.

Side effects?

Colloidal silver is usually very well tolerated. There is no evidence of undesirable side effects from the use of silver colloid, neither in animals nor in humans.

Due to its alkaline properties, silver creates an environment that on the one hand displaces harmful bacteria, viruses and fungi, and on the other hand gives useful bacteria more room to multiply. Therefore, silver does not damage the intestinal flora when swallowed.

Since silver brings the milieu in the desired alkaline direction, it can also be used to regulate the **acid-base balance**.

The only known side effect of silver is argyrie, a grey discolouration of the skin. It has occurred in very rare cases when users have taken high doses of silver for a long time, e.g. in the form of silver nitrate.

It is essential to pay attention to the quality of the silver colloid: Silver particles that are too large can be deposited in the body. These usually occur when the colloidal silver is produced with cheap silver generators where the electrolysis does not limit the particle size.

Animals and plants

Colloidal silver is not only effective for humans, but also for animals. It is appropriate when the pet suffers from a viral or bacterial disease, fungal or parasitic infestation. As it tastes neutral, it is accepted by the animals without any problems.

Plants become stronger and develop more resistance against fungal diseases and parasite infestations. Add the colloidal silver to the water and spray the leaves. Flowers in the vase stay fresh longer if you add a little colloidal silver to the water.

Even septic tanks, sewage water, overturned ponds, aquariums and swimming pools can be freed from bacteria with silver, so that the natural balance is restored.

Colloidal silver can be used for

- Bacterial infestation
- Viral infections (also preventive)
- Fungal infection, e.g. athlete's foot
- Acute and chronic wounds, including open legs. Cuts, burns or abrasions
- Skin problems such as neurodermatitis, psoriasis, acne, herpes
- For the elimination of mercury (silver is an antagonist of mercury).
- Rheumatism
- Chronic cough, asthma, bronchitis
- Sinusitis and frontal sinusitis

- Fever and colds
- Gum inflammation and bad breath
- Inflammation of internal organs, including the intestines
- Eye inflammations
- As a disinfectant in the household
- For animals and plants

You will find **studies** galore if you search for "colloidal silver studies" on the internet. It becomes clear: silver shows excellent results for a wide variety of health problems.

"It is time to recognise colloidal silver as not only the safest medicine in the world, but also the most effective." (Perceptions Magazine)

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

Colloidal Sodium

Keywords

Water balance (dehydration)

Oedema

Sodium-potassium pump

Blood pressure

Nerves and muscles

Acid-base balance

Stomach acid

Physical and mental

Weakness

Muscle cramps

Sodium is an essential quantity element: the human body contains about 100g of it. And that consists of 70% NaCl (sodium chloride = table salt) and 30% sodium bicarbonate (baking soda). Half of the body's sodium is in the extracellular space, almost the other half in the bones and only 5-10% inside the cells.

Water balance

Sodium chloride (salt) binds water and thus controls the water content of the body tissue. A disturbed water balance can manifest itself as dehydration, but also in the form of water retention (**oedema**) in the legs or lungs.

When examining electrolyte and **water balance** (dehydration), the **so-**

dium level in the blood is routinely measured. The sodium level may only fluctuate within a very narrow range (135-145 mmol/l blood). Too much or too little can lead to the disturbance of important functions. For this reason, the sodium level is closely monitored in intensive care units or during infusion therapies, for example.

Sodium-potassium pump

The sodium concentration is high outside the cells and low inside - vice versa as with the counterpart potassium. The **sodium-potassium pump** is a protein and at the same time an enzyme (sodium-potassium ATPase), which ensures that potassium enters the cells and sodium leaves the cells - against the electrochemical potential. This costs energy and consumes ATP.

This ion pump creates a voltage between the inside and outside of the cell, ensuring that the cells contain sufficient fluid and are "plumped up".

Blood pressure

The sodium-potassium pump also regulates **blood pressure** via the water balance. With a high sodium intake (a lot of salt in food), the body retains more water - because

salt binds water. This increases the volume of the blood. Since the blood vessels cannot expand to accommodate the increased blood volume, blood pressure rises. That is why therapists advise hypertension patients not to salt too much. This problem does not occur with colloidal sodium.

Nerves and muscles

The sodium-potassium pump is also crucial for the formation and transmission of stimuli. It is thus an important factor for the activity of **nerves and muscles**. An optimal sodium level is thus also important for **brain power**.

Acid-base balance

Sodium hydrogen carbonate (natron) is responsible for a stable **acid-base balance**, it serves the body as an alkaline and buffer reserve. Sodium bicarbonate is a proven **skin care product** - it cleanses the skin and serves as an alkaline skin care product due to its alkaline properties. It is also involved in the formation of **stomach acid** and is itself formed in the stomach.

By the way, the pH values of the stomach acid and the connective tissue are "opposites". This means that the more acidic the stomach acid, the more alkaline the environment in the connective tissue.

Advantages of Colloidal sodium

If you simply take sodium bicarbonate, this neutralises the stomach acid. This is unfavourable, because we need stomach acid (hydrochloric acid) for digestion and for killing viruses and bacteria in food. In addition, the production of stomach acid decreases in the course of life anyway.

A lack of stomach acid can lead to nausea and digestive disorders such as flatulence and diarrhoea. But it can also lead to infections and a disturbed intestinal flora because the microorganisms are not sufficiently killed off. Further symptoms can be a feeling of fullness, stomach pressure and a lack of vitamin B12.

When colloidal sodium is ingested, on the other hand, the **stomach acid is not neutralised**. In addition, the counterpart potassium is not consumed.

Colloidal sodium is especially helpful when the organism is weakened, when peristalsis and digestion no longer function well and therefore the body can no longer absorb the simple sodium in the form of salt or bicarbonate well. Colloidal sodium produces sodium compounds that are better absorbed.

Causes of Sodium deficiency

Sodium deficiency is defined as a concentration in the serum of less than 135 mmol/l.

A distinction is made between two categories: Absolute and relative sodium deficiency. In the case of absolute sodium deficiency, there is really too little sodium in the blood; in the case of relative sodium deficiency, the blood is diluted due to too much fluid volume.

Absolute sodium deficiency

In the case of absolute sodium deficiency, the body loses fluid and the sodium dissolved in it. Here there really is too little sodium in the blood.

Replenishing the fluid loss with water only (without electrolytes) only dilutes the sodium concentration, not increases the sodium level (relative deficiency).

Results from excessive loss of sodium; this is excreted mainly by the kidneys and sweat. The following reasons are possible:

- Sweating
- Kidney disease with increased salt loss
- Vomiting and diarrhoea
- Inflammation of the pancreas or peritoneum
- Intestinal obstruction
- Burns

- Diuretics (dehydrating agents)

Relative sodium deficiency

Often develops due to dysfunction of various organs:

- Heart failure
- Weakness of the kidneys and adrenal glands
- Liver cirrhosis

Excessive consumption of distilled water can also cause hyponatremia.

Sodium deficiency is one of the most common electrolyte disorders and mainly affects older people.

Other causes of sodium deficiency can be

- Diabetes mellitus
- Tumours (brain, lung, prostate, pancreas)
- Pneumonia
- Hypothyroidism
- Painkillers such as ibuprofen and morphine, tricyclic antidepressants

Possible consequences of Sodium deficiency

- Nausea, vomiting
- Headache and muscle pain
- Tiredness, weakness
- Lack of concentration, mental weakness, confusion
- Muscle cramps, restless legs

- In case of severe deficiency (below 115 mmol/l), muscle tremors and seizures, up to coma.

Note: A severe, acute sodium deficiency is life-threatening and must therefore be corrected quickly by saline infusions.

Excess sodium

Hypernatremia occurs when the body loses fluid through sweating, fever, watery diarrhoea. Or through increased intake of sodium - infusions, salt, dialysis.

The consequences of an excess can be severe thirst, weakness, fever and restlessness. Interestingly, also muscle cramps and weakness of mind - the same as with the deficiency symptoms.

Colloidal Sulphur

Keywords

Protein metabolism

Antioxidant

Detoxification, liver

Inflammation of joints, cartilage and connective tissue

Immune system

Skin, hair and nails

Psoriasis

Mucosa

Allergies

Sulphur occurs in nature either unbound, as a pure mineral (volcanic sulphur or rock sulphur) or in bound form (as sulphide, sulphite or sulphate). It is hidden, for example, behind Glauber's salt (sodium sulphate) and behind Epsom salt (magnesium sulphate).

The human body contains 0.2% sulphur - that is 5 times more than magnesium and 40 times more than iron.

Protein metabolism

In the body, sulphur occurs in bound form, as a component of the important sulphur-containing **amino acids** cysteine, methionine and taurine. They are needed for the **production of certain proteins**.

Cysteine is also necessary for the production of the radical scavenger glutathione. Not only the sulphur-containing amino acids themselves have an **antioxidant** effect, but above all the glutathione built from them.

When methionine is broken down into cysteine, the so-called **homocysteine** is formed, which is an intermediate product of protein metabolism. The homocysteine value, which is measured in the blood, indicates an increased sulphur requirement.

With the help of B vitamins, homocysteine can be metabolised to methionine (B12 + folic acid) or cysteine (B6). Sulphur is needed for the breakdown of cysteine. In this process, the body mainly consumes the B vitamins B6, B12, B9 (folic acid) and sulphur. If the homocysteine level in the blood is increased, it can be assumed that there is a deficiency of these B vitamins and sulphur.

Normally, the body is able to break down and eliminate homocysteine itself. However, with excessive consumption of coffee, alcohol and nicotine, as well as with obesity and lack of exercise, the organism is often no longer able to do this. The homocysteine level rises - and with it all health risk factors such as vascular calcification, thrombosis, stroke, macular degeneration as well as

neurological and psychiatric diseases (risk of dementia).

Please note: Medicines such as antibiotics, expectorants, the contraceptive pill and anti-epileptic drugs also consume B vitamins and sulphur.

If sulphur is needed, a combination of sulphur in three different forms is recommended: In colloidal form, MSM (methylsulfonylmethane) and vitamin B complex, especially vitamin B12.

Detoxification

Sulphur (in the form of the aforementioned amino acids) also plays a crucial role in the detoxification of numerous toxins, including alcohol, tobacco toxins, air pollutants and heavy metals.

One reason is that with a good supply of sulphur, the cell membranes become more permeable and the cells themselves more elastic. Thus, the **cell metabolism** and the energy production of the mitochondria can run more efficiently. In addition, the membrane permeability allows the cells to be supplied with more oxygen.

Another reason: sulphur is a component of bile acids, which flush toxins out of the **liver**. During detoxification, the need for sulphur is particularly high.

Sulphur-containing compounds such as MSM (methylsulphonylmethane) or DMSO (dimethyl sulfoxide) are often used for detoxification and

heavy metal removal. Compared to pure sulphur (in colloidal form), these have the disadvantage that the sulphur must first be made available through metabolic processes. Since zinc is an antagonist of sulphur, long-term intake of the sulphur compounds can lead to a zinc deficiency. This does not happen with colloidal intake.

Inflammation of joints, cartilage and connective tissue

The anti-inflammatory and analgesic effect of sulphur-containing medicinal waters for **joint pain and rheumatism has been** known for a long time. But sulphur has also proven its worth in other inflammatory diseases.

Sulphur supports the removal of inflammatory substances. This reduces the swelling pressure - the pain subsides.

In addition, sulphur - together with manganese - ensures a healthy **build-up of cartilage and inter-vertebral disc tissue** (collagen formation).

Connective tissue, cartilage and bones need sulphur. Both the synovial fluid and the inner layer of our joint capsules consist of sulphur compounds and need to be renewed again and again due to high stress.

If this does not happen, painful degeneration and stiff joints can be the result.

Protection from pathogens

The sulphur-containing amino acid methionine has many important tasks in the body. It transports the important immune substance **selenium** and thus contributes to the defence against pathogens. Thus, sulphur is also indirectly responsible for a good immune system.

Selenium is also important for the eyes, vascular walls and connective tissue. It is an important antioxidant.

Beautiful skin, hair and nails

In order for our hair to shine and our fingernails to remain strong, they depend on the supply of sulphur. This is because the horn substance keratin, which is needed for the formation of hair and nails, is a protein containing sulphur.

By the way, the hair of red-haired people has the highest sulphur content. The lighter the hair, the greater the sulphur requirement.

Sulphur ensures supple skin in two ways: it maintains the skin's natural fat and moisture content and transports zinc into the connective tissue. Together with vitamin C, this trace element builds strong collagen in the connective tissue - a stable and at the same time stretchable mesh is formed.

Premature wrinkling can also be counteracted by sulphur. This is because cysteine, one of the most important protein building blocks of the

skin, also consists largely of sulphur. Vitamin C protects cysteine in the connective tissue from attack by free radicals and is therefore one of the most effective skin vitamins.

Psoriasis

People with psoriasis in particular benefit from the use of sulphur. Colloidal sulphur can be applied externally as well as internally.

The sulphur quickly penetrates the skin and ensures that the horn-forming cells grow less quickly and the pro-inflammatory interleukin is reduced. Sulphur also promotes blood circulation and reduces itching.

Mucosa

Sulphur forms a protective layer on the mucous membranes. We have these in the eyes, nose, mouth, throat, stomach, intestines, anus and vagina. In other words, in all orifices of the body.

The protective layer makes it harder for pathogens such as viruses, bacteria and fungi to adhere to the mucous membranes.

The same happens with allergens that enter the body from outside. The anti-inflammatory effect of sulphur is helpful in **protecting against allergies**.

Sulphur as a preservative

The **natural** sulphur compounds contained in some foods act like antibiotics and can therefore **prevent**

colds, flu, bronchitis and other **infections**. Fish, seafood, meat and nuts are particularly rich in sulphur.

Sulphurous acid and its salts (= sulphites) are used as additives in many foods because they improve the shelf life. Sulphurous acid is added to wine, for example, to enable it to be stored for a long time and to stop the growth of mould yeasts.

However, sulphur as a preservative is not beneficial to the body.

Some people react with intolerance to even the smallest amounts of the sulphur-containing preservatives. This manifests itself mainly in headaches and nausea after drinking wine.

Sulphur deficiency can cause the following complaints

- Joint pain
- Inflammations
- Fears
- Lack of energy, weakness
- Dull hair, hair loss
- Sallow skin
- Flabby connective tissue
- Brittle fingernails
- Poor detoxification
- Liver complaints
- Susceptibility to infection
- Allergies

Colloidal Tantalum

Keywords

Detoxification

Smoking

Sick and yet no diagnosis

Indisposition, nausea

In its pure form, tantalum is a white, malleable metal. It is a fairly unknown trace element. Because the metal is chemically neutral to body fluids, it is used in medicine to treat bone fractures (e.g. nails, implants).

Detoxification

Tantalum can **bind environmental toxins to itself**. This allows them to be excreted again via the kidneys and intestines. In **detoxification therapy**, tantalum is valued as a valuable companion. Detoxification with tantalum takes longer, but is gentler.

Drinking enough can help the body detoxify. But many people do not manage the necessary amount of liquid. Attention: Coffee, black tea and alcoholic drinks extract water, so you should always drink enough water with them.

Fatal: Especially in **older people** who have already "accumulated" many toxins in the body, thirst decreases. A vicious circle develops be-

cause toxins can no longer be eliminated naturally. This is exactly where Colloidal Tantalum comes in.

Smoking

Years of smoking have been proven to be responsible for many diseases: cancers, smoker's leg, cardiovascular diseases, infertility, impotence, arterial occlusions, nerve damage and many others that are not indirectly associated with the "blue haze".

Sick and yet No diagnosis

Chronic diseases whose causes cannot be found have been on the increase in recent years. Ultimately, substances that do not belong in our bodies may be responsible:

Pesticides in fruit and vegetables (pesticides, insecticides, herbicides), spoiled meat, exhaust fumes from industry and traffic, pollutants in drinking water, aspartame, flavourings, preservatives, nicotine, heavy metals, etc....

Our body has to process all this, because these substances do not occur in nature. 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 is our body supposed to know how to get rid of

these toxins - which were previously unknown to the organism?

Colloidal tantalum can be the solution here. It should always be used when **no cause can be found for a symptom**, for general malaise or as a preventive measure to cleanse the body.

Many therapists agree: medicines, food supplements and also all other colloids can work better if the organism has been detoxified beforehand.

Malaise

The body accumulates the many toxins for a long time until it can no longer detoxify efficiently and eventually becomes ill. Long-lasting **malaise and nausea** can be signs of

poisoning. By preventive detoxification, one can therefore **avoid future illnesses**.

Colloidal tantalum can therefore be used for

- Unexplained malaise
- Nausea
- Detoxification of the body
- Smoking damage
- Unclear cough
- Environmental damage
- Heavy metal pollution

Colloidal Tin

Keywords

Stomach acid

Nervous system

Metabolism

Growth and development disorders

Kidneys, adrenal glands

Hearing

Please note: Colloidal tin does NOT have the harmful effects of the heavy metal tin and its various compounds.

Tin is found in very small quantities in the human body, in pure, inorganic and non-toxic form (colloid). It is mainly found in the liver, lungs and gastrointestinal tract.

Stomach acid

Tin is involved in hydrochloric acid production in the stomach in conjunction with the tissue hormone gastrin. Gastrin on the one hand regulates the secretion of gastric acid and on the other stimulates the main cells of the stomach to produce pepsin, which cleaves proteins.

From the age of 40, a **lack of stomach acid** is an increasing problem. Incidentally, it manifests itself with the same symptoms as an ex-

cess of stomach acid: heartburn, acid regurgitation (reflux), pain in the chest area.

Nervous system

Colloidal tin harmonises the nervous system. It can help to express feelings and put them into words. Not being able to express emotions verbally can lead to stuttering or even chronic asthma and bronchitis.

Colloidal tin can promote well-being and good mood. It can help with **exhaustion and insomnia**.

Pewter is an **artistic element**, promotes enthusiasm, tolerance, friendliness and ease.

Metabolism

Studies have shown that tin is involved in many **metabolic processes**: Hormone balance, protein metabolism and cellular respiration (oxidation). Due to better cellular respiration, one has more energy.

Tin deficiency

can be the cause of **growth and developmental disorders** in children.

Disorders of **kidney and adrenal gland function** may become apparent. The adrenal glands produce

adrenaline, which we need for performance and stamina. Colloidal tin can therefore help with symptoms of burnout, for example.

Other possible symptoms of tin deficiency include hair loss and hearing loss.

Colloidal Vanadium

Keywords

Diabetes

Metabolism

Growth

Bones

Infertility

Please note: Colloidal vanadium does NOT have the negative effects of the heavy metal vanadium.

Vanadium is one of the essential trace elements. It is only found in very small quantities in the human body.

Vanadium is needed for bones, teeth and thyroid metabolism. High concentrations are found above all in the liver, kidneys, bones and spleen. Further amounts can be found in the uterus, ovaries, serum, breast milk and hair. Humans absorb about 15 to 30 micrograms (µg) of vanadium per day through food.

Diabetes

It has been observed that vanadium has a blood sugar-lowering effect. In veterinary medicine, it has been shown that **diabetes can** often be successfully treated by the regular administration of vanadium and chromium over a longer period of time.

In 1985, the scientific journal "Science" reported that vanadium has a stabilising effect on diabetes mellitus.

Furthermore, it is suspected that vanadium can also positively influence other **metabolic processes** by inhibiting or activating enzymes.

Vanadium also has a positive effect on **growth**. Vanadium has a supporting effect on **bone formation and bone mineralisation**.

A deficiency of vanadium can lead to

- Metabolic disorders
- Growth disorders
- Demineralisation of the bones
- Infertility

Colloidal Zinc

Keywords

Immune system

Cell division

Skin - Hair - Nails

Wound healing

Sight

Antioxidant

Hormone system

Allergies

Diabetes

Acid-base balance

Sperm formation

Zinc is one of the essential trace elements. It is found in the body only in very small quantities, and yet it plays a central role in numerous metabolic processes. Zinc is vital for the functioning of more than 200 enzymes. This shows that zinc is of utmost importance for **well-being**.

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

The human body contains 2-3 grams of zinc, which is found everywhere in

the body, with the highest levels in muscles, liver, kidneys, lungs, bones and prostate. The daily intake depends not only on food, but also on gender, age and general health.

Similar to many other trace elements, the zinc level in the blood is not very decisive. What is important above all is the zinc **concentration in the cells**. Therefore, zinc deficiencies cannot be remedied overnight, as is possible, for example, with vitamin C deficiency. Conversely, however, already 12 hours after a completely zinc-free main meal, the zinc concentration in the blood drops to up to 50%.

Immune system

Each of our body cells is surrounded by an oily, moist protective layer. Immune bodies, enzymes and proteins, among other things, cavort here. The cell interior is supplied by the cell protection layer. Without zinc, both the cell and the cell membrane would be in chaos. The trace element prevents unwanted foreign molecules from attaching to the protective layer ("guardian function"). This helps, for example, in the case of shock: the receptors of hormones remain occupied, even if the shock-triggering event has long since passed.

No other mineral has such a significant influence on the immune system as zinc. This

This "**all-rounder mineral**" takes on very specific tasks in every cell of the body.

Without zinc, there are fewer immune cells (leukocytes, lymphocytes and macrophages), they are weakened and harder to move. In the live blood analysis in the dark field microscope, they appear deformed and reduced in number. This makes it easy for pathogens to spread. Zinc can significantly improve and accelerate the recovery from an infectious disease.

In the first years of life, the immune system is gradually built up. Zinc is essential for this. Parents should pay attention to a sufficient zinc intake.

The "immunological memory" is also stimulated by zinc. The defence system remembers which pathogens have already been in the body in order to fight them faster and more successfully the next time.

Cell division

Every second, about 100,000 cells divide in our body so that dead cells are replaced by new ones (apoptosis - natural cell death). Zinc supports this process by forming enzymes that trigger cell division by building and breaking down nucleic acids (RNA and DNA).

Inside the cell, zinc provides strength for the structure of ribonucleic acids (RNA) and deoxyribonu-

cleic acids (DNA), which control our genetic make-up. So-called zinc fingers on genes and chromosomes ensure that fluctuations in the zinc concentration do not have a disruptive effect on the work of the DNA. Only in this way can a perfectly functioning new cell be created during cell division. This is the most important prerequisite for our health and power.

Skin, hair, nails

Immune cells and fast-growing tissue are particularly dependent on constant renewal. Thus, zinc ensures shiny, full hair, beautiful nails and healthy skin.

If cell division is slowed down, **growth disorders** can occur, especially in the early years of life.

Wound healing

In the case of skin damage, zinc is used to stimulate the formation of fibrin networks, which provisionally seal the wound. Fibrin is a high-molecular, non-water-soluble protein that is produced by enzymatic action during blood clotting. Furthermore, zinc supports the synthesis of proteins and collagens that form the new tissue.

Colloidal zinc oil can also be used for wound healing, impure skin, nappy dermatitis, haemorrhoids, skin fungi, torn skin or herpes.

Zinc also has an anti-bacterial effect and can thus prevent inflammation of damaged tissue.

.....

Sight

This protection also exists in tissue that is constantly exposed to bacteria, e.g. the conjunctiva in the eye.

Since zinc is found in large quantities in the tissues of the eyes, especially the macula and the choroid, it has special functions here. It is associated with vitamin A and taurine, it regulates the reaction of the light receptor rhodopsin, supports synaptic transmission and serves as an antioxidant. Zinc protects the eye cells from damage and oxidative stress.

Antioxidant

If there are too many free radicals in the organism, they damage the cells, resulting in oxidative stress. Zinc - together with selenium and vitamins C, E and B2 - counteracts oxidative stress as a so-called antioxidant.

Hormone system

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

Furthermore, zinc activates a concentration hormone from the pituitary gland and thus ensures that we are alert and awake.

Allergies

Substances that are harmless in themselves, such as dust, animal hair or flower pollen, can trigger an allergy because 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 a scratchy throat. Those affected should have symptoms of this kind clarified by an allergy test.

For allergy sufferers, there are helpful medications that prevent the release of histamine in the body as well as creating the possibility of hyposensitisation. Patients suffering from allergies in particular often avoid foods to which they might be allergic, such as milk and dairy products, eggs, meat and pulses or nuts. This results in an insufficient supply of the vital trace element zinc.

Zinc influences the immune system on various levels. It not only strengthens the defence cells, but

also reduces the formation of too much histamine. This messenger substance is increasingly released during an allergy. Zinc thus acts like an anti-histamine, but without side effects.

A good supply of zinc can reduce the risk of allergic reactions, even **preventively**. You can therefore take it prophylactically before the annoying allergic symptoms appear.

Diabetes

Zinc is extremely important for the regulation of blood sugar. Due to the disturbed metabolism, zinc is often less well absorbed in diabetics than in healthy people. This means that diabetics are already at risk for zinc deficiency due to the disease itself. In addition, diabetics excrete two to three times as much zinc through the kidneys as normal.

But since zinc is a component of a zinc-insulin complex in the pancreas, it plays a central role in the production and storage of the hormone insulin. This releases sugar from the blood to transport it to the cells.

In the course of diabetes, however, the cells react weaker and weaker to insulin. Zinc counteracts this "insulin resistance" and improves the effect of the hormone.

Acid-base balance

Zinc can help to achieve and maintain a balanced acid-base balance. A healthy acid-base balance is an im-

portant factor for physical well-being and prevention of serious diseases.

As a co-factor of the enzyme carbonic anhydrase, zinc ensures that the excretion capacity of acids via the urine is increased a thousandfold. Without zinc, the kidneys cannot function adequately - acids cannot be excreted in sufficient quantities.

By the way, numerous **studies** on zinc can be found on the website zink-portal.de/studien.

Zinc deficiency

Studies show that a considerable part of the population is at **risk of zinc deficiency**. Almost half of all Germans consume too little zinc. The main reason for this is the modern diet, which is low in zinc. The average requirement for a healthy adult is about 15mg daily.

Possible **causes** for a zinc deficiency can be

- Unbalanced diet
- Vegetarian and vegan food
- Birth control pill
- Regular use of cortisone preparations, laxatives, Lipid-lowering agents and stomach acid neutralisers
- Regular alcohol consumption
- Liver, stomach and intestinal diseases
- Tumours
- Heavy metal pollution
- Hereditary disorder of the zinc metabolism

Consequences of a zinc deficiency can be

General symptoms

- Listlessness
- Weakness, tiredness
- Mood swings
- Lack of concentration
- Exhaustion, depression
- Loss of appetite
- Circles of thought

Immunodeficiency

- Frequent colds and infections
- Ulcers in the mouth (aphthae)

Allergies

- Hay fever
- Animal hair, house dust, mite allergy

Hormonal symptoms

- Decreased libido
- Virility disorders
- Reduced fertility, unfulfilled desire to have children. Testicles and seminal fluid contain a lot of zinc.
- Elevated blood glucose levels
- Growth disorders in children and adolescents

Skin, hair, nails

- Impaired wound healing
- Dry, scaly skin
- Inflammatory skin diseases such as acne, psoriasis and neurodermatitis
- Zinc deficiency dermatitis: Skin redness and pustules, especially on the face, fingers and anal, genital areas.
- Hair loss, decreasing hair quality
- Broken, cracked nails

Impairments of the sensory organs

- Visual disturbances, e.g. sudden onset of night blindness
- Dry eyes
- Smell and taste disorders

Generally there is an increased zinc requirement with

- Diabetes
- Infections and inflammations
- Burns
- Cancer
- Smokers
- Children and young people
- Pregnancy and breastfeeding
- Older people
- Permanent stress
- Heavy sweating due to physical exertion, sauna, competitive sports

Colloidal Oils

The effects and indications of colloidal oils are similar to those of the corresponding colloids. In addition, they have their very own qualities, specifically aimed at the skin.

The aqueous colloids do not penetrate into the depth of the, the colloidal oils do.

Seven colloidal oils

- Germanium oil
- Gold oil
- Magnesium oil
- Silver oil
- Silicon oil
- Zinc oil
- Ozone oil

The minerals and trace elements are dissolved directly in oil using the proton resonance method. The dosage of 1000 ppm is so high that the smallest amounts are sufficient.

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

You can apply the colloidal oils several times a day.

Colloidal germanium oil

- Scars (with gold oil)
- Skin plants
- Skin growths
- Inflammations
- Cosmetics
- Pigmentation disorders
- Rheumatic joints
- Pain

Colloidal gold oil

- Scars (with germanium oil)
- Cosmetic purposes
- Wrinkles, skin ageing
- Joints affected by rheumatism or gout
- Inflammations
- Eczema
- Acne
- Harmonisation of the chakras:
Gold oil on the temples, silver oil around the navel

Colloidal magnesium oil

The most widely used is magnesium oil, known for its muscle-relaxing effect. In colloidal form, magnesium oil is particularly effective.

You can rub the magnesium oil on tense or aching muscles every day, even several times a day - as needed.

- Muscle tension
- Muscle hardening
- Muscle cramps

Magnesium oil has a positive effect on the **vagus nerve when** rubbed into the neck. This can be used to support the treatment of macular degeneration, for example.

Colloidal silver oil

- Wounds
- Scars
- Inflammations
- Middle ear infection; soak cotton swab and put it in the ear. After 10 minutes, do the same with zinc oil.
- Disinfecting
- Psoriasis
- Neurodermatitis
- Acne
- Harmonisation of the chakras: Gold oil on the temples, silver oil around the navel

Colloidal silicon oil

- Skin improvement
- Skin problems, e.g. acne
- Strengthening the connective tissue
- Cellulite
- Joint pain
- Tendons
- Varicose veins
- Inflammations
- Cosmetic purposes

Colloidal zinc oil

- Paranasal sinuses
- Inflammatory skin diseases
- Allergies of the nose
- Middle ear infection (see silver oil)
- Pain
- Lipomas
- Labial herpes
- Dry, scaly skin
- Acne
- Zinc deficiency dermatitis: skin redness and pustules, especially on the face, fingers and anal and genital areas.

Ozonated Olive Oil

Ozone is triple-bonded oxygen and is used by nature as a **cleaning agent**. We know this, for example, after a lightning strike.

Ozonisation creates new, reactive compounds such as ozonides and peroxides. These have the ability to penetrate the skin layers. They then release the O₂ they contain directly to the damaged tissues. In this way, the O₂ supply to the affected areas is significantly improved.

Ozonating pure olive oil has another positive aspect. The acids capron and pelargon are formed, whose **antimicrobial (germicidal) and fungicidal effects** have been known for a long time.

In short, when used externally on the skin, ozone is released into the underlying tissue over a period of hours, partially reducing germs and viruses and supplying the tissue with oxygen.

Stable ozone oil

The positive aspects of ozone have been known for a very long time. However, since ozone very quickly decomposes back into oxygen, it is very difficult to preserve it.

Ozone has an effect factor of over 2000 in relation to oxygen, so it is important not only to ozonise a carrier medium such as high quality virgin oil, but to **incorporate ozone**

into the structure of the oil to make the ozone oil durable for many months.

The glycerine molecules are stimulated to expand. Ozone is then introduced and the glycerine contracts again. This process is constantly repeated over several days until the glycerine molecule is saturated.

External application

- External fungal infections - foot, nail, genital, vaginal (via tampon).
- Wrinkles
- Many forms of skin diseases
- Open wounds, ulcers, cuts
- Sunburn, burns
- Itching
- Erection-promoting - e.g. for circulatory disorders (pelvic floor rub)
- Ozone oil inhibits the multiplication of viruses - therefore interesting for all viral diseases

For oral hygiene

If you rinse the oral cavity with ozone oil for 3 minutes in the morning ("oil pulling"), you can treat tongue plaque, caries, periodontosis, tartar and discolouration, also preventively.

Internal use (oral)

- For intestinal cleansing
- For intestinal fungi (Candida)
- For intestinal parasites
- For deworming
- For blood parasites
- Against giardia (small intestine parasites)
- Against clostridia
- For faulty fermentation (flatulence)
- Concomitant with Lyme disease
- Accompanying chronic diseases
- Taken orally, ozone oil eliminates CFCs and PCBs

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

Dosage recommendation for internal use

Due to the strong partial oxygen supply of the skin and the underlying tissue, initial deteriorations can sometimes occur, which almost without exception are painless and disappear after a few days.

To avoid initial aggravations, first drink only 1 drop in a little cold water on each of 2 days and then increase the dose every two days. If the product is well tolerated, take 3 times 2-3 drops on 3 days. Then take 3 times 5-6 drops on 5 days, then 3 times 10 drops for 20 days.

Drop the ozone oil into cold water and then stir with a plastic spoon. Instead of water, cooled papaya leaf tea is also suitable.

It is best taken before a meal.

Young children under 6 years of age should not take ozone oil orally - as it can react very strongly.

Monoatomic Elements

Difference to colloids

The main difference between colloids and monoatomic elements is: Colloids work mainly on the physical level. Monos, on the other hand, work more on the mental, psychological and spiritual level.

In the colloids, the atoms are connected via bond bridges to form particles of 10-30 atoms (the number depends on the element).

In monoatomars, on the other hand, most of the atoms remain separate from the others. This different structure results in completely different properties.

Application

Our monoatomic elements are designed to be taken orally. They enter the bloodstream very quickly by being absorbed by the oral mucosa.

- The recommended dosage is 7 drops once to three times a day or 5 drops up to four times a day.
- You can mix several monos together and take them at once.
- There is no need to keep a distance from irritants such as coffee, tea or vinegar.

Effects

The Monoatomic Elements offer a wide range of applications for mind and spirit.

The texts in black font are by Wolfgang Bischof, the texts **in blue continuous text** are by Martin Strübin. Both agree that their knowledge is printed here. In the case of monoatomic gold, I have expanded my own ideas with those of Mr Strübin (here his texts are not specially marked in blue).

You can choose which monoatomic element suits you according to these descriptions - rationally and/or intuitively. The monos appear in the register as an aid, sorted by keyword.

In addition, one can find the matching monos by means of a **test box**. In this way, the right monos can be assigned and selected even without rational understanding. For this, one can use one of the proven bio-energetic test methods: Biotensor, kinesiology, pulse palpation, etc.

All interested parties are invited to share their own experiences.

Where do monoatomic atoms?

Monoatomic atoms - that sounds contradictory at first. But there are actually atoms that do not form bonds with other atoms or mole-

cules, but prefer to remain alone. These are called monoatomic atoms.

Some researchers suspect that they are produced naturally at the centre of stars, where high temperatures can break down molecular bonds.

Others think they were created 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 matter of unknown composition that does not emit or reflect enough electromagnetic radiation to be observed directly, but whose presence can be inferred from gravitational effects of visible matter. According to the latest findings, dark matter accounts for more than 70% of all matter in the universe!

Monoatomic Gold

Monoatomic gold has an altered atomic structure compared to solid gold. As a result, it shows unique physical properties that open up a wide field of applications - especially in the spiritual sphere.

The phenomenal effects of monoatomic gold were probably already recognised and used by the ancient Egyptians and Hebrews. They already knew how to transform gold from the metallic to the monoatomic state. And they knew the magical effects on humans. So did the alchemists, various lodges and circles of "initiates".

Effects of mono gold

This is a collection of experiences and findings that have been made with monoatomic gold for 3000 years:

- Acceleration and facilitation of spiritual development
- Raising awareness
- Strengthening creativity and creativity
- Flowing intuition ("listening to the inner master")
- Successfully manifest and strengthen wishes and goals
- Activation of the thymus gland, pineal gland (epiphysis) and pituitary gland. Thus it has a

great influence on the **hormone system**, which I see as the interface between body and mind. Disturbances in the hormone system have strong negative effects on health and quality of life.

- Sleep better
- Influence on the meridian system and the 7 chakras

So the knowledge about the production and use of monoatomic gold has been known for thousands of years. It is also the subject of current scientific research because its properties are truly amazing.

Alchemy

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 earthly existence and the ego can be transformed into a golden, light-filled state through mental and spiritual development.

This is more necessary today than ever: I think we have to help the planet and all its inhabitants through constant development of our consciousness. Act in a fraternal spirit for the whole. Turn the inner lead into gold.

Physical properties of monoatomic gold

Monoatomic gold is no longer metallic and loses almost half its weight.

If gold is brought into the monoatomic state, it loses 4/9 (i.e. almost half) of its original mass. What remains is white powder. Where does the "lost" 4/9 of the mass remain? There are various speculations about this. One of them is that the 4/9 turn into so-called dark matter.

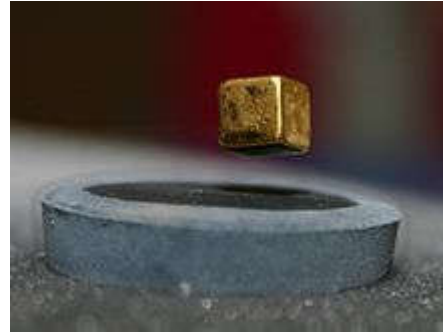
The energetic conductivity of monoatomic gold has been confirmed by laboratory tests and bioenergetic testing procedures such as kinesiology and dark field microscopy.

Superconductor

If you keep cooling metals or ceramics, these materials suddenly become superconducting at a certain temperature.

This means that the inside of the material becomes free of electric and magnetic fields, and the electrical resistance drops to zero. Due to their own neutralised magnetic field, superconducting objects float on magnetic fields - they **levitate** (Meissner-Ochsenfeld effect).

However, superconducting properties only occur at very low temperatures (-196° to -269° Celsius). Monoatomic gold, however, already has these properties **at room temperature**. As a result, it withdraws from the earth's magnetic field - it levitates, as it were.



Source: Wikipedia

Man can use this levitating, "facilitating" property with mono gold. **He can elevate his spirit and soul.** Figuratively speaking: Away from the heaviness of the earth and all its burdens. Towards heaven, towards enlightenment, towards the sun. Thus, many users report that they take in the sun, as it were, with mono gold.

Superconductors are involved in cell metabolism and DNA replication by being able to process, store and release energy and information without loss. **Communication within cells** and between cells can be improved by incorporating gold atoms into our cellular material.

Our genetic material is variable

Only 30 years ago, we were taught in school that every human being was born with a fixed genetic make-up. This was considered unchangeable and one had to live with it.

After the collapse of the Soviet Union around 1990, many findings by Russian basic researchers reached the West. Among them was the famous experiment in which trout eggs were exposed to an electromagnetic field during the incubation period. A trout species was born that had already died out millions of years ago.

Conclusion: The genetic material is changeable. Through electromagnetic radiation, through thoughts, through lifestyle, diet, etc., the genetic material can change.

We are largely defenceless against some influences, e.g. radiation from mobile phone masts, car electronics or electrosmog. Other influences we can shape.

Humans are very adaptable. This ability must be related to the mutability of the genetic material. To put it boldly: It is possible that at some point humans will even be able to tolerate radioactive radiation without falling ill. Because his genome has adapted.

Mono-Gold can help accelerate this change and make it easier.

Merkabah

Merkabah is a word handed down by the ancient Egyptians and also means "celestial vehicle". It is a force field created by counter-rotating star tetrahedra.

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

MER = counter-rotating field, KA = mind, BAH = body and feeling.

The Merkabah meditation is an ancient spiritual ritual handed down by Drunvalo Melchidesek. One visualises the counter-rotating star tetrahedra and thus creates the **Merkabah zero-point field**.



On the one hand, this offers protection against undesirable influences and energies. On the other hand, it facilitates the manifestation of desired states and events. Furthermore, it refines the mind and paves the spiritual path. And this is also how monoatomic gold works.

The pineal gland

It is the central controller of our hormone system: it itself produces the hormone melatonin. This primarily ensures good sleep, but also

has other positive effects - key-words: Immune system, anti-aging, tumour brake, remedy against winter depression.

In addition, the pineal gland (epiphysis) controls the pituitary gland (hypophysis). This produces other important hormones, e.g. the wakefulness and happiness hormone serotonin. The pineal gland is the control centre, although it is only about the size of a pea.

Unfortunately, the pineal gland degenerates with age - and due to harmful environmental influences.

The entire hormonal system benefits from the pineal gland being stimulated with monoatomic and/or colloidal gold. This can be seen as the **interface between spirit and matter**. This is why hormonal imbalances can have such a drastic effect on the psychological level.

In addition, the pineal gland is said to have subtle effects:

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

Further Monoatomic Elements

Monoatomic Boron

Activation and purification of the pineal gland and pituitary gland as well as the crown chakra and the 3rd eye. Expansion of perception.

Increasing the connection between the human being and the divine spirit soul as well as their energetic connections between the brain and gonads (ovaries, testicles) or crown and root chakra.

Harmonisation and strengthening of the chakra channel with its connections to the endocrine glands.

Stabilisation of the channelling and telepathic sense (7th sense), improvement of the light wave transmission in the energy and body system, strengthening of the 'vessel human' for the 'essence soul'.

Conscious communication with the 7 spiritual levels of the earth, connection of Mother Earth with God of Creation, anchoring of the spiritual energies in the physical cells, insight into the plan of creation.

Promoting clarity and directness, access to the primal knowledge in the cell structure, clearing the path of life and letting go of **ego** departures or detours.

Truthfulness, 'closeness to God', nourishing the incarnation star and the divine seed in the human being, stabilising the breeding ground for the unfolding of soul energy, overcoming separation and being cut off.

Strengthening of the prefrontal cortex and its properties as a **conductor of the brain** (will, concentration, awareness, learning, clarity, focused orientation towards set goals), harmonisation of the different brain areas (neocortex, limbic brain, cerebellum, brain stem) and their interaction conscious - unconscious - instinct, synchronisation of the brain hemispheres, harmonisation of the endocrine gland system.

Monoatomic Chrome

Similarity in the periodic table with manganese. Chromium has outstanding properties as a hard metal. It is corrosion-resistant over a long period of time, tough, malleable 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 recognise and release inner entanglements.

Monoatomic chrome helps us to mirror ourselves and bring about change 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, contentment and cheerfulness help us with too much criticism.

Dynamism and agility support us in holistic approaches to solutions and promote our self-realisation.

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

Monoatomic Chrome supports you to become the person you can be - brings hidden or suppressed abilities to shine outwards.

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. Incidentally, copper is the only coloured metallic element besides gold.

Usually, the daily requirement of an adult of about 2 milligrams is covered by the intake of a balanced diet with an abundant share of cereals, meat, root vegetables, legumes, nuts or even chocolate. Since copper is particularly important for the metabolism, a copper deficiency can lead to serious health problems.

Archetypal planetary metal, support and promotion of the forces of development from a higher level.

Enables us to look up to the sky and to higher levels. Allows us to be more forgiving and to rediscover our inner harmony. Natural self-love and sense of beauty are promoted.

Typically feminine qualities such as artistic creativity can be promoted.

Copper can help one to accept oneself better and to forgive oneself. This makes one less addicted to criticism and tied to one's own evaluations. More peace and harmony can enter one's life.

Copper conveys a certain ease to take life as it is. One is less sensitive to electrosmog and mobile phone radiation.

Monoatomic Germanium

Works particularly well in conjunction with the monoatomic gold, especially BEFORE it!

Some things redeem themselves - often noticeable in the form of déjà vu experiences - like "I last had this funny feeling when I was 10 years old". After its discovery, this old form then usually disappears quickly.

Monoatomic Iridium

Protects against deformation due to external influences, helpful in cases of insufficient demarcation, supports one's own protective space without hindering. Iridium appreciates the connection to gold and osmium.

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

Recognising what is essential and facing life full of self-confidence and appreciation. Stimulation of the two lower chakras (stabilisation of the base).

Be grounded. Through better contact with Mother Earth, we can appreciate life more and approach things more optimistically.

If the basis is stable, we can grow better and use our potentials.

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

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

Monoatomic Iron

Promotion of self-worth, awakens the virtue of courage, alertness.

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

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

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

For all those who feel that life is a struggle: "You don't get anything for free". Learning to live lightly and leave the suffering path. Perceiving and expressing one's needs.

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

Basically, the grounding and strengthening of the body's own energies are stimulated. Light being and utilisation of potentials.

Keywords:

- Refreshing cells
- Rejuvenating effect
- Joy of living, love of life, ease
- Support of the nervous system
- Strengthening the brain and the ability to concentrate
- Depression
- Burn-Out
- Pain in the tissue
- Letting go of old patterns and energetically stored shock
- Purification of the emotional areas: Letting go of worries, fears and sadness

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

Monoatomic Magnesium

(Light-Light-Soft) promotes the light body process through the liver, good companion for many developmental steps.

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

The so-called third eye is also activated. As a result, imagination and intuition become richer. It is easier to look inwards and reflect on oneself.

The nervous system is strengthened, the brain activated. This makes it easier to remember things and concentrate. The synchronisation of the brain hemispheres can also work more easily.

Very good in combination with monoatomic iron!

Monoatomic Manganese

Related to chromium, iron and molybdenum. Leads to an improvement of the properties on all levels - developmentally beneficial.

"You have to work hard for everything". "Per aspera ad astra" (Through suffering to the stars). "Life is hard".

If these phrases sound familiar, monoatomic Manganese is the right thing for you. It supports you in experiencing more ease and "lightness".

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

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

Mono-manganese makes it easier to let go of burdens, of the stones in your backpack that you are constantly carrying around and that create tension in the jaw, neck and

shoulder area. It has a mentally relaxing and relieving effect.

Monoatomic Osmium

Wherever or whenever stability is needed.

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

Thus, mono-osmium serves as a link between mental possibilities and reality.

Letting go of the old to create the new. Strengthening of the creative power. Making it easier to put plans into action.

Simplified germination of our "vision seeds". Let something "sprout" and "take root".

Willingness to receive new insights and higher-level wisdom. Desire to learn new content.

Mono-osmium supports the transition into the new age. Strengthens the sensitivity for 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. Resting in oneself. Being more human, being conscious.

Monoatomic Palladium

Makes more resistant with improved dissolving capacity at the same time.

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

Gives confidence in the possibilities and perspectives of the future and in one's own abilities.

Intuition and trust are fostered. This allows us to open our awareness to the gifts of life.

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

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

Monoatomic Platinum

Find peace. Through a visibly improved synchronisation of the two hemispheres of the brain, ego games, competition and rivalry are reduced. Resolution of extreme urges that prevent development and resolution.

Womanhood, femininity and all the virtues associated with it can become more prominent.

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

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

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

In this way we can better see through our ego with its addiction to evaluation and judgement, its competitive thinking, its boundary-pulling and egoism.

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

Less indecisiveness - more courage and determination!

Monoatomic Rhodium

Helps when you are not in the now, but spend a lot of time in the future, or also when you have already given up on your goal/life goal.

Also for fear of failing just before realisation. Rhodium also helps to discover little things that are still missing from the development.

Shall help us to "unfold our wings" and strengthen our higher chakras. The 3rd eye and thus intuition should also be supported.

Intensifies the imagination and contact with spiritual worlds, facilitates astral travel and channelling.

When problems seem insoluble, mono-rhodium makes "light at the end of the tunnel" appear. Confidence that there is a solution for everything. Letting go of deadlocked situations and recognising possibilities.

Letting go of the deceased and overcoming the pain of separation. The feeling of spiritual freedom and expansiveness. Overcoming material limitations.

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

Monoatomic Ruthenium

Helps when you overstrain yourself with too much pressure and stress, even if you try to compensate with alcohol, nicotine and meat - even with stiffness triggered by this.

To relieve pressure and stress. Promoting stamina and consciously creating new possibilities. Accessing the heart chakra and dealing responsibly with oneself.

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

Promotes clairvoyance.

Monoatomic Silicon

Chemical relationship with 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, stability on the spiritual level. Also for the ability to recognise and intuitively understand higher orders and structures such as sacred geometry or the Hermetic Laws.

Promoting natural relationships in all areas - human - animal - nature - cosmos.

Alignment of the energy system according to sacred geometry. Especially the flower of life fascinates more and more people. Anyone who immerses themselves in this area quickly has the feeling that great knowledge is just waiting to be discovered by us humans.

Paradoxically, mono-silicon, for all its structuring, also enables flexibility and mental agility at the same time. Old-established opinions, world views and views can become detached.

Formation of new crystal structures in the body. Joints, muscles, ten-

dons, spine and the entire musculoskeletal system are strengthened.

Good for bone marrow, cartilage and joint fluids.

Monoatomic Silver

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

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

Corresponds to the Moon, as well as to femininity and all its themes, up to sexuality and possible disturbances - emotionally conditioned - likewise with dogmatic life themes, to soften.

Our basic trust, often thought lost, and our inner centre are strengthened. One feels comfortable in one's own skin.

We live in a world of polarities, seemingly irreconcilable opposites. Mono-silver can help to unite and accept these. Also with opposing feelings that one feels inside oneself.

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

Mono-silver is even able to stimulate stem cell production in the spinal cord and transport the required cells to the places where they are missing. Silver thus functions like intelli-

gent software that knows exactly what to do!

Monoatomic Tin

Helps out of the "hole" when you have failed and perhaps also feel you can no longer breathe. A new beginning without the old lies and masks - with new tools.

More clarity - both in oneself and in interpersonal communication. Standing by oneself and one's opinions, asserting oneself. Courage to be honest and truthful. Being authentic.

Mono-tin can strengthen the healthy ego and raise self-confidence. One trusts one's own inner voice more and makes fewer lazy compromises.

"I know what I want!"

Improving the body's own chi, i.e. life energy. This helps you to go your own way powerfully and to get out of the way what 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. Shedding masks honestly and truthfully. Strengthening the solar plexus chakra. This means will-power and self-responsibility.

Monoatomic Zinc

Zinc is one of the most important materials for negative electrodes (anodes) in non-rechargeable batteries and it is impossible to imagine our high-tech world without it.

Promotes inventiveness, relaxes and eases tension on all subjects.

Monoatomic zinc can support us in feeling our life impulse and transforming it into activity.

For people with strong self-discipline and rigid lifestyles who need to show the beautiful appearance to the outside world: Conflicts swept under the carpet can be brought up and thus resolved.

Mono-zinc brings more joy of living and ease into life. It activates and invigorates by stimulating the cells and their communication. It therefore helps with lack of energy, lack of drive and even burnout.

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

More desire for movement and enterprise 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 spiritual and mental level.

Monoatomic Zircon

You want to put good ideas, creative, spiritual challenges into practice - you need more security, confidence in your abilities to enter new territory, to create something. In combination with mono-silicon for even more clarity and consistency.

Zircon has an extraordinary crystal structure and is like a light catapult that distributes countless particles of light in a great blaze of colour. Zircon captures light, stores it and passes it on.

Invigoration 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 revitalises and rejuvenates. The mood is improved, joie de vivre takes hold.

Negative emotions and fears are relieved and physical and mental processes are united. Vision and sense of balance are strengthened.

Also helpful for digestive problems.

Index

The colloids, colloidal oils and monoatomic elements in **bold** are particularly important for the corresponding area.

"M-" in front of the name means "monoatomic".

Acid-base balance	Germanium	Sodium	Zinc	
Anger	M-Iron	M-Osmium		
Anti-aging	Fullerenes M-Zirkon	Siliz.	M-German.	M-Gold
Antioxidant, Free radicals	Fullerenes Manganese Zinc	Germa. Molybden.	Copper Sulphur	Magnes. Selenium
Antiseptic	Bismuth	Silver		
Arthritis/arthriti (see also In- flammation, Joints)	Boron	Gold	Selenium	Silicon
Assertiveness	M-Iron	M-Platinum	M tin	
Asthma	Germanium	Silver	Tin	
Awareness- Extension	Gold	M-Gold	M-Osmium	M-Platinum
Bacteria	Bismuth Silicon	Molybdenum	Nickel	Silver
Bipolar disorder	Lithium			
Blood circulation	Germanium M-Palladium	Gold	Ozone oil	M-Iron
Blood pressure	Germanium Sodium	Gold Selenium	Calcium Silicon	Magnesium
Bones (see also	Boron Manganese	Calcium Sulphur	Copper Silicon	Magnes. Vanad.

Osteoporosis)				
Brain	Alu Gold Lithium M-Magn.	Boron Potassium Platinum M-Platinum	Chrome Calcium M-Iron M-Pallad.	German. Carbon M-German.
Bronchitis	Sulphur	Silver		
Cancer	Boron Molybdenum	Fullerenes Platinum	German. Selenium	Gold Zinc
Cardiovascular	Boron Gold Carbon Nickel M ruths.	Chrome Potassium Magnes. Selenium	Iron Calcium Manganese M-Iron	Germanium Cobalt Molybdenum M-Platinum
Cartilage	Copper Silicon	Manganese M-Silicon	Sulphur	Selenium
Cell protection	Calcium	Selenium	Zinc	
Cellular respiration	Iron	German.	Silicon	Tin
Chakras	Gold oil M-Iridium M ruths.	Silver oil M-Mangan. M tin	M-Bor M-Osmium M-Zirkon	M-Gold M-Rhodium
Cholesterol	Chrome	Manganese		
Clarity	Gold M-Zirkon	M-Gold	M-Chrome	M tin
Cleaning	Copper M-German.	Tantalum	Ozone oil	M-Iron
Concentration assets	Chrome Cobalt Platinum M-Palladium	Iron Carbon Selenium	Gold Magnesium Zinc	Potassium Sodium M-German.
Confidence, (s.a. self-confidence)	M-Osmium	M-Palladium	M-Silver	

Connective tissue (Cellulite)	Copper Silicon oil	Sulphur	Selenium	Silicon
Creativeness	M-Gold	M-Osmium	M ruths.	
Creativity	Bismuth M-Iron	Gold M-Iridium	Platinum M-copper	M-Gold M-Zirkon
Depression	Aluminium Cobalt M-Gold	Boron Lithium M-German.	Chrome Magnesium	Gold Selenium
Detoxification	Aluminium Nickel	Germani- um Sulphur	Carbon Tantalum	Molybden.
Diabetes	Chrome Manganese Vanadium	Germanium Nickel Zinc	Carbon Selenium	Magnesi- um Silver
Digestion (s.a. intestine, stomach)	Bismuth Molybdenum	Iron Nickel	Germanium M-Zirkon	Copper
Dizziness	Chrome Potassium	Iron Lithium	Germanium	Gold
Ease	Tin M-Zinc	M-German.	M-copper	M-Mangan.
Ego	Gold	M-Gold	M-Platinum	M tin
Eyes	Chrome Silver M-Palladium	German. Zinc	Gold M-German.	Selenium M-Magnes.
Fatigue	(see productivity)			
Fear	Chrome Lithium	Iron M-Iridium	Gold M-Mangan.	Calcium M-Rhodium
Fungi	Boron Silver oil	Sulphur Zinc oil	Silver Ozone oil	Silicon

Gout	Alu Molybden.	Gold Gold oil	Lithium	Mangan.
Hair	Iron Sulphur	Copper Silicon	Manganese Zinc	Nickel
Headache	Alu Gold	Chrome Potassium	Iron Lithium	German. Magnes.
Heartburn	Alu	Tin		
Heavy metal de- toxification	German. Tantalum	Manganese	Sulphur	Selenium
Herpes	Platinum	Silver	Silver oil	Zinc oil
Hormone balan- ce	Boron Copper Nickel Zinc	Gold Lithium Platinum M-Gold	Potassium Magnes. Selenium	Calcium Mangan. Tin
Immune system	Boron Magnesium Silver M-Silver	German. Platinum Silicon M-Zirkon	Copper Sulphur Zinc	Lithium Selenium M-Gold
Inflammations	Iron Sulphur Zinc Silicone oil	Gold Selenium Germ.oil Zinc oil	Copper Silver Gold oil	Molybden Silicon Silver oil
Intestine (see also digestion)	Bismuth Copper Selenium	Iron Magnes. Ozone oil	Gold Moly- denum M-Chrome	Potassium Sulphur
Intuition	Gold M-Palladium	Platinum M-Rhodium	M-Gold	M-Magnes.
Joints	Boron Molybän German.oil	Gold Sulphur Gold oil	Calcium Silver M-Silicon	Manganese Silicon
Joy of living	Copper M-Zinc	Gold M-Zirkon	M-German.	M-Gold

Menopausal symptoms	See hormone balance			
Metabolism	Alu Calcium Manganese Selenium Zinc	Boron Carbon Molybden. Silicon M-Chrome	Germanium Copper Nickel Vanadium	Potassium Magnes. Sulphur Tin
Multiple sclerosis	Germanium			
Muscles	Chrome Cobalt Sodium M-Silicon	Iron Carbon Selenium	Potassium Lithium Magnes.oil	Calcium Magnes. M-Pallad.
Nails	Iron	Sulphur	Silicon	Zinc
Nerves	Alu Calcium Lithium Selenium M-Palladium	Boron Cobalt Magnesium Tin	Chrome Carbon Sodium M-German.	Gold Copper Platinum M-Magnes.
Neurodermatitis	Silver Ozone oil	Silver oil	Silicon oil	Zinc oil
Optimism	Gold	Copper	M-Gold	M-Iridium
Osteoporosis	Boron Silicon	Germanium	Calcium	Mangan.
Oxygen supply	Iron Magnesium	Germanium Sulphur	Gold Selenium	Copper Ozone oil
Pain (see also headache)	Gold Sulphur Silicon oil	Calcium Tin Zinc oil	Copper German.oil M-German.	Platinum Magnes.oil
Parasites	Iron	Carbon	Silver	Ozone oil
Parkinson's	Germanium	Lithium		

Productivity, energy	Boron Cobalt Manganese Zinc	Iron Carbon Molybdenum M-Iron	Gold Copper Sodium	Potassium Magnes. Nickel
Psoriasis	Gold Zinc	Sulphur	Silver	Silicon
Psyche, Mood	Chrome Platinum M-Gold	Gold Selenium M-Zirkon	Copper Tin	Lithium Zinc
Rheumatism	Alu German. oil	German. Gold oil	Sulphur	Silver
Scars	German.oil	Gold oil	Silver oil	Ozone oil
Self-confidence (see also Confi- dence)	M-Iridium	M tin	M-Zirkon	
Sexual disorders (see also virility)	Iron	Manganese	Platinum	Zinc
Skin	Iron Nickel Gold oil	German. Sulphur Silic. oil	Potassium Silicon Zinc oil	Copper Zinc Ozone oil
Skin diseases	Bismuth Silver Zinc oil	Boron Zinc Ozone oil	Manganese Silver oil	Silicon Silicone oil
Skin prolifera- tion	German.oil			
Sleep	Alu Potassium Tin	Chrome Calcium M-Gold	German. Lithium	Gold Magnes.
Spiritual Development	Calcium	M-Gold	M-Zirkon	
Sport	Iron Magnesium	Gold Zinc	Potassium	Carbon
Stomach	Bismuth Molyb- denum	Iron Sodium	Gold Sulphur	Magnes. Tin

	Zinc			
Stress	Chrome Nickel	German. Selenium	Magnes. Zinc	Manganese M ruths.
Teeth	Boron Vanadium	Calcium	Molybdenum	Silver
Tendons	Silicon	Silicon oil	M-Silicon	
Thyroid gland	Boron Manganese	Calcium Selenium	Copper Vandadium	Magnes. Zinc
Unrest	Alu Lithium	Chrome Manganese	Gold	Calcium
Uric acid	Lithium	Manganese	Molybden.	
Vessels	Bismuth Selenium	Calcium Silver	Copper Silicon	Magnes.
Victim role	M-Iron	M-Gold		
Virility	Gold	Molybden.	Zinc	M-Iron
Viruses	Copper Silicon	Sulphur Ozone oil	Selenium	Silver
Water balance (oedema)	Lithium	Sodium		
Wounds	Bismuth Silver oil	Manganese	Silver	Zinc

Handed over by



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