



Silica and Silicon: Amazing New Health Benefits from this Trace Element

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ESSENTIAL SILICON : THE REGENERATOR

"Silicon is the second most common element on earth, lead only by oxygen, and is the second-most abundant element in the Earth's crust, where it is chiefly found in the form of silica or silicon dioxide.

Silicon is present in important quantity in most of organic tissues, bony tissues, and connective tissues. In the human body, it is in higher concentration (7g) than Iron (Fe), Copper (Cu). It potentialize the action of Zinc (Zn) and Copper (Cu) and allows the fixing of Calcium (Ca).

The quantity of silicon in our body diminishes when we age. That is to say the importance of this composite to all the ages, and particularly during the third age to warn and avoid the deteriorations of reticule endothelial tissues, collagen, scleroses by calcification of tissues, weakening of bones and diseases of bone by decalcification (osteoporosis) by continuation of the difficulties of the fixing of calcium.

Silica is one of those elements whose list of benefits keeps growing as time passes. Silica was recognized by the health and science community as an essential trace element in 1972.

What You Need To Know about Silica

Silica deficiency is the causal factor in many degenerative diseases, including Alzheimer's disease and is the missing element in all anti-aging programs.

Research shows that skeletal diseases such as osteomalacia (bad bones), osteoporosis (porous bones and/or spontaneous fractures, as well as shrinkage) although caused by a calcium deficiency, do not respond to calcium therapy alone. Research conducted in Paris, France by noted biophysicist Louis Kervan, and in the United States by Dr. Richard Barmakian shows that fractured bones did not heal at all when high amounts of calcium were present. They heal fair to poorly when moderate amounts of calcium were present. But they heal extremely well when relatively low amounts of calcium were present with an abundance of silica. calcium and vitamin D alone are not sufficient for bone growth, density, strength, and flexibility. silicon is needed to strengthen and increase production of collagen and flexible connective tissue that binds everything together.

Early research, in 1952, by Dr. A. Charnot determined that decalcification (the leeching away of calcium) is always preceded by the complete loss of detectable tissue silica.

Silicon influences the calcification process and the rate at which calcium is deposited in bone. Animals kept on the high silicon diets attained maximal bone mineralization much quicker than did those on low-silica diets."

Silica is a vital mineral that is almost completely over looked by mainstream nutritionists. We are born with an abundance of silica and relatively low amounts of calcium. Then with every advancement in chronological age, the amount of calcium increases and the amount of silica decreases within the body. This is exactly what happens in the aging process. As our silica supply diminishes, the soft tissues become stiff and lose elasticity. They become over calcified!

Additionally, there is a relationship between silica and the rate of aluminum concentration in the brain of Alzheimer's patients. Many research projects point to the fact that a deficiency of silica in the diet is the causal effect of the increased absorption of aluminum into the body and its ultimate accumulation into the synapses of the brain.

"In their 1997 book, Prescription For Nutritional Healing, James F. Balch, M.D. and Phyllis A. Balch, C.N.C., point out another benefit of silicon to our health as we age. 'Silicon counteracts the effects of aluminum on the body and is important in the prevention of Alzheimer's disease and osteoporosis. Silicon levels are needed in larger amounts by the elderly,' say the Balches."

Research on this remarkable element continues, but a study in 1990 found it an absolute necessity for the proper function of skin, ligaments, tendons, and bones. Silica supplements are taken regularly by millions of people to strengthen and improve their bones, connective tissue, hair, and skin.

Silica adds strength and flexibility. It's obvious why strength and flexibility are essential to skin and bones. It's also important to know that silica supports blood vessel health, making it extremely important in supporting heart health.

Principal constituent of vascular walls, silicon represents an important link for the maintenance of the elasticity of this one. The physiological decrease of the rate of silicon with the age lead to a decrease of the vascular tonicity. At the level of the aortal ones, very rich partitions in élastin (about 40%) and in collagen, one rediscovers mucopolysaccharides that constitute the intermediary matrice between these two first components. These polysaccharides are highly rich in silicium in the human body.

Loepper and Golan studied the relation between the rate of silicium in aortal fabric and arteriosclerosis; they note that all lipid infiltration leads to a decrease of silicon in the arterial partitions. On the other hand, a study conducted by Saddened, Nebla and Nebuloni, concerning 72 61 years old persons and more, showed than in the attained arteries of arteriosclerosis, the rate of silicon is 14 inferior times to the one that was identified on the undamaged arteries. A deficit in organic silicon increases risks of arteriosclerosis, and of coronary diseases.

Silicon is improve the cardiovascular system, as it is essential to the structural integrity, elasticity and permeability of the arteries. Silica may be useful in reducing blood fats & cholesterol. Artherosclerosis can occur as a result of silicon deficiency whereas silicon is abundant (up to 14 times more) in the arteries of people who are free of heart disease.

"As noted in *The Complete Book of Minerals for Health*" silica is given due credit by Klaus Schwarz, M.D. Schwarz reviewed a survey of heart deaths in Finland, conducted between 1959 and 1974. The death rate from coronary heart disease in men of eastern Finland was two times higher than men in western Finland. It should be noted that smoking and obesity were relatively the same in both groups. However, another factor impacted the researchers when they checked chemicals in drinking water in both places. Silica was absent from drinking water where coronary heart disease rates were twice as high and definitely present in the other area. Schwarz continues studying silica - this time in fiber, generally regarded as a non-food, which does little more than give bulk to waste matter and hurry it out of the system. As reported in his book, Schwarz studied 337 British men for 10 years and discovered that those who ate the most cereal fiber suffered only one-fifth the heart disease of those who ate the least."

This study has demonstrated that a deficiency in silica could increase the risk of coronary problems. As a matter of fact, the elasticity of the arterial walls is essential to absorb the variations in blood pressure. A supplement of silica is often necessary to restore a normal tonicity to the arteries.

Various studies showed that, with advancing age, silicon disappears from the aorta, the heart's key blood vessel; consequently, connective tissue in it deteriorates.

With the departure of silicon from the interior (intimae) of artery walls, and with the weakening of its connective tissue, comes a greater risk of developing occlusive heart disease."

"In the past generation, many studies have found that deaths from heart disease are far fewer in areas where the water is considered 'hard'. (presence of salts, as of calcium or magnesium.) This was reported as early as the 1960s by Henry Schroeder, then professor of clinical physiology at Dartmouth University Medical School."

In 1939, the Nobel Price winner for chemistry, Professor Adolf Butenant, proved that life cannot exist without Silica. According to his research conducted at Columbia University in 1972, silica is an essential nutrient and must be supplied continuously from food sources.

In the human body, silica is essential for bone formation and the health of connective tissue. Healthy hair, skin, nails and flexible arteries would be impossible without silica. Silica is critical to our well being, but it's difficult to assimilate from a normal diet. Supplementing our silica intake on a regular basis may be extremely beneficial.

Silica supplementation can increase collagen 1 (one) in growing bones. Everyone at every age will benefit from this kind of bone support. As our bodies age they use increased levels of silica but are not able to replenish it as quickly or as easily as when we were young. Silica supplementation becomes increasingly more critical as we get older. Silica is especially important in keeping skin and hair looking young.

By offering silica to the body, assimilation is vastly improved and silica levels can begin to increase. This allows the potential remineralization of bone and could aid in increasing cartilage between joints. As silica levels increase, vascular support increases and the integrity of connective tissue is restored. Silica, when sufficient, may also retard the aging process due to

immune system support.

MUSCULAR , TENDON AND BONE TISSUES

While mineral calcareous (limestone) is prescribed in bony affections (weakness of the bones, slowness of the consolidation of the breaks, lumbalgias, rachitism), it is basic that it otherwise replaced, at least be associated with the silica. The Pr Kervran showed that: «... by radio photos, the breaks repair themselves a lot more quickly by extracts of organic silica than by the limestone administration: limestone mineral is a residue, and the organism does not assimilate it; Therefore to re-calcify, this is not limestone mineral that it is necessary to take, but what will allow the organism of "to make" his limestone..

THE CUSTODIAN OF THE BEAUTY OF THE SKIN

The deficit in organic silicon from the forty provokes a dryness and a released of the skin and his lack induces also wrinkles . The elastic fibers crumple and the lines of fractures form the wrinkles.. There again, the organic silicon is one of the essential provisions of synthesis of the collagen fibers and of élastin that allows the skin to preserve or to rediscover his elasticity and his integrity. Once refilled in silicon, the skin rediscovers its youth property and can again fight actively the processes of the ageing. In fact, the presence of the organic silicon in the skin cells revitalizes the collagen and elastin factories, reinforces the cell membranes to arm them against the free radical one and revives the hydro regulation of the cells of the epiderm. The activity of the skin cells is thus relaunched.

The quantity of organic silicon diminishes with the ageing, and this in a irreversible manner, because the human body is incapable TO TRANSFORM the mineral silicon that it ingests (foods, drinks) in organic silicon. Now, mineral silicon IS NOT ASSIMILABLE by the human organism. This is to say the importance of this organic composite to all the ages and particularly during the third age to warn and avoid the deteriorations of reticule- endothelial tissues, collagen, and the scleroses by calcification of tissues, the weakening of the bones, and bony diseases by decalcification (osteoporosis) by continuation of the difficulties of the fixing of calcium.

The works of Zeller and Odier show the essential role that plays the silicon at the connective tissue level . Thus, it was observed that the silicon is essential for the synthesis of the collagen fibers and of elastin in connective tissue. All lack or impoverishment of these tissues in silicon lead to a loss of their elasticity and of their integrity. Organic silicon therefore are indicated to act on wrinkles, vergetures and to improve the elasticity of the skin.

There are many reasons for silica supplementation, including:

1. Silica Inhibits the aging process in tissues
2. Silica helps maintain bone density and strength by facilitating deposits of calcium and minerals into the bone matrix. Strengthens weak connective tissue and improves its structure and function
3. Silica is vital for articular cartilage development. It has an solidifying action (in the ossification process or of bony reminéralisation, and a flexibility and elasticity action on tendons, joints and skin.
4. Silica supports the inner lining of arterial tissue and increases the elasticity of blood vessels. Increases the elasticity and firmness of blood vessels, making them less likely to develop atherosclerosis - when silicon rejuvenates connective tissue, atherosclerotic swelling vanishes
5. Silica can help maintain a youthful skin tone and increase collagen levels.
6. Silica helps hair grow thicker and stronger and nails grow faster and harder.
7. Silica stimulates the immune system to fight off disease-causing invaders – bacteria; viruses; toxins, since it is essential to the triggering process of manufacture of the antigens and antibodies.
8. Silica stimulates cell metabolism and cell formation, has mild disinfecting properties, and is an anti-inflammatory.

Expected Results

- Facilitates deposits of calcium and minerals into the bone matrix
- Aids in remineralizing the skeletal structure
- Aids in articular cartilage development
- Helps to strengthen connective tissue
- Supports the structure and increases the elasticity of blood vessels
- Helps to retain moisture in tissue right under the skin which can help prevent wrinkles
- Helps promote healthy hair, skin & nails

SILICA AND AGE REVERSAL

How and why the body ages has been the subject of many books and postulations. No conclusive data exist, but one thing is

certain: poor nutrition plays a definite role in aging. For some reason yet unknown, aging is associated with a decrease in the silica content of the body. This observation has been interpreted as an indication of why we need to consider silica supplements as we advance in years. This has led many to believe that silica may play a preventive role in aging and premature aging. Considering the role that silica plays in maintaining the youthful appearance of hair, skin, and nails and its many valuable functions in disease prevention, it appears that silica should be more seriously seen as an essential element in the maintenance of youth and vitality of the body.

Taken orally, silica is easily absorbed via the intestinal wall. It is also rapidly and easily excreted; so regular, daily supplementation is important. Because it is water soluble, it does not "build up" in the body. No studies have found any negative effects of "too much" silica. Unfortunately, natural levels of silica tend to drop with age. Regular supplementation could make a significant difference in the quality of your life during later years.

Thus, the silicon associated to vitamins B2, B3, B5, favors the activity of the repressors elements of the cells preventing thus the essential factors or the latent viruses to perturb contained information in the chromosomes carriers of the genes and to develop anarchically. « Silica must be, considered as particularly useful in the preventive treatments of the senescence and cancer ». (Niestlé-piaget)

« One observed that the noxious effects of chemotherapies notably after breast cancer were dramatically reduced by the taken one of organic silicon. Also, in the case of viral hepatitis, one was able to notethat taking organic silicone reduces the high level of transaminases ». (Besbes)

Silica may be indispensable for lungs. Lung tissue function and elasticity are silica dependent. For this reason, silica could be a favorable supplement to orthodox therapies. It can promote mucous flow and reduce coughing. Silica helps support the regeneration of mucous membranes.

Our Bodies Need Silica In our youth, our tissues absorb and maintain high levels of silica -- enabling our bodies to remain very flexible, resilient, and energetic. As we age, our silica levels steadily decline, and we begin to exhibit the traditional signs of aging - including bone, joint and cartilage deterioration; dry, distressed skin; brittle nails, thinning hair, and tooth and gum loss. It is believed that silica supplementation may be a key factor in slowing this process, and may help us maintain a healthier, more youthful, and pain-free body—and in reducing the body's natural recovery time.

Our bodies need boron, magnesium, manganese, potassium, iron and phosphorous in order to assimilate the silica in our system.

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FORMULA:

Bamboo stems, Horsetail, Squid bone Onion, fenugreek, Dandelion roots & leaves, Yellow Dock root, alfalfa, beets, Soybeans, vitamins B2, B3, B5, Magnesia carb 4 C, Magnesia Mur 5C, Manganum 6C, Phosphorus 9C, Ferrum phos 4C, KaliKali carb 4C, Kali chlor 5C, Calcareo Carb 9C,

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