

The Truth About Colloidal Silver – Separating Myth From Fact

Let's start with the basics – what IS colloidal silver? What is it used for? In the simplest terms, colloidal silver is a solution of microscopic particles of silver suspended in a pure liquid, usually water. In the broadest terms, it's used to supplement the immune system, usually in the form of an oral solution.

In truth, it's so much more than that. This article is intended to clearly define its benefits and dispel negative connotations floating around the all-encompassing internet. There is also the question of, amidst a dizzying array of brands of colloidal silver available today, whether there is one specific brand that offers all of those benefits without negative side effects.

Colloidal silver has a long and colorful (namely blue, but we'll get to that..) history. The Greeks used silver vessels to keep water and other liquids fresh. The Romans did the same with wine to avoid spoilage. The use of silver is mentioned in ancient Egyptian writings. The writings of Greek philosopher and historian Herodotus date the use of silver to before the birth of Christ. In the Middle Ages, the wealthy consumed food using genuine silver to shield them from the full force of the plague. The benefits of silver have been known and utilized in cultures and civilizations worldwide throughout history.

Prior to the introduction of antibiotics, colloidal silver was used in hospitals and has been recognized as a bactericide for at least 1200 years. In the late 1800's it came back into fashion as a powerful germ fighter. Medicinal silver compounds were then developed and commonly used as a medicine. In the early 1900's the use of silver as an antibacterial substance became widespread. By the 1940's there were around four dozen different silver compounds on the market being used to treat just about every known infectious disease. These compounds came in topical, injectable and oral forms.

Some negative press began to surface in the early 1900's due to the overuse of certain types of protein-bound silver compounds causing a grey or blueish discoloration of the skin known as argyria, along with a supply of improperly prepared and unstable solutions. Myths surrounding the use of colloidal silver abound – it's been blamed for harming human cells when in fact recent studies have demonstrated that the body has a specific process for isolating and detoxifying accumulated silver, protecting cells from harm.

Colloidal silver has been said to cause a "cytokine storm" (massive inflammation) in the lungs of even healthy individuals. Studies have in fact shown that silver actually modifies cytokine expression and reduces inflammation.

It has been said that colloidal silver causes hardening of the arteries. In reality studies have shown that silver stops red blood cells from clumping, helping prevent heart attacks and

strokes rather than causing them. There has been no medical documentation relating silver to arteriosclerosis.

Here is where things get tricky; most silvers on the market aren't true colloidal silver. The term "colloidal" is being used to describe two types of silver products - true colloidal silver and ionic silver solutions. Ionic silver solutions do not make it through the digestive system. Because it's stable, true colloidal silver survives digestion and is absorbed into the bloodstream. True colloidal silver contains nanoparticles of silver suspended in a pure liquid solution. Most silvers on the market are ionic silver solutions, which are less expensive to produce. At this time there are no regulations requiring manufacturers to specify whether the product is a true colloid, or an ionic solution.

Most of the ill effects attributed to colloidal silver have in fact been caused by the consumption (and often overconsumption) of ionic silver products. The majority of consumers are completely unaware that there is a difference. The use of a sub-par product is ineffective at best and in many cases harmful. Another area of concern is with products being marketed as colloidal silver generators that enable consumers to make the product at home. None of these generators produce true colloidal silver. They are incapable of producing nanoparticles of silver. What they produce is ionic silver via electrolysis, resulting in the same solution as many mislabeled over-the-counter products. This puts homemade colloidal silver enthusiasts at risk of suffering the negative side effects falsely associated with true colloidal silver.

The problem with mislabeled and homemade "colloidal silver" is that in its ionic form, silver is highly reactive with other elements. Chloride is the most prevalent anion (a negatively charged ion) and silver ions immediately bond to it, forming silver chloride. Silver chloride is an insoluble salt that does not dissolve inside the body once it is formed. Silver chloride is eliminated by the kidneys and expelled through the urine, leaving very little, if any silver particles in the body.

Ingestion of highly concentrated amounts of ionic silver can cause argyria, a permanent greyish or blue discoloration of the skin. True colloidal silver does not cause this condition.

Conclusion

To conclude this article, we would like to share some important aspects of the colloidal silver usage and general dosage parameters.

- a. Topically it can be used for cuts, scrapes, burns, and bug bites as an antiseptic and healing agent.
- b. Daily oral dosing for adults and children is one or two tablespoons daily depending on condition being treated.
- c. 5 cc can be placed in a nebulizer and inhaled to fight off colds and viruses of the respiratory tract.

- d. It can also be used successfully in anti-lyme, anti-herpes, anti-flu protocols under the guidance of an experienced practitioner.
- e. Any inquires about product availability and pricing can be made directly through Dr Rucker's office info@ruckerozonedoc.com or 941 448 1199.