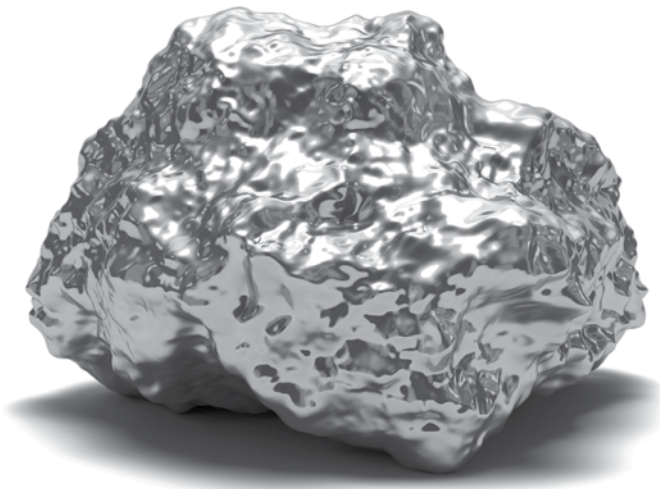


ESSENCE OF WELLNESS

THE  
**SILVER**  
MIRACLE



Why Silver is The Greatest Tool For  
Restoring and Protecting Health  
Ever Discovered By Science

DR. GORDON PEDERSEN, PH.D.

# THE SILVER MIRACLE

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Φ WHY SILVER IS THE GREATEST TOOL FOR RESTORING  
AND PROTECTING HEALTH EVER DISCOVERED BY  
SCIENCE

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Board Certified in Anti-aging and Regenerative Medicine  
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# About the Author



Gordon Pedersen has a Doctorate in naturopathic Medicine with a Ph.D. in Toxicology from Utah State University. He also has Ph.D. degrees in Immunology and Biology. He is board-certified in anti-aging and regenerative medicine and holds a Master's degree in Cardiac Rehabilitation and Wellness. He performed an internship with Jonas Salk, the American medical researcher

noted for the discovery and development of the polio vaccine. He has formulated over 150 products, was a bronze medalist in the 2003 Utah Winter Games, and is a best-selling author.

Gordon has spent countless hours reviewing silver information and is frequently called upon as the world's leading authority on silver as a health tool. He is a member and distinguished speaker for Special Operations Medical Association (SOMA) and has spoken with several national and international governmental organizations about silver. He has volunteered and personally funded efforts to bring silver's benefits into Africa's poorest communities with dramatic results including his published cure for malaria (10).

Gordon wrote this booklet to help as many women as possible enjoy improved personal health. He hopes that it will be helpful for women around the world, raising awareness of how silver provides new answers to age-old health questions.

# Table of Contents

## INTRODUCTION

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## CHAPTER 1

---

Your First Line of Defense.....	01
Structured Silver Water Destroys Bacteria.....	05
Antiviral Potential .....	05
Structured Silver Water Destroys Fungi and Mold .....	06
Summary .....	06

## CHAPTER 2

---

Safety .....	07
--------------	----

## CHAPTER 3

---

A Fighting Chance Against Bioterrorism and Epidemics .....	09
Antibiotics Provide Little or No Protection.....	10
A Vision of the Future .....	11
Your Country Will Not Be Able To Protect You.....	12
Doctors and Drugs Cannot Protect You .....	13
You Must Protect Yourself .....	14

## CHAPTER 4

---

There is Hope.....	18
--------------------	----

## CHAPTER 5

---

Prevention Begins at Home.....	19
--------------------------------	----

## CHAPTER 6

---

Structured Silver Water Benefits by Body System .....	21
--	----

## CHAPTER 7

---

A-Z Reference Guide.....	27
--------------------------	----

## CHAPTER 8

---

Travel.....	64
Cruise Ships.....	65
A Personal Travel Nightmare.....	65
Travel Protocol.....	66

## CHAPTER 9

---

Silver as a Preferred Tool in International Medical Missions and Travel Medicine .....	67
Introduction .....	67
Silver, An Integrative Travel and Mission Field .....	68
The Role of Silver in Missionary or Travel Medicine.....	68
A Challenge to International Mission and Humanitarian Projects.....	69
Stories From the Mission Field.....	70
Conclusions .....	73

## CHAPTER 10

---

FAQs About Structured Silver.....	75
References .....	82



# Introduction

The most precious metal during a crisis is silver, but not because of its role as a monetary metal. Silver is not the most precious metal because of global supply, its current “price”, or investor sentiment. It is not the most precious metal because of its role in photovoltaic solar panels or electronic circuits. It certainly isn't the most precious metal because it makes for a nice set of earrings or tableware. There is nothing wrong with any of these uses of silver, but silver has a much higher purpose that clearly makes it the most important metal any person could own.

Silver is nature's finest germ killer. Simply by being silver, this most precious metal's elemental properties are toxic to pathogenic microorganisms while simultaneously being non-toxic to healthy cells and probiotic bacteria. Thanks to recent technological development, the newest forms of silver kill germs even more effectively than synthetic pharmaceutical drugs. They do this WITHOUT side effects. The result is that silver improves lives. It can save your life or prevent significant hardship simply by eliminating pathogens in the right place at the right time.

The newest silver technology comes in the form of structured silver water, which is the most effective form of silver ever. Swallowed as an extremely dilute liquid, the benefits of silver can now circulate through the body, disinfecting the body from the inside before being harmlessly passed through normal excretion. This is also the first pH balanced (alkaline) silver suitable for daily use. It kills pathogens faster and more completely than the acid forms and can be taken routinely.



Structured silver water  
is a new first line of defense  
from disease because  
it destroys the cause of  
most diseases: bacteria,  
viruses and fungi.

Structured silver water is today where penicillin was 80 years ago, but the new structured silver water won't have penicillin's problems and won't require a prescription. It is changing the way we think of preventive medicine and is already changing lives around the world. There are hundreds of scientific articles showing how silver kills pathogens. This book is intended as an introduction to the incredible medical benefits of silver to people already interested in silver's other uses.



# Your First Line of Defense

Eleanor was tending her grandchildren at her home. She was preparing breakfast when she had a terrible accident. She dropped a pot of hot coffee in her lap. She was scorched on both legs. The scalding coffee burned through her 88 year old legs down deep into the muscles and nerves. Most of the skin on the top of her thighs was burned away leaving her in a very dangerous condition. She needed burn and pain management but her immune system was compromised to the point that skin grafts wouldn't work and nobody wanted to consider amputating both of her legs. At last someone suggested using silver, which has been proven to improve wound healing while preventing infection and reducing pain. Two weeks later, the nurses remarked with surprise that there was no infection at all and how miraculously the skin was regenerating itself without scars. Eleanor was making a dramatic and unexpected recovery.

This is just one brief example of the growing number of people who have used silver to help heal burns, disinfect wounds, overcome serious infections, and regenerate new healthy tissues. Silver has been used through history as a natural disinfecting agent, but the newest forms of silver have become shockingly potent and amazingly safe for use. They even work with the world's most deadly pathogens and in the most desperate patient circumstances.

Hundreds of years before scientists and doctors understood what microbes were and how they cause illness, the health benefits of silver were readily observable. Ancient Greeks used silver vessels for water purification, pioneers trekking westward used silver coins in their water and milk containers to prevent dysentery, colds and flu while Australians living in the outback suspended silverware in their water tanks to slow spoilage. They may not have understood the mechanisms of action but they knew silver would make water safe and food spoil much more slowly.

## The Silver Miracle

Medicinal uses for silver were first documented in science journals in the late 1800's. By 1940, there were approximately 48 different silver compounds being sold to doctors and patients for a variety of ailments. These were available as drugs in oral, injectable and topical forms and carried such names as Albargin, Novargan, Proganol and Silvol. The use of silver for its antimicrobial benefits continues today. Silver water purification filters are used in International Airlines, silver catheters are used in hospitals, and silver is currently being used by NASA for water purification on space shuttles.

There is a tremendous amount of progress being made with the form of silver called alkaline structured silver water. Structured silver water is a liquid (drink) and a gel (topical) that works wonders, yet only has two ingredients: pure silver and pure water. Still, it can do much more than any synthesized drugs.

Structured silver water liquid can be swallowed, where it functions as an internal antimicrobial drink. The gel functions as an external topical disinfectant and promotes natural healing by modulating the immune system and destroying bacteria, viruses and yeast. This liquid and gel destroy the cause of so many diseases it is difficult to believe that "just silver and water" can accomplish everything that the lab and clinical results show that it can do. It truly is the new wave of preventing and treating diseases inside and outside of the body.

The advanced silver liquids of last decade (silver aquasols, which had outstanding performance compared with earlier colloidal and ionic silvers) were acidic, having pH in the range of 5.5 to 4.5. The new alkaline structured silver water has a remarkable 7.5 pH. The acidic forms of silver were very good at destroying pathogens but placed the body in an acidic situation. We now know that the body prevents serious diseases when it is alkaline.

Importantly, molecularly structured alkaline silver has significantly outperformed acidic silvers in side-by-side experiments, including the previous best silver hydrosols from a decade ago. This improved performance even happens when even when the body's overall pH is not taken into account. These tests have included clinical results and research at Nelson Laboratories, an FDA registered third-party facility.

Just as last decade's silver products were a significant advance over earlier colloidal and ionic silver technologies, today's best alkaline structured silver is much better than last decade's aquasols. This is true in terms of safety and anti-microbial effectiveness.

**In sum, alkaline structured silver can be taken everyday for prevention and will kill pathogens faster and more completely than acidic forms of silver. The acidic forms of silver can be taken short term and for short duration as needed but the alkaline form of silver is developed to be taken as needed and every day because it is pH balanced.**

New interest in silver has grown because of the emergence of antibiotic-resistant "super germs" and the growing ineffectiveness of many antibiotics. This is important because today's world exposes us to disease-causing agents like never before in history. We need a protective shield against the bacteria and viruses that have mutated into drug-resistant forms, and silver does the trick. Since 1973, silver has been shown to have topical activity against 22 bacterial species (in 643 individual isolates), including the most serious of infections, including numerous drug-resistant strains.

Recent forms of silver function as an antibiotic more or less equal to pharmaceutical drugs but are unique because bacteria do not mutate or become resistant. This means silver can be taken every day for prevention and it won't cause the bacteria to mutate and become a superbug that cannot be killed.

The bacteria staphylococcus aureus (commonly called staph) has evolved into a super-germ where antibiotics cannot kill it anymore. More than 95 percent of staph bacteria are now resistant to penicillin. In the 1960's methicillin replaced penicillin as the standard drug treatment for staph, but today more than 60 percent of staph bacteria are resistant to methicillin. In an October, 2007 report from the Journal of the American Medical Association (JAMA), public health authorities estimate that MRSA strains are causing more deaths in the United States than AIDS. Structured silver water does not have

## The Silver Miracle

the same problem with bacterial resistance. Even MRSA strains and respond to therapeutic doses of the new structured silver water.

It is remarkable that this advancement in new technology is supported with hundreds of scientific studies that make up thousands of pages of proof. It is exactly what the Nation is looking for because it destroys the causes of disease, is pH balanced so it can be taken daily for prevention and kills a broader spectrum of microbial pathogens than prescription drugs, but is safe enough that it won't even kill the good bacteria in your intestines. This could complement any health care program because structured silver water represents a new proven and documented paradigm in preventive medical care for anyone of any age and it is totally natural using the safest and most precious metal (silver). This means Healthcare costs could be reduced substantially in nursing homes that use the structured silver gel on a daily basis because it can prevent MRSA infections and aid in the healing process. Because it destroys the greatest amount of germs, it helps close wounds and prevents bed sores and hospital acquired infections. This can help reduce the patients' treatment costs by an estimated amount of \$200,000 per patient per year. This means prevention of disease and reduction of costs long- term and short-term. The most precious thing is that people are living a better quality of life and have more control over their own health and wellness programs.

Imagine a grandmother or father who has to go into the hospital or nursing home who now has the choice to use technology at home that will prevent potentially fatal infections and reduce long-term costs. Then imagine the impact of millions of people making the same choice. Aside from a drastically reduced strain on the medical industry, the results in better quality of life for everyone who uses structured silver gel and liquid as a first line of defense in their own home, car or workplace.

Even when you don't know what the cause of a disease or infection is, structured silver water will be the most likely agent to work because it destroys the broadest spectrum of germs, including bacteria, viruses and fungi.

## STRUCTURED SILVER WATER DESTROYS BACTERIA

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Structured silver water destroys bacteria that include streptococcus, staph, bubonic plague, MRSA, e. coli, salmonella, syphilis and gonorrhea. Imagine a water-soluble gel (like K-Y jelly) that can be used for the same conditions but has the ability to kill sexually transmitted diseases, yeast and bacteria that infect warm moist areas of the body. Bacteria cause fatal disease, and structured silver water has been proven to destroy the cause of bacterial disease.

Importantly, silver has also been proven to spare the healthy bacteria called probiotics. Many people have spent significant research to prove this, but if you want to prove it to yourself, all you have to do is perform this little test: drink four times the normal dose of structured silver water (8 teaspoons). If the structured silver water killed your good bacteria, you would get diarrhea. Wait three hours. If you don't have diarrhea, you have not killed your good bacteria. I have done this on many occasions and know that the test works – there is no diarrhea because the good bacteria are not harmed.

In support of this, consider the contrasting reality of antibiotic-induced diarrhea. When you take antibiotics they can kill your good bacteria and cause diarrhea. Structured silver water does not!

## ANTIVIRAL POTENTIAL

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The fact that silver has the ability to destroy all forms of viruses and even provide daily prevention against the most fatal types is significant because people can keep a stockpile of silver on hand for use against the next viral or bacterial epidemic. This is what it will take to be prepared in today's world of antibiotic resistance and continuously mutating viruses like influenza.

# STRUCTURED SILVER WATER DESTROYS FUNGI AND MOLD

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Structured silver water destroys fungus and mold that cause disease, including candida albicans. This means that yeast and mold on the skin or in the ears, armpits, vaginal cavity and intestines can be treated with structured silver water liquid or gel. The key to destroying fungus is to keep the silver in contact with the pathogen for 6-10 minutes. Silver will usually destroy pathogens in seconds but to be sure we try to get direct contact for 6-10 minutes. There have been dramatic recoveries from athlete's foot in just one application. Since athlete's foot and toenail fungus are difficult, chronic and recurring problems caused by fungus, the structured silver water gel and liquid should both be used as needed for prevention and treatment.

## SUMMARY

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Rarely has one product been proven to be of such benefit inside and on the body. It truly is the right product for our time since there are no reported adverse reactions, and it is so effective against the cause of diseases.

It is changing the way we prevent and treat diseases because it truly is our first line of defense AND works in combination with our second and third lines of defense.

## Safety

Silver has a very credible and proven history for destroying bacteria, viruses and fungi safely. It has been safely used for thousands of years without any dangerous side effects. The one and only problem silver had in the past is that colloidal and ionic forms of silver can accumulate in the fats and cause a permanent discoloration of the skin called argyria.

Until now, silver had this one problem, but the newly structured silver water doesn't have this problem because it is a chemically different material specifically structured to permanently distribute the tiny particles of silver into the structure of the water. This means the water is structured to have a silver molecule permanently bonded to the H<sub>2</sub>O molecule. This is significant because the silver cannot fall out of solution and aggregate in the fats.

Older silver liquids were often contained a high concentration of silver – 50,000 parts per million (ppm) or higher. In contrast, the newest silvers are effective at concentrations as low as 10 ppm.

In addition, the structured silver water consists of pure metallic silver, which the Merck Index identifies as being non-toxic to humans and having antimicrobial activity. In contrast, many less advanced forms of silver do not contain pure silver and consist of particulate contaminants that contribute to the problem of argyria. Ionic silvers are listed in the Merck Index as being toxic and function as poisons that accumulate in the human body.

As for the element silver itself, the Merck Index reports the following about silver: it is a metal that does not accumulate in the fats and is the only metal that is not considered to be a heavy metal because it does not produce heavy metal poisoning.

## The Silver Miracle

According to numerous sources silver is non-toxic at 5,000 mg/kg body weight. In the case of structured silver, 90-99% leaves the body through normal excretion within one day.

Structured alkaline silver is safe and non-toxic. According to toxicology standards it would take a spill of over 12 million gallons to be considered a reportable spill (EPA report and guidelines).



# A Fighting Chance Against Bioterrorism and Epidemics

For thousands of years, terrorists have worked to develop terroristic tools. The sword, knife, catapult, gunpowder, bombs and nuclear weapons have found their way into our lifestyle. In the near future terrorists will continue their sadistic development of bacteria, viruses, mold and parasites. Even now, we are witnessing human developments like the SARS virus and other potentially fatal terrorist tools. There is evidence from satellite photographs that show how the SARS virus was man-made and hand-carried across borders to infect other countries.

The Spanish flu epidemic of 1918 that killed millions of people was found to have originated in vaccination work in Kansas that was flown by military transport to Spain, where it broke out. The Nazi's were reported to have first worked with the AIDS virus for biological warfare research. The one thing that is certain is that humans with ill intent will continue to develop biological weapons. In fact there has already been a weaponized version of the bird flu discovered in Basel, Switzerland, demonstrating that someone is trying to develop it as a terrorist tool.

When a person is trapped and backed into a corner during times of war they are capable of anything. It is during these times that terrorists will release their most horrible weapons. As we look back at history, we can see that humans could not restrain themselves from using nuclear weapons, agent orange, and biological warfare in the selfish attempt to advance a political cause. Hitler was determined to eradicate the Jews and would stop at nothing to destroy them. In every war there is a term "scorched earth" that is used by the military when they have nothing to lose but want to burn, bomb and destroy the ground they are about to leave. They do this in anger, spite, and because they have no other alternatives.

## The Silver Miracle

When you look at the intent of the terrorists, they want to do as much harm to as many people as they can, while the governments try to protect their citizens and maintain control of the political environment. This leaves you to learn to keep the peace and defend yourself.

Throughout history people have been at risk of terror attacks, just like New York City was at risk from an attack on September 11. If you want to survive the attacks of the future you must learn to protect yourself against biological weapons that include bacteria, viruses and mold.

Structured silver water gives you a fighting chance against bioterrorism because it can prevent bacteria, viruses, fungi and even some parasites from being fatal. The person that truly wants to prevent the infectious diseases of our future and avert the bioterrorism of today will want to store 1 gallon of structured silver water per person in their garage, knowing that it will happen again.

If it is not bioterrorism it could just as easily be created by our misuse of antibiotics and the creation of superbugs that will grow into epidemics and pandemics or the fact that we spray millions of pounds of pesticides on our crops, recycle our contaminated water, or build houses that contain over 300 cancer causing agents. It is not a matter of if but when.

## ANTIBIOTICS PROVIDE LITTLE OR NO PROTECTION

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The Centers for Disease Control (CDC) sent out written notices to the physicians in America alerting them to the fact that no antibiotics were to be used on ear infections... they only serve to make the disease more resistant and the problem becomes worse. This simple example demonstrates the need for a product like structured silver water that destroys bacteria, viruses and fungi without making the pathogens become resistant to the drug. The antibiotics have served to make our diseases drug resistant, like in the case of staph. On any given day in America there are 30,000 MRSA (Methicillin resistant staph aureus)

infections. We have over-used our antibiotics to the point that we have created many diseases that are so strong that we don't have antibiotics to kill them. Today, in our hospitals, it's commonplace to have infections that are resistant to any or all drugs. These hospital acquired infections are so common now that they have been given a specific name indicating that they came from the hospital and are resistant to drugs. These are the nosocomial infections, acquired in the hospital and have mutated to the point that antibiotics cannot kill them.

Structured silver water has the ability to enhance antibiotic activity up to ten times when used in combination with antibiotics. This is your fighting chance – but only if you take it regularly and store enough at your home to make it through an epidemic, or bio-terror attack.

## A VISION OF THE FUTURE

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If there is a pandemic you will only have two or three hours to get ready in your home. All the products will be bought in hours. Trucks, planes and all forms of public transportation will cease. Your radio, television and internet will be regulated for emergency use only. Your schools will become places to go, but only the unprepared and exposed will go there making it the prime location for spread of disease. Your air, water, food will all be contaminated. The health care professionals will be exposed first and will either die early or isolate themselves from the hospitals where you will not have the ability to find them.

This is the time that structured silver water will become more valuable than gold because if you have a storage supply of it you will be able to sell it for anything you ask. Structured silver water will give you a fighting chance in the air, water, land, food, schools, home, work and especially in your body. Structured silver water will bridge the gap between the terror and the future.

# YOUR COUNTRY WILL NOT BE ABLE TO PROTECT YOU

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During the first couple of weeks of any contagious disease outbreak the government agencies will not be able to help all the millions of people that will need help. These agencies, hospitals and emergency programs are terrific and getting better every day, but they will not have sufficient staff, beds, drugs, prevention products and time to help everyone that needs it because half of everyone you know will require help immediately and only the worst will get help first. This means there will be long lines for everything and you will need to take care of yourself for the first few weeks of an outbreak, and be ready to take care of yourself in the event the contagious disease kills or contaminates the health care professionals.

Currently the US government has a new agency for homeland security. It has been in existence for the past few years and, while it has made admirable progress, it has yet to have completed the National plan for an influenza pandemic. There are tremendous agency efforts, supplies being accumulated and communities put on notice to organize emergency programs, but they are not yet in place. And we know that it may take weeks or years to get supplies to an affected area. For this reason you must not assume that your country is going to be able to protect in the case of a contagious outbreak.

The government is stockpiling influenza vaccines in the event of an influenza outbreak, but the drugs often expire after one year. This leaves hundreds of millions of dollars of governmental support thrown away each year. It should also be noted that if there is an epidemic your hospital will be totally overflowing with sick people and not be able to accommodate you. You could be sent to a large stadium to spend the next few days or weeks. And in the influenza epidemic of 1918, they set up tent cities outside the city where the sick were forced to live in tents. So be ready, because your country will not be able to take care of you for a few weeks if an epidemic does break in your area. I should also note that the health care professionals will be on call 24 hours a day and there will not be sufficient doctors and nurses to help you in a timely manner. For this reason a supply of

structured silver water will be your best prevention and treatment during this most critical time of contagious outbreak.

I want to make it clear that our health care professionals are among the finest in the world and they perform as well as any health care system in the world, but they will not have enough space, time, and supplies to help you during the first week or two of the crisis, not from any fault of their own or the government, but because of the overwhelming demand put on the facilities, skilled workers and appropriate resources.

The government has one program already in place at the airports. It is a screening, chipping and quarantine facility in the event you fly in on a contaminated plane. If you are the one that gets quarantined you may be isolated from anyone for months and they will embed a computer chip under your skin to monitor your every move. Health care professionals will not come to help you; you will be quarantined and isolated from the rest of the world for an indefinite period of time.

During the Katrina hurricane crisis many people were ready to accept help by going to the local schools and waiting to be bussed out. You may remember seeing on television the thousands of people waiting to be transported out of the area while the buses were transporting the city officials. I remember seeing people who died of starvation in their own homes. There were people waiting for medical attention for weeks and drugs that could have saved people but that arrived too late. I thought of how important it would be for my family to have primary prevention stored in my own home and a 72-hour pack ready to grab and run just in case there would ever be an epidemic or natural disaster.

## DOCTORS AND DRUGS CANNOT PROTECT YOU

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Doctors will be overwhelmed with so many patients that you will have to wait days to get help during an epidemic. The pharmacist will run out of drugs in the first two days and you will probably be sent to a stadium, school or military facility to wait days for medical treatment,

## The Silver Miracle

unless you can prevent and treat your own body with a product that kills bacteria, viruses, mold, fungus and helps improve wound healing. Structured silver water destroys bacteria, viruses, and fungus while improving wound healing and can be taken every day as a preventive agent or as treatment. This is a terrific option if the worst happens. Doctors will serve when and where they can, but your access to them will be limited and drugs will be non-existent after the first week. You must protect yourself.

## YOU MUST PROTECT YOURSELF

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I was in Singapore the day the SARS Virus outbreak occurred. I saw people willing to do anything and pay any amount to protect themselves from the mystery virus. It began with a run on the local stores. Within 4 or 5 hours all the plastic, duct tape, air filters, water filters and immune-stimulating supplements were completely bought out. I saw large apartment buildings draped in plastic. Within 24 hours it was impossible to buy anything that would deter a viral infection. People didn't want to leave their homes and they did all they could to prevent human contact.

When I got on a mass transit train, two nurses attired in their surgical scrubs and wearing their necklace name tags stepped into the train car. Every single person in my train car rushed out when they saw the two nurses enter. They did not leave in an orderly way, but were very anxious that they might be exposed to the SARS virus from the hospital employees. I found myself in a very interesting situation. Should I leave immediately before the car doors closed or was I confident that there was no risk? In the next second, every emotion possible ran through my head. I was afraid, then I thought myself silly to think health care professionals would be contagious.

I then realized the SARS Virus originated in the Singapore Hospital, and these two nurses were wearing tags from that very hospital. I then leaned forward as if I was going to leave, but hesitated because I didn't want to be offensive to the nurses I had eye contact with. Then a picture of my family came to my mind and I instinctively hustled out of the train car with the thought of better to be safe than sorry. In the next few minutes I laughed at myself, and the anxiety it caused when

everyone else ran from the nurses. I should have known better. After all, these were health care professionals and I'm sure they took all the precautions necessary to prevent contamination, right? Then, later on I heard how about half the casualties were health care professionals from Singapore Hospital and I shuddered to think of how close I was to disaster.

The health care professionals were treated as if they were lepers. Whenever they entered a restaurant most of the people would immediately get up and leave.

This experience gave me first hand knowledge about the way people will respond to an emergency. They will run to the store and buy everything they can with no concern for anyone but their own family. Next they will isolate themselves using air filters, water filters, drugs and nutritional supplements in order to feel safe. Many government and hospital workers will take vacation or stay home, which cripples government facilities. Church attendance drops significantly. Day care centers stop functioning and people stay home from work to tend their children that are home from school.

The price of plastic, duct tape, water filters air filters and essential foods will sky rocket. I saw prices double the first day then double the second day and on the third day some basic food items like milk were ten times as high, if you could find it. What I learned was that people will become anxious and act aggressively in a self- preservation and survivalist mode of action. I learned that if you don't already have it, you will pay dearly for it, wait in a two hour long line for it, and that's the first 4 hours. If you don't get what you need within the first four hours, you may not get it at all.

For this and other reasons it is essential that you have a 72-hour survival kit that is packed and ready to go, should you ever be evacuated. In addition, you should have enough food stored to last at least two weeks and have some provisions for up to a year. The most important things you can store in a safe place in your home are clothing, bedding, structured silver water, basic food, and water. The structured silver water is essential to prevent disease when taken daily and necessary for the purification of wounds, foods and water. Water

## The Silver Miracle

can be purified by structured silver water simply by dropping 4 drops into an 8 oz glass of water and letting it sit for about 4 minutes. It can also be used to purify the large 55 gallon drums of water by putting 32 oz of structured silver water into the water, where after ten minutes the water will be safe for the next 4 years. When you spray structured silver water on foods you must let it stand for 6 minutes before the pathogens are completely killed. If you recognize the fact that 70% of contagious disease is transferred by hand contact you will want to put structured silver gel on your hands three times a day. And use it before and after eating and using the bathroom.

The most important message of this entire book is that you must protect yourself. Every home should have a year's supply of structured silver liquid and gel stored in their home where they consume it regularly and still have ample supply should a contagious problem develop. You will not have time or access to buy these broad spectrum prevention and treatment products if a pandemic breaks out in your area... and government agencies or hospitals may take weeks to get supplies to you. And if your city is quarantined due to a contagious disease, nobody will be allowed in or out.

During a crisis, the most precious metal is silver. It saves lives when consumed orally, protects and prevents diseases when applied topically and can destroy almost all pathogens when the structured silver comes in contact with the pathogen for 6 minutes. This is not just silver in money or electrical form, it is truly the finest first line of defense you can have during any emergency.

Medical care is being controlled by power-hungry politicians. We are losing easy access to doctors and drugs at the same time the cost of preventive health care and insurance is skyrocketing. Structured silver water is the most precious of metals because it gives you control over your health care prevention and treatment. The new structured silver water is remarkable because it changes the way we use silver. Older silver technologies (ionic silver, colloidal silver, silver hydrosol, etc.) were good for their time, but previous silver products were acidic silver. Acids create disease in the body while alkalinity prevents disease and destroys the pathogens that cause it. Why would anyone continue to use an acidic form of silver when they can use the alkaline form of



silver for daily use instead? To continue using acidic forms of silver are tantamount to taking chemotherapy (acidic) for everyday prevention.

The fact that we can use structured silver everyday for prevention and still have it destroy the most dangerous MRSA infections in the hospital is why structured silver is the most precious metal. After all, if you're not alive you can't spend your money. If you're not healthy and well, you cannot enjoy the money you have nearly as much. The great equalizer is silver, and now it can be used for prevention as well as treatment.

## There is Hope

### STRUCTURED SILVER WATER BRINGS HOPE BECAUSE:

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- It destroys the cause of disease.
- It destroys bacteria.
- It destroys both forms of viruses (RNA and DNA replication).
- It destroys fungi.
- It destroys mold.
- It destroys yeast.
- It can be used topically.
- It can be used internally.
- It can be used in every orifice of the body.
- It is so tiny that it can enter a single red blood cell.
- It resonates at a frequency that destroys the cause of disease.
- It can kill bacteria on contact.
- It helps stimulate the activity of stem cells.
- It helps improve wound healing.
- It can disinfect inside or outside the body.
- It is all-natural, containing only two ingredients: purified silver and purified water.
- It will not destroy the good bacteria (probiotics).
- It helps the immune system by taking the workload off of an already overworked immune system.
- It can be used in an Intravenous delivery system under supervision.
- It can be pumped into the body.
- It disinfects surfaces and people.
- It gives you a fighting chance against bacteria, viruses and fungi.
- It is the safest form of silver.
- It is the most beneficial form of silver.
- It even kills the most difficult and potentially fatal infections like MRSA and has the capacity to work against new forms of diseases.

## Prevention Begins at Home

I believe the body will heal itself if you give it the correct tools and I believe the power of prevention originates in the home.

There is no question that your body heals itself and does so every day. In fact, every month your body replaces all of your skin, and does this one cell at a time. Each and every cell that is constructed requires the proper nutrients, essential fatty acids and amino acids or it will be an inferior cell that can't perform its duty adequately and dies early. This may seem insignificant that one cell dies early, but when you consider your body makes millions of cells every hour, then every hour you live is critical that your body has all of the nutrients it need to construct healthy cells and that this construction process is unopposed by bacteria, viruses and fungus.

The immune system works by priority, serving the area of greatest need first. If there is a bacterial infection, the immune system will put its highest priority on the infection and will not be able to rebuild healthy tissues at optimal efficiency until the infection is eliminated. Since the average person has staph on their skin, strep in their throat and yeast in their intestines, it becomes a balancing act to keep these pathogens under control so the body will build and rebuild healthy cells every hour of every day. This is what promotes a healthy momentum that successfully carries you through the serious injuries and contagious disease.

A healthy home is the origin of a healthy body because it is the one place you can control your environment and prevent the cause of disease. Why give your body extra obstacles to overcome on a daily basis when a few simple changes can be made that reduce the load on your immune system?

Some homes are more toxic than outside air and have over 300 cancer causing agents stored in them. Healthy homes use air and water purifiers, plus move cleansers and chemicals out of the home.

## The Silver Miracle

When you combine these simple but powerful steps with the use of nutritional supplementation and structured silver water to keep infection away, you have a very healthy home where you can truly thrive.

Additionally, healthy homes usually seem to have a supportive family, church or caring neighbors to give the needed incentive and support for people to overcome even the most difficult health situations.

How healthy is your home? What can you do to improve it?

# Structured Silver Water Benefits by Body System

Structured silver may be your most effective tool to maintain, sustain and support your immune defenses. This chapter provides general guidelines for using silver with specific body systems.

## GENERAL USAGE:

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- Maintenance dose: 1 teaspoon, hold under tongue for 30 seconds then swallow once a day.
- Immune support: 1 teaspoon, hold under tongue for 30 seconds then swallow, three times a day.
- Acute immune issue: 2 teaspoons 2-3 times a day.
- Chronic immune support: 1 teaspoon three times a day.

## RESPIRATORY SYSTEM:

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- Respiratory health: Swallow 2 teaspoons twice daily and spray 3-4 sprays in nose as needed.
- Nasal health / allergies: Swallow 2 teaspoons twice daily and spray into the nose 3-4 sprays four times a day.
- Mouth and gum health: Hold 2 tablespoons in mouth and gargle for 4-5 minutes, then swallow; twice daily.
- Throat health: Hold 2 tablespoons in mouth for 3 minutes, then swallow; repeat several times a day. If using spray, 15 sprays every other hour.
- Lung health: Swallow 2 tablespoons 2-3 times a day and inhale 4 sprays four times a day.

## CARDIOVASCULAR HEALTH:

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- 2 tablespoons, hold in mouth for 1 minute, then swallow, twice a day.

## DIGESTIVE / INTESTINAL SYSTEM:

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- Gastrointestinal health: Swallow 2 teaspoons twice daily.
- Intestinal health balance: Take 2 tablespoons of silver liquid 2-3 times a day and combine with probiotics twice a day.

## URINARY SYSTEM:

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- Drink 2 tablespoons twice daily.

## FEMALE HEALTH:

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- Use 2-3 ounces in affected area, hold for 10 minutes then release, 1-2 times daily. And drink 2 tablespoons twice daily.

## SENSORY SYSTEM:

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- Ear health: Point ear towards the sky and put 5 drops into ear and hold upright for 10 minutes. Repeat every 12 hours. And swallow 2 teaspoons twice daily.
- Eye health: Use 1-2 drops every hour.

## IMMUNE / ALLERGY HEALTH:

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- Nasal health / allergies: Swallow 2 teaspoons twice daily and spray into the nose 3-4 sprays 1-4 times a day.

## FIRST AID RECOVERY SUPPORT FOR CUTS, SCRAPES, BUG BITES ETC.:

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- To support the immune system, swallow 2 teaspoons twice a day and apply gel topically as needed.

## SKIN AND NAILS:

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- Skin health: To support the immune system, apply gel twice daily or as needed, and swallow liquid 2 teaspoons twice daily.
- Nail fungus: Frequent use of small amounts of product is best.

## HEALTHY WATER:

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- 2 tablespoons per gallon of water. Wait 4 minutes and drink as needed.

## TRAVELING:

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- 1-2 teaspoons before, during and after traveling for general immune support. It is best to hold under the tongue for at least 30 seconds before swallowing. Also spray 3-4 sprays into nose before flying or alternatively use the gel.

Please be aware that federal regulations limit dietary supplements to oral administration even if structure function claims may be specific to certain body parts.

*Note: These statements have not been evaluated by the FDA. This product is not intended to cure, treat, diagnose or prevent any disease.*

## IMMUNE SYSTEM

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Structured silver is a mild immune modulator. It has been shown to cause an increase in the number and activity of immune cells when taken orally. This means that if you drink a teaspoon of silver liquid twice daily you will find an increase in the number of white blood cells, which destroy foreign pathogens in the body. It should be noted that this improvement in immune health occurs within an hour after drinking alkaline structured silver and will last for approximately 24-48 hours after. You should expect to have improved defenses against bacteria viruses and yeast during the time you are taking alkaline structured silver and for a day or two after. In addition alkaline structured silver can help protect and shield the body from diseases caused by these pathogens by killing them upon direct contact.

## The Silver Miracle

### Recommendations:

- Drink 1 teaspoon two times daily to support immune function, and apply structured silver gel as needed to affected areas that require gel application. Benefits can be measured in the blood within one hour and will last up to two days after the last drink. Benefits from the gel can be felt in 3-5 minutes as it helps reduce pain and inflammation. For more serious health concerns structured silver water liquid can be taken 2-4 times greater doses.

## RESPIRATORY SYSTEM

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Structured silver destroys bacteria viruses and yeast that resides in or around the respiratory system (ears, nose, throat, lungs).

### Recommendations:

- Inhale from a nebulizer 30 minutes a day or two episodes of 15 minutes each.
- Drink 2 teaspoons twice a day, or spray fine mist up nose 2- 5 times a day.
- Apply gel to the nose, sinuses mouth, and hands to prevent infections or spread of germs. This can be done 1-5 times a day or as often as it keeps the nasal passages moist.

## REPRODUCTIVE SYSTEM

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Structured silver benefits the reproductive organs by destroying bacteria, viruses and yeast that may cause damage to the delicate organs and tissues of the reproductive system. Silver destroys bacteria that cause urinary tract infections and yeast that causes yeast infections. This is accomplished in about ten minutes as long as the silver comes in close proximity to the germs.

### Recommendations:

- Drink structured silver liquid 2 teaspoons twice a day to help destroy germs from the inside out.



- Apply structured silver gel to the reproductive tissues that are susceptible to infections (vagina, penis, foreskin, breast, pubic hair, etc.). This should be done twice a day or more often if needed.
- Apply the structured silver gel to a tampon and insert for 90 minutes in order to stay in contact with germs intra-vaginally.
- Apply the gel twice a day to the foreskin, condom or genitals to protect yourself or your sex partner.

## CIRCULATORY SYSTEM

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Structured silver destroys the bacterium that causes cardiovascular diseases. The gel can be used as toothpaste to kill the bacteria that causes bad breath, cavities, abscesses, and heart disease because this kind of bacteria resides in the gums. A mouthwash twice a day will kill bacteria in the mouth as well.

## DIGESTIVE SYSTEM

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Structured silver liquid and gel can be swallowed and enter the digestive tract where it will destroy bacteria, viruses and yeast. There are serious diseases that originate in the intestines, colon, and vital organs of digestion. Structured silver water can pass through the digestive tract unchanged. This means the silver kills germs in the kidneys and bladder just as effectively as it kills bacteria in the mouth. This is significant because kidney, liver and bladder infections are very difficult to control but silver will pass through the bloodstream and flow through the liver thus cleansing the germs out of the liver, then pass through the kidneys and on to the bladder where pathogens will be destroyed when they come in close proximity with the silver particles.

Recommendations:

- Drink 2 teaspoons of silver liquid twice daily for digestive health. In the event there is a food poisoning, diarrhea, or other digestive malady, silver liquid can be swallowed 1 ounce every hour for 12 hours or until remedied. Usually the most serious symptoms of the food poisoning problem can be brought under control in 2-4 hours

## The Silver Miracle

with the remainder of the sickness requiring maintenance doses (2 teaspoons twice daily).

- Apply the gel to any orifice of the body that may need protection from germs (1-4 times a day).

## HAIR, SKIN AND NAILS

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Structured silver liquid and gel destroy the bacteria, viruses and yeast that cause diseases in the hair, skin and nails. The liquid can be used in shampoo, lotions, gels, moisturizers, and under nails. The gel can be applied to all skin conditions and can be pushed under nails to destroy yeast.

Recommendations:

- All of these can benefit from drinking structured silver liquid 2 teaspoons twice a day and applying the gel 2-4 times a day or as needed topically.

## A-Z Reference Guide

This chapter provides more detailed information for using structured silver with specific ailments. In addition, extra notes and suggested supplements have been included that may also be helpful for these ailments.

If the general rule of thumb with alkaline structured silver water is “two teaspoons twice per day”, then this chapter provides a detailed list of exceptions. As has been mentioned elsewhere, these statements have not been evaluated by the FDA, nor is this book or this product intended to cure, treat, diagnose or prevent any disease. Every person’s health situation is unique and no book can address your specific needs. Talk with your doctor or trusted health professional about your personal situation.

### ABSCESSSES

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- Structured silver water:
  - Hold in mouth for as long as practical (6 minutes) with 1 oz of liquid silver 2-3 times a day, then swallow
- Coenzyme Q10
- Vitamin C lozenge

### ACHES

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Glucosamine, chondroitin sulfate and MSM

### ACID REFLUX (HEARTBURN)

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Digestive enzymes twice a day

## The Silver Miracle

- Acidophilus twice a day
- B vitamins, minerals, antioxidants and stretching

## ACNE

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- Structured silver water:
  - Drink 2 teaspoons twice a day
  - Apply to skin several times a day; spray bottle with liquid or gel
- Digestive cleanse; milk thistle
- Immune support can help

## ADD (ATTENTION DEFICIT DISORDER)

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Homeopathics
- EFA's, phosphatidylserine, Multi B Vitamins

## AGE SPOTS

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- Structured silver water:
  - Apply gel topically 2-4 times a day
- Drink 2 teaspoons twice a day

## AGING

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- Structured silver water:
  - Drink 2 teaspoons twice a day for wellness and prevention
- Structured silver water: if sick or recovering 2 tablespoons twice daily
- Free form amino acids
- Vitamins, minerals and essential fatty acids

## ALLERGIES

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- Structured silver water
  - Drink 1 teaspoon AM and 1 teaspoon PM and spray up nose as needed to reduce swelling and congestion
  - A nebulizer (inhaled mist) may be used for a total of 30 minutes a day
- Chinese homeopathics

## ALZHEIMER'S DISEASE

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- Structured silver water:
  - Drink 1 teaspoon AM and 1 teaspoon PM
- Free form amino acids
- Phosphatidylserine

## ANTI-AGING

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Arginine
- Flax oil

## ANTI-BACTERIAL

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- Structured silver water:
  - Drink 2 teaspoons AM and 2 teaspoons PM
- Apply topically to affected areas if needed
- Immune supporting herbs

## ANTI-FUNGAL

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- Structured silver gel:
  - Topically 1-4 times a day
- Structured silver water:
  - 2 teaspoons orally 1-2 times a day
- L. Acidophilus & bifidus

## ANTI-TUMOR

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- Structured silver water:
  - Drink 4 ounces a day for 7 days, then ◦ Drink 2 ounces a day for the next two weeks, then ◦ Drink 2 tablespoons AM and 2 tablespoons PM for maintenance
  - Apply topically 2-3 times if needed
- Milk thistle for liver cleanse
- Antioxidant diet
- Paw-paw, red clover

## ANTI-VIRAL

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- Structured silver water:
  - Drink 2 tablespoons AM and 2 tablespoons PM
  - Inhale and or spray in nose, ears eyes or any other affected orifice at least twice a day
- Echinacea and goldenseal (for two weeks maximum)

## ANXIETY

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- Structured silver water:
  - Drink 2 teaspoons AM and 2 teaspoons PM and spray on rash twice a day if one develops
- St. John's wort

## APPETITE SUPPRESSANT

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- Appetite suppressing herbs
- Structured silver water:
  - Drink 2 teaspoons twice a day or as needed to maintain wellness
- Digestive cleanse
- Human chorionic gonadotropin

## ARTHRITIS

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- Structured silver water:
  - Drink 2 teaspoons twice a day or as needed to help reduce pain and inflammation
- Glucosamine, chondroitin sulfate twice daily
- Essential fatty acids 1000 mg per day

## ASTHMA

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- Structured silver water:
  - Inhaled from a nebulizer 30 minutes a day
- Orally 2 teaspoons twice a day
- Probiotics

## ATHLETES FOOT

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- Structured silver water:
  - Drink 2 tablespoons AM and 2 tablespoons PM
  - Use gel topically twice a day
- Acidophilus twice daily
- Dietary fiber daily
- Anti yeast supplements and diet
- MSM
- Digestive and parasite cleanse
- Arginine

## AUTISM

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- Probiotics twice a day
- Structured silver water:
  - Orally 2 teaspoons twice a day
- Arginine B

## BACKACHE

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- Glucosamine, chondroitin sulfate twice daily
- White willow bark twice daily
- Apply structured silver water liquid or gel to back as needed

## BACTERIAL INFECTIONS (SEE ANTI-BACTERIAL)

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## BAD BREATH

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- Structured silver water:
  - Rinse mouth with 1 oz of structured silver water for 6 minutes  
1-2 times a day

## BED SORES

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- Structured silver water:
  - Apply gel topically to affected and surrounding areas, or topically soak a sterile bandage with structured silver water liquid and apply once daily, keeping the sore wet
- Take 2 teaspoons twice a day orally

## BLADDER INFECTION

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- Structured silver water:
  - Drink 1 ounce four times a day first two days, followed by 2 tablespoons twice a day for the next two weeks; adjust to needs
- Cranberry, juniper berries twice a day

## BLOATING (SEE GAS)

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## BLOOD CLEANSER

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- Vitamin E two softgels twice daily
- Structured silver water:
  - Drink 2 teaspoons liquid three times a day

## BOILS

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- Structured silver water:
  - drink 2 teaspoons twice a day and apply gel to skin twice a day
- Digestive cleanse; milk thistle
- Immune supporting supplements

## BONES

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- Calcium 1200 mg per day with magnesium & boron
- Structured silver water:
  - Drink 1 tablespoon twice a day

## BOWELS

(SEE CONSTIPATION OR COLITIS)

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## BREAST CANCER

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- Structured silver water:
  - Drink 4 ounces day one and day two, sipping every hour
  - Drink 2 ounces a day for the next five days
  - Drink 2 tablespoons AM and 2 tablespoons PM for maintenance
  - Apply topically 2-3 times if needed
- Paw-paw daily
- Milk thistle and intestinal cleanse
- Digestive and parasite cleanse
- Circulatory system: Antioxidant drink twice daily

## BRONCHITIS

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- Structured silver water:
  - Drink 2 teaspoons 2-4 times a day and inhale from a nebulizer 15 minutes twice a day and use intranasal spray twice a day for congestion
- Echinacea, garlic twice a day
- Coenzyme Q10
- Cellular cleanse with antioxidants
- Breathing exercises

## BRUISES

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- Structured silver water and gel:
  - Apply gel to bruise and surrounding areas or soak a bandage with silver liquid and apply to the bruise
  - Drink 1 oz structured silver water twice a day

## BUG BITES

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- Structured silver water:
  - Apply gel to bruise twice daily or soak a bandage with structured silver water liquid and apply to the bite
  - Drink 1 oz structured silver water twice a day

## BURNS

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- Structured silver water:
  - Apply gel to bruise twice daily or soak a bandage with structured silver water liquid and apply to wound and surrounding area
  - Drink 1 oz structured silver water twice a day
- MSM capsules to help detoxify wound

## BURSITIS

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- Structured silver water:
  - Drink 2 teaspoons twice a day or as needed to help reduce pain and inflammation
- Glucosamine, chondroitin sulfate twice daily
- Essential fatty acids 1000 mg per day C

## CANCER

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- Structured silver water:
  - Drink 4 ounces a day for seven days, then:
  - Drink 2 ounces a day for the next two weeks, then:
  - Drink 2 tablespoons AM and 2 tablespoons PM
  - For maintenance, apply gel topically 2-3 times if needed
- Paw-paw daily
- Milk thistle
- Digestive and parasite cleanse
- Circulatory system: Antioxidant drink twice daily

## CANKER SORES

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- Structured silver water:
  - Hold 1 oz of structured silver water in mouth for 6 minutes and drink it afterwards 1-2 times a day
  - Apply gel topically on sore immediately; reapply frequently

## CANDIDA (SEE YEAST)

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- Structured silver water:
  - Drink 2 tablespoons AM and 2 tablespoons PM
  - Use gel topically if needed
- Acidophilus twice daily
- Dietary fiber daily
- Digestive and parasite cleanse

## CARDIOVASCULAR DISEASE (SEE HEART DISEASE)

---

- Co-enzyme Q10 twice a day
- Vitamin E twice day
- Calcium / magnesium
- Structured silver water and gel:
  - Drink 2 teaspoons twice daily
  - Brush teeth with structured silver gel to kill bacteria that causes heart disease
- CoQ10
- Dietary fiber
- Circulatory system: Antioxidant drink

## CARPAL TUNNEL SYNDROME (SEE JOINTS)

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- Glucosamine, chondroitin sulphate twice daily
- Structured silver water:
  - Drink 2 teaspoons AM and 2 teaspoons PM
- Essential fatty acids

## CATARACTS

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- Structured silver water:
  - Using a dropper or sprayer, spray two or three drops of silver liquid directly into eyes 1-4 times a day and drink 2 teaspoons twice daily for one week or until the problem is remedied
- Bilberry and or eyebright twice a day
- Lutein twice a day
- Amino acids
- CoQ10
- Digestive and parasite cleanse

## CAVITIES

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- Structured silver water:
  - Rinse mouth with liquid for 6 minutes with 1 oz. of liquid silver 2-3 times a day, swallow is optional
- Coenzyme Q10 for gums

## CHOLESTEROL (SEE HIGH: CHOLESTEROL)

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- Dietary fiber daily
- Structured silver water:
  - Drink 2 teaspoons AM and 2 teaspoons PM
- Digestive cleanse
- Vitamins C and E
- CoQ10
- Digestive cleanse
- Circulatory cleanse with antioxidant drink
- Liver cleanse with milk thistle
- Eat healthy diet

## CHICKEN POX

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- Structured silver water:
  - Drink 2 teaspoons twice daily and apply gel topically 1-4 times a day

## CHRONIC FATIGUE SYNDROME

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- Yeast cleanse
- Vitamins, minerals, omega three fatty acids
- Free form amino acids
- Structured silver:
  - Drink 2 tablespoons two or three times a day
  - Put gel or spray on sore muscles once or twice a day as needed for pain and aches
- CoQ10

## The Silver Miracle

- Digestive and parasite cleanse
- Yeast cleanse
- Liver cleanse with milk thistle

## CIRCULATION

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- Co-enzyme Q10 twice a day
- Vitamin E twice day
- Calcium / magnesium
- Structured silver water:
  - Drink 2 teaspoons twice daily
- Dietary fiber
- Circulatory system: Antioxidant drink

## COLDS

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- Structured silver water:
  - Drink 1 tablespoon three times a day and spray intranasal and voice spray as needed for congestion and inflammation; repeat this the second day or until the cold goes away
- Echinacea 2-3 times a day
- Garlic 2-3 times a day
- CoQ10 for energy

## COLD HANDS AND FEET (SEE CIRCULATION)

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## COLITIS, IRRITABLE BOWEL SYNDROME, DIVERTICULITIS

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- Lactobacillus acidophilus, bifidus twice a day
- Structured silver water:
  - Drink 2 teaspoons twice daily
- Dietary fiber when tolerated
- Cat's claw twice a day

- Digestive enzymes with each meal
- Parasite cleanse

## CONGESTION

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- Structured silver water:
  - Spray liquid intra-nasally 1-4 times a day and drink 2 teaspoons twice a day

## CONSTIPATION

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- Dietary fiber daily
- Digestive and parasite cleanse
- Structured silver water:
  - Drink 2 teaspoons twice daily
- Acidophilus, bifidus twice a day
- Kelp for the thyroid

## CONJUNCTIVITIS

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- Structured silver water:
  - Spray two or three drops of silver liquid directly into eyes 1-4 times a day and drink 2 teaspoons twice daily for one week or until the problem is remedied
- Bilberry and or eyebright twice a day
- Lutein twice a day

## CRAMPS (SEE MUSCLE CRAMPS)

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## CROHN'S DISEASE

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- Structured silver water:
  - Drink structured silver water 2 teaspoons twice daily for maintenance and drink as much as 4 oz a day for crisis flare-ups
- Cat's claw

- Acidophilus bifidus
- CoQ10

## COUGHS / CROUP

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- Structured silver water:
  - Put 3 teaspoons in mouth for 6 minutes allowing a tiny amount of the liquid silver to trickle down the back of throat, then swallow the remainder (twice a day)
  - Pump structured silver water intranasal as needed for sore throat or congestion
  - Inhale (from a nebulizer) structured silver water 15 minutes twice a day
- Echinacea for immunity
- Mullein as an expectorant
- Warm shower or tub

## CYSTITIS

---

- Structured silver water:
  - Drink 2 tablespoons every hour for the first two days followed by 2 tablespoons twice a day for the next two weeks
  - Adjust to needs
- Cranberry, juniper berries twice a day D

## DISC (DEGENERATIVE OR INJURY)

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- Glucosamine, chondroitin sulphate twice a day
- Essential fatty acids 1000 mg per day
- Structured silver water:
  - Drink 2 teaspoons twice daily and spray on back at site of disc to help reduce inflammation and pain

## DEPRESSION

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- St. John's wort 1-3 times a day, depending on severity
- Essential fatty acids twice a day



- Amino acids (arginine)
- Structured silver water:
  - Drink 2 teaspoons twice daily
- Coenzyme Q10 for energy
- Digestive and parasite cleanse

## DIABETES

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- Cedar / juniper berries
- Amino acids (especially arginine)
- Acidophilus and bifidus
- Structured silver water and gel:
  - Drink 2 teaspoons of structured silver water twice daily
  - Apply gel to diabetic wounds twice daily or as needed
- Digestive and parasite cleanse
- Walking
- CoQ10 (for energy or if you have high blood pressure)

## DIARRHEA AND DYSENTERY

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- Structured silver water:
  - Drink 1 oz every hour for four hours, or as needed until bowels returns to normal (maximum time of two days, then drink 2 teaspoons 3 times a day until remedied)
- Acidophilus and bifidus 2-3 times daily

## DIVERTICULITIS / DIVERTICULOSIS (SEE COLITIS)

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- Acidophilus, bifidus twice a day
- Structured silver water:
  - Drink 2 teaspoons twice daily
- Dietary fiber (if tolerated)
- Cat's claw twice a day
- Digestive enzymes with each meal
- Parasite cleanse
- Aloe vera caps or drink

## DRY SKIN

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- Structured silver water:
  - Apply gel on dry skin 2-4 times daily and drink 2 teaspoons twice daily
- Pure aloe vera (caps or fruit drink)
- Amino acids
- Digestive and parasite cleanse

## EARS

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- Structured silver water:
  - Point the ear towards the ceiling and fill ear canal with liquid structured silver water and keep ear pointed towards the ceiling for 10 minutes
  - In addition, drink 2 teaspoons twice daily
- Vitamin C twice daily

## ECZEMA

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- Structured silver water:
  - Spray on or use gel on dry skin 2-4 times daily and drink 2 teaspoons twice daily
- Pure aloe vera (caps or drink)
- Amino acids
- Digestive and parasite cleanse
- Antioxidant fruit drink

## ENDOMETRIOSIS

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- Structured silver water:
  - Drink 2 teaspoons twice daily and douche (intra-vaginally) once a day holding the silver liquid for 12 minutes then release
  - In addition apply a drop of gel the size of a nickel, to the top of a tampon and wear it intravaginally 90 minutes a day
- Anti yeast herbs, and probiotics if yeast is a suspected cause
- Digestive and parasite cleanse
- Wild yam cream

## ENERGY

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- Amino acids especially arginine
- Vitamins minerals and essential fatty acids
- Structured silver water:
  - Drink 2 teaspoons twice daily
- Digestive and parasite cleanse
- Antioxidant fruit drink
- Vitamins minerals and essential fatty acids

## EPIDEMICS

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- Structured silver water: Should be stored 1 gallon per person per year in home storage and used for contagious disease prevention and water purification
  - To purify water 4 drops in an 8 oz glass and wait 1.4 minutes to purify the water
  - For storage of water: pour 32 oz of structured silver water into a 55 gallon barrel of water and wait ten minutes. This will keep the water safe for 4 years
- The structured silver water can be used topically, orally, intra-vaginally, intra-nasally, for ears, nose, throat, skin and inhaled from a nebulizer

## EPILEPSY, SEIZURES

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- Structured silver water:
  - Drink 2 teaspoons twice daily
- Minerals, essential fatty acids and B vitamins
- Probiotics (acidophilus and bifidus)
- CoQ10 or phosphatidylserine
- Digestive and parasite cleanse

## EPSTEIN-BARR VIRUS

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- Structured silver water:
  - Drink 4 ounces a day for seven days, then:
  - Drink 2 ounces a day for the next fourteen days, then:

## The Silver Miracle

- Drink 2 tablespoons AM and 2 tablespoons PM for maintenance ○ Use topically if needed
- If a uterine yeast infection occurs use silver as a douche for twelve minutes
- Acidophilus, bifidus
- CoQ10
- Digestive and parasite cleanse
- Vitamins minerals and essential fatty acids
- Optional: (Rx) Prednisone for one week then add valtrex for ten more days

## EYES

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- Structured silver water:
  - Spray two or three drops of silver liquid directly into eyes 1-4 times a day and drink 2 teaspoons twice daily for one week or until the problem is remedied
- Bilberry and or eyebright twice a day
- Lutein twice a day
- Amino acids
- CoQ10
- Digestive and parasite cleanse

## FATIGUE (SEE CHRONIC FATIGUE SYNDROME)

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- Yeast cleanse
- Vitamins, minerals, omega three fatty acids
- Free form amino acids
- Structured silver:
  - Drink 2 tablespoons two or three times a day
  - Put gel or spray on sore muscles once or twice a day as needed for pain and aches
- CoQ10
- Digestive and parasite cleanse
- Liver cleanse with milk thistle

## FERTILITY

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- Amino acids (arginine)
- Wild yam
- Essential fatty acids
- Structured silver water:
  - Drink 1 teaspoon twice daily
  - Douche 1 oz intra-vaginally for 12 minutes then release
- CoQ10
- Digestive and parasite cleanse
- Antioxidant fruit drink

## FEVERS

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- Structured silver water:
  - Drink 2 teaspoons every hour until fever breaks (up to 8 hours)
- Can be applied topically to the forehead as needed

## FIBROMYALGIA

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- Yeast cleanse
- Vitamins, minerals, omega three fatty acids
- Free form amino acids
- Structured silver:
  - Drink 2 tablespoons two or three times a day
  - Put gel or spray on sore muscles once or twice a day as needed for pain and aches
- CoQ10
- Digestive and parasite cleanse
- Yeast cleanse
- Liver cleanse with milk thistle
- Optional: (Rx) lamisil, nystatin

## FOOD POISONING

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- Drink 1 oz of structured silver water every hour until remedy (maximum of 8 oz per day) then drink 1-3 teaspoons for maintenance
- Food poisoning is caused by a pathogen and symptoms usually are felt within 4-12 hours)

## FLU (SEE INFLUENZA)

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## FRACTURES (SEE BONES)

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## GALLBLADDER DISEASE

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- Acidophilus and bifidus
- Structured silver water:
  - Drink 2 tablespoons twice daily for two weeks then reduce dose to 1 tablespoon twice daily for two more weeks and then maintain 2 teaspoon twice a day
- Digestive enzymes with each meal
- Essential fatty acids
- Digestive and parasite cleanse

## GAS / GASTRITIS

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- Structured silver water:
  - Take 2 teaspoons per hour as needed (maximum of 8 doses per day)
- Digestive enzymes with every meal
- Acidophilus and bifidus
- Digestive and parasite cleanse

## GENITALS (HERPES, BACTERIA, FUNGAL)

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- Structured silver water:
  - Apply structured silver gel topically to affected area and drink 2 teaspoons liquid twice a day
- Oral probiotics to help reduce yeast or fungus H

## HAY FEVER

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- Structured silver water:
  - Drink 2 teaspoons liquid twice a day and spray intranasal mist as needed for congestion (usually 2-3 times a day)
- Coenzyme Q10 twice daily
- Antioxidant vitamins A, C, & E
- Homeopathics
- Digestive and parasite cleanse
- Acidophilus bifidus
- Bee pollen

## HEADACHE

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- Cleanse digestive system and circulatory systems
- Acidophilus daily
- Structured silver water:
  - Drink 2 teaspoons twice a day and apply gel to the sides of the skull twice daily
- Amino acids
- CoQ10
- Digestive and parasite cleanse
- Circulatory system: antioxidants
- B vitamins

## HEMORRHOIDS

---

- Structured silver water:
  - Drink 2 teaspoons twice daily and using your finger apply the gel into the rectum twice a day
- Digestive cleanse
- Acidophilus and bifidus
- Digestive and parasite cleanse
- Dietary fiber

## HEARTBURN (SEE ACID REFLUX)

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## HEART DISEASE

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- Co-enzyme Q10 twice a day
- Vitamin E twice day
- Calcium / magnesium
- Structured silver water:
  - Drink 2 teaspoons twice daily (hold it in your mouth for 5 minutes before swallowing) because the bacteria in the mouth and gums causes most heart disease
- CoQ10
- Dietary fiber
- Circulatory system: Antioxidant drink

## HIGH: BLOOD PRESSURE

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- Coenzyme Q10 twice a day
- Structured silver water:
  - Drink 2 teaspoons twice a day
- Dietary fiber
- Vitamin E twice a day
- Digestive and parasite cleanse
- Circulatory system: Antioxidant drink



## HIGH: CHOLESTEROL

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- Dietary fiber 1-2 times a day
- Structured silver water:
  - Drink 2 teaspoons twice a day
- Essential fatty acids 650 mg per day
- CoQ10
- Digestive system cleanse
- Circulatory and cellular detox

## HYPERTENSION (SEE HIGH: BLOOD PRESSURE)

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## HYPOGLYCEMIA

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- Amino acids (especially arginine)
- Structured silver water:
  - Drink 2 teaspoons of structured silver water twice daily
- Minerals, vitamins and essential fatty acids
- CoQ10
- Digestive and parasite cleanse
- Antioxidants

## IMMUNE BOOSTER

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Echinacea twice a day
- Garlic twice a day
- Amino acids
- Digestive and parasite cleanse
- Antioxidants

## IMPETIGO

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- Structured silver water:
  - Drink 2 teaspoons twice a day and apply gel topically 1-4 times a day

## INFECTION, BACTERIAL (SEE ANTI-BACTERIAL)

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- Structured silver water and gel:
  - Apply gel topically 4 times a day and drink liquid 2 teaspoons twice day

## INFECTION, VIRAL (SEE ANTIVIRAL)

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- Structured silver water:
  - Drink 2 teaspoons twice a day and or inhale mist 30 minutes a day

## INFLAMMATION, SWELLING

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- Structured silver water:
  - Drink 2 teaspoons twice daily and use gel to inflamed area as needed
- White willow bark
- Digestive cleanse
- Cellular detox using antioxidants

## INFLUENZA (FLU)

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- Structured silver water:
  - Drink 2 teaspoons 2-4 times a day
  - Inhale mist from a nebulizer 15 minutes twice a day
  - Use intranasal spray twice a day for congestion
- Echinacea twice day

- Vitamin C lozenges (with zinc) 1-3 times a day
- CoQ10
- Acidophilus and bifidus

## IRRITABLE BOWEL SYNDROME (SEE COLITIS)

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### JOINTS

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- Structured silver water and gel:
  - Drink 2 teaspoons twice a day and apply gel as needed to help reduce pain and inflammation
- Glucosamine, chondroitin sulphate twice daily
- Essential fatty acids 1000 mg per day
- Digestive and parasite cleanse
- Circulatory system: Antioxidant drink K

### KIDNEY DISEASE

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- Structured silver water:
  - Drink 2 teaspoons twice daily
- Juniper and cedar berries twice a day
- Acidophilus bifidus daily
- Cranberry twice daily
- CoQ10
- Digestive and parasite cleanse
- Cellular cleanse with antioxidant

### LEUKEMIA

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- Structured silver water:
  - Drink 4 ounces a day for seven days, then:
  - Drink 2 oz a day for fourteen days, then:
  - Drink 2 tablespoons AM and 2 tablespoons PM
- For maintenance:
  - Milk thistle 1-3 times a day

- Paw-paw 1-3 times a day
- Blood cleanser daily
- CoQ10
- Digestive and parasite cleanse
- Cell cleanse with antioxidants

## LEPROSY

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- Structured silver water:
  - Drink 2 teaspoons 2-3 times a day and apply gel topically as needed

## LEISHMANIASIS

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- Structured silver water:
  - Drink 2 teaspoons 2-3 times a day and apply gel topically 2-4 times a day as needed

## LIVER DISEASE

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- Structured silver water:
  - Drink 2 tablespoons twice daily
- Milk thistle 1-3 times a day
- CoQ10
- Digestive and parasite cleanse
- Circulatory cleanse with antioxidants

## LUNGS

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- Structured silver water:
  - Drink 2 teaspoons twice daily and inhale from a nebulizer two 15 minute sessions of inhaling structured silver water liquid from the nebulizer
- MSM twice daily
- Mullein for congestion 1-3 times a day
- CoQ10
- MSM

- Digestive and parasite cleanse
- Circulatory cleanse with antioxidants
- Humidifier

## LUPUS (SYSTEMIC LUPUS ERYTHEMATOSUS)

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- Structured silver water:
  - Drink 2 teaspoon 3 times a day
- Acidophilus and bifidus 1-3 times a day
- Calcium / magnesium daily
- CoQ10
- Digestive and parasite cleanse
- Antioxidants for cellular cleansing

## LYMES

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- Drink 4 oz structured silver to start in one bolus
- Drink 1 oz every 12 hours for four months
- If also taking antibiotics preferably take silver one hour before or after

## LYMPHATICS

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- Digestive and parasite cleanse
- Antioxidants
- Structured silver water:
  - Drink 2 teaspoons twice a day and use silver gel topically on affected area twice daily

## MALARIA

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- Structured silver water:
  - Drink 1 oz a day, usually two doses a day, for 5-10 days (could be taken 1-5 doses per day but the total structured silver water is 1 oz per day)

## MEMORY ENHANCER

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- Lecithin
- Essential fatty acids
- Amino acids
- Structured silver water:
  - Drink 2 teaspoons twice a day and inhale from a nebulizer 15 minutes a day
- Phosphatidylserine twice a day
- CoQ10
- Digestive cleanse
- Ginkgo biloba twice daily
- B-complex vitamins

## MENOPAUSE

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- Dong Quai twice daily
- Suma twice a day
- Acidophilus and bifidus
- Structured silver water:
  - Drink 2 teaspoons twice a day or as needed
- Digestive and parasite cleanse
- B vitamins

## MENSTRUAL CRAMPS

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Dong quai
- Evening primrose oil
- Arginine
- B vitamins

## MIGRAINE (SEE HEADACHE)

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## MONONUCLEOSIS (SEE EPSTEIN BARR VIRUS)

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## MULTIPLE SCLEROSIS (MS)

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- Structured silver water:
  - Drink 2 tablespoons three times a day and inhale Structured silver water 15 minutes a day
- Essential fatty acids 2-3 times a day
- Arginine twice a day
- CoQ10
- Digestive and parasite cleanse
- B-complex and lecithin

## MUSCLE CRAMPS

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- Amino acids
- Structured silver water:
  - Drink 2 teaspoons twice a day and apply silver gel to affected muscles twice a day
- CoQ10
- Digestive cleanse
- Stretching

## MYOCARDIAL INFARCTION

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- Hold liquid in mouth for 6 minutes then drink 1-2 teaspoons structured silver water twice a day to prevent the bacteria that causes heart attacks

## NERVES

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- Essential fatty acids
- Valerian
- Amino acids
- Structured silver water and gel:

## The Silver Miracle

- Drink 2 teaspoons twice a day and put gel on affected areas as needed
- CoQ10
- Digestive cleanse
- Antioxidant fruit drink
- Calcium / magnesium

## NOSE / SINUS

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- Spray structured silver water three or four sprays into the nose and up into the sinuses 2-4 times a day
- Drink 2 teaspoons liquid structured silver water twice a day O

## OBESITY

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- Arginine twice daily
- Digestive cleanse
- Structured silver water:
  - Drink 2 teaspoons twice daily and use topically if needed
- Exercise: At least 90 minutes a week
- CoQ10
- Digestive and parasite cleanse
- Vitamins, minerals and essential fatty acids

## OSTEOPOROSIS

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- Calcium, magnesium, vitamin D twice a day
- Structured silver water:
  - Drink 2 teaspoons twice daily
- Digestive and parasite cleanse
- Wild yam

## PAIN

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- Structured silver water:
  - Drink 2 teaspoons twice a day and apply liquid or gel to affected tissues twice a day as needed



- Other appropriate pain products

## PANCREAS

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Digestive enzymes with each meal
- Chromium

## PARASITES

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- Structured silver water:
  - Drink 2 teaspoons twice a day for 2-3 months
- Black walnut twice a day
- Digestive cleanse
- Milk thistle
- Digestive and parasite cleanse
- Cat's claw

## PARKINSON'S DISEASE

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- Phosphatidylserine twice a day
- Lecithin
- Essential fatty acids
- Arginine
- Structured silver water:
  - Drink 2 teaspoons twice daily and take MSM twice daily
- CoQ10
- Digestive and parasite cleanse
- B-complex vitamins

## PNEUMONIA (BACTERIAL, VIRAL)

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- Structured silver water:
- Drink 2 teaspoons 2-4 times a day and inhale from a nebulizer 15 minutes twice a day and use intranasal spray twice a day for congestion

- Echinacea, garlic twice a day
- CoQ10
- Cellular cleanse with antioxidants
- Breathing exercises

## PREMENSTRUAL SYNDROME (PMS)

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Dong quai
- Evening primrose oil
- Arginine
- CoQ10
- Urinary and reproductive tract

## PROSTATE DISEASE

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- Saw palmetto twice a day
- Structured silver water:
  - Drink 2 teaspoons twice a day
- Acidophilus and bifidus
- Digestive and parasite cleanse
- Antioxidants

## PSORIASIS

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- Structured silver water:
- Spray on or use gel on dry skin 2-4 times daily and drink 2 teaspoons liquid twice daily
- Aloe Vera topical and or oral
- Arginine 1-2 times a day
- Digestive and parasite cleanse
- Acidophilus and bifidus

## PUS

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- Apply structured silver gel topically to affected area 1-4 times a day and
- Drink 2 teaspoons structured silver water liquid twice a day

## PYORRHEA (GUM DISEASE)

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- Rinse mouth with structured silver water (liquid) 6 minutes twice a day
- Coenzyme Q10 S

## SEIZURES (SEE EPILEPSY)

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## SINUSITIS

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- Structured silver water:
  - Drink 1 tablespoon three times a day and spray intranasal and voice spray as needed for congestion and inflammation; repeat this the second day or until the cold goes away
- Echinacea 2-3 times a day
- Garlic 2-3 times a day
- Digestive cleanse
- Circulatory system with antioxidant drink

## SORE THROAT

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- Structured silver water:
  - Put 3 teaspoons in mouth for 6 minutes allowing a tiny amount of the liquid silver to trickle down the back of throat, then swallow the remainder (twice a day)
  - Pump structured silver water liquid in nostrils as needed for sore throat or congestion
  - Inhale (from a nebulizer) structured silver water 15 minutes twice a day
- Echinacea for immunity

## The Silver Miracle

- Mullein as an expectorant
- Antioxidants

## STRESS

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- Anti-stress vitamins, minerals, herbs and essential fatty acids
- Structured silver water:
  - Drink 2 teaspoons twice a day
- Exercise: At least 90 minutes a week
- CoQ10
- Digestive and parasite cleanse
- Antioxidant fruit drink

## STROKE

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- Structured silver water:
  - Drink 2 teaspoons twice a day
- Arginine
- Phosphatidylserine

## SUNBURN

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- Structured silver water:
  - Apply structured silver gel twice daily or as needed to affected and surrounding area
  - Drink 1 oz structured silver water twice a day until symptoms subside
- MSM capsules to help detoxify wound

## SWELLING (SEE INFLAMMATION)

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## THYROID

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- Kelp 1-3 times a day
- Arginine
- Structured silver water:

- Drink 2 teaspoons twice a day and apply gel to throat area over the thyroid once or twice a day
- Vitamins minerals and essential fatty acids
- Digestive and parasite cleanse
- Acidophilus

## TONSILLITIS

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- Structured silver water:
  - Rinse mouth with 1 oz of structured silver water 1-2 times a day
  - Swallow 2 teaspoons twice a day

## TOOTHACHE/DECAY

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- Structured silver water:
  - Rinse mouth for 6 minutes with 1 oz. of liquid silver 2-3 times a day
  - Swallow 2 teaspoons liquid twice a day
- Coenzyme Q10 for gums

## TRAVEL

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- See the Travel chapter of this book

## TUBERCULOSIS

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- Structured silver water:
  - Drink 2 teaspoons twice daily
  - Inhale structured silver water from a nebulizer 30 minutes each day

## ULCERS

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- Capsicum
- Structured silver water:
  - Drink 2 teaspoon three times a day

- Acidophilus bifidus
- Digestive and parasite cleanse
- B vitamins

## VARICOSE VEINS

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- Structured silver water:
  - Drink 2 teaspoons twice a day and apply gel to affected area as needed (usually twice a day)
- Arginine
- Essential fatty acids
- CoQ10
- Digestive and parasite cleanse
- Stretch muscles in legs

## VIRAL INFECTIONS (SEE ANTI-VIRAL)

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- Structured silver water:
  - Drink 2 tablespoons AM and 2 tablespoons PM and inhale and or spray in nose, ears eyes or any other affected orifice at least twice a day
- Echinacea, garlic twice a day
- Vitamin C three times a day
- CoQ10
- Digestive and parasite cleanse W

## WOUND MANAGEMENT

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- Structured silver:
  - Apply gel topically 1-4 times a day to affected area
  - Drink 2 teaspoons liquid twice a day

## YEAST (CANDIDA)

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- Structured silver water and gel:
  - Drink 2 tablespoons AM and 2 tablespoons PM
  - Use gel topically if needed twice daily

- Acidophilus twice daily
- Dietary fiber daily
- Anti yeast supplements and diet
- MSM
- Digestive and parasite cleanse
- Arginine

# Travel

Everybody needs a little help when they're traveling. When you're away from home, you'll want to take structured silver water with you.

There are a lot of reasons for this. Aside from being dehydrated or possibly being far from a hospital (or, at least, an affordable one), contact with unusual pathogens is typically much higher while traveling. For example, you can get salmonella from any type of food, from shaking hands and touching your eye, from licking your finger at a restaurant, from using a public toilet, or from turning a door knob in a public building. Water is a common source of both bacterial and serious viral infections while traveling. These are some of the reasons that you'll want structured silver.

Silver should be taken on every trip, whether the trip is by car, plane, train or boat. The last thing you want on a holiday, mission or business trip is infection of any kind. Looking for a hospital, a clinic or a doctor away from home is at the very least a hassle but often much worse than that. Finding adequate medical attention away from home can be time consuming, costly, and difficult given the lack of personal health records or established doctor-patient relationships.

Once you are on structured silver water and sitting on a plane, train, or some remote destination, the coughing or sneezing of the person next to you will not be so unnerving. If you are on that cruise you always wanted to take, you won't end up spending your time in a long line waiting to see the ship's medical officer.

For prevention, take 1 or 2 teaspoons two times a day starting one day before you begin your travel. Lower amounts are taken when your body weight is lower than average or if the severity of germ exposure is less.

When going to a strange country noted for life-threatening infections, more structured silver water is taken at least twice a day.



In addition, applying gel to your hands further reduces the risk of infection.

It's important to remember not to put the structured silver water in your carry-on when traveling by air. In all of the airline trips I have taken personally, I have never even been asked about silver bottles in my checked luggage.

It's also important to take enough with you on your travels. From experience, if infection starts to affect the group that you are traveling with, they will all be after you for your silver and you'd better have enough. I have had many experiences of people telling me that they went on holiday and never experienced any infection, while others on the trip were sick and sometimes seriously ill.

## CRUISE SHIPS

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If you're traveling on a ship, when you get onto the ship you'll find that they almost always have hand sanitizer. If you use their hand sanitizer, in two days you're likely to have alcohol-burned hands. They will be cracked, dried, possibly bleeding and ready for infection.

Instead, use structured silver gel.

The other reason to pack silver is that boats are filled with mold. No matter how well the boat is cleaned, it is wet and mold grows. If you take structured silver with you and spray a little in your nose each day and put it on your hands, you'll go a long way towards preventing the mold from causing health problems. You do not want to end up in a long line waiting for the ship's medical officer.

## A PERSONAL TRAVEL NIGHTMARE

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I went traveling to Malaysia. On the last night we had a big dinner and they served sushi.

## The Silver Miracle

Well, about 6 hours later I was on an airplane and I started to get that ‘Drano feeling’ you get in your gut when you know you’ve got food poisoning. The pressure became greater and greater. My intestines started to knot. I started feeling that stabbing pain. I started to sweat profusely and got a fever. I knew I had food poisoning and I was on an airplane with many hours to go back to the United States.

Silver will save your bacon in this situation, like it did mine.

When I could finally get to my checked bag in between flights and I could access my silver, I drank 16 ounces of it right then. I saved the other bottles so I could drink 1 ounce every hour until it was gone. Well guess what? I overdid it. I drank too much, but it stopped my problem. After a lot of study I found out that all you need is about 1 ounce every hour for 4 hours to stop food poisoning, but I was desperate.

Do you know what it’s like to sit on a seat pinching your cheeks together as tight as you can with everything moving at a very strong force towards the seat? You do not want to smell bad, cause a problem, or have that on you for the next 24 hours. So I was aggressive. You don’t have to be now that we’ve done research and we know: 1 ounce every hour for 4 hours and you’re going to knock out salmonella and e. coli. Sure, what has already liquified in your intestines will have to pass, but silver stopped the problem from getting worse immediately in my case.

## TRAVEL PROTOCOL

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It is an important personal decision whether or not to ever vaccinate or take medications, which too often result in very serious side effects. You can refuse to travel to countries that mandate either. For countries that have vaccinations and or medications optional for endemic infectious diseases, structured silver is a perfect and safe alternative.

The point is very simple: take structured silver on your trips. Take 2 teaspoons of the liquid twice daily, apply the gel twice a day to your hands, and while the gel is still wet on your hands, rub a little on the inside of your nostrils to help protect while you inhale. Trips are meant to be enjoyable or productive, not a time for catching foreign germs or feeling sick.

# Silver as a Preferred Tool in International Medical Missions and Travel Medicine

## INTRODUCTION

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Aquasols of the last decade, and now the even more effective structured alkalized silver, have been presented in both basic research and clinical experience as remarkable therapeutics in many diverse clinical situations. Silver demonstrates antibacterial, antiviral and antifungal effects for virtually every surface and tissue of the body. Silver is both highly effective clinically and is without toxicity. These properties make silver a preferred therapeutic for treating patients, healthcare volunteers and team members in international missions and humanitarian efforts.

International mission efforts often serve those with little or no access to healthcare, especially from conventional medicine. Tribal or traditional remedies may often be practiced, some of which are, in fact, very beneficial. Silver has similarly been a traditional healing therapeutic for millennia worldwide. With silver, patients may realize profound benefits and avoid the hazards of inferior colloidal and ionic silver preparations. Some traditional cultures (especially in India) have used silver foil as a dietary product for supporting gut health, yet some of the foil is of poor quality and it is not uncommon to see those with argyria or darkening of the skin in a blue-gray coloration in those using the inferior silver products.

This chapter is intended to inform of the benefits that may be realized in using silver in international missions and humanitarian projects. We have found silver to be highly effective, without toxicity and therefore extremely safe, and at a good value when compared to expensive pharmaceuticals that are commonly used on these mission projects.

## SILVER, AN INTEGRATIVE TRAVEL AND MISSION FIELD

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Some of the most exciting work with silver has been for the treatment of malaria in western Kenya. In the tiny village of Kano, near Kisumu on the northeastern shores of Lake Victoria, children and adults have been treated with silver for malaria and are involved in a current clinical research project. To date, most patients have been clinically responsive and returned to work or school within 24-48 hours and their blood tests for plasmodium have reverted to negative within 5-10 days. (More to be discussed on this later in this chapter).

## THE ROLE OF SILVER IN MISSIONARY OR TRAVEL MEDICINE

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### From Global Mission Partners (GMP)

One role of silver that may be neglected as teams organize and prepare for mission projects is that of preventing disease and maintaining good health in the participants prior to, throughout and following the mission project. With this consideration, the author encourages all team members to begin taking 1-2 tablespoons of silver twice daily in the week prior to the project, continuing throughout and then following the project for at least one to two weeks. This is important, as some organisms may be latent and not expressing clinical illness until some days after return from a mission project.

Clearly, silver has great applications for treating patients on the mission field as well. GMP has experience using silver on malaria in Kenya, upper and lower respiratory infections in Ecuador, skin lesions in India and more. The widely effective use of silver for infections from bacteria, virus and fungus are seen to be effective on any surface and any tissue. We have used silver orally, topically as liquid or gel on skin, vagina or rectum, inhaled or sprayed into the nose or mouth and

dropped in the eyes and ears. Silver is well received and is without taste and without pain or irritation on any bodily surface or tissue.

It is not uncommon, especially in small health camps in primitive, oxcart villages, to be without sophisticated bio-diagnostic tools and instruments. As such, at times a definitive diagnosis is difficult, and a clinical diagnosis or differential is only available. As silver has a broad spectrum of clinical efficacy, we feel confident in using it when we are unable to finalize a diagnosis.

Prior studies also show silver aquasols to be effective and safe when used in conjunction with other pharmaceuticals. Further, with the absence of toxicity, no side effects are to be expected. This is remarkable, especially when considering the wide range of side effects experienced with pharmaceuticals, some of which are mild, but others quite serious, even lethal. Hippocrates' charge to, "first, do no harm", may be followed with ease with silver and give comfort to the physician caring for those with little resources to manage serious side effects.

Silver has also changed Global Mission Partners' practice of vaccination usage among staff and team. In the past, anti-malarial medications or vaccines for yellow fever, typhoid, hepatitis and others would have been typically used. As we now always travel with silver, our position is to not take the other vaccines and medications as preventatives. It is imperative to take all reasonable precautions to prevent contracting infectious diseases, including but not limited to thorough hand washing, covering of nose and mouth with coughs and sneezing, thorough washing of utensils and dishes, use of mosquito netting where indicated, use of mosquito repellents (natural, non-toxic), et cetera.

## A CHALLENGE TO INTERNATIONAL MISSION AND HUMANITARIAN PROJECTS

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Given the volumes of science, our years of safe experience with silver, the governmental recognitions, the broad spectrum of indications

## The Silver Miracle

for its use and the reasonable cost value, I strongly encourage international mission agencies and humanitarian projects to seriously consider using silver on a regular basis. This recommendation includes not only the use in field settings or village health camps, but also for staff and personnel in the international placements with regular, daily use of silver for preventive measures. The daily small use may be increased from 1- 2 teaspoons twice daily to 1-2 tablespoons twice daily or more, as indicated. In addition, use of silver gel, drops or sprays may be indicated, depending on site and clinical presentation of the infection.

Silver is not only useful in mission projects that are overtly medical in nature. Any international project should seriously consider the benefits of regular, daily silver use as a preventative health practice as well as prompt increase if and when an indicated health problem arises. Simply stated, silver is safe, effective and cost-conscious. Management of all companies having personnel or other stakeholders' personnel in areas known to have infectious disease should make this silver available. It is not only morally correct but is also financially wise.

## STORIES FROM THE MISSION FIELD

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### Kenya

In the tiny village of Kano, near Kisumu on the shores of Lake Victoria, GMP teams have worked with Maisha International, which serves in health camps, water wells, latrines, meals for orphans and widows with AIDS, education and school support and ministry. As we arrived for another mission in July, 2010, and in following projects in 2011 and 2012, numerous children and adults in the village had illness consistent with malaria. Malaria is endemic to the region and while diagnosis of the plasmodium in the blood and medications are available, many go without diagnosis and treatment due to extreme poverty. In this setting, GMP took silver donated by Muvezi Health Projects Society to treat these patients. Diagnosis was made and patients were then treated with 1 tablespoon (15 ml) of silver twice daily. We encouraged

them to hold the liquid in their mouth for a minute prior to swallowing for absorption to begin across the mucous membranes rapidly.

In our initial trial of approximately 30 patients over the week, all patients became clinically well and were able to return to school or work within 24-48 hours. We were surprised that this was the case even in those patients that appeared clinically worse than others. Repeat blood studies were obtained and found to be reverted to normal in 5 days for most, and 10 days for others.

Due to extreme poverty, donations are necessary to provide for the testing as the people live very pragmatically and when they are once well, they are unable to consider the cost of the test in light of needing their next meal, perhaps the only one for the day or for several days. Further testing and treatment is ongoing and it is hoped that a clinical pilot study may be published in the next year from these results in Kenya.

## Ecuador

Deep in the jungles of southeastern Ecuador, el Oriente, is a land that is home to the Shuar tribal peoples. While Ecuador has roughly 10% of its population from European extraction, about 90% are indigenous peoples of approximately 27 different tribes across the nation. Some of these are high mountain peoples, such as the Quichua of the Andes, others are Amazonian. Unfortunately, the economic reality is inverted, as roughly 90% of the wealth of the nation is in the hands of the minority and only 10% of the wealth is in the hands of the majority indigenous peoples. Such a situation leads to extreme poverty, subsistence living and farming, and lack of basic needs, including medical needs.

The Shuar of el Oriente were headhunters until a generation ago. Now, many live in government protected reservations, much as is seen with many Native American tribal peoples. Yet, without casino gaming, oil and gas and other economic resources as are now going to American Native peoples, this is not the case in Ecuador.

## The Silver Miracle

GMP has served in Ecuador for 14 years, first high in the Andes at elevations of 9,000 to 12,000 feet, home of the beautiful Quechua peoples. For the last three years, GMP now serves the Shuar in the cool, dry and gorgeous jungles. In our project in June 2010, a small boy came to the clinic with a laceration to the foot. While this may be a simple problem for many in North America, lack of health education, even including basic washing and asepsis, is often unknown. His infection demonstrated a nasty wound with the redness of cellulitis around the laceration. Thorough cleaning of the wound was made and silver gel, donated to GMP by Muvezi Health Projects Society, was applied. This was to be reapplied 2-3 times per day, in addition to one tablespoon of liquid silver twice daily. The boy experienced clearing of the wound much more rapidly than expected, even from the best of conventional topical antibiotic care.

In general, other applications of silver in Ecuador have included not only topical wound infections, but also eye, ear and nasal purulent infections. The solution is not painful and has been highly effective when used in place of optic or otic antibiotic solutions, such as ciprofloxacin or gentamicin drops.

## Nepal

The mysterious Kathmandu sits on a high plane, approximately 4,200 feet above sea level, surrounded by a ring of hills at 8,000 to 12,000 feet high. On a clear day, free from the usual pollution, the Himalaya show their snowy splendour, reaching 18,000 to 29,035 feet, the southern slopes of Mt. Everest, or Sagarmatha to the Nepali, Mother Goddess of the Universe.

GMP has served in over 22 missions to Nepal in the last 15 years. On a project to Nepal in March 2010, a small girl presented with matting and drainage from her eyes. These eye infections are highly contagious even in the USA, and can spread to all in a family living in small village homes rapidly.

Using a small plastic dropper, silver was dropped into both eyes, 2-3 drops each, 2-3 times per day. As with external ear infections, we have seen the silver drops remedy these infections, typically within



24 hours. Further, the drops do not sting the eyes or the ears and thus they are well tolerated and received.

We have also had patients who do well clinically in Nepal with silver for vaginal and urinary complaints, using the solution both orally and topically, (topical gel for vaginal inflammation or infections). Additionally, our team reports recent successes with silver gel for psoriasis that was resistant to conventional care.

Beyond these common conditions, we have used silver gel with some leprosy patients for their very serious wounds which develop due to sensory and motor nerve defects which accompany this horrible disease. Silver used topically as the gel or as the solution soaking a gauze on the lesion, as well as oral silver, has demonstrated tissue wound healing that often is better than that seen with conventional antibiotic and skin wound care.

## Conclusions

Silver solution and gel has proven to be a very valuable therapeutic for both the mission health camps and for the health of the team as it travels. Its wide range of antibacterial, antiviral and antifungal properties make it useful for treating many clinical infections. As it is non-painful and can be used orally as well as on any body surface or in any body opening, there is wide acceptance for use by patients.

Organizational leaders should seriously consider the use of silver as the first line of defense for their teams and for their patients. In our situation, we have avoided the use of various immunizations and antibiotics and obviously their potential side effects due to the success of silver in treating the various infections and conditions. Included in this is its use for malaria. While we cannot advise anyone to avoid immunizations or antibiotics, and each person should seek the advice of a knowledgeable health care provider, our experience has led us to be confident in this practice whereby we use silver in place of most immunizations and antibiotics. At times, if the silver has not

## The Silver Miracle

satisfactorily resolved a clinical problem quickly, it may be used in conjunction with other pharmaceuticals with no conflict or harm.

As this is an emerging technology that is not yet widely known, I encourage all organizational leaders to share the information about silver and its many uses so that their volunteers may be fully informed as to options for their own health as well as that of those they will treat on mission projects.

# FAQs About Structured Silver

## 1. WHAT IS STRUCTURED ALKALINE SILVER?

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Advanced technology and scientific research have produced a new and better form of silver than ever before: an alkaline structured silver. This is different from earlier silvers, even silvers of last decade. The silver used in structured alkaline silver is pure metallic silver. The term “structured” refers to the way the molecules fit together, where the silver is permanently combined with the structure of water. Alkaline silver is pure metallic silver permanently suspended in pure water and balanced with a slight alkaline pH of 7.5.

## 2. WHAT DOES STRUCTURED ALKALINE SILVER DO?

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According to scientific reports, structured silver has the ability to destroy bacteria, viruses, mold, yeast, and a limited number of parasites. It can also purify water.

## 3. WHAT HEALTH CONDITIONS DOES STRUCTURED ALKALINE SILVER HELP WITH?

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Structured alkaline silver could help with any disease that is caused by bacteria, viruses, yeast and some parasites, as long as the silver liquid or gel can come in contact with the pathogen for about 6 minutes. I have seen it help with diseases inside the body as well as topically. I have seen it destroy hundreds of bacteria, both forms of viruses, yeasts and molds. The use must be creative to deliver the silver liquid or gel to the site of the germ.

## 4. HOW DOES STRUCTURED SILVER WORK?

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Structured silver destroys bacteria, virus and mold (yeast). These are the causes of most disease. Therefore, silver destroys the cause of

## The Silver Miracle

many diseases. Silver works in numerous ways but we will focus on the most common mechanisms of action:

- As a silver oxide: It will remove an electron from the bacterial membrane thus rupturing the pathogen and killing it.
- As a viral disruption: It can bind with the charged, incomplete genetic viral molecules preventing viral replication, thus rendering the virus unable to duplicate itself.
- As a resonant frequency: It has a germicidal frequency, which can destroy bacteria, viruses and mold.

### 5. IS STRUCTURED SILVER SAFE?

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Structured silver is produced in extremely low parts per million and has never even been identified as a potential problem in the water treatment plants or in the environment. This is significant because the EPA has a rating for toxic spills. This identifies the amount of a compound that would cause a toxic event. For instance, Clorox would qualify as a toxic event if 3 gallons were spilled. In contrast, the EPA would require a spill of 12.5 million gallons of 10 ppm structured silver water in order to be classified as a toxic event. This would require spilling the entire contents of 12.5 oil tankers at one time in one place without any other water to dilute it. There is no consumer or combination of consumers that store this much silver anywhere in the country.

An average water treatment plant treats about 30 to 70 million gallons of water a day and it would take a spill of about seven tankers full of silver directly into the treatment water to bring the concentration to 1 part per million. This is still a very safe level for fish, and an impossible event to happen anywhere in the world.

### 6. AM I USING THE MOST EFFECTIVE AND SAFE SILVER PRODUCT?

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If it isn't labeled as structured silver, the silver product is not the most effective and safe silver. Pay attention to those that are pH balanced – slightly alkaline liquid and slightly acidic gel. Also, avoid products with potentially harmful chemicals like TEA.

## 7. HOW MUCH SILVER SHOULD I TAKE?

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Most people will want to take 2 teaspoons twice a day, and if they get sick they will want to take 2 tablespoons twice a day. Consult the A-Z section of this book for more detailed recommendations.

## 8. WHEN IS THE BEST TIME TO TAKE SILVER?

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Take it at a time where you will not forget to take it. The best time to take it for daily prevention is 2 teaspoons twice a day (morning and night).

## 9. WHO CAN TAKE STRUCTURED ALKALINE SILVER?

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Anyone can take silver, but children under 75 pounds should take half the adult dose. Children younger than one should take one- third the normal adult dose. By the way, the normal adult dose of silver liquid is 2 teaspoons twice a day and double for sick conditions.

## 10. DOES STRUCTURED ALKALINE SILVER AFFECT MY OTHER MEDICATIONS, FOOD, BEVERAGES, ETC.?

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No, it can be taken with anything except salt. The chloride ion binds with silver and diminishes the effectiveness.

## 11. DOES IT REALLY MATTER THAT I USE ALKALINE SILVER?

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Yes, because the body heals best in alkaline balance. Acids make the healing process difficult and promote scarring. Alkaline silver is a terrific advancement in healthy silver.

## 12. HOW LONG HAS SILVER BEEN USED TO IMPROVE HEALTH BENEFITS?

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Silver has been used for at least 1000 years. It has been used as medicine and preservatives by many cultures throughout history. Greeks used silver vessels for water purification. Pioneers trekking across the west used it to keep their water safe and prevent dysentery, colds and flu. They actually put silver dollars in their milk containers and wooden water casks to retard the growth of bacteria. Settlers in the Australian outback suspend silverware in their water tanks to retard spoilage.

## 13. WHY USE SILVER AS A LIQUID? CAN'T I JUST WEAR A SILVER NECKLACE OR RING?

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Silver resonates at a very effective frequency which can destroy the causes of disease, bacteria, viruses and yeast. Jewelry has some benefits that are good, but it is not nearly as comprehensive as the structured silver liquid or gel.

## 14. SHOULD SILVER BE USED DAILY OR JUST WHEN I HAVE A PROBLEM?

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Structured alkaline silver is designed to be used daily as a preventive measure. It is recommended that you take 2 teaspoons, twice a day as a liquid. It should be used twice a day or as needed as a gel. When a person has a more dramatic need they can double the dosage. In some severe cases, people have successfully taken 4 ounces per day for up to two weeks.

## 15. HOW DOES SILVER SUPPORT IMMUNE FUNCTION?

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Structured silver benefits the immune system directly by moderately improving the number of immune cells (WBC, NK & stem cells) that are capable of surveying for disease and destroying foreign pathogens. Structured silver benefits the immune system indirectly by killing the bacteria and viruses that cause disease, thus reducing the workload

from an already overworked immune system. This allows the immune system to refocus its energies and recharge, rebuild and restore normal tissues, which happens optimally in an alkaline system.

## 16. ARE THERE ANY SIDE EFFECTS OF SILVER USE?

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The one and only concern about silver is a condition called argyria. However, no one has developed it from the new structured alkaline silver. Argyria is a condition where silver concentrates in and under the skin, producing a blue coloring that is permanent. Even though it produces no harm to the body, the discoloration is permanent like a tattoo. This condition is usually caused by ionic silver. When this happens it produces silver aggregate under the skin and a discoloration takes place.

The new structured silver is different in that that the silver is permanently distributed into the water. This means that the water has pure metallic silver imbedded into the structure of the water and it won't fall out of solution. This is important because if it won't fall out of solution, it cannot aggregate together in large masses under the skin, thus it does not cause argyria. The ionic and high concentrate colloid forms of silver can cause argyria because they fall out of suspension and aggregate together due to the fact that they are not permanently bonded to the water molecule.

## 17. HOW LONG DOES STRUCTURED SILVER STAY IN THE BODY? CAN IT ACCUMULATE OVER TIME?

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Research suggests that 98% of structured silver leaves the body by the next day. Argyria can occur when the silver stays in the body, but you would have to drink up to ten times the normal dose for decades (and none of it could leave your body) before you would begin to have symptoms of argyria. It is the high concentration ionic and colloidal silvers of poor quality silver that are often made at home that cause argyria.

## **18. WILL I TURN BLUE WHEN I TAKE STRUCTURED ALKALINE SILVER?**

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Nobody has turned blue from the new structured alkaline silver. Ionic and colloidal silvers of the past have caused the blue man coloring because they use a different technology and a much higher concentration of silver in an acidic form or even a salt form. You would have to drink 8 ounces of a 10 ppm silver every day for decades to turn blue. Simply follow the usage suggestions on the bottle.

## **19. IS IT BETTER TO TAKE STRUCTURED ALKALINE SILVER WITH FOOD OR ON AN EMPTY STOMACH?**

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Silver can be taken anytime. If you take silver on an empty stomach there will be less salt to interfere and you will absorb the silver about 15 minutes faster than if you take it with food.

## **20. ARE THERE ANY CONTRAINDICATIONS USING STRUCTURED ALKALINE SILVER WITH ANY PRESCRIPTION PRODUCTS?**

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Don't mix silver with salt. The chloride binds with the silver and removes the health benefits. Beyond the neutralizing benefits of salt, there are no contradictions. The salt inactivates the silver. If you are worried or concerned, take the silver one hour before or after you take your medications or foods plus hold it in the mouth for absorption.

## **21. DOES STRUCTURED ALKALINE SILVER REQUIRE REFRIGERATION OR ANY OTHER SPECIAL STORAGE? HOW LONG CAN I STORE IT?**

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Structured alkaline silver can be stored for up to 8 years. It does not require refrigeration. Research has shown it can be boiled or frozen and still be effective.



## 22. HOW CAN THE GEL BE USED?

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Structured silver gel can be used to eliminate pathogens in a variety of topical settings, including:

- Acne
- Anti-aging
- Antibacterial
- Antifungal
- Antiviral
- Athlete's foot
- Bedsores
- Bites
- Bruises
- Burning
- Chafing
- Chemotherapy burns
- Cold sores / herpes shingles
- Complexion / blemishes
- Cuticles / hangnails
- Cuts / scrapes
- Dental health / abscessed tooth
- Diabetic ulcers
- Dressings / bandages
- Dry Skin
- Eczema
- First aid gel
- Hand sanitizer
- Hemorrhoids
- Immune boost
- Itching / jock itch
- Liver spots
- Mild pain
- Moisturizing / flaking
- MRSA
- Nail fungus
- Oral hygiene / gingivitis
- Personal lubricant
- Poison ivy / oak
- Post-surgical healing
- Prevention of infection
- Psoriasis
- Radiation burns
- Rashes / diaper rash
- Sexually transmitted disease
- Skin damage / repair
- Skin health
- Skin irritation
- Sunburn
- Tunneling wounds
- Vaginal applications
- Varicose veins
- Venous stasis ulcers
- Wound management / care
- Yeast infection

## The Silver Miracle

This booklet is not intended as a comprehensive text. For additional information, several resources are available. Broader information about silver, how it works, scientific studies, and additional applications can be found in other resources by Dr. Gordon Pedersen.

For information about a personal health issue, it is best to speak with your trusted health professional. This book cannot and is not intended to replace personalized care. Your doctor can be an excellent resource for improving your overall health – why not use them?

A broad introduction to the topic of silver in health can be found at the website of [My Doctor Suggests](#).

To learn more about molecular structuring and structured water, an excellent primer comes in the form of a faculty lecture at the University of Washington by Dr. Gerald Pollack. This lecture, entitled “Water, Energy, and Life: Fresh Views from the Water’s Edge” can be found at The Silver Health Institute’s website. Further insight into the emerging research surrounding structured water is found in Dr. Pollack’s newest book, “The Fourth Phase of Water.”

For additional information, a number of resources are available for those who seek a deeper examination of silver:

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## The Silver Miracle

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