

### **Beneficial effects of silica per Gerhard Leibold, N.D.**

1. Stimulates cell metabolism and cell formation.
2. Inhibits the aging process in tissues.
3. Necessary for the structure and functioning of connective tissue.
4. Strengthens and stimulates the immune system.
5. Silica is important for the development of healthy nails and hair and regular intake can stop unnecessary
6. hair loss.
7. Strengthens and stimulates the vascular system; lowers blood pressure and improves the condition called arteriosclerosis.
8. Increases elasticity and firmness of the blood vessels.
9. Silica is indispensable for the elasticity of lung tissue and, therefore, is a basic therapy for lung and respiratory disorders.
10. Has anti-inflammatory disinfecting, absorbing and odor binding effects.
11. Some of the disorders that benefit from regular silica intake include: Disorders of the throat, nose, ears and teeth, disorders of the digestive and secretive organs, bone injuries and problems, skin problems and injuries including itching, rashes, abscesses, boils, acne, callouses, warts, eczemas, burns, frostbite, benign skin sores, insect bites and bed sores, female illnesses and as a base therapy for cancer treatment.\*

\*Cancer occurs mainly in middle and older ages at a time when the human body contains less silica. Silica especially influences the degenerated white blood cells of cancer patients, activates the regeneration of normal protein and increases the immune system against cancer. Silica helps support the healing process.