



Colloidal Silver is now available
from Joe's Dining.
1 bottle - 19.95
2 bottles - 29.95

If you haven't heard of colloidal silver, you will soon enough, especially if you're on the lookout for hand sanitizers and alternative therapies to common health issues.

Most health food stores and pharmacies stock several brands of colloidal silver, and, of course, you can find a vast amount of information about colloidal silver benefits on the internet. Unfortunately, the information out there is confusing, as many sources have conflicting opinions.

On one hand, you'll run across thousands of personal testimonials about colloidal silver helping people with practically every disease you've heard about. You will also stumble upon some well-known health sites that warn consumers about safety concerns. (1) Usually, these sources quote a statement made by the FDA in 1999 claiming that there is no scientific evidence to support the use of colloidal silver. (2)

This type of information can confuse even the most savvy natural health enthusiast, which is why I want to lend a helping hand and provide some evidenced-based information to help you make an informed choice about colloidal silver uses and benefits.

How Colloidal Silver Works

According to a report written by

Richard Davies and Samuel Etris of The Silver Institute in a 1996, there are three primary ways that colloidal silver can help heal the body: (3)

1. Catalytic Oxidation: Silver naturally holds onto oxygen molecules, which readily react with the sulfhydryl (H) groups that surround bacterial and viruses. In turn, this helps block the life-preserving cellular process known as cellular respiration, which is defined as "the set of metabolic reactions and processes that take place in the cells of organisms to convert biochemical energy from nutrients into adenosine triphosphate (ATP), and then release waste products." (4)

2. Reaction with Bacterial Cell Membranes: Silver ions can attach to bacteria cell membranes directly and produce the same respiration-blocking effect.

3. Binding with DNA: Shown to literally enter bacteria DNA, up to 12% of silver has been detected in *Pseudomonasaeruginosa*. According to one source, "While it remains unclear exactly how the silver binds to the DNA without destroying the hydrogen bonds holding the lattice together, it nevertheless prevents the DNA from *unwinding*, an essential step for cellular replication to occur." (5)

Top 8 Proven Colloidal Silver Benefits

By having a direct effect on cellular respiration, colloidal silver benefits the body in numerous ways, including providing numerous medical uses. There are eight proven healing properties that I consider to be particularly supported by the medical literature.

1. Antibacterial and Antimicrobial

First, colloidal silver's ability to control [antibiotic-resistant superbugs](#) is astonishing. While employed at UCLA Medical School in the 1980s, Larry C. Ford, MD, documented over 650 different disease-causing pathogens that were

destroyed in minutes when exposed to small amounts of silver. (6)

Colloidal silver, unlike its modern prescription antibiotic counterpart, simply doesn't create resistance or immunity in the organisms that are killed by it. This point cannot be emphasized enough, especially in light of the Centers for Disease Control and Prevention (CDC) recently reporting that more than 2 million people in the U.S. suffer illness every year as a result of antibiotic-resistant infections and 23,000 die from these infections. (7a)

In addition, a study published in the *Journal of Alternative and Complementary Medicine* supported ionic colloidal silver as a broad-spectrum antimicrobial agent against both aerobic and anaerobic bacteria, but its activity wasn't as pronounced against fungi. (7b)

2. Wound Care/Skin Health

Robert O. Becker, MD, says that colloidal silver stimulates healing in the skin and other soft tissues. (8) In a research article produced by Pharmacognosy Communications in 2012, it was specifically recommended that certain colloidal silver preparations should be considered for topical use to treat burns, thrush, periodontitis and other conditions.

For instance, you can treat [ringworm](#) (Tinea capitis) at home with colloidal silver because it's a potent anti-fungal. Caused by a fungus that lives on the top layer of the skin, ringworm presents as round, scaly patches. It's contagious and spread by skin contact and by contaminated materials, such as clothing.

Colloidal silver benefits many skin conditions such as psoriasis and [eczema](#) as well. It's soothing to scrapes and even repairs tissue damage from burns. In fact, a colloidal silver-based nanogel was successfully used as a dressing for superficial pellet gun wounds in a

Journal of Family Medicine and Primary Care study. (9b) Such silver nanoparticle-based gel dressings for wounds or even chronic wounds are becoming more common.

Topical silver historically was used on burns but usage stopped after the advent of antibiotics, until the 1960s when it kicked back into popularity. The combination of silver nitrate and sodium sulfadiazine to create SSD cream helped lead to burn recovery in many patients.

Applying a silver coating to specialized foam, as part of a wound vacuum system, provides antibacterial activity in vitro. “This technology may assist in preparing infected chronic venous stasis wounds for skin grafting, ultimately leading to better healing.”

3. Pink Eye/Ear Infections

[Pink eye](#) is an inflamed mucous membrane that covers the eyeball and eyelid lining, and it’s primarily caused by a bacterial or viral infection. Colloidal silver can be used for prompt action against this irritating and highly infectious virus and bacteria.

When applied on the infected eye, the tiny silver colloids pick up the infected cells by attracting them electromagnetically and sending them into the bloodstream to be eliminated.

Our modern prescription antibiotic drugs are designed to work against specific classes of bacteria, but [ear infections](#) may be caused by multiple classes of bacteria or can even be fungal. In this case, the prescription antibiotic will be useless, whereas colloidal silver is effective regardless of what may be causing your infection.

4. Antiviral Colloidal silver benefits can be experienced as an anti-viral for HIV/AIDS, pneumonia, herpes, shingles and warts. Dr. Martin Hum, from the Institute for Optimum Nutrition, lists colloidal silver as one of the natural remedies to stop viruses fast. (10)

Colloidal silver suffocates the virus and can even reduce the activity of the HIV virus in AIDS patients. There are also numerous anecdotal accounts of colloidal silver’s efficacy against the hepatitis C virus.

5. Anti-Inflammatory Colloidal silver is also a fantastic [anti-inflammatory](#) remedy. Case in point: Researchers at the National Institutes of Health (NIH) studied the effects of inflammation after being treated by colloidal silver; they found that the inflamed skin of pigs treated with silver experienced near-normal skin after 72 hours, while other treatment groups not treated with silver remained inflamed.

Research is beginning to reflect what many people have already known anecdotally for years — that colloidal silver can reduce swelling, speed healing, and boosts cell recovery!

6. Sinusitis Used to control [sinus infections](#), colloidal silver can benefit people as a nasal spray, according to a study published in the *International Forum for Allergy and Rhinology* in 2014. (12a)

And a recent 2018 study published in *Frontiers in Microbiology* found that colloidal silver nasal rinses, when used twice daily for 10 days, is safe and effective for patients with chronic sinusitis.

Twenty-two patients completed the study and were given either oral antibiotics with saline rinses twice a day or colloidal silver nasal rinses twice daily. The results indicate that both forms of treatment showed similar improvements in sinusitis symptoms, and using colloidal silver in this manner for ten days was deemed safe. (12b)

You can spray the product or add a few drops of liquid colloidal silver to a “neti pot.” To apply it directly into your nasal cavity, let it drain down your throat while tilting your head back.

Also, it’s important to point out that recent research indicates that hidden infections by pathogens could be a

cause of respiratory inflammation associated with common allergies and [asthma](#). Colloidal silver destroys *Pseudomonas aeruginosa* infections, which may be the reason why airborne allergy sufferers often find such dramatic relief from colloidal silver.

7. Cold/Flu Some claim that colloidal silver helps prevent all types of [flu](#), including swine flu, as well as the common cold. (13)

Few studies have been done to test this clinically, but in 2011 the NIH took 100 children under the age of 12 suffering from the common cold and nasal congestion and assigned them into two groups; the first group was treated with a solution of colloidal silver and beta glucan, and the second group with saline solution. Even though both groups benefited from the treatment, 90% of the people in the colloidal silver group completely recovered!

8. Pneumonia Our modern drugs have become limited in their efficacy when it comes to fighting bronchitis or [pneumonia](#). Typically, antibiotics are administered as the first line of defense, but when the pneumonia is viral, antibiotics won’t help in the least. The nice thing about colloidal silver is that it can help regardless of the pathogen.

Colloidal silver is a remarkable product to help fight against bronchitis and pneumonia when ingested internally, but an even more effective way to utilize it? Simply breathe it into your lungs.

This way, the silver directly contacts the germs residing in the lungs, which are causing bronchitis or pneumonia. It’s basically the same thing as using respiratory support, and it works speedily, clearing it up within a couple of days.

Now, the most effective method to get the colloidal silver into the lungs is to use a nebulizer. Generally, use one teaspoon approximately three times a day for 10 to 15 minutes.