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If a product works, word quickly gets around:

„**Better quality of life
thanks to Silicea**“

Special edition
Osteoporosis

Healthy bones

Silicon Gel enhances your mobility

Individuals who regularly drive their body to exhaustion and keep a poor diet to boot will wear themselves out, become ill, and age prematurely. This development becomes especially evident in the musculoskeletal system: Our bones become brittle, and our joints gradually wear out. Whether osteoporosis or wear and tear of the spine, the finger joints, the hip joints or the knee – sooner or later it hits almost everybody: The musculoskeletal system, driven to extremes throughout our lifetime, no longer functions the way we want it to. And far from applying only to the elderly, these problems also affect younger athletes.

What is frequently regarded as signs of natural wear and tear and ageing processes is often nothing but premature wear attributable to poor dietary habits and lifestyle. The regular administration of structural substances that strengthen bones and joints helps to ensure prolonged mobility under strain and as we grow older.



A strong connective tissue is the basis of healthy bones and joints

Silicon fortifies the connective tissue

In this context, the essential trace element Silicon plays a key role. This substance is known to strengthen the connective tissue, which includes not only the skin but also many parts of the musculoskeletal system, comprising bones, cartilage, ligaments and tendons, and the intervertebral discs.

Weak connective tissue is frequently the result of an insufficient level of active silicon compounds in the tissue. This can lead, for example, to a weakening of the tendons and ligaments and damaging of the intervertebral discs; skin, bones, and cartilage become brittle and lose mass.

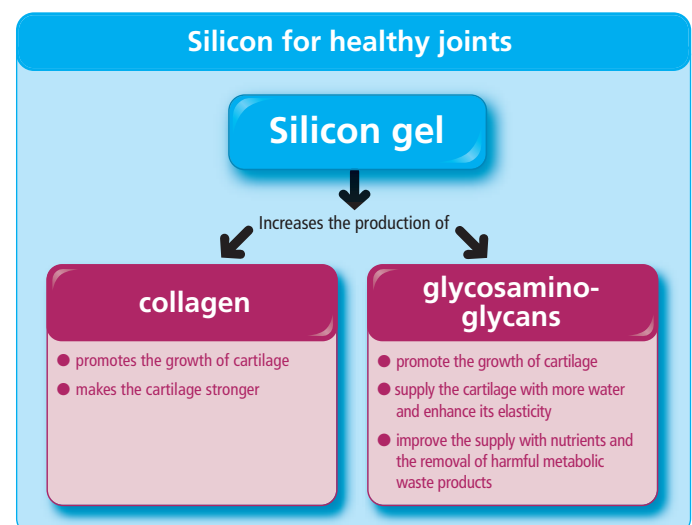
This occurs especially in elderly people whose silicon supply by nature eventually reaches a critical point. With increasing age, the ability to absorb nutrients via the intestines deteriorates, many vital substances are no longer utilised by the human organism in sufficient quantity, and in addition, many older people consume smaller quantities of food, thereby reducing the overall supply of vital nutrients to the body.

Therefore, supplementary substances tailored specifically to the needs of joints and bones, such as silicon, become more and more crucial as we grow older. Applied orally on a regular basis, silicon gel such as Original Silicea Gel increases the level of the trace element in the connective tissue – without chemical additives, by purely natural means. The connective tissue is thus nourished and strengthened.

Balm for the joints: How the gel works

Articular cartilage, joint capsules, and ligaments consist of connective tissue. In order to stay young and elastic, they require a generous supply of silicon. A shortage of this trace element produces changes in the joints, in particular disorders in the composition of cartilage and a degradation of cartilage mass. Many studies have proven that an increased supply of silicon can promote the growth of new cartilage in arthrosis patients. We also know how this actually works:

- The supply of additional silicon strengthens the articular cartilage, as it increases the production of collagen. In tests conducted with cartilage cells, the collagen level in samples to which silicon was added rose by 248 percent! Thus the signs of ageing, which are accompanied by a reduction of collagen in the cartilage, can not only be slowed down by silicon, but even to a limited extent reversed.
- Silicon increases the level of glycosaminoglycan in the tissue. Glycosaminoglycans have an extraordinarily high water binding capacity. They increase the water level in the cartilage, which normally drops significantly in old age, thereby keeping the connective tissue in the joints elastic. The glycosaminoglycans act somewhat like shock absorbers: Under pressure, the water is pressed out of the molecules – as the pressure recedes, they swiftly absorb it again.
- Cartilage does not contain blood vessels and therefore depends on the connective tissue to provide it with nutrients in order to stay healthy. The water bound in the tissue by the silicon ensures a controlled supply of nutrients to the cells of the connective tissue and the removal of harmful metabolic waste products from the tissue.



Bones and joints

In good shape:

Silicon – a nutrient for strong bones

Silicon has a crucial function as a nutrient and builder for the bones. We owe most of the information on this subject to the groundbreaking discoveries of Prof. Edith Muriel Carlisle, who pioneered research into silicon. Some of the studies conducted by Carlisle in the 1970s showed that the trace element plays an active role not only in the growth of cartilage, but also in the metabolism of the bones. In tests with animals she discovered that the growth and the development of the skeletal structure are disrupted in individuals suffering from a shortage of silicon. Silicon deficiency, therefore, leads to underdeveloped skeletons, dwarfism, flattened skull bones, and a restricted flexibility of the leg bones.

The influence of silicon on the structure of human bones has also been documented in numerous studies. For example, a study conducted in 2004 which included 2847 participants proves that the bone density increases with the amount of silicon supplied to the body.



On the basis of these results, experts conclude that silicon is important both in young people during their growth phase and in older people to ensure the development and maintenance of a healthy skeletal structure. The trace element unfolds its effects at multiple levels:

- It accelerates the mineralisation of the bones: silicon prepares the ground for calcium, improving storage of the mineral in the bones.
- It promotes the formation of healthy bone mass by increasing the synthesis of collagen, the fibre component in the basic substance that builds up the bone. After all, almost 30 percent of the bone are made of collagen, which is essential for healthy bones.
- It supports the synthesis of the proteoglycans. Proteoglycans are essential constituents of the basic material of the connective tissue of the bones. They bind water, thereby preventing the bone from becoming brittle.

An insidious disease:

Osteoporosis progresses slowly but steadily

Osteoporosis, commonly also known as thinning of the bones, is a condition characterised by an excessive loss of bone mass. Risk factors include:

- age
- nutrient deficiency due to inadequate diet
- regular consumption of alcohol and cola beverages
- reduced sexual hormone levels
- ingestion of drugs containing cortisone
- cigarette smoke
- lack of physical exercise
- regular diarrhoea
- underweight and overweight
- diseases of the bone marrow
- hyperthyroidism, diabetes, diseases of the liver
- genetic disposition.

Prevention: If one or more risk factors applies to you, you should start supplying your body with bone nutrients such as silicon at an early age. This is especially important for women prior to menopause.

Silicon actively promotes bone regeneration and prevents premature disintegration of bone tissue.



The secret: Original Silicea Gel – the tiny particle size ensures excellent absorption

The silicic acid molecules (silicic acid: a compound of silicon, oxygen and water) in the purely mineral silicon gel of Original Silicea Gel are present in micro dispersed form. Due to the small size of the particles in the gel, the silicic acid molecules can penetrate the intestinal wall far more easily as compared to siliceous earth, which contains larger silicon molecule complexes, and travel through the blood system to the connective tissue. This is where they unfold their remarkable effect.

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Jane Smith (70) tells us her story



I am 70 years old and have been suffering from arthrotic changes in both knee joints for many years. My condition grew progressively worse, although I went from doctor to doctor to find relief. I regularly took painkillers, had injections, and massaged my knees with creams and ointments.

A little more than a year ago I was still hobbling to the bakery shop at snail's pace. Every single step sent waves of pain through my legs. There was a popping and crunching whenever I put any strain on my knees. Larger shopping trips had to be done by my son. When I

asked the orthopaedists about the possibility of an improvement any time in the future, all they said was: "Sorry, there's nothing we can do. We have no cure for arthrosis."

Then one day, when one doctor recommended surgery, I finally drew the line. I started hunting around for information, got in touch with self-help groups and consulted my friends and acquaintances. In the course of many discussions the realisation gradually dawned on me that I needed to change my life, and that meant first and foremost changing my dietary habits.

No sooner said than done. One day I just banned meat from my diet and started largely avoiding products that were rich in animal proteins. During this initial period of dietary transition, I even dropped the occasional glass of wine. I ate lots of vegetables and fresh fruits. I drank large quantities of water, tea, and fresh fruit juices, and went swimming for half an hour three to four times a week.

I also went out and bought Original Silicea Gel. A friend had told me that he knew from his own personal experience

that silicon is essential for the formation of bones and cartilage and that a dietary change alone would not produce the desired effect.

And what can I tell you: Six weeks after starting my "new life" I felt that the pain in my knees was growing weaker – at first only when I took the weight off the joints, but then also while walking and swimming. Now, one year later, though I am still far from being cured, at least I am almost completely rid of the pain. I can do my work around the house and go shopping on my own more and more often. I have also started helping in the garden again. Digging out weeds on my knees was a job that used to be unthinkable.

After strong physical exhaustion I still feel the odd twitch and ache. When I do, I simply take it easier and wait for things to get better again. I feel my vitality growing day by day, especially thanks to Silicea. And I have even resumed the occasional glass of wine in the evenings.

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