

# Sharing Health From The Heart

Issue 4

## A HAZARD TO YOUR HEALTH

In the early 1960's, I had a routine skin test for tuberculosis. Such tests were promoted by the Public Health Office at the time. I received a letter asking me to report for a chest x-ray as the test was positive. Dutifully I reported for the chest x-ray. I heard nothing more until a year or two later when I received another request to report for a chest x-ray. I again dutifully reported and without questions or advice I was herded in for the x-ray. Like clock-work, after a set period of time, I received the third request. I reported for the x-ray. Thankfully, the doctor who checked my x-ray looked puzzled and asked: "Why are you having a chest x-ray so frequently?" Surprised, I

said, "After a skin test for T.B., I keep getting letters asking me to report for an x-ray." He replied, "Your chest is clear and I see no reason for you to subject yourself to unnecessary x-rays." Shortly after I received a letter from Public Health stating there was no further need for me to report for chest x-rays.

Like me, have you blindly trusted our medical bureaucracy? Have you without question reported for an x-ray, rolled up your sleeve for a vaccine, or opened your mouth for mercury?

You and I have allowed a monster to grow and invade our lives. A monster that says it's illegal to use the word "cure" unless you are a member of the pharmaceutical/medical industry; a monster that tells us what we can or cannot use to better our health; a monster that only funds research and projects that don't question the status quo and calls it 'science'; a monster that pays government thugs to raid and close down doctors who do not conform to the drug and surgery model. This monster is government politicians, bureaucrats, professional associations and agencies like the FDA.

The September 25, 2000 issue of *USA TODAY* stated: "The experts are supposed to be independent, but *USA TODAY* found that 54% of the time, they have a direct financial interest in the drug or topic they are asked to evaluate." Conflict of interest, anyone?

"Natural healing is all about having a longer, healthier and happier life, free of disease and illness with endless energy to do the things we want. But it is especially about being free from the oppressive medical and pharmaceutical giants. If they have their way we will become a nation, a world, of sickly drug addicts working our lives away to pay for their torture. In order to break free we must take full responsibility for ourselves, grab control of our lives and make changes in the way we live, act and think. This is a very critical time in our nation and the choices we make over the next few years will alter the direction of this planet." shares Dr. Richard Schultz.

You and I have allowed the monster to control our lives. Only you and I can tame the monster and subdue government to its proper role—to inform rather than dictate.

If you don't think the monster can get further out of control, consider what's happened in Norway. As a result of a centralized committee working under the auspices of the

United Nations, it is now illegal to sell vitamin C in Norway over 200 mg. (Health professionals often recommend doses *starting* at 1,000 mg) and vitamin E over 30 IU.

(Often recommended at a minimum of 400 IU.)

Just because it's a law doesn't mean it's right. We live in a time when we need to question laws. We need to think for ourselves and we may come to a point where we will need to take a stand for freedom—no matter what the law ... which is sad.

In order to take back our power, we all need to:



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# FREQUENTLY ASKED QUESTIONS ABOUT IONIC/COLLOIDAL SILVER

**What is the difference in the methods to make Ionic/Colloidal Silver?** There are three main methods to make Ionic/Colloidal Silver: 1) Constant Current Method 2) Hot Water Method 3) Salt Method. The first two methods make a superior Ionic/Colloidal Silver as the particle size remains very small and is largely ionic. The salt method was introduced when Bob Beck first developed a way to make Colloidal Silver at home. Salt is one method to increase the conductivity of water. Using the salt method is no longer recommended as silver chloride is produced resulting in a larger particle size.

**Why is particle size important?** Particle size is important as with long-term use, larger particles could lead to darkening of the skin—a condition known as argyria. In addition, a spokesman for the Colloidal Association of America told us it requires a smaller particle to kill a virus than bacteria. While both bacterial and viral infections are common, colds, flu and other ailments often develop from viral infections. It is often better, therefore, to have a smaller particle size.

**If I do use salt to make Colloidal Silver, what type should I use?** It is important to use a natural salt like Celtic Salt that is farmed as nature intended—without high heat or additives. Sea salt will do but it is best to avoid table salt because of the additives.

**How do I make Ionic/Colloidal Silver using the Constant Current method?** This method is very simple. Using either a Constant Current Adapter or a unit that has constant current circuitry simply immerse about 75% of the silver wires in 2 cups of room temperature distilled water in a glass jar. Let the unit run for 1½ to 2 hours to produce Ionic/Colloidal Silver in the 5 PPM range. With Constant Current it is not necessary to heat the water to increase conductivity.

**How do I make Ionic/Colloidal Silver using the heat method?** Bring 2 cups of distilled water to the boil in a nonmetal container. Pour into a glass jar and immerse about 75% of the silver wires. Let the unit run for 15 to 20 minutes for 3–5 PPM. The water is brought to the boil simply to give a standard for heat. Heating is necessary to increase the conductivity of the water.

**How do I know if there are too many impurities in the water?** If the color of the water darkens, there are too many impurities in the water. Ionic/Colloidal Silver should be no darker than a pale gold. A gold color usually occurs at about 6-10 PPM. If darker, use externally only.

**What type of container should I use to make Ionic/Colloidal silver?** A drinking glass or a glass jar that is tall enough to cover 75% of the wires when two cups (16 ounces) of water is used. A customer reports a 2-lb honey jar works well. Canning jars work well also.

**Why is it necessary to use distilled water?** We recommend distilled water as it usually has the least impurities. You can use other water as long as the color of the Ionic/Colloidal Silver remains clear or a light golden color.

**Does Ionic/Colloidal Silver create electroporation?** No, Ionic/Colloidal Silver does not create electroporation. Electroporation

is created by micro-currents of electricity. It means the cell walls become more permeable—the cells absorb more of whatever we take into the body.

**How much and how often?** Since our soils are deficient—often woefully deficient—in trace minerals, they are also devoid of traces of silver. In *Colloidal Silver*, Keith Courtenay reports on an article: “In 1940 and 1966, respectively, R.A. Kehoe and I.H. Tipton reported that under normal circumstances the average daily diet will yield approximately 50 mcg to 100 mcg of silver. ... Therefore, it seems logical that a concentration of 3 to 5 PPM, yielding 15 mcg to 25 mcg of silver per teaspoon, will be a sufficient concentration to be both effective and safe to consume on a regular, daily basis. A 4 oz. container of colloidal silver at a concentration of 3 PPM will contain approximately 355 mcg of total silver—well below any reported toxicity level of orally consumed silver—even if several ounces were consumed on a daily basis for several years. Higher concentrations above 5 PPM, or about 591 mcg of total silver in a 4 oz container, may cause silver build-up in the system and are not necessarily more effective.” For chronic or serious conditions the author states: “It is recommended to build up to, and take double or triple the recommended amount for 30–45 days, then reduce to the maintenance dosage.”

We take breaks from drinking Ionic/Colloidal Silver just as we take breaks or vary our food supplements.

**What determines toxicity?** There are no reports of silver toxicity—argyria or darkening of the skin—with modern-day Ionic/Colloidal Silver produced electrically. A spokesperson for the Colloidal Association of America told us that toxicity in the past from silver compounds such as silver nitrates, silver iodides and silver bromides was a result of injection. These compounds had larger particle sizes of silver so the lymph system had to find a way to get rid of them. The lymph system pushed them out through the skin and the light caused the silver to darken—thus argyria. This same spokesperson said purity of the water is a major determinant of particle size. As PPM increases so does particle size. Some companies producing Ionic/Colloidal Silver commercially have developed proprietary formulas that enable them to increase PPM while keeping the particle size small. This is not possible with home units. If you're concerned about toxicity, the best measurement for silver levels in your body is hair analysis. One customer reported on his hair analysis after drinking 3–4 ounces of Ionic/Colloidal Silver a day for 3 months. The lab reported that his level of silver could be 10 times higher and still be low. Individuals deficient in selenium and vitamin E are considered more at risk to develop argyria.

**Does Ionic/Colloidal Silver kill the colon's friendly flora?** It is our understanding that in the range of 3–5 ppm Ionic/Colloidal Silver has little effect on the friendly bacteria, as most of the silver particles will be absorbed before reaching the intestine. It is also a possibility that Ionic/Colloidal Silver is selective and affects only the bad bacteria. *We take a friendly flora supplement from time to time to make sure the colon has the good bacteria it requires.*

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## WHAT IF EVERYTHING ABOUT AIDS ISN'T TRUE?

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**W**hen six individuals contacted us within a span of six weeks to say a PCR test (polymerase chain reaction) for HIV showed their viral load had gone up—some considerably, after using The Beck Protocol for four to eight weeks—we knew it was time to take a closer look at the PCR test. All but one, reported they were symptom-free and they felt better. One fellow told us he has more energy, has stopped losing weight, is no longer getting colds and flu and he overcame pneumonia very quickly since doing blood electrification and using a magnetic pulse generator. A PCR test, however, indicated his viral load has increased dramatically.

The most valuable information is found in *What if everything you thought you knew about AIDS was wrong?* by Christine Maggiore. (AFAA, 1996, 877–922–5483) The author has been through the HIV mill. She's had numerous tests with results fluctuating between positive and negative. "Once I decided to look for information," she says, "it was as though information came looking for me." She provides documented evidence for her conclusions that:

**The HIV test is unreliable:** "...the antigens used in HIV test kits react to the antibodies of many microbes, bacteria, viruses and other conditions and report them all as HIV antibodies. ... Another fundamental problem with the use of HIV antibody tests is that antibodies do not indicate the presence of active infection or disease. ...

Antibodies of any kind do not cause or predict illness; in fact, they are an indication of normal healthy immune response." And "People who receive gamma globulin shots for chickenpox, measles and hepatitis could test positive for HIV even if they've never been infected." Or "A diagnosis of HIV positive does not refer to actual infection with HIV."

**The PCR test is unreliable:** "The PCR, however, cannot distinguish between non-infectious viral particles and actual virus. In fact 99% of what PCR detects is actually non-infectious viral particles. ... The viral load theory is based entirely on results of PCR. While PCR has provided many realms of science and industry with an effective new tool, its application to AIDS research has proved to be far more misleading than useful." And, get this ... "The FDA has not approved PCR testing for diagnostic use in regard to HIV."

Here's more enlightening comments from the book:

- "Seventy-five percent of infants who test HIV positive at birth will convert to HIV negative within the first 18 months of life without medical intervention."
- "AIDS cases have been declining steadily since 1993."
- "... the appearance of a high correlation between HIV and

AIDS is simply a result of the definition of AIDS."

- "... conditions associated with AIDS are known to be caused by the prescription drugs used to treat AIDS."

The book has the endorsement of some top researchers. For example, Kary Mullis, PhD, the 1993 Nobel Laureate for invention of PCR says: "It's not even probable, let alone scientifically proven, that HIV causes AIDS." The American Foundation for AIDS Alternatives (AFAA) is a community-based organization that provides information on natural approaches to recovery from AIDS and calls for honesty in AIDS

issues. They suggest: "Working with a health practitioner who will address your actual problems, rather than focusing on the notion of HIV as the problem, ..." (Thanks Mike)

J.V. a customer battling Hepatitis C recognized for himself: "I did not do any PCR (viral count tests). I decided just to follow my instincts and stop doing tests that nobody knows what they really mean." Another insight on testing is offered by *How to Reverse Immune Dysfunction*, a publication revised in 1997 and published by Keep Hope Alive. (414-548-4344):

"Increases in T cells counts or decreases in HIV viral load does not in of itself mean that your immune system is more functional. Only Multitest, which is very inexpensive, can do this. Polymerase Chain

Reaction (PCR), which measures viral load, is a quantitative test as are lab tests for CD4 and CD8 counts. These tests are important but are very poor surrogate markers to determine if the protocol you are using is actually restoring immune function. What good is it to be PCR negative and have high T cells if your immune system is still not functional? ... Multitest will determine very quickly if your immune system can mount a strong, average or weak response to an infection. This low cost test will determine very quickly if the protocol you are using is reversing immune dysfunction ..."

A health practitioner skilled in the use of a darkfield microscope for live blood cell analysis is another way to track your progress. When offering encouragement to a customer, we wrote: "For myself, I look more at the process than at the result in life. ... while you continue to search for the answer to turn the test negative, you may live a healthy, long life."

And finally, for meticulously researched information on the origin, intrigue and politics of HIV, read: *Emerging Viruses, AIDS & Ebola*, by Dr. Leonard Horowitz, 1996. (1-888-508-4787.)



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# COLLOIDAL SILVER CONTROVERSY

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An article titled "The Facts on Colloidal Silver" by Tom Valentine quotes two well-known and respected mavericks in health, Dr. Robert O. Becker and Dr. Hal Huggins, stating colloidal silver is toxic to the body. We were not able to contact Dr. Becker. His research with silver and electricity did not include colloidal silver. We feel he must have a degree of frustration as he has often been quoted in articles supporting the use of colloidal silver. Here are Dr. Becker's words from page 167 of *The Body Electric* using an electrical current with silver wires: "Silver at the positive pole killed or deactivated every type of bacteria without side effects, even with very low currents." And page 177: "...I believe low-current silver electrodes stimulate bone formation directly..."

When we contacted Dr. Huggins, he informed us by fax: "We have noted that many people feel good for a few days, weeks, or even a month or two, then drop energy."

After talking with David Garstin of the Colloidal Association of America, we faxed the following explanation to Dr. Huggins: "Silver in colloidal form is not studied by established educational institutions so the information about how silver and heavy metal compounds are used in the body is accepted as fact. Of course such compounds are poisonous to the body. These compounds, however, are rarely found in nature. In these forms the body has to react chemically to break down the compound. The components are residual. ... Modern-day silver colloids made electrically are largely ionic. In this form silver is not residual. It resembles the form plants provided in greater amounts when trace elements such as silver were more prolific in our soils. The body can use the ionic form of silver readily. In this form it is a nutrient rather than a poison. The body takes what it needs and passes the rest out."

Dr. Huggins replied: "Thank you for correcting me ... now if you could only correct the patients who do react. Paper and pen are one thing, but live folks are another."

In another article, Alex Duarte, O.D. Ph.D., tells how his daughter who was raising three children with a heavy workload had a recurrence of an infection in her heart. Years earlier, an accident left her with a small hole in her heart. The infection

meant open-heart surgery was necessary. Her father recommended colloidal silver. Her infection cleared and hasn't come back. "I have encouraged every member of my family to keep colloidal silver in the medicine cupboard and use it at the first sign of infection," says Dr. Duarte in "What Will Protect Us if Antibiotics Fail?" in the *Journal of Longevity*, Vol. 4/No. 4 1998.

In a third article, Michael Coyle, an expert in live-blood analysis, states: "Colloidal silver interferes with the enzyme system that anaerobic microbes use for respiration. Therefore they cannot mutate around it or become resistant and are eliminated instead. ... Contrary to popular gossip and contrary to invested promoters, there appears to be some negative side effects to colloidal silver consumption, when used over long periods of time and in relatively high amounts. These include drainage problems and the destruction of intestinal floras. ... Many individuals have been known to exhibit extreme Herxheimer's (healing crisis) reactions with silver." ("Fungus," *Explore! Magazine*, Vol. 8 No. 3, 1997) In his newsletter *Second Opinion*, Dr. Douglass speaks out against colloidal silver. He confuses the issue by equating colloidal silver with colloidal minerals in general. Then he says, "I'm not particularly concerned about toxicity..." but goes on to warn about the toxicity of silver compounds without making it clear that a silver compound is very different from ionic/colloidal silver.

The controversy continues. As with all things in life, there are conflicting views. We believe that ionic/colloidal silver is highly beneficial and safe to use. We also believe it is our responsibility to keep you informed of differing opinions to help you make an

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## A HAZARD TO YOUR HEALTH

(Continued from page 1)

- 1) Take total responsibility for our actions and lives.  
Government has increasingly encroached on our freedoms by convincing us we need protection from ourselves. If we do have freedom, yes it is possible that we may overdose on a herb ... if taken by the truckload! We are all for education and an association that may issue warnings but not regulate. Regulation means taking away freedoms.
- 2) Get names of your elected representatives at both state/province and federal levels. Write a letter expressing your concerns. Mail or fax it every month. In your letter state three things: your personal experience with natural products or therapies; the fact that you pay for them so you are not a burden on the health system; that laws limiting our freedom will drive the sale of banned products underground so no taxes will be paid.

We are dedicated to bring fresh viewpoints, tools, and up-to-the minute health research to help each of us build a better life, discover our truths, and live from our hearts ... in these rapidly changing and challenging times.



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