



## A Handy Guide for Ionic Colloidal Silver

Store in a thermos flask or dark glass bottle.

A spray bottle is a handy item.

For household use, tap water can be used to make ionic colloidal silver. Distilled water or de-ionized water should be used for internal and personal use. For personal use, suggest taking breaks and not using for extended periods of time.

### Personal care:

- Spray under arms as a deodorant.
- Use for gargling to ease throat.
- Mouth wash
- Clean under nails, in ears and navel with a soaked Q-tip.
- Wipe hearing aids and eyeglass frames.
- Spray contact lenses.
- Eye drops
- Sterilize tooth brushes.
- Soak dentures.
- Add to bath water, douches and colonics.
- Add to dental Water-Pik.
- Soak/spray combs, brushes and loofas.
- Spray bath and shower mats.
- Spray on cosmetics.



## Kitchen:

- Spray on surface of or add a few drops to leftovers and condiments before storing in refrigerator.
- Rinse or spray vegetables, fruits, grains and meats before using or storing.
- When canning, add ½ tsp per quart.
- Spray or rinse sprouts.
- Spray storage area, interior of refrigerator, lunch kits, garbage containers.
- Spray cutting boards, sponges and dish cloths.
- Add to dishwasher.

## Household Cleaning:

- Add to cleaning solutions.
- Wipe telephone mouthpieces and head phones.
- Spray furnace and air conditioning filters after cleaning.
- Wipe air ducts and vents.
- Rinse toilet seats and bowls, sinks, tiling and doorknobs.
- Spray carpets, drapes, mattresses, furniture and window sills.

## First-Aid:

- Spray on band-aids.
- Spray on razor cuts.
- Spray on pimples.
- Spray between toes, in groin or any area that itches.
- Use in bath water.



- Feed directly by dropper or add to water dish.

## Clothes:

- Spray in shoes.
- Mist clothes before storing.
- Spray in gloves.
- Spray watch bands.
- Add to rinse water of laundry— especially for diapers.

- **Plants:**

- Water and spray plants.

## Other:

- Add to picnic foods containing mayonnaise to prevent food poisoning. Keep covered and cool as well!
- Add to pools, hot tubs and foot baths.
- Add to children's paste and paint pots.
- Reference: "A Few Unique Plus Traditional Uses for Silver Colloid," Robert C. Beck, Explore! Vol. 7 No. 2, 1996.