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Silica is the second most abundant element on earth and research shows that it is one of the most important nutritional elements as well. Although it has taken years for scientists to learn about the body's need for silica, we now have proof that it is not only important, it is essential.

If silica is so imperative, why don't we hear more about it? One of the issues surrounding silica involves its odd behavior. While it can be measured in bones, hair, nails, skin, connective tissues and throughout the body, the specifics of how it gets there is not completely understood. In his book, *Biological Transmutations*, C. Louis Kervran describes a process whereby silica changes form and becomes calcium. This could be one explanation of why silica's action is so elusive. Another author, Harvey Lilse, writes about his observation that transmutation happens continuously in the plant, animal, mineral and human kingdoms in his book, *The Enlivened Rock Powders*. He says, "Transmutation is not hard to understand if you consider the elements not so much material, as spiritual with strong enzymatic forces." While the research by Kervran and Lilse helps to clarify, it is still difficult for people to comprehend. Unfortunately because this concept does not sit well with the general scientific community, silica's importance is not well known by the public.

But the possibility of biological transmutation does not have to scare you off. The fact is, silica in its base form is found throughout the human body in many structures and functions. When measured at various age intervals, we find the highest concentration of silica in babies. In our youth, our skin, blood vessels, and joints are more flexible, while our bones are stronger. The paradox of silica is that it is responsible for both flexibility and rigidity. As we age, we lose more and more silica and our skin wrinkles, our blood vessels get rigid, our joints stiffen and our bones get weak. The question is, can we supplement this important element and utilize it in our cells to reverse or slow-down the aging process? Research has shown that we can.

In his book, *Silica the Amazing Gel*, Klaus Kaufman presents research done on 73 patients whereby silica was administered and evidence of improved health was collected. The results were empowering. Silica supplementation does affect the health of the individual consuming it. In his therapeutic testing, Kaufman found that silica supplementation:

- ✓ Strengthened immune system
- ✓ Aided the healing of ulcers, and other digestive disorders
- ✓ Reduced inflammation
- ✓ Effectively treated symptoms due to arteriosclerosis
- ✓ Aided healing of lung damage due to illness & smoking
- ✓ Improved skin, hair and nails
- ✓ Aided in the healing of damaged joints and bones.
- ✓ And more...

The therapeutic effects of silica are quite extensive! Can you see how your body could benefit from silica supplementation?

Kaufman's experiments aren't the only compelling evidence that our bodies need silica. Virginia Hunt is a UCLA researcher in the field of electromagnetic radiation and energy fields. She says that connective tissue seems to dictate the flow of electromagnetic energy throughout the body at the finest level. Since we know that silica "feeds" connective tissue, just imagine the affect supplementation has on our over-all well-being. By feeding our connective tissue, we affect our health at the electromagnetic level! *Does the "silicon chip" ring a bell?*

While the need for silica isn't yet understood completely, current studies are having an effect on our awareness of its importance. Evidence shows that supplementing silica should be as important as the other nutrients that we hear so much about. As the knowledge of silica becomes more mainstreamed, **Cell Mend™** will eventually be as common in the average person's medicine cabinet as Vitamin C.

*It should be noted that as the general public has begun to understand the need for silica, we have seen many different products emerge, one copying another. As with most supplements, the form of silica is important and DYNAMITE® prides itself in being a step above the rest. The DYNAMITE® program has a specialized silica product, **Cell Mend™**, that contains several of the best sources of plant-derived silica. Because it is an essential nutrient and vital to so many functions, we have also included a small amount of silica in **Trimins™**, **Athletic Formula™**, **Hair Skin and Nails**, and **Free and Easy™**. If you have questions on these or other DYNAMITE® products, ask your DYNAMITE® distributor. ■*