

FOR ALLERGIES & SINUS PROBLEMS, The Nose Knows the Perfect Remedy – *Silver Hydrosol*

by Rachael Baseley



Eric Rentz, D.O., in active practice since 1985, is American Osteopathic Association board-certified in two areas—neuromuscular skeletal medicine and osteopathic manipulative medicine. As one of the world's leading experts in silver preparations, and a popular contributor to *Healthy Living*, he shares with us the reasons why he considers silver hydrosol to be one of the best health options for people suffering with allergies and sinus problems.

HL What are the main causes of allergies and sinus problems?

ER Airborne substances, whether we're talking about pollen, dust, bacteria, mold, mildew, viruses, and sometimes, volatile chemical substances, such as perfume.

HL Who is more prone to allergies and sinus problems?

ER That's a difficult question to answer simply. For example, for people with chemical sensitivities, it is because their system has been hyper-sensitized, usually from some major event. For example, the lungs of one of my patients were injured from formaldehyde out-gassing from insulation that was sprayed into the walls of her mobile home. She was subsequently breathing formaldehyde fumes hour after hour until she got a toxicity reaction and had to go to the hospital. From that time on, she was hypersensitive to any kind of gas. In many cases, it's impossible to say. People whose immune systems are not necessarily functioning well are susceptible to certain allergies.

HL What does silver hydrosol offer sufferers of allergies and sinus problems?

ER Silver hydrosol is effective against viral, bacterial or fungal infections, including mold and mildew. If there's a bacterial, viral or fungal component, it can actually kill the organism that may be causing irritation to the surface of that moist membrane. The other thing is that silver acts as a natural astringent, which means that it's going to be shrinking the tissue; so if I have swollen tissue, it will shrink it down, so I can breathe easier. The other thing is that it's oxygen rich. Irritated tissues can be caused by little pollens that may have

rough surfaces; they're very tiny, but they often-times have little spikes or little hooks (see image) in order for them to hang on once they're out in the air and come into contact with something. So their surface can actually be irritating to the other cells in the mucous membrane. Again, the oxygen from the silver can help heal that faster.

Bacteria can get in through the eyes—in dust particles and things like that that may blow in the face—or we can breathe them in through the nose; remember, the tear ducts connect the eyes and the nose. Microorganisms can invade the nasal sinus areas via the tear ducts in the eyes as well. So when it comes to allergies, allergy sinusitis, and allergic rhino-sinusitis (which means that you're actually flowing), silver helps with all these things because it reduces microorganism load, acts as an astringent to help dry things up, puts oxygen in there for the tissues to heal, helps to stop nosebleeds...all those kinds of things.



Source: www.stanfieldair.com/spacegard.html

HL What are the benefits felt by people suffering from allergies and sinus problems?

ER Silver hydrosol can be used for washing the membranes, but you're washing the membranes with something that is actually also promoting the healing process. Of course, as you're spraying liquid on, the reason it helps with pollen and so forth is because it's physically just washing it off. We could use distilled water, or saline for example; we're just washing off the surface of those membranes. But by having the silver in there, if there are any microorganisms trying to take advantage of the scrapes and scratches of the pollen, then the silver takes care of that and facilitates the re-healing and re-knitting of all those mucous membrane surfaces. Compared to silver, if we were to rate them, distilled water would score zero, saline would have a five, and silver would have a ten.

HL How soon do sufferers notice any benefits?

ER Since it has an astringent effect, it works pretty quickly. Most people experience a change within minutes. Now if they're so plugged, if they're so clogged up, and if the tissues are so swollen that there's no passageway for the silver to get through, then they have to do multiple washings. As the astringent affects the foremost tissue, and that starts to shrink, then they can do the next layer, and the next layer, and so on, and then finally the nasal passages are open. So they may have to do several washings before the tissues shrink down enough for it to open up all the way so they can breathe easier again.

HL How should you take silver hydrosol if you have allergies or sinus problems?

ER You can use a spray or you can use a dropper. If you use a dropper, usually you have to have somebody help you because it's hard to get it up into the nasal passages. If I'm doing it with a patient, I prefer the dropper; if I'm by myself, I prefer the pump spray. With the dropper, I can aim it because I can see where I'm pointing it. Otherwise, one of those nasal pump sprays will work well. One of the tricks with using the spray bottle is you have to inhale as you pump. If you just pump the spray up in there, it doesn't necessarily go in very high. But if you inhale at the same time, it swirls up through those other tissues, and then you get a much better effect. You can use it as needed, so if you start to feel congested again, use it again. If you're fine for three hours, and you start to feel like you're getting congested again, use it again. If you feel fine the rest of the day, that's great.

HL How long should you take silver hydrosol for?

ER You can take it for a long, long time throughout the entire allergy season. So whether that's three months or more, that's fine.

HL Can children take silver hydrosol safely? If so, from what age?

ER Yes they can...from any age. Until the 1970s, silver nitrate was routinely dropped in babies' eyes immediately after birth to help prevent blindness. That demonstrates how safe silver is for children.

HL Can silver hydrosol be taken alongside your prescribed allergy or sinus medications?

ER Certainly.

HL Can silver hydrosol reduce your need for prescribed allergy or sinus medications?

ER Absolutely. There are many instances where this has been the case.

HL What lifestyle changes do you recommend to patients with allergies or sinus problems?

ER A lot of times, when patients start to feel like they're catching a cold, they think that they need more vitamin C. Well, that is an accurate assumption. Unfortunately, the avenue by which they opt to increase their vitamin C is they'll start to drink lots of orange juice and all the other citruses: grapefruit juice, tangerine juice, lemon juice, lime juice. But these all increase mucus production. Whereas in the animal kingdom, dairy is the big mucus producer, in the plant kingdom, citrus is the big mucus producer.

If you want to use something that is mucolytic—mucus dissolving—then you could eat celery, or juice the celery and drink the juice, or use rice milk, as that is also mucolytic. ■

SILVER PROTOCOL FOR ALLERGIES AND SINUS PROBLEMS

When inflamed or irritated—5 to 10 sprays per nostril while inhaling; repeat 3 to 4 times daily.

Maintenance dose—Once a day or every couple of days.

EDITOR'S NOTE: This article is intended to give you more information about silver hydrosol's uses as a tool for health support. It is not intended to treat or diagnose individuals. Our recommended silver hydrosol is Sovereign Silver™. Because of its unprecedented particle size of 0.8 nanometers and percentage (96 percent) of active particles, we strongly believe it is the highest-quality preparation available to consumers today. It is available at natural health centers, natural pharmacies, and from health professionals and comes packaged with applicators for oral, nasal or spray use. If you need help in finding a store or health professional in your area, visit www.sovereignsilver.info or call Natural-Immunogenics, of Pompano Beach, Florida, toll-free at (888) 328-8840.

