

# Silver Hydrosol— Perfect for All Your Holiday Getaways

by Rachael Baseley

This is the time of year when we are planning and taking vacations with friends and family. Whether traveling, camping or participating in any number of outdoor activities, be sure to carry a bottle of silver hydrosol with you wherever you go. Trust me, you won't regret it. It's sort of like WD-40, the all-purpose spray. There are so many uses for silver!

The other day, a natural health expert told us he used the topical silver spray on himself after being stung by yellow jackets. "Applying silver hydrosol, in addition to Benadryl®, helped prevent infection, reduce swelling, and speed wound healing," our resident expert tells us.

According to extensive studies, silver hydrosol has been shown to be effective against bacterial, viral and fungal infections. This is because of its unprecedented anti-infective, regenerative and disinfectant properties. In addition, since it dries like water and tastes like water, it's a very handy tool. Let's look at some situations where this product can be used in conjunction with other appropriate methods in the minor first-aid situations we all are likely to encounter this summer...

## Camping

You've selected a favorite campground, or are even exploring a new one. Like the proverbial scout, you are prepared for

any eventuality. You have your first-aid kit packed for any accidents that may occur. What happens if someone in your group cuts themselves? Spray the silver hydrosol on the abrasion evenly and repeat four times a day. For burns from stoves, barbecues or open fires, follow the same procedure to help avoid infection, and to disinfect and regenerate.

In addition, silver hydrosol can be used as a water purification tool. Use two tablespoons per gallon.

## Traveling

Whenever you take a flight in a plane full of fellow travelers, you are exposed to all kinds of cold and flu

## Vacation Uses of Silver Hydrosol

### Traveling

*Before, during and after the flight—Hold one teaspoon under the tongue for 30 seconds before swallowing. If using spray, five nasal sprays per nostril, while inhaling.*

*Food Poisoning or Traveler's Diarrhea—Swallow one tablespoon on an empty stomach every hour until symptoms subside.*

viruses. Silver hydrosol can be very effective in protecting your immune system and fighting infections (for more information on *how* it works, see our past issue, 8.4:52). Before, during and after your flight, place one teaspoon under the tongue and hold for 30 seconds before swallowing. Alternatively, spray the silver hydrosol nasally while inhaling, five sprays per nostril.

Also effective against food poisoning or traveler's diarrhea, you can swallow from one teaspoon to one tablespoon on an empty stomach every hour until symptoms subside.

If your destination is a developing nation, make use of silver hydrosol for water purification. Use two tablespoons per gallon of water.

## Beach

Maybe the beach is where you want to be this holiday season. Whether you surf, swim, play sports or simply sunbathe, we all now know the importance of sun protection. But if you've gotten

## Camping

*Topically (cuts, scrapes, burns, infections)—Spray on evenly and repeat four times per day.*

*Water Purification—Add two tablespoons per gallon of water.*

## Beach

*Sunburns—Spray on evenly and repeat four times per day. For improved performance, mix silver hydrosol one-to-one with a high-grade aloe gel from a natural health center or natural pharmacy, and rub it on four times per day.*

## SHOPPING FOR QUALITY SILVER PREPARATIONS

Medically approved silver products are used every day in hospitals and healthcare centers. But for home use, we must be more careful and selective in our shopping. Make sure you choose a 10 part per million formulation that consists of ultra-pure water and silver only and has the smallest particle size possible. Look for documentation by the company (photographic proof). Our recommended formula is **Sovereign Silver**. We have reviewed extensive data on this formulation and have found it to be highly effective at the lowest dosages. That means it is perhaps the most biologically active silver formula available at health food stores.

**Availability—Sovereign Silver** is available at natural health centers, natural pharmacies, and from health professionals. If you need help in finding a store or health professional in your area, call Natural-Immunogenics toll-free at (888) 328-8840.



# Silver (overflow)

caught without sunscreen, reach for your silver hydrosol. For sunburns, spray it on the burn evenly four times per day. For improved performance, mix it one-to-one with a high-grade aloe gel from a natural health center or natural pharmacy, and rub it on gently four times per day.

## **CHOOSE PRODUCT CAREFULLY**

Be sure to choose your silver hydrosol with care. In this instance, all brands are not created equal. Select a preparation that has documentation from the company to support it. Photographs are a great way of demonstrating that the particle size is small and evenly distributed. The formula for consumer use should be around 10 parts per million and contain only ultra-pure water and silver.

Fortunately, we have found the company that has produced such a formula. Natural-Immunogenics has created **Sovereign Silver**, a tried-and-tested formula that has extensive data behind it. I recommend that you learn more about this formula, and on your next vacation or day trip, remember to pack the silver hydrosol. ■