

# Protecting and Healing Yourself By Using Vaporized Colloidal Silver

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## What Is Colloidal Silver?

Colloidal silver is simply water that has had micro-particles suspended in it. The detailed properties of colloidal silver are explained later in this article. For now, it is enough to know that colloidal silver consists of very pure water with a small amount of tiny, very pure silver particles suspended in it.

The use of colloidal silver as a disinfectant and a healing remedy goes back at least 2,000 years in human history. It was in use in the Ancient Roman Empire. Over its long history it has been shown to be highly effective and safe when it is in proper form and used properly.

The purpose of this article is to give you the background you need to do just that – generate your own top-quality colloidal silver and then to use it properly.

I also want to mention that there is a fierce and long-running debate in the community of practitioners and researchers about the distinction between “colloidal silver” and “ionic silver.” There are those who insist that colloidal silver is not very beneficial and that to get real benefits you need to use ionic silver. That has not been my experience, having used it for more than 50 years, and having taught several thousand people how to use it. I have experienced terrific benefits, and so have my clients, students and the many fellow practitioners I have taught. For the purposes of this article, we will stick with colloidal silver and consider that ionic silver is more esoteric, and could be slightly more beneficial, (or not), and that it does not seem to be worth the effort to insist on ionic silver.

## Disclaimer:

Before we go any farther, I want to share the following disclaimer with you: This article and its contents have not been evaluated by the FDA, the CDC, nor any of the “regulatory bodies” in the U.S.A. As far as I know, no similar agencies have evaluated this article. As such, this article is not intended as medical advice, nor to take the place of appropriate, professional medical care. I am providing this article and its contents as educational material, only.

So far, despite its known use for more than 2,000 years the FDA has refused to conduct or even support any studies on the use to colloidal silver to evaluate its safety and efficacy. That has not stopped the FDA from posting warnings all over the Internet and elsewhere, stating that there is no evidence that colloidal silver is beneficial and safe. Of course, they have not seen the evidence because they have refused to look.

Evidence of its safety and efficacy is easy to find, despite the efforts of the mainstream to block it from public view.

There are almost certainly complex economic and possibly political reasons for the FDA's refusal to give colloidal silver a fair and unbiased trial.

If you are curious about health and interested in learning, then this article is probably a good fit for you. On the other hand, if you are a person who blindly follows "doctor's orders" then this article is most likely not for you and I would recommend that you stop reading now.

Keep in mind that it will be very easy to find lots of posts on the Internet and elsewhere that would seem to thoroughly discredit the healing benefits and safety of colloidal silver. If I tell you that I have studied at least several hundred of these negative posts over the years, I would be low. In every single case, I have been able to debunk these posts, either by identifying where they are flat-out wrong, or by showing that if they did not get the desired results, this was because they did not use good colloidal silver, or they badly misused it. I have yet to find an exception to this in the more than 50 years I have studied and used colloidal silver.

One more point while we are on this topic: A common myth is that if you use colloidal silver, either in significant quantities or for an extended period of time, your skin will turn blue. Yes, this is possible, but ONLY if you badly misuse the silver. In the more than 50 years I have used colloidal silver for myself and for the several thousand people I have helped or taught, this has NEVER happened. To help allay any concerns you may have, let me explain how this has happened to a small number of people who made a crucial mistake. If you follow the guidelines in this article, the risk will be ZERO.

The condition where the skin turns bluish-gray associated with colloidal silver is called: "Argyria". The cause is known and is 100% preventable. Here's what happens, again only to those who break a critical rule of colloidal silver use: If the silver particle size is too large, it essentially clogs up the detox pathways so that your body cannot easily and effectively get rid of any excess silver. In response, the body pushes the excess silver out to the skin. These overlarge particles then lodge in the skin, where they are oxidized by exposure to sunlight. This, in effect, "tarnishes" them turning them bluish-grayish. To be sure, this is an aesthetic nightmare, but it is 100% preventable by simply making sure that your colloidal particle size is appropriate. This is covered in detail in this article. Again, it is easy to completely zero-out this risk. The particle size, which is simple to control, is the key.

### **Why Colloidal Silver Is So Important Now:**

It is well established that colloidal silver, when properly used is a safe, effective and powerful anti-pathogen. In fact, it kills and controls a much wider range of bacteria than any known antibiotics. Further, no known bacteria is able to develop resistance to colloidal silver. Colloidal silver is also highly effective and useful for controlling viruses as well as many types of fungi. In general, it is one of the best substances known to humanity for keeping our bodies free of pathogens of many types.

### **Colloidal Silver Kills MSRA:**

With the current increasing concerns about MSRA, (Methicillin-Resistant Staphylococcus Aureus, a very dangerous bacterium), this protocol has become very valuable, some would say life-saving. MSRA is becoming more and more of a problem in many hospitals, as well as in other locales. Having an effective anti-pathogenic agent that bacteria cannot become resistant to is increasingly crucial. Colloidal silver is just such an agent. Not only is it effective against MSRA, but it also can be used against many of the other bacteria that are becoming increasingly resistant to antibiotics.

### **Important New Comment, As Of March 9, 2020 - Colloidal Silver Kills The Covid-19 Corona Virus:**

As of this revision, the coronavirus, (Covid-19 – current strain), is in the news and is of understandable concern. There is not room in this article for a deep dive into this topic. However, I want to point out that colloidal silver has been shown to be an effective measure to suppress and/or kill the Covid-19 coronavirus. Further, there are videos to be found, (well-vetted), that show the Chinese health authorities and staff using colloidal silver in several forms to disinfect their hospitals and clinics and to help contain the infection. This is a powerful endorsement from highly-qualified experts in epidemiology and infectious disease control that colloidal silver is safe and effective.

### **Colloidal Silver Also Can Be Helpful In Defeating Cancers:**

Properly generated colloidal silver, (meaning very pure and comprised of extremely small-sized silver particles), has been shown to have powerful anti-cancer properties. There is abundant evidence that it is an effective helper both in prevention and eradication of cancers. In fact, the protocol described in this article can be particularly useful for dealing with lung cancers, both those originating in the lungs and those that may have metastasized to the lungs from other parts of the body.

There are two very important factors that make this a potentially effective protocol:

1. By breathing a mist of vaporized nano-particle colloidal silver directly into your lungs, you allow it to enter into the blood stream without going through the digestive system. The same tiny blood vessels that that cover most of the internal surface area of the lungs and that serve to transfer oxygen and carbon dioxide back and forth as a normal part of respiration, also absorb the colloidal silver directly into the blood stream. Further, by breathing colloidal silver into your lungs, you kill off most of the pathogens that could be in your lungs.
2. It lowers the pathogen level in the environment. For example, we let our vaporizer run in our bedroom overnight. As a result, we do not have to worry about mold during the winter, and our flu exposure risk is greatly reduced. In fact, with the current concerns in hospitals with MSRA, if I or a family member had to stay overnight in a hospital, I would make sure to have my vaporizer running, charged with colloidal silver, right there in my hospital room. If need be, I would enlist a family member to make sure I had this protection since there is

little chance that the hospital staff would do this for me. I might even disassemble a bit and just somehow forget to inform the hospital staff that there was anything besides plain water in the vaporizer. I would just tell them it seemed to make me feel more comfortable and leave it go at that. In this case, what they don't know won't hurt them.

## What Are The Overall Benefits Of This Protocol?

The following is a brief summary of some of the more prominent benefits:

- Lower the pathogen load in the sleeping environment;
- In a hospital, greatly reduce the MSRA risk;
- For those at risk of suffering bouts of bronchitis, it all but eliminates the risk;
- No more seasonal sinus infections; \*\*
- Far fewer colds;
- Much lower flu risk;
- For those with compromised immune systems, less risk of opportunistic infection;
- Good prevention measure for many types of cancers;
- Helps to get rid of existing cancers;
- Good for pets who may sleep in your bedroom, too, especially cats;
- Lower pneumonia risk;
- Help cure pneumonia if one has it;
- Reduce respiratory inflammation;
- Reduce respiratory allergy symptoms and sensitivity;

There is more, but the above list is a good start.

\*\* I know a number of people who suffered one or more serious sinus infections every year, and who never had another one once they started using this protocol.

## Appropriate Colloidal Silver For Health:

The basic properties of colloidal silver that are important for use in healing are:

- Water Purity
- Silver Purity
- Concentration
- Silver Particle Size

The specific detail for each of the properties is discussed in the balance of this section.

### **Water Purity:**

The water must be as pure as possible in order to generate high quality colloidal silver that is safe and effective to use. Steam distilled water is ideal. In an emergency, if steam distilled water is unavailable, use the purest water you can get. The less

minerals or other solids suspended or dissolved in the water, the better. One way you can tell if the water is of less than ideal purity is that there will be some visible particulate floating in the colloidal silver when the generation process has been completed. There is a method for dealing with this in the event that you do use less than ideal water and can see floating particulate in the generated colloidal silver. It is described later in this article.

### ***Silver Purity:***

The silver wires should be 99.99% pure silver. This is much purer than Sterling silver, which is not nearly pure enough and should never be used to generate colloidal silver. This very pure silver is often referred to as “4 nines” silver wire. It is possible to get “5 nines” silver, but it is hard to get and extremely expensive. It is not necessary to exceed “4 nines” in purity.

### ***Colloidal Silver Concentration:***

The appropriate concentration for all internal use is 10 PPM. This includes drinking, breathing or taking via retention enema, which is also an effective and common administration method.

What does 10 PPM really mean? The concentration of the colloidal silver is measured in “Parts Per Million”, or “PPM” for short. This refers to the quantity of micro-particles that are suspended in the water in which the colloidal silver is generated. The number of silver particles is measured and expressed in relation to the number of equal weight “particles” of water.

We don’t usually think of small quantities of water as “water particles”, and that is not strictly 100% accurate. However, for purposes of this discussion it is a useful way to think of it.

To better understand this, we need a basic understanding of how colloidal silver is generated: Two very pure silver wires (99.99% pure silver) are suspended in distilled water for a set period of time. While they are in the water, a small electrical current is run through the wires, which are typically about 1 7/8” apart and parallel. They usually extend about 4 1/2” to 5” into the water. The electrical current is direct rather than alternating (DC as opposed to AC.) That is, one of the silver wires has a negative electrical charge. The other has an equivalent but positive charge. These charges are constant throughout the generation process.

The electrical charge running through both silver wires (one negative and the other positive) causes micro-particles to be stripped off of the wires and suspended in the water. The distilled water conducts just enough electricity to allow current to flow between the 2 silver wires enabling this process.

The micro-particles of silver do not actually dissolve in the water. Silver is NOT water soluble, as say sugar or salt are, so it does not dissolve in the water. Rather, these micro-particles of silver are so small that they are very light in weight and do not get pulled by gravity strongly enough to settle on the bottom of the jar. The attraction between the micro-particles of silver and the molecules of water is stronger than the effect of gravity on the silver micro-particles so that a weak bond is formed between the

water and the silver. The result is a significant number of silver micro-particles become relatively evenly distributed throughout the water and weakly bonded to the nearest water molecules. An easy way to think of this is to consider the micro-particles of silver as an “active ingredient” and the water as a “carrier” for the ingredient.

Colloidal silver is very powerful and only a relatively low concentration is needed. As stated above, for internal use of any kind, the recommendation is 10 PPM. That means for every million parts of water, there should be 10 parts of silver. That may not sound like a much, but it is enough.

Here is why 10 PPM is the sweet spot: Most of the harmful or even potentially harmful bacteria in the human body is anaerobic. That is bacteria that does not utilize oxygen to generate its metabolic energy. The biochemistry of this anaerobic form of metabolism and the reasons why almost all non-beneficial bacteria happen to be anaerobic are complex and beyond the scope of this article. For our purposes, just think, aerobic = beneficial and anaerobic = non-beneficial.

It turns out that colloidal silver begins to suppress anaerobic bacteria at approximately 5 PPM. It does not affect or suppress aerobic bacteria until it reaches a concentration of 19 PPM.

Based on these values, the consensus among the world’s leading researchers focused on the health effects and biochemistry of colloidal silver is that 10 PPM is ideal for all internal use.

For external use, we can use a concentration that is twice as strong. This would be 20 PPM. For certain extreme infections, for external use, such as cleaning a badly infected wound or burn, we could go even higher. I have used colloidal silver externally with concentrations as high at 50 PPM. There were no problems with that for external use.

So, how can you achieve the appropriate concentration? This is done by controlling the current that flows through the silver wires, and through the water, and by controlling the amount of time that the current is allowed to flow.

If you are suspending the pure silver wires in a quart of distilled water, have them approximately 1 ¼” to 1 ⅞” apart, and apply a direct electrical voltage of 17.5 volts to 19.25 volts for approximately 3 hours, the resulting quart of colloidal silver will have a concentration that is close to 10 PPM. In this case, close is good enough. Anywhere from 9 PPM to 12.5 PPM is safe and effective, as well as appropriate for internal use. For practical purposes, we consider this to be colloidal silver at 10 PPM.

If I want to generate a quart batch of colloidal silver at 20 PPM, or double the concentration, I simply allow the current to flow for 6 hours instead of 3. I use colloidal silver at 20 PPM for external use. I use it for wound cleaning, treating toenail fungus, some skin rashes and other types of external use.

Note: The voltage and times listed above are in reference to my favorite colloidal silver generator from The Silver Edge. If you are using a different generator make sure it can produce the desired concentrations of 10 PPM or 20 PPM. (Those are the only

concentrations I use.) Be sure it produces colloidal silver with a small average particle size. It should be as close to 0.0008 microns as possible.

One tip: To avoid any possible confusion when I go to use my colloidal silver, I label the jars either “10 PPM” or “20 PPM” before I put them away for storage in my kitchen cabinet.

### **Particle Size:**

The particle size is the other crucial factor in colloidal silver: Particle size is the average size of the silver particles that are stripped off the wires and suspended in the water. Ideally, these should be as small as they can be and still retain the atomic properties of elemental silver. Those properties are what enable it to suppress harmful organisms.

This ideal size is 0.0008 microns in diameter. Of course, in an actual batch of colloidal silver this is an average and not an absolute size. That is good enough for our purposes.

This particle size is controlled by controlling the amount of current that flows through the pure silver wires and the distilled water. It needs to be relatively constant and not increasing significantly throughout the colloidal silver generation process. But there is a problem with this: As more and more silver is suspended in the distilled water throughout the generation process, the electrical conductivity of the water increases. This electrical conductivity increase, leads to an increase in voltage and as a result, larger and larger particles get stripped off the silver wires and suspended in the water. This, in turn, increases the voltage even more and we have a sort of “self-increasing” process that ultimately would result in silver particles that are larger than we want.

The Silver Edge colloidal silver generator has a very clever method for controlling the particle size. The Silver Edge colloidal silver generator has a very small air pump built in, and an air tube that extends into the water. Throughout the entire process of generating a batch of colloidal silver, a small stream of air is pumped into the water. Air is not a conductor of electricity. This stream of air, resulting in air dissolved in and distributed throughout the water, serves to limit the electrical transmission through the water. Limiting the current flow and keeping it relatively uniform throughout the process keeps the colloidal silver generating process running at a uniform speed, as well. This, in turn, keeps the particle size close to the desired average of 0.0008 microns in diameter.

An important reason for keeping the particle size of the silver very small is that it allows the silver to easily travel through the various detox pathways in your body so that any excess can easily be excreted. As noted in the beginning of this article, having a particle size that is far larger than appropriate can prevent it from traveling through the various detox pathways, which in turn can lead to a very rare but undesirable condition called “Argyria”. This is the infamous “Blue Man” condition. Fortunately, the safety margin for even this criterion, particle size, is very generous. As stated above, the ideal is an average particle size of 0.0008 microns. To have any risk of Argyria, you would have to more than double the particle size of the colloidal silver, and at the same time, consume huge amounts.

As noted later in this article, during a time when I was critically ill, I actually drank 1 ½ to 2 quarts of colloidal silver per day for several weeks. I am convinced that it helped to save my life. I used the same type of colloidal silver that is the primary focus of this article. I generated it using the same equipment and the same method. While the amount I used is far, far above the general guidelines for colloidal silver use, and is not something I would recommend, it did me no harm whatsoever.

Here is another benefit from having air being bubbled through the distilled water: It serves to stir the water, which helps the silver to be more evenly and uniformly distributed throughout the entire quart of distilled water.

A couple more points regarding optimal colloidal silver properties: There are various companies marketing “nano” colloidal silver. Others use the term “pico” to imply that their colloidal silver has unusually small particle size. I see no evidence to support these claims. You can’t make colloidal silver with a particle size that is smaller than the diameter of a single silver atom or ion. That is approximately 0.0008 microns. So, I really am not sure what, if anything, these other terms mean. I believe it makes sense to stick with the actual measurement, and not some “marketing” term.

Recently, I have also seen various “liposomal” colloidal silver products on the market. To me this makes no sense at all. A discussion of “liposomal” technology is beyond the scope of this article, but is included in several other of my articles. In essence, it is a specialized technology to enhance the direct delivery of a given substance directly into the cell. In the case of glutathione, some forms of vitamin C, etc. this can be desirable. In the case of colloidal silver, it is not. You actually want the colloidal silver to contact and interact with parts of the body that are NOT inside the cells. So, colloidal silver in “liposomal” form makes no sense to me.

## What You Will Need:

### ***Canning Jars:***

Purchase a case of 1-quart home canning jars, such as Mason, Kerr or Ball jars. You can get a case of these at most grocery stores or most hardware stores for around 12 to 15 bucks. These will be clear glass canning jars. A better alternative is to purchase the dark amber glass canning jars made by Ball as shown immediately below.





Note: That colloidal silver, keeps longer and remains maximally effective when kept away from light. When it is exposed to light that has any UV component to it, (most common light in our world does), the UV tends to oxidize the tiny particles of silver that are suspended in the water. This increases their weight just enough so that they tend to precipitate out of the water, and collect at the bottom. Further, this oxidized silver is far less effective at suppressing and eradicating pathogens than silver in its purest, non-oxidized form.

Another factor is that the silver particles, when oxidized become larger. This makes it more challenging for your body to excrete any excess silver. Over time this could lead to problems. In contrast, non-oxidized silver, in the problem concentration and particle size does not present any such problems.

For these reasons, it is best to protect the colloidal silver from light. This is why I recommend using the dark amber glass jars when generating colloidal silver. Once the colloidal silver has been generated, it is best to store even these dark amber jars in closed cabinets that protect the colloidal silver from any remaining light. Stored in this way, colloidal silver has an effective shelf life greater than 1 year.

For most therapeutic uses the ideal concentration is 10 parts per million (PPM). If a significant amount of the silver has oxidized, the concentration drops far below that. This is yet another reason that I highly recommend the dark amber Ball jars instead of the clear jars, even though they are more expensive.

The jars are available at many hardware stores, markets, and the like. I am not sure if that is true for the plastic lids.

However, both are available from Amazon. (This is not an endorsement of Amazon – I have my reservations about their impact on our world, but sometimes they are the only practical source for certain items.) Here are the Amazon links:

Ball Wide-Mouth, One-Quart, Amber Glass Canning Jars, 4-Pack from Amazon:  
[https://www.amazon.com/dp/B0787ZV8BW/?coliid=I25Q4BS01Z7DLF&colid=1E7ZN4F1VU98J&pvc=0&ref=lv\\_ov\\_liq\\_dp\\_it](https://www.amazon.com/dp/B0787ZV8BW/?coliid=I25Q4BS01Z7DLF&colid=1E7ZN4F1VU98J&pvc=0&ref=lv_ov_liq_dp_it)

I generally prefer good quality metal to plastic for most things, however, I have found that even the stainless steel canning jar lids from Kerry (the best of the metal lids), tend to corrode after repeated use over a period of months. For this use, the colloidal silver will not come into actual contact with the canning jar lid, so I am not hesitant to use good quality plastic lids, which avoid any corrosion issues.

Canning Jar Wide-Mouth Plastic Lids: These can be a challenge to find, but are worth tracking down. Previously, I had links from Amazon here, but the links frequently seem to become invalid. So, I am including this link from a different source. In case the link no longer functions, please use the description and find your own source.

<http://www.goodmans.net/i/8695/sunshine-mason-80008-wide-mouth-jar-storage-caps->

[8-pack.htm?sc=GOOGLEBASE&k=SM-80008&utm\\_source=GOOGLEBASE&utm\\_medium=datafeed&utm\\_term={QueryString}&qclid=Cj0KcQjw1lv0BRDaARIsAGTWD1sKhUhLZ\\_Wc86j1zsierU7bEFWeqch8oz14aDlbugVTdSM5cLUA1EaAsONEALw\\_wcB](http://8-pack.htm?sc=GOOGLEBASE&k=SM-80008&utm_source=GOOGLEBASE&utm_medium=datafeed&utm_term={QueryString}&qclid=Cj0KcQjw1lv0BRDaARIsAGTWD1sKhUhLZ_Wc86j1zsierU7bEFWeqch8oz14aDlbugVTdSM5cLUA1EaAsONEALw_wcB)

As an alternative you can use the metal lids that come with the canning jars. However, you will need to replace the lids every few months or so as they will tend to corrode over time. If you choose this option, I recommend the replacement lids and bands from Kerr. These will still corrode over time, but not as quickly. Replacement bands and lids are generally available wherever canning jars and canning supplies are sold.

### ***Distilled Water:***

You also will need an ongoing supply of distilled water. You should always use distilled water to generate your colloidal silver. If you are fortunate enough to have a good quality steam distiller, then use that. (Please do not use that to make your drinking water. There are health issues associated with drinking distilled water for any significant length of time. The issues are beyond the scope of this article, but they are real and provide good reasons not to use either distilled or RO water as your regular drinking water.)

If you do not have a good quality steam distiller you can buy distilled water at most grocery stores. Unfortunately, it comes in plastic containers, (I long for the days when most liquids came in glass bottles, which seem to be long gone from the marketplace for most products and commodities, including most bottled water.) But if you choose the brands that have the stiffest plastic you will minimize exposure to toxins leaching out of the plastic.

If you are going to be using this protocol for a long period of time and don't already have one, you may want to consider getting a good quality steam distiller. They can be expensive, starting around \$400 or more, but if you can afford it, I think they are a good investment for anytime that distilled water is needed, including this protocol. I do not have a specific recommendation for a water distiller. However, I do recommend that if you purchase one, make sure it has a reasonable trial period and return policy. This is because at least some of the steam distillers on the market do not produce water that is pure enough for generating colloidal silver.

### ***Colloidal Silver Generator:***

Of course, you will also need a good colloidal silver generator. The very best one that I know of is The Silver Edge, available for about \$250.00 from this source:

<https://fx229.isrefer.com/go/RPP/MYHEALTH/>

If you decide to purchase a Silver Edge Colloidal Silver Generator, you can call them and order via phone. Here is their number: (888) 528 – 0559. **Please give them our affiliate code, which is MyHealth.** That generates a small referral fee which goes to fund our research. You may also receive a bit more attention with any customer service needs and with expediting your order. You can also order on-line using this link:

<https://fx229.isrefer.com/go/RPP/MYHEALTH/>



### **The Silver Edge Colloidal Silver Generator**

If you read my explanations of what colloidal silver consists of you will see why I recommend this colloidal silver generator over all others. I have tested quite a few over the years, including some that are much more expensive. The Silver Edge colloidal silver generator consistently produces colloidal silver that is better quality than that from any of the other generators I have tested. My experience and testing even includes building a number of colloidal silver generators so that I could more deeply understand the technology and design considerations involved.

**An Important March 2020 Update:** As of March 2020, with the advent of the mass panic around the coronavirus, The Silver Edge colloidal silver generators, as well as the few other good commercially available generators have been sold out. This is more evidence that colloidal silver is an important, effective and timely measure in these times.

Yet Another Update: As of April 11, 2020 it looks like The Silver Edge colloidal silver generators are back in stock. Yay! Here is that link, again:

<https://fx229.isrefer.com/go/RPP/MYHEALTH/>

### ***Build A Simple Emergency Colloidal Silver Generator For Temporary Use:***

Ultimately, I highly recommend that you obtain one of the really good colloidal silver generators as soon as you can. In the meantime, you do not have to wait. I have designed a simple emergency colloidal silver generator that is easy to make and will tide you and your family over until you can purchase a professionally-made unit.

Here is a link to grab your free copy of my article that includes everything you need to know to make your own "Emergency Colloidal Silver Generator" from just a few inexpensive and readily available parts. Special tools are not required. It's easy.

***Ultrasonic Humidifier (sometimes referred to as a vaporizer):***

You will need a good-quality ultrasonic, cool mist vaporizer. I have tested a number of different ones. Most were rejected for various reasons as not being suitable for this use. Others were far more costly than I felt they should be, and were not any better for this purpose. You will find our choice listed and described below. Of course, there are lots of ultra-sonic vaporizers on the market. Obviously, I was not able to test them all. So, you may find one you prefer or one that is less expensive that still does the job.

First, let's look at the requirements: Most ultra-sonic humidifiers use an ultrasonic vibration device that is similar to that used in many jewelry cleaning units, and a small, built-in fan. The ultrasonic vibrator essentially vaporizes the solution, in this case the colloidal silver, into a very fine mist, made up of extremely small droplets. The small, built-in fan is what blows the mist out into the room.

There are some vaporizers that use heat to vaporize the liquid. For this use I do not recommend any of those. Only use one that utilizes "cool mist technology."

I also rejected some of the units because they were overly noisy and had the potential to disrupt sleep, which is the prime time to use the vaporized colloidal silver. Ideally, you want to breathe the colloidal silver into your lungs while you sleep.

We finally settled on and are very happy with the affordable Homedics, Model UHE-WM65 warm and cool mist Ultrasonic Humidifier



These are readily available from Amazon for around 100 bucks.

They also are carried at Bed Bath and Beyond, as well as many drug stores. Here is a link to purchase a Homedics “Warm & Cool Mist” ultra-sonic humidifier from Bed Bath and Beyond, which is the best current source I have found: (link verified 02/01/2018)

<https://www.bedbathandbeyond.com/store/product/homedics-reg-warm-cool-mist-ultrasonic-humidifier/3272219?opbthead=true&ta=typeahead&Keyword=homedics-humidifier>

Here is a current link to get a suitable humidifier from Amazon, (current as of 04/03/2020):

[https://www.amazon.com/HoMedics-UHE-WM70-Cool-Ultrasonic-Humidifier/dp/B00Z6D13W0/ref=sr\\_1\\_8?ie=UTF8&qid=1491454332&sr=8-8&keywords=homedics+ultrasonic+cool+mist+humidifier](https://www.amazon.com/HoMedics-UHE-WM70-Cool-Ultrasonic-Humidifier/dp/B00Z6D13W0/ref=sr_1_8?ie=UTF8&qid=1491454332&sr=8-8&keywords=homedics+ultrasonic+cool+mist+humidifier)

There are other good vaporizers available. This is one of the best that I have found at a reasonable price.

Please keep in mind that most of the higher-end ultrasonic vaporizers have the ability to warm the mist. If you use one of these, I recommend that you make sure that feature can be disabled. Depending on where you live, the heating feature may not be desirable in the warmer months. In the winter months it may be great.

If you use a different vaporizer please make sure that you use only an ultrasonic type.

Please keep in mind that many of the higher-end ultrasonic vaporizers, such as those from Air-O-Swiss, include a “de-mineralization cartridge” that is installed in the water tank. Make sure you remove that, as it will otherwise remove the colloidal silver particles from the water before it is vaporized, defeating the main purpose of this whole protocol.

### **The Actual Protocol Steps:**

To follow this highly effective health measure you will need to generate a substantial amount of colloidal silver. For the purposes of this article, I am assuming you will be using the silver generator made by The Silver Edge. If you are using a different one, please adjust the instructions accordingly. In either case, be sure to use only distilled water.

Make sure the concentration is 10 PPM and that the particle size is approximately 0.0008 microns. These properties are automatic if you use The Silver Edge generator, follow the directions come with it, and run it for 3 hours.

Each time you finish generating a quart of colloidal silver, seal the jar with the lid and place it in an area where it is protected from light. You don't need a total darkroom. Any area that is mostly dark and where it will not be exposed to strong light is fine. We keep our generated colloidal silver in the home canning jars stored in a kitchen cabinet. That is good enough for storing it up to a year, especially in the dark amber jars.

Strong or prolonged light will degrade it quite quickly. The short amount of time that it is exposed to the indoor lighting in most homes while it is being generated, or while you are handling it, is not a problem.

Avoid exposing the colloidal silver to strong sunlight. For example, if I am generating a batch of colloidal silver in a room where the sunlight is coming in through a window, I make sure the sunlight does not shine directly on the jar.

Fortunately, most of the ultra-sonic vaporizer water reservoirs are made from darkly colored plastic so the ambient light in a bedroom will not significantly degrade the colloidal silver that is kept in the reservoir. We generally use 1 or 2 quarts of colloidal silver each night. During winter months, during cold season, or if either I or my wife feel a cold coming on, we use 2 quarts per night. During those times when we may be feeling really healthy, we use 1 quart per night, or sometimes we even decrease to every other night.

The Homedics Cool Mist Ultrasonic Humidifier recommended in this article has a left and right reservoir that you can fill with the colloidal silver. This humidifier uses the left reservoir first. When that is empty, it automatically switches to the right reservoir. We generally use only the left reservoir and leave the right one empty.

The humidifier automatically shuts itself off once both reservoirs are empty. We used to fill the left reservoir all of the way and then turn the mist dispersion volume to its lowest setting. With both the Homedics and the Air-O-Swiss vaporizers, that setting will disperse about 1 quart over 4 hours. This is perfect. Increasing the dispersion rate does not seem to increase the health benefits and it will mean you have to generate more silver. Setting the dispersion rate too high is wasteful and not recommended. Further, if you turn it up too high, you may turn your bedroom into a tropical rainforest.

During the day, we use our Silver Edge colloidal silver generator to make more colloidal silver. The automatic timer that it comes with makes this easy – set it and forget it. Remember that 3 hours of generation time, using The Silver Edge generator in a quart of distilled water results in quart of colloidal silver with a concentration of 10 PPM and an average particle size of 0.0008 microns in diameter. This is ideal for most if not all internal use.

Most vaporizers are adjustable in terms of the volume they put out. Because there are so many different vaporizers and because there is so much variation in the size of the bedrooms people sleep in, I cannot tell you exactly how high to set it. You'll have to experiment. Generally, a low setting is appropriate. Of course, this depends on the size of the room, and perhaps the overall humidity in your location at the time. Humidity typically varies at different times of the year. If you notice moisture collected on any of the surfaces in the room in the morning after using this method, then it is likely that it was turned up too high.

If your vaporizer has a heat option, we recommend leaving that off during the warmer weather. Optionally, you can turn the heat option on during the cooler nights.

One caution: These vaporizers do not usually leak. However, after about 3 years of frequent use, ours did leak. It damaged the finish on our dresser. So, if you have yours on a surface that is vulnerable to water damage, consider putting some sort of pan or appropriate protection under yours.

A number of people have asked if using an ultrasonic vaporizer or humidifier as described in this article takes the place of using an actual medical nebulizer to get colloidal silver into the lungs. It does not. The medical nebulizer will get a much higher concentration of colloidal silver into the lungs. For serious infections and health conditions where colloidal silver may be beneficial, it may be best to use both protocols. Consider using the nebulizer several times during the day, and then run the ultrasonic vaporizer at night during sleep.

Instructions for using a medical nebulizer to get colloidal silver into the lungs is a completely separate protocol and is not included in this article. Information on this is available directly from The Silver Edge - <http://www.thesilveredge.com/nebulizer.shtml> Most likely we will publish an article in the near future that more fully details the protocol for using colloidal silver with a medical nebulizer.

The most common question I get once people have learned the basics for this protocol is: "How long do I do it for? Do I do this every night for the rest of my life?" The answer is no, you do not need to do this for the rest of your life. In fact, there really is no "pat" answer I can give you. It depends on why you are using the protocol. For example, if you have an acute condition you are dealing with, such as an upper respiratory infection, I would generally use the protocol until the condition is completely resolved and then continue using it for a week or two longer just to be on the safe side.

If you are using it as part of the overall plan for a more chronic condition, I might use this protocol for as long as the condition remains. And when I am using the protocol to protect myself against a specific exposure, I use it every night for the entire duration of the exposure, and then for at least a few days beyond.

For dealing with more serious and more complex health issues, I recommend that you work with a practitioner who is knowledgeable in this method for using colloidal silver.

For general prophylactic use, we run our vaporizer several nights a week. We have found that we can safely do that forever. Since we make my own colloidal silver, the cost is very reasonable.

Another question I often hear is, "Do I need to worry about overdosing in terms of the silver if I use this night after night for weeks on end?" As long as you are using good quality colloidal silver and as long as you follow the guidelines in this article, I do not think there is anything to worry about. I have been using colloidal silver for well over 50 years and have never had a single problem. For much of that time, the quality and particle size were not even as good as what I have now and what I have recommended in this article. I have shared the use of colloidal silver with literally thousands of people, and have never encountered a single problem with it.

However, it is possible to cause problems if you drink extremely large quantities of colloidal silver day after day, or if you are using poor quality colloidal silver. The guidelines in this article will help you to easily avoid any problems.

Please note that there is significant disagreement among so-called "colloidal silver gurus" about how much is a maximum safe daily dosage for an adult. Since this article is about using the colloidal silver with a vaporizer, as opposed to drinking it, I have not included details about drinking colloidal silver in this article. I discuss this option in several other articles. However, I will comment that there are protocols for helping to eradicate HIV, Hepatitis C and some forms of cancer that include relatively high daily dosages of colloidal silver. Some of these protocols include a daily dosage of 8 to 12 ounces. And as far as I know, as long as the particle size is small enough, the concentration is approximately 10 PPM, and the purity and quality of the colloidal silver is high enough, there are no known reports of adverse effects of any kind.

One further note on drinking colloidal silver: I highly recommend that you work with an expert if you are considering using high doses of colloidal silver, taken orally. By high doses I mean anything much more than 4 teaspoons per day. The following is not a recommendation – it is merely an experience I had:

Some years ago I managed to contract what I believe was a weaponized avian flu. I very nearly did not survive this experience. How I got this flu and why I am sure it was weaponized is more detail than belongs in this article. What is important for you to know is that I very nearly did not survive the infection. For nearly a week, I recorded fevers ranging from 104 to as high as 106. I was so weak that I could barely leave my bed even to use the toilet.

I credit 5 primary therapies with saving my life. They are:

1) Massive amounts of colloidal silver: I drank 1 ½ to 2 quarts per day, spreading it out in 4-ounce servings. I ran the ultrasonic vaporizer in my bedroom around the clock. I estimate that I likely vaporized 4 to 5 quarts every 24 hours. Fortunately, I had a large stock of colloidal silver already generated. I was so weak during this illness that I may not have been capable of getting out of bed to generate more colloidal silver.

2) I also used my ozone generator and treated myself to ozone therapy every single day until I had been well for at least 2 weeks.

3) I used 2 devices from Sota Instruments, that were designed by Robert Beck. They were a pulser to electrically charge the macrophages in my immune system and a magnetic pulser to clear my lymphatic system.

4) I used high doses of vitamin C, glutathione, R-Alpha Lipoic Acid, all in liposomal form, and high doses of liquid vitamin D3.

5) I breathed supplemental oxygen at a relatively high volume and a high concentration around the clock to help me through the severe respiratory distress. Before I started this, my blood oxygen level had fallen dangerously low and this quickly brought it back to a safer level.



I also give great credit my wife, who took superb care of me throughout. However, I will say that her fear level was so high that at least twice a day I did have to talk her out of calling for the ambulance. I knew that my best chances for survival and recovery lay in staying home where I could use the alternative measures that I had been using with my clients for years. In hospital, I knew all of that or most of it would be prohibited and my chances for survival would drop to near zero. I frequently had to reassure her that although the outcome was uncertain, my best chances lay with staying home.

I also want to point out that what I did in terms of the massive amount of colloidal silver I took for the period of time I describe is way, way, way outside the generally accepted guidelines. I am NOT recommending that anyone else do it. I only did it because I felt that I had nothing to lose. The infection was killing me and that seemed the best chance I had to at least get it under control. I am sharing my story just to illustrate what a terrific safety margin properly made colloidal silver has. I should also point out that because of my unusual clinical experience and the medical technology I had on-hand, I had very accurate and reliable ways to measure my tolerance and make sure I was not overwhelming my body's detox pathways. That is another factor that helped me to feel as safe as possible. Most people reading this article likely do not have the experience nor access to the medical technology I used to monitor such high doses of colloidal silver.

#### **CAUTION:**

I want to mention one further precaution: You may try this Vaporized Colloidal Silver method and like the way that it works so well that you may be tempted to try using the vaporizer to get other substances into your body. To be sure, there are protocols that are safe and effective for such purposes. **However, PLEASE be sure you know what you are doing or that you are working with someone who does.**

When you breathe in vapors or mists like this, not only are you introducing substances into your lungs, which are very sensitive to toxins and pollutants of many kinds, but you also are allowing the substances carried in the vaporized mist to enter directly into the blood stream.

This bypasses the normal route that substances must follow to get into the blood stream, which is via the GI tract. The GI tract performs a number of important filtering functions that the lungs cannot perform. So please use caution and good sense if you decide to use this protocol for other substances. Doing so improperly or with inappropriate substances could lead to very serious problems and bad outcomes.

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**The following is an interesting novel suggestion from Steve Barwick, the founder of The Silver Edge:**

***“Getting Colloidal Silver into the Lungs When You Don't Have the Proper Equipment “***



*How to use a glass pump spray bottle to deliver colloidal silver into the lungs in order to help the body stave off a budding lung infection...*

*I've written in the past about methods I've used personally – and quite successfully – for getting colloidal silver into my lungs, to help fend off a budding lung infection.*

One of those methods was using a device called a nebulizer or following the directions in the above article on using an ultrasonic vaporizer.

But what if you don't have immediate access to a nebulizer, or an ultrasonic vaporizer, but feel an upper respiratory infection starting and want to get some silver into your lungs as quickly as possible for protection?

### ***The Pump Spray Bottle Method:***

If you need to get colloidal silver down into your lungs right away to help your body stop a budding upper respiratory infection, but you don't have access to a medical nebulizer, consider obtaining an inexpensive glass pump spray bottle with a fine mist nozzle, like the one pictured. Make sure it's labeled as having a "fine mist spray nozzle."

This is nowhere near as good as a nebulizer, or even a cool mist vaporizer. Not at all. But it will do, *in a pinch*, for getting silver into the lungs when you're trying to help your body stave off a budding upper respiratory infection.

✓ All you have to do is fill the bottle with colloidal silver, then hold the nozzle up to your open mouth as you begin rapidly pumping the spraying mechanism with your forefinger.

✓ As you pump the spraying mechanism, you simultaneously "huff" the fine mist of colloidal silver coming out of the nozzle deeply into your lungs. In other words, you *breathe in as strongly and deeply as you can* while spraying the colloidal silver into your mouth with rapid pumps of the fine mist spray nozzle. That way, the colloidal silver mist from the spray nozzle gets deep down into the lungs.

✓ You might do five or six quick pumps, while inhaling the colloidal silver mist as deeply into your lungs as possible. There's no need to do any more than five or six pumps of the spray nozzle, at one time. These fine mist pump spray bottles deliver LOTS more colloidal silver to the lungs than a nebulizer does. So for goodness sake, don't overdo it.

### ***Potential Issues to Keep in Mind:***

Keep in mind that this simple method is *not* a permanent substitute for using a humidifier as described in this article, or using a nebulizer, by any stretch of the imagination.

Instead, it's a very *temporary substitute*, useful solely during emergencies when, for example, a nebulizer or humidifier may not be available, but you desperately need to get some colloidal silver into your lungs fast enough to help your body fend off a budding respiratory infection.

It's also very important to understand that unlike a nebulizer, this method of delivering colloidal silver into the lungs doesn't sonicate or heat the liquid colloidal silver and turn it into an aerosol vapor. It's just spraying the colloidal silver liquid through a fine mist nozzle. So, it actually delivers way *more* colloidal silver to the lungs than a nebulizer would. And I mean *way* more.

In fact, I'd liken it more to spraying your lungs with a water hose full of colloidal silver than to inhaling the aerosol vapor or mist from a nebulizer. So, keep that in mind. *Don't overdo it*. This method puts a *lot* of colloidal silver into your lungs.

I've used this method a number of times in the past when I didn't have a nebulizer available, and have *never* had a problem with it. It's always worked for me.

But I have to tell you in advance that there "might" be potential risks involved, in terms of over-usage or long-term usage of this method. There just haven't been any studies done to determine how much colloidal silver can be delivered safely into the lungs through this method, how long it can be used, and how much might be *unsafe*.

### **Jeff's Comment On This:**

Here is a source for appropriate spray bottles for using this method:

[https://www.amazon.com/Cobalt-Glass-Bottles-Black-Sprayer/dp/B01J8IY4V0/ref=sr\\_1\\_2\\_sspa?crd=166F19LV5499J&keywords=glass+fine+mist+spray+bottle&qid=1583762501&sprefix=glass+fine+%2Caps%2C208&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFQUFg3QkFHNFVWNDImZW5jcnlwdGVkSWQ9QTA3NTcxMzNVQ05NWVJUM1Y3OVMmZW5jcnlwdGVkQWRJZD1BMDY4ODAyNTIwUVZKSfVaWDRTUVkmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl](https://www.amazon.com/Cobalt-Glass-Bottles-Black-Sprayer/dp/B01J8IY4V0/ref=sr_1_2_sspa?crd=166F19LV5499J&keywords=glass+fine+mist+spray+bottle&qid=1583762501&sprefix=glass+fine+%2Caps%2C208&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFQUFg3QkFHNFVWNDImZW5jcnlwdGVkSWQ9QTA3NTcxMzNVQ05NWVJUM1Y3OVMmZW5jcnlwdGVkQWRJZD1BMDY4ODAyNTIwUVZKSfVaWDRTUVkmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)

I keep a spray bottle with my colloidal silver in it with me in the car. That way, if I am out and about and feel the need, (for example if I know I have been around someone who is ill, or...), I simply take my 12 sprays and cross it off my list of things to worry about. You can also use this in place of the toxic hand sanitizers that are everywhere these days.

Also, if you pack the bottle carefully enough, you likely can take it with you in your checked baggage when you are traveling by commercial carrier. I plan to do this in my future travel. (I travel to health conferences and symposiums several times per year.)

### **One More Important Point – Late Breaking News:**

I am getting reports that due to provision and supply panic and disruption people are having difficulty getting distilled water. So, here is a very temporary work-around: Just use the purest, cleanest drinking water you **can** get. Run the colloidal silver generator

for the recommended 3 hours. When done, you will almost certainly see some particulate floating around in the colloidal silver. No worries: Simply pour it through an organic, unbleached coffee filter. That will clean it up well enough to use. Of course, once distilled water is again available, switch back to that. Using distilled water is far better and is worth whatever extra hassle it may entail. If you are lucky enough to be in an area where distilled water is still available, I would lay in a supply while you can.

Please feel free to send your questions or comments to: [jeff@myhealthoptimizer.com](mailto:jeff@myhealthoptimizer.com)

To your great health!

*Jeff Bell*

Please visit [www.MyHealthOptimizer.com](http://www.MyHealthOptimizer.com) for more valuable health information.

To make sure you have the latest update of this article use this link: (Over the years I have updated this article a number of times to add new information and to improve its clarity, based on feedback from clients and other readers.)

[https://myhealthoptimizer.com/wp-content/uploads/Using\\_Vaporized\\_Colloidal\\_Silver.pdf](https://myhealthoptimizer.com/wp-content/uploads/Using_Vaporized_Colloidal_Silver.pdf)

## Frequently Asked Questions And Additional Details

### ***What Is Colloidal Silver?***

Colloidal silver is essentially water in which micro-particles of pure silver have been suspended. It is usually generated by inserting 2 pure silver rods or wires into a container of distilled water and then applying to direct current to the silver. Over a period of time, very small particles of the silver are forced off of the silver by the electrical current. The particles are so small and so light that they do not sink to the bottom of the water as larger particles would. Instead, they become permanently suspended in the water. This is because the attractive forces between the silver particles and the water molecules are stronger than the force of gravity on the silver particles. So even though the silver particles are heavier than equivalent-sized portions of water, the silver particles remain relatively evenly distributed throughout the water.

However, the silver is never really dissolved by the water, which is why the term “colloidal silver” is used rather than “silver solution”.

In order for the colloidal silver to be safe and effective, the silver must be very, very pure. This is typically much purer than Sterling silver, which should never be used for generating colloidal silver. The wire or rods should be 99.99% pure silver or better. Sometimes this is known as “fine silver”.

In order to produce the really small particles that make up the most effective colloidal silver, the DC current must be low, in the range of 15 to 18 volts. The best generators produce particles that are approximately 0.0008 microns in diameter. In contrast, the typical colloidal silver sold in health food stores is often made up of particles that are 5 microns or more in diameter.

You can buy a number of different colloidal silver products that claim very small particle size, but they tend to be very expensive. The amount needed to use this protocol even for a single night would be prohibitively expensive. In contrast, if you make your own high-quality colloidal silver, using the generator from The Silver Edge, or an equivalent quality generator, the cost becomes very low, making the protocol affordable, even for long-term use.

In terms of concentration, colloidal silver used for oral ingestion or other internal use, including breathing vaporized colloidal silver, should be roughly 10 ppm (10 parts per million) in concentration. Colloidal silver used for topical application, such as for soaking feet to get rid of fungus, should be 20 ppm.

If you are using it in a “medical vaporizer” such as those used for delivering asthma medicine directly to the lungs via breathing, then it should not exceed 10 ppm. Also, if you are using a “medical vaporizer”, then you should only use a few ounces of colloidal silver per day. In this case you would not want to leave that type of vaporizer running in your bedroom overnight. The reason is that the vapor that it creates is far more concentrated than that produced by a typical whole room vaporizer.

### ***A Word About Distilled Water:***

There is distilled water and then there is distilled water. What I mean is that unfortunately the regulation of what can be sold as good, pure distilled water and what cannot is neither clear nor well-enforced, at least in most parts of the U.S.A. (It may well be different in other parts of the world.)

Some people use a high-end steam home distiller unit to make their own distilled water. If the distiller is of high enough quality, and if the input water is not too badly filled with dissolved salts, excess minerals and other potential contaminants, then this can be a good solution. However, home distillers that are good enough can be difficult to find and may be expensive. It is unlikely that you will find a home distiller of sufficient quality and that will generate a sufficient quantity for under four to five hundred dollars. Even some of the high-end distillers that cost significantly more than that do not seem to produce water that is pure enough to make good quality colloidal silver.

Since we have not found a distiller that we are satisfied with, we are still buying distilled water at the local supermarket. In our area, (Northern California), we have found that the Arrowhead brand distilled water that comes in the 2 1/2 gallon containers seems to be consistently quite pure and works great with our Silver Edge colloidal silver generator. In your area, you may have to try several brands before you find one that works well and that is of consistently high quality.

Here's one way you will know about the quality of your distilled water: The Silver Edge Generator has a small, green LED light on the front of the case. If at any time during the generation process, (usually the 3-hour cycle described earlier in this article), the green light glows very brightly, that is a warning that the electrical conductivity of the water has gotten too high. That can occur early in the generation process if the water simply has too many dissolved salts in it to begin with. Generally if the TDS, (total dissolved salts), exceeds 1PPM, (1 part per million), then the water is not pure enough.

It is normal for the light to glow dimly shortly after you begin generating a batch of silver. It is not normal for it to glow really brightly. If it does, then that batch of silver is suspect. This could be from using water that is not sufficiently pure, glass jars that are not clean enough, or even from not cleaning the silver wires well enough in between batches.

### ***A Few More Points About Home-Generated Colloidal Silver:***

Another issue that can arise, again assuming that you are using a Silver Edge colloidal silver generator, is that a finished batch of colloidal silver could have some visible particles floating in it. If there are a really large number of such particles, then I would discard the batch, clean everything really carefully and try again. If the number of particles is relatively small, and as long as the green light was not lit brightly during the generation process, (dimly lit is OK), then you could simply strain the batch of colloidal silver through an unbleached, organic coffee filter and go ahead and use it.

Just to clarify, the particles being filtered out by this method are going to be small, oxidized particles of silver that have flaked off of the silver wires. Because they will not be "suspended" in the water as the colloidal particles are (they are too big to do that) they will not really affect the quality or characteristics of the generated batch of colloidal

silver. But if they are there and visible, you probably do want to filter them out so that you neither drink them nor risk clogging up your ultrasonic vaporizer with them.

One more question that I often get about home-generated colloidal silver is: "How can I tell if enough silver has been driven off the silver wires and suspended in the water?" Because the actual silver particles that make up colloidal silver are very, very small, and those that make the highest quality colloidal silver are even smaller, (on the order of 0.0008 microns in diameter!), they are not easy to detect or measure without very sophisticated and expensive lab equipment. Further, if you are tasting or drinking colloidal silver, if it is high quality, meaning that the particle size is very small, then even detecting the silver by means of taste will be difficult. There may be a very slight metallic taste that is barely noticeable. Some people will not be able to notice it at all.

So, how do I tell if there really is any silver in the water, and if the amount is sufficient, (generally 9 to 10 parts per million, or "ppm")? The Silver Edge staff has come up with a simple test you can do yourself on any batch of colloidal silver. Essentially, you shine a laser pointer right through the glass that your batch of colloidal silver is in, and right through the colloidal silver.

Here's the detail: Pour a sample from the batch of colloidal silver to be tested into a drinking glass. Try to use a standard-shaped drinking glass that is roughly 4 or 5 inches tall. Fill the glass with your sample to about 3/4 of an inch below the top. Then fill a similar glass with distilled water. Be sure to keep track of which glass is which. You could put a piece of masking tape or some other temporary marker on the glass with the silver. Now set both glasses side-by-side, in a darkened room. Shine a simple laser pointer, (available at many stores, such as office supply stores for just a few dollars), down from above the glass with the silver to the bottom of the glass. If your batch of colloidal silver contains a significant concentration of silver particles, you should see the beam of laser light as it goes through the colloidal silver solution. This is because the light reflects off the tiny silver particles that are suspended in the water.

Now shine the laser pointer light down through the distilled water. You should not see any beam going through the water. That is because there are almost no particles for the light to reflect off of. This demonstrates a definite physical difference between the two batches of water. If you used the same source of water for your distilled water glass as you used to generate your colloidal silver then it is logical that the process of generating the colloidal silver is what changed the water from its original source state. So, this confirms that there is silver suspended in the water.

Note that the smaller the particles are the fainter the laser beam reflected by them will be. So, a bright beam can indicate either too high a concentration of silver, (more than 20 ppm, which is a recommend upper limit for most uses), or more likely that the particle size is larger than optimum.

A red laser is easiest to use for this test, and they are the most common and least expensive of the available laser pointers.

There is a good video that demonstrates this laser test. This video is hosted on the Silver Edge web site. It is only a few minutes long. I recommend watching it. Here is the link:

<http://www.thesilveredge.com/video-laser-pointer-light-test-for-colloidal-silver.shtml>

If you are using a Silver Edge Generator and are unsure of your water, have questions about your colloidal silver, or any related issues, please contact Silver Edge Technical Support: (760) 253-2988, or at: [techsupport@thesilveredge.com](mailto:techsupport@thesilveredge.com) If you have questions about this protocol, please contact me: Jeff Bell (925) 827-3895 / [jeff@MyHealthOptimizer.com](mailto:jeff@MyHealthOptimizer.com)

### ***Will The Silver Wires Last Forever?***

Great question! No, they will not. However, they get used up very slowly and with a single pair of the very pure silver wires you can make many, many batches of very high-quality colloidal silver. That said, eventually, they will need to be replaced. As you repeatedly generate batches of colloidal silver, you will notice that one of the silver wires gets thinner faster than the other. This is because of the difference in electrical polarity between the 2 wires. To make them wear more evenly you can occasionally swap the silver wires between the 2 sockets on the bottom of The Silver Edge generator. Also, there is no need to clean the wires between each batch. Instead, dry them with a paper towel or soft cloth after each use. Only scrub them clean when they show visible tarnishing. You do not need to remove the silver wires to clean them. We clean ours while they are in the socket. We only remove them to swap them as described above, or when they actually need to be replaced.

I use my silver wires until they are so thin that they have practically disappeared. There is no need to replace them until they have gotten so thin that they no longer even hold their shape.

When you do need to replace the silver wires, they generally are available from The Silver Edge. However, you can also get them from other sources, and doing so may be less expensive. Here are the wire specifications so that you are free to obtain from any silver source:

2 each silver wires, 12 gauge by 6" long, and 99.99% pure.

Here are some sources:

Use this search phrase on the Amazon site, and then select any of the choices that meet the above criteria and that are in stock: **"99.99% pure silver wire."**

Here is an excellent supplier for the silver wires. As of 03/22/2020, they have had the silver wires in stock:

<https://www.colloidalsilver-supply.com/pusiwi12ga99.html>



Of course, you can also buy replacement sets of the appropriate silver wires from The Silver Edge. However, you may be able to get them at a better price from other sources. Also, in these days of widespread panic buying, it is good to have more than one source for items that may be this essential.

To your great health!

*Jeff Bell*

The Cancer Breakthrough Coach

Please visit [www.MyHealthOptimizer.com](http://www.MyHealthOptimizer.com) for more valuable health information.

Jeff Bell is available for coaching, consultations, helping you to solve your most challenging health problems, leading health workshops and for public speaking.

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(925) 586-0361 – Text Only Line (Please do not leave messages on this line.)

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This article gets an update from time-to-time as new information becomes available. It makes sense to check and make sure you have the latest version. Here is the link where you will always find the most recent version:

[https://myhealthoptimizer.com/wp-content/uploads/Using\\_Vaporized\\_Colloidal\\_Silver.pdf](https://myhealthoptimizer.com/wp-content/uploads/Using_Vaporized_Colloidal_Silver.pdf)

## ***Who is the author, Jeff Bell?***

“I met Jeff Bell early in 2006 and immediately knew there was something very special about him. Jeff is a brilliant and innovative world authority on alternative methods for overcoming and preventing cancer. I believe that at present he has no equal in this field.

Jeff has more than 41 years of experience in healing, coaching and research. His clients enjoy some of the highest success rates, anywhere in the world.

While Jeff is experienced and skilled at dealing with a wide range of serious health challenges, his primary focus for the past 30 years has been on unraveling the mysteries of cancer.

I have found Jeff to be most passionate about educating people regarding the widespread misconceptions and outright dis-information about cancer and it gives me great pleasure to witness the shift in people’s attitudes, perspectives and results from working with him.

If you're associated with any health or wellness group or practice, you will absolutely love having Jeff present to your group. He consistently delivers immense value in his presentations and workshops. I have never known a more dedicated and loving man.

On the research side, Jeff is the author of more than 100 articles on alternative health, sharing his own innovations as well as explaining traditional measures and modalities that were previously obscure to many, despite their great value.

If you or a loved one are concerned with overcoming or preventing cancer, you now have a huge, life changing resource in your hands with Jeff Bell. I suggest you contact him immediately and be prepared for a breakthrough!

Jeff consistently goes beyond what's commonly considered possible and is truly 50 years ahead of his time.”

Howard Sambol  
Creator and Director of  
The Life Crafting Program  
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**Check Out The Next Page For A Bit More Tantalizing Information:**

# I Can't Resist Sharing This With You

I have an interesting piece of my history with colloidal silver that I want to share with you.

By the time the AIDS epidemic had reached its zenith in the media and in public awareness, I had accumulated several decades of experience in the use of colloidal silver. This included my own use, as well as use in helping friends, family and clients. By the mid-1980s I had taught at least a few thousand people how to make their own colloidal silver and how to use it.

I knew that it was safe and effective for dealing with many serious health challenges. I wasn't sure that it would help AIDS patients and HIV patients, but nothing else was working, so I thought it was worth a try.

Since so many of the people with AIDS I was trying to help were suffering from respiratory problems, often from opportunistic infections, I had the idea to try vaporizing it and having them breathe it.

The mechanics were simple. I already knew how to make colloidal silver in the large quantities that would be needed. So that was no problem.

Then we needed ultrasonic vaporizers to disperse the colloidal silver throughout the atmosphere in the hospital or ICU room these patients were in. This was simple in concept but appropriate vaporizers were not popular or easy to find. So, I hit the shop and built the first couple of these that I used. Then I found a source where we could buy them.

The next challenge was how to get past the doctors, staff and authorities in the hospitals. At first, I had no idea how to do this. Even though it has been thoroughly demonstrated to be safe and effective over many, many years, the FDA had not approved colloidal silver for human medical use. (They still have refused to do this. I guess Big Pharma doesn't want the competition. It would make most antibiotics obsolete.)

So what was I to do? I tried seeing if I could convince anyone at several local hospitals to allow this. No go. Then I had a brainstorm. I had to enlist the families of the patients in a bit of a game, but it worked! I labeled the quart jars of colloidal silver with: "Holy Water – Blessed by Our Priest." I thought it likely that the hospital would then allow this as they would not want to be accused of interfering with the religious practices of their patients.

Sure enough, this worked. Over the next several years, I was able to do this for a couple hundred AIDS patients. I do not know that any were actually cured, and I did not expect that to happen. However, almost all of them experienced significant improvement. Many were able to come home from the hospital, outlive their doctor's predictions and get to spend a lot more of their last few months with their families. A few lived for more than a year beyond the expectations. I cannot prove this, but in my heart I know the colloidal silver is what made these minor miracles possible.

It was amazing to be able to help these people who were suffering so much.

I also have to confess that the more juvenile part of me felt a savage joy in putting one over on the medical authorities. My inner 6-year-old loved this.

Actually, there was one more obstacle I had to overcome in order to be able to do this: That was my direct family, as well as the community I lived in at the time. Never would they have even tolerated what I was doing, let alone supported it. They would have been terrified that I was putting myself and them at risk. I was confident that by disinfecting myself with colloidal silver before and after my visits with AIDS patients, I was perfectly safe and was not putting anyone else at risk. (I would NEVER willingly or knowingly put another human being at risk no matter what.) In fact, colloidal silver is what I use instead of the toxic hand sanitizers in these days of corona panic. At any rate, back then, I had to be pretty careful in order to make my twice weekly hospital visits and not let anyone in my family or community find out. Just more opportunity for creativity...

One more thing I must share: The use of colloidal silver goes back in history to at least the time of the ancient Roman Empire. You won't find this mentioned in the history books, but it is true: When the Roman legions were traveling on campaign, they were often able to overcome their opponents on the field of battle, even though they were far from home, and often badly outnumbered.

In many cases, they had superior strategy and were better armed, but that is not the full story. They had a secret: Somehow, they learned to place lots of very pure silver coins in their drinking water containers. I have no idea what inspired them to do this. But it had an amazing effect: Just enough of the silver dispersed off the coins and became suspended in the water to disinfect the water. So, even when they were on campaign in remote areas where clean and pathogen-free drinking water was not to be found, they had healthy water to drink, while their opponents did not.

As a result, they showed up on the field of battle in good health in contrast to their opponents, who were often sick and weakened from having to drink water that was contaminated with bacteria and other pathogens. As you can imagine this gave them a huge advantage.

This history is just one more piece of evidence that colloidal silver is safe and effective. Conventional medicine really should embrace it. I keep doing what I can and hoping...

While I am no fan of Empire, nor of Imperialist military campaigns, I have to admire the Romans for figuring this out, no matter how they did so. That remains a mystery.

April 14, 2020 Update: I just learned about this. It turns out that the medicinal use of colloidal silver actually goes back much farther in human history than I thought. It was used by the Celts, at least 3,500 years ago, and there are stories of its use in some Middle East and Northern African cultures that also go back at least 3,500 years. Far out!

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