

# “Diatomaceous Earth”

**Tissue Degeneration** Accelerates due to aging when connective tissue develops an increasing inability to retain moisture when left unassisted. Silica can help slow the degenerative process of connective tissue. With silica, vitality and life, which are often lost as the years accumulate, can be naturally maintained or even restored to your skin. Collagen, largely made up of silica, is the glue that holds us together. If our body has enough silica glucosaminoglycane, the collagen will make us look younger. Silica helps with skin problems and injuries including itching, rashes, abscesses, boils, acne, callouses, warts, eczemas, burns, frostbite, benign skin sores, insect bites and bed sores. **If you regularly follow a silica regimen, your skin will keep its youthful look.** A good silica supplementation program works far better than other products for maintaining healthier and longer lasting collagen.

**Hair That Grows** Hair is nature's greatest beauty enhancer. Hair deserves to be pampered. Hair at 90 micrograms per gram is almost as rich in silica as are healthy bones, which contain 100 micrograms per gram. Silica is a major component of hair. Using a good silica supplement should be part of your ongoing hair care program for revitalizing hair. Silica helps to prevent baldness, stimulates healthier hair growth and assures beautiful shine, luster and strength.

**Teeth and Gums** By hardening the enamel, silica prevents cavities and preserves teeth. Silica also prevents bleeding gums, gum atrophy, and recession that causes the loosening of teeth, which could ultimately lead to tooth loss. Silica effectively fights ulceration and the decay of bones and teeth and also lessens inflammation.

**Tough As Nails** Your nail plates are complex protein structures that grow four to five millimeters per month on average. With silica supplementation, fragile nails become normal within a short period of time. Silica will beautify the appearance of your nails and improve their hardness, making them shinier and less prone to breaking.

**Restorative Effects Of Silica** This will be most noticeable on your hair, skin, nails and teeth. Our skin and hair require silica essentially for the same purpose as do other tissues. As we know, the supporting collagen underneath the skin enhances elasticity and beauty. Collagen owes that quality to silica, which provides a beautiful complexion that is more than skin deep.