Using Colloidal Silver for Health Benefits

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Colloidal silver is a powerful germicidal that is non-toxic to the human body, but lethal to over 650 bacteria, viruses, fungi, parasites and molds. This substance has been used for hundreds of years to treat a variety of ailments. My most memorable experience with colloidal silver was on a chiropractic mission trip in El Salvador. Eating locally-prepared food in a village resulted in an awful experience that involved numerous trips to the bathroom. Colloidal silver provided a quick remedy. Needless to say, these days, I do not travel without it!

Ingestion of colloidal silver can boost the immune system by assisting the body in the war against invading microorganisms without affecting our friendly bacteria in the intestines. The Environmental Protection Agency’s Poison Control Center reports no toxicity listing for colloidal silver. However, misusage or using something other then true colloidal silver, like cheaper products such as ionic silver or silver protein, could be harmful. True colloidal silver has a high production cost, so in order to get maximum benefit make sure you are getting the real thing.

Colloidal silver needs to be applied differently for each condition. To experience colloidal silver benefits, it may be used as follows, always keeping in mind to never use it for more than 14 days in a row.

**Skin issues:**

Robert O. Becker, MD, says colloidal silver stimulates healing in the skin by speeding the repair of damaged tissues and boosting cell recovery. It can help treat ringworm at home because it’s a potent anti-fungal. Colloidal silver is also beneficial in reducing inflammation caused by itchy skin conditions such as psoriasis and [eczema](https://draxe.com/natural-eczema-remedies-treatment/). It’s soothing to scrapes and even repairs tissue damage from burns. Apply 2 to 5 drops directly to the skin, or apply drops onto a Band-Aid to help disinfect any wound.

**Eye issues:**

Thanks to its antibacterial, antiviral and anti-inflammatory properties, colloidal silver can be used to soothe and eliminate pink eye, conjunctivitis and sties. To treat these conditions, add [two or three](http://beforeitsnews.com/health/2012/07/colloidal-silver-for-pink-eye-2444078.html) drops of colloidal silver to the eye, three to four times daily. Alternatively, you can create a colloidal silver eye wash and spray it gently over the eyes, or apply a warm cloth compress soaked in colloidal silver over the eye instead.

**Viruses and Sinus issues:**

Colloidal silver can be used as a nasal spray to help fight sinusitis, stuffy nose or pressure in the face. You can also add a few drops of silver to a “neti pot,” which is specifically designed to flush out the sinuses. Colloidal silver can speed recovery from all types of flu and the common cold. For cold and flu symptoms, start with one teaspoon twice a day.

(Before I travel out of the country, I start boosting my immune system one week prior to departure with a teaspoon of colloidal silver a day and continue once I arrive at my destination.)

**Throat issues:**

Gargling with colloidal silver is an effective way to pick up and remove the pathogens in your throat that cause pain. [Gargle](http://www.needs.com/product/HWC06-ISH-04/l_Colloidal_Silver) with one to two tablespoons of the colloidal silver for up to two minutes. Repeat this up to five times per day until recovered. Remember to spit it out in order to remove the microbes from your body! You can also use colloidal silver as a throat spray, administering several times a day.

**Cleaning produce:**

While buying or growing organic fruits and vegetables is best, sometimes it is not always possible. Remove harmful pesticides by cleansing your produce in a colloidal silver fruit and vegetable wash. Combine the following:

1 cup of water

½ cup of vinegar

2 tsp. salt (dissolve completely)

¼ cup colloidal silver

Soak your fruits and vegetables in this solution, or apply the wash to the produce with a spray bottle. Let the solution remain on the produce for at least five minutes before rinsing and preparing as usual. The vinegar in this solution helps break down any waxy substances applied to fruits and vegetables. (Water alone will not penetrate them. In fact, many pesticides are designed to be water-resistant.) Salt helps to pull out any microscopic bugs. The colloidal silver will safely kill any harmful fungal, bacterial or viral pathogens.

**For pets:**

Colloidal silver can be a fantastic natural remedy for our [four-legged friends](http://www.naturallivingideas.com/coconut-oil-for-dogs-health/) too. [For cats and dogs](http://www.dogsnaturallymagazine.com/five-immune-boosting-uses-of-colloidal-silver/), it can be used for tear stains, infections, minor cuts, wounds, eye and ear infections. As a wound cleaner, apply a few drops several times a day on a cotton swab. Ear infections require a few drops daily into the ear or spraying inside the ear for up to ten days, while for eye infections, one drop given three times daily should do the trick.

Colloidal silver is also a simple and natural way to remove stubborn pet odors. If you have a cat that regularly ‘sprays’ or a dog that marks his territory, try dousing the area in a solution of colloidal silver. It is said to remove the odor and stop the pet marking in that spot again. For general pet odors, and to freshen up sofas and pet beds, mix up colloidal silver and distilled water in a bottle and lightly mist the fabric.