

There is no life on earth without silica. All insects, plants and humans need silica for structure to stand upright, and for stronger bones, smooth skin, shiny hair and beautiful nails.

Without silica there would be no lustre to our hair; we would have brittle nails, rough and itchy skin and no elasticity in our connective tissues. Our immune systems would suffer and we would grow old sooner. Silica is used by every single cell and every internal gland within our bodies. Silica has an impact on strengthening the cardiovascular system as well as the central nervous system which relies on calcium and magnesium for the optimal transmission of nerve impulses. Silica also promotes proper mineral balance between calcium and magnesium within the body. This mineral balance in turn helps with hormonal balance. This hormonal balance in turn is important because it is precisely hormonal imbalances that lead to osteoporosis. By achieving hormonal balance and its ability to enhance bone mineralisation, silica is invaluable in the treatment and prevention of osteoporosis and ideally every good calcium supplement should have some silica within the formulation.

Silica also may be of value in the elderly for offering protection against Alzheimer's since it counteracts aluminium's effects on the body by aiding its removal. It is also used for improving skin healing; and for treating sprains and strains, as well as digestive system disorders.

Silica energises the immune system and it is thought that its action on alkalising the body may have a lot to do with this property. The alkalising property of silica is important because an acidic environment within the body, often as a result of poor dietary choices, results usually in a compromised immune system and illnesses. Silica is also required for the manufacture of antibodies and antigens both of which are essential components of a healthy immune system. Consuming this mineral along with healthy dietary choices and an exercise plan will help to restore healthy pH levels within the body.