Bob Beck Legacy

THE SCOOP ON ARGYRIA

WHAT IS ARGYRIA AND WHAT IS THE RISK?

Electrically generated ionic colloidal silver using distilled water has been used safely for many years. Drinking larger quantities of ionic colloidal silver on a continuous basis, over a long period of time, may pose some risk of argyria—a discoloration or blueing of the skin. To reduce the risk of argyria and put the risk in perspective, we offer some background and guidelines for use.

One woman, Rosemary, has been used on the Internet for decades to spread fear about argyria. She developed argyria using a silver compound prior to modern-day ionic colloidal silver products. Silver was often combined with other substances to form compounds such as silver nitrates, silver iodides and silver bromides. These compounds were sometimes ingested as nasal sprays and, with regular use, could result in argyria. Compounds have large particle sizes. With large particles, it is our understanding that the lymph system pushes the particles to the skin for elimination. Once exposed to light, silver darkens, creating the argyria effect.

The earliest forms of colloidal silver were a result of grinding silver and adding it to a solution. The particle size was much larger than colloidal silver made today and was often administered by injection. With regular use, the particle size made the risk of argyria higher. The advantage of electrically-made silver is that it is largely ionic so the particle size remains small. The condition called argyria is rare and the risk is very low.

RECENT REPORTS OF ARGYRIA

There have, however, been a few cases of argyria caused by ionic colloidal silver. We investigated further to help understand how it happened and if there were reasons to be concerned. One individual reported a bluish tinge to the moons of her fingernails after consuming one cup daily of properly made ionic colloidal silver. She says:

> *After 4 years of ingesting ionic colloidal silver daily, I developed a darkening of the moons of my fingernails. All of my fingernails are purple, especially my thumbnails. I now understand that people who have a Selenium or Vitamin E deficiency can develop this condition, which*

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> *is called argyria. I do not know if I have these deficiencies, but I now take both of these supplements.*

Selenium is known to help the body to metabolize silver.

Two other individuals have gained mainstream media attention as a result of argyria. In both cases, an older method was used to make the silver solution. This older, out-dated method created larger particles of silver. Large quantities were consumed daily. Daily use continued over a very long period of time.

The first person, Stan Jones, used tap water with a high mineral content. He reports:

> *Nearly a year before I became a media celebrity, I had noticed a blue color under my fingernails. At the time, I hadn't heard of argyria and I was in great health so I wasn't concerned. I now know that drinking large quantities of colloidal silver with larger particles of silver can, over time, discolor the nails and skin. As we all know, silver darkens when exposed to light and that may be what was happening to me.*

The other individual, Paul Karason, was dubbed "Blue Man" by the media. Paul added salt to distilled water to increase the conductivity of the water. Adding salt resulted in a solution with larger particle sizes. Paul drank two 10-ounce (296 ml) tumblers of colloidal silver daily for several years. In addition, he applied it topically to his face as it gave some relief to his severe dermatitis.

ARGYRIA IS RARE

Argyria occurs very rarely. Considering the number of people using ionic colloidal silver today, the number of cases of argyria is insignificant. Most cases have occurred because the ionic colloidal silver was being made based on an older, out-dated method—no longer recommended today. Instead of using distilled water, tap water was used or salt was added to the water. In addition, this solution was ingested daily in larger amounts than recommended and over a very long period of time.

Today's standard makes ionic colloidal silver using distilled water. It is also wise to take breaks. Ionic colloidal silver should not be used like water—use it more like a specialized nutrient.

Ionic colloidal silver, when taken in moderation, has been used safely by thousands of people since the 1990s. As with any supplement, or even specific foods, it is usually wise to take a break from time to time.

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REVERSE ARGYRIA ... POSSIBLE SOLUTIONS

The incidence and risk of argyria is very low. We feel it is important, however, to be aware of the symptoms and possible solutions. Should darkening of the moons of the fingernails or the bluish tinge of argyria appear on the face, stop consuming ionic colloidal silver. Three protocols are available that may reverse the condition.

1. Saunas: Steam or Far Infrared

The use of a steam sauna to reverse argyria is described in the book, *The Wonders of Colloidal Silver* by Dhyana L. Coburn & Patrick D. Dignan. After a medical doctor had a patient use a steam sauna along with a supplement program, "… the patient literally sweated silver." See point number 3, for the supplement program.

In addition, we have been told that a health practitioner had a patient reverse the skin discoloration of argyria after a series of sessions in a far infrared sauna. The use of a far infrared sauna is known to help eliminate toxins and heavy metals through the skin. It also eliminates minerals so it is understandable that it would help clear silver from the skin. It is usually a good idea to take sufficient mineral supplements when using any type of sauna. And, while in the sauna, it is recommended to continuously wipe the sweat from the skin with a towel so that the body does not reabsorb what it is releasing.

2. Ionic Foot Bath

Paul Karason was dubbed Blue Man by the media as a result of his argyria. He had been drinking large quantities of colloidal silver made with salt for many years. In addition, to help with a skin condition, he had regularly sprayed his face with colloidal silver. About two years after his television appearances, Paul reported during a phone call that the blue color of his face was fading. Paul said he had been using an ionic foot bath and felt it must be pulling silver from his skin.

3. Supplement Program

The following supplement program is listed in *The Wonders of Colloidal Silver.* A similar protocol has been suggested by other sources as well.

- 1,000 mg Vitamin E, three times daily.
  (100% Natural d-alpha Tocopheryl)

  Caution: Keep in mind that this could be a dangerously high dose of vitamin E as it thins the blood. This could be a problem in situations where bleeding is hard to stop. Suddenly taking a larger amount may also increase blood pressure so may be best to build up gradually. Please follow this protocol under the care of a health practitioner.

- 100 mcg Selenium

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- 2,000 mg Vitamin C
- 1 tsp (5 ml) organic MSM
- 1 Multi-B Vitamin
- 1 tsp (5 ml) kelp powder

Take the above every morning with two, 16 ounce (450 ml) glasses of water. Drink nearly 3 quarts or 12 cups (3 liters) of water daily.

For help with a supplement program, it is wise to consult a natural health practitioner.

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