



Colloidal gold: The great rejuvenator of mind and body

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(Natural News) Many health-conscious individuals are familiar with colloidal silver, and the scientific research into its anti-bacterial and germicidal properties speaks for itself. Less popular and understood, however, is colloidal gold. Colloidal gold is a tasteless colloid made from minute gold particles mixed with water, and its health benefits are altogether different from those of colloidal silver. Let's take a closer look at those benefits.

Health benefits

Anti-inflammatory properties - Research shows that colloidal gold can ease the swelling associated with inflammatory conditions like arthritis, bursitis, rheumatism, and tendinitis. For example, a study conducted by Dr. Peter Himmel and Dr. Guy Abraham in the 1997 edition of the *Journal of Nutritional and Environmental Medicine* found that patients who were treated for pain with colloidal gold reported suffering far less than those who received the placebo.

Enhanced moods - Since gold has a harmonizing effect on our bodies, it can help individuals who are suffering from imbalanced emotional or mental states like anxiety, depression, frustration, and sadness. Therefore, if you suffer from low vibrational states and have found that home remedies like St. John's wort could not improve them, consider taking between 15-30mg of colloidal gold daily for at least one month and see if your mood improves.

Improved cognitive function - A study conducted by Souhaila McReynolds and Dr. Joel Dill for the *Journal of Frontier Sciences* showed that the subjects who ingested 30mg/day of colloidal gold over a 4-week period demonstrated considerable improvements in IQ than before the gold was administered. Unfortunately, the study also showed that the subjects' IQ scores returned to their

prior levels between 1-3 months after they stopped taking the gold. Thus, individuals who wish to use colloidal gold for improved brain functioning are urged to consider long-term usage.

Rejuvenating properties - Arguably colloidal gold's most celebrated health benefit is its positive impact upon the body's most important biological functions. Firstly, it is known to rejuvenate the glands and positively affect our bodies' warmth mechanisms (resulting in a decrease in temperature-based issues like hot flushes, chills, and sweating at night). Secondly, it stimulates the nerves, resulting in a decrease in nervous pressure. And thirdly, it invigorates the sexual organs, alleviating impotency and functioning as a serviceable aphrodisiac. Unsurprisingly, then, regular consumption of colloidal gold has also been linked to increased longevity.

Taking colloidal gold with colloidal silver

Some individuals choose to take both colloidal gold and silver on a regular basis - the silver to deal with existing bacterial conditions, and the gold to invigorate the body and improve their mental faculties. This is acceptable, since colloidal gold and silver are non-conflicting and equally non-toxic. However, one should avoid taking the silver with a metal spoon, since metal causes the silver ions to lose their positive charge, rendering them worthless for holistic purposes.

Sources for this article include:

<http://www.biophysica.com/gold.html>

<http://informahealthcare.com/doi/abs/10.1080/13590849762411>

<http://www.meridianinstitute.com/news3-3.htm>

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