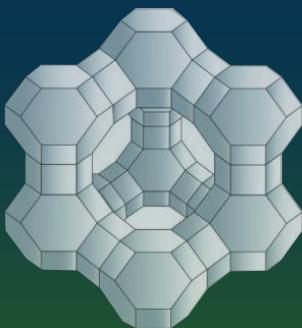


# ZEOLITE

## The Natural Mineral with a Multitude of Benefits

A Comprehensive User's Guide



**Dr. Sebastijan Piberl, MD**  
**Dr. Mihael Munda, DVM, ScD in Medicine**

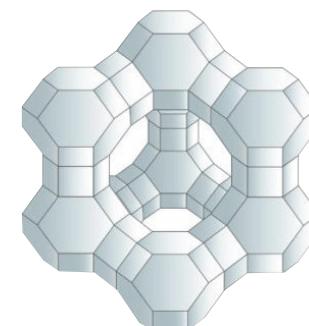
## Introducing "Zeolite: The Natural Mineral with a Multitude of Benefits," an In-Depth Guide by Dr. Piberl and Dr. Munda

In their book, Dr. Piberl and Dr. Munda offer a wealth of information on the properties, applications, and benefits of zeolite for various health conditions. This all-encompassing guide includes detailed instructions on how to use zeolite safely and effectively, along with vital precautions and potential side effects to consider.

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## The Natural Mineral with a Multitude of Benefits

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Zeolite: The Natural Mineral with a Multitude of Benefits

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## 1. Disclaimer

The contents presented in this book are solely for the purpose of providing neutral information and general education, and do not represent any recommendation or endorsement of the diagnostic methods, treatments, or medications described or mentioned herein. The authors do not claim completeness, and the accuracy, currency, and balance of the information presented cannot be guaranteed. This work is not intended to replace personal professional advice from a doctor or pharmacist and should not be used as the basis for self-diagnosis, or for initiating, altering, or terminating treatment for diseases. Always consult your trusted healthcare professional for health-related questions or concerns.

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## 2. General Information

Zeolites are a family of naturally occurring and synthetic minerals with unique physical and chemical properties. They are commonly used in many different applications due to their porous, crystalline structure. Here are some of the most common uses of zeolites:

### 2.1. Adsorbent

Zeolites are widely used as adsorbents to remove impurities from various substances, including water and air. The porous structure of zeolites allows them to trap and hold molecules of different sizes, shapes, and polarities. For example, zeolites can remove heavy metals, volatile organic compounds (VOCs), and radioactive materials from water and air.

In water treatment, zeolites are used to remove impurities such as ammonium, iron, manganese, and nitrate. Zeolites are also used to filter swimming pool water and to purify drinking water in areas with high levels of arsenic and fluoride.

In air purification, zeolites are used to remove pollutants such as formaldehyde, benzene, and toluene. Zeolites are also used in air conditioning systems to remove moisture and improve indoor air quality.

### 2.2. Personal Care

Zeolites are used in personal care products such as deodorants and toothpaste as absorbents and abrasive agents. They help to absorb odors and moisture, and can also help to remove surface stains from teeth.

### 2.3. Catalysis

Zeolites are used as catalysts in many chemical reactions, particularly in the petrochemical industry. The unique pore structure of zeolites makes them an ideal catalyst for many chemical reactions.

For example, zeolites are used in the production of gasoline, diesel fuel, and other petroleum-based products. They are also used in the production of chemicals such as ethylene, propylene, and methanol.

### 2.4. Detergent Builder

Zeolites are commonly used in laundry detergents as water softeners and builders. They help to remove stains and improve the effectiveness of the detergent. Zeolites can also help to prevent the redeposition of dirt and other particles onto fabrics during the washing process.

Zeolites are preferred over other water softening agents such as phosphates, which can contribute to environmental problems such as algal blooms in waterways.

### 2.5. Agriculture

Zeolites are used in agriculture as soil amendments to improve soil structure and water retention. They can also help to retain nutrients and improve plant growth.

Zeolites can also be used in animal feed to improve digestion and nutrient absorption, as well as to reduce the risk of mycotoxin contamination. Zeolites can bind to toxins in the gut and prevent them from being absorbed into the bloodstream.

## 2.6. Gas Separation

Zeolites are used in gas separation processes to separate different gases based on their molecular size and shape. The pore size of zeolites can be tailored to selectively adsorb certain gases.

For example, zeolites are used in natural gas processing to separate methane from other hydrocarbons. They are also used in the production of oxygen from air.

## 2.7. Nuclear Waste Storage

Zeolites can be used as a material for the storage of nuclear waste. The porous structure of zeolites can trap radioactive ions, preventing them from escaping into the environment.

Overall, zeolites are versatile materials with a wide range of potential applications. As research into their properties and potential uses continues, it is likely that even more applications for zeolites will be discovered in the future.

# 3. Detoxification

Detoxification has become an increasingly popular practice in recent years as people have become more aware of the harmful toxins that surround us in our daily lives. From polluted air and water to processed foods and chemical-laden products, toxins are everywhere, and they can have a detrimental effect on our health.

One promising natural mineral for detoxification is zeolite clinoptilolite. This mineral has a unique structure that allows it to act like a sponge and absorb heavy metals, drug residues, pathogenic bacteria, and viruses. It has a cage or honeycomb crystalline network that provides many spaces for trapping

toxins, making it an effective means of detoxification.

Zeolite clinoptilolite is also capable of exchanging ions, which means it can provide essential minerals such as magnesium, calcium, potassium, and sodium to the body. This is due to its negative charge, which enables it to attract and bind to positively charged ions, making it a valuable supplement for maintaining proper mineral balance in the body.

One crucial aspect of zeolite for detoxification is the activation process. Activated zeolite has a higher capacity for absorbing toxins and exchanging ions than non-activated zeolite. The activation process involves heating the zeolite to over 400 degrees Celsius, which eliminates the water content in the crystal and allows for the absorption of neutral molecules such as NH<sub>3</sub>, CO<sub>2</sub>, and alcohol.

Furthermore, the size of the zeolite particles plays a vital role in its effectiveness as a detoxifying agent. The smaller the particles, the more cages there are for trapping toxins, making it more efficient. Therefore, micronization and tribo-mechanical activation are necessary to produce zeolite clinoptilolite with small particle sizes, which is more effective in detoxifying the body. It's important to note that not all zeolite is created equal. The quality and source of the zeolite used can significantly impact its effectiveness. The zeolite used by the company should be sourced from high-quality mines and should be free from additives and removal of any components during the preparation process.

In summary, zeolite clinoptilolite is a natural mineral with powerful detoxifying properties that can help remove harmful toxins from the body. Its unique structure allows it to absorb heavy metals, drug residues, pathogenic bacteria, and viruses. It can also exchange essential minerals and maintain proper mineral balance in the body. To maximize its effectiveness, activated, micronized, and tribo-mechanically activated zeolite should be used. With the proper source and preparation, zeolite clinoptilolite can be a valuable supplement for detoxification and overall health.

## 4. Health Benefits

Zeolite clinoptilolite has been extensively researched and proven to be a highly effective detoxifier. As a completely natural substance, it does not accumulate in the body, and overdosing is not a concern. Its effects last up to six hours, after which it is completely eliminated within 24 to 72 hours. Additionally, zeolite provides the body with essential minerals like magnesium, calcium, potassium, and sodium, and helps to maintain a slightly basic pH level. It is also suitable for vegetarians and vegans and is a natural source of silicon, which is important for tissue and bone health.

The detoxification process using activated zeolite with a high concentration of clinoptilolite removes excess acid, heavy metals, mycotoxins, pesticides, herbicides, radioactive substances, stabilizers, dyes, harmful chemical compounds, ammonia, and lactic acid. By doing so, it helps regulate the body's alkalinity, boost the immune system, and acts as an antioxidant, destroying free radicals and strengthening blood vessel walls. It also helps to counteract aging.

Zeolite clinoptilolite has a unique structure with a negative ionic charge that attracts and traps toxic substances, including alcohol, within its "cage." The toxins are then eliminated from the body in feces and urine within one to three days. This detoxification process helps prevent various diseases that occur in an acidic environment, such as candidiasis, rheumatoid arthritis, and gastrointestinal disorders.

To achieve maximum effectiveness, activated zeolite with a clinoptilolite content of over 90% should be used. It is important to source zeolite from high-quality mines and ensure that it is prepared using a process that does not add or remove any components. By using activated zeolite as a natural supplement for detoxification, individuals can improve their overall health and well-being.

Zeolite clinoptilolite has been proven to have a wide range of health benefits beyond its powerful detoxification properties. Here are some of the top benefits of using zeolite:

1. Zeolite can help prevent the development of many viral infections due to its antiviral properties.
2. It is important to drink more water than usual (2-3 liters per day) when taking zeolite. Failure to do so can result in difficulty with bowel movements.
3. Zeolite has been shown to be effective in preventing and treating asthma and allergies. Due to its hypoallergenic properties, it can neutralize allergens present in food, drink or the environment, resulting in a significant reduction in allergy symptoms.
4. Zeolite has been found to help with a range of health issues, including problems related to menopause, menstrual cramps, migraines, and depression.
5. Zeolite can promote better sleep, increase energy and focus, strengthen the immune system, alleviate anxiety and the effects of stress, and create a sense of mental relaxation.
6. Zeolite can also be effective in wound healing, particularly when used in combination with DMSO.
7. Zeolite can be used as a complementary therapy for a wide range of health issues, including diabetes, high blood pressure, cancer (to help patients better endure radiation therapy and chemotherapy), skin diseases (psoriasis, dermatitis, herpes), autoimmune diseases, gynecological problems, kidney and gallstones, osteoporosis, digestive problems, heart disease, lack of energy and concentration, insomnia, arthritis, and diseases of the liver, stomach, and intestines, and nervous system.

**8.** The preventive use of zeolite can result in overall rejuvenation of the body at the cellular level, significant improvement in immunity and body resistance, an increase in work skills and endurance, skin rejuvenation and softening, the ability to overcome stress, an increase in memory and mental performance, an improvement in eyesight, caries prevention, and rapid excretion of toxic substances and prophylactic damage to the gastric and intestinal mucosa through food poisoning.

**9.** The use of zeolites as treatment additives has been extensively tested and supported by clinical research.

**10.** Zeolite is a natural source of silicon, an essential trace element in the human body that binds to connective tissue, bones, and cartilage.

**11.** Zeolite is 100% natural, has no artificial additives, is non-toxic, has no contraindications, no side effects, is not addictive, and is completely eliminated from the body with urine, feces, and sweat. It has no adverse interactions with other substances or drugs and does not cause allergic reactions. In conclusion, the benefits of zeolite extend beyond its ability to detoxify the body. It can help prevent viral infections, treat allergies and asthma, promote better sleep and relaxation, help with a range of health issues, and has been found to have rejuvenating and preventative effects. With its natural source of silicon and lack of side effects, it is a safe and effective supplement to improve overall health and well-being.

## 5. Without Minerals, There are no Life Processes

Minerals are crucial components in all life processes of plants, animals, and humans. They make up the basic structure of living organisms and regulate essential processes in every organism. Minerals are present as electrolytes, which are polarized and divided into cations and anions. Essential minerals

like  $\text{Na}^+$ ,  $\text{Ca}^{++}$ ,  $\text{Mg}^{++}$ ,  $\text{Cl}^-$ , and  $\text{HCO}_3^-$  are in ionic form and function as electrolytes. Mineral ions are mainly located in extracellular and intracellular fluids, and they generate potential differences that fulfill the electrophysiological function of regulating the human body.

Lack of minerals can cause mineral imbalances and affect electrolytic processes, leading to a disruption of the body's overall homeostasis. Every function in the human body requires minerals, so their deficiency can lead to numerous health problems.

Natural clinoptilolite-zeolite acts as an autoregulator in the human and animal body. The hydrated  $\text{SiO}_2$  in zeolite plays a significant role in basic life processes. The preparation produced from active zeolites is used for detoxification of the body and to prevent various problems that may arise due to improper nutrition or metabolic disorders.

The unique structure of zeolite allows it to function as a mineral sponge that collects toxins in the body, binds them, and eliminates them via feces, leaving behind no chemical residue. Zeolite is effective in detoxifying the body after excessive use of alcohol, nicotine, or other opiates. It can prevent unpleasant odors, sweating, fungal diseases, and improve overall immunity. Daily use of zeolite regulates pH values between 7.35 to 7.45, which increases immunity and prevents the growth of bacteria and viruses. Additionally, zeolite has been found to be effective in preventing viral infections, treating allergies and asthma, and promoting better sleep and relaxation. It can help with a range of health issues, including problems related to menopause, menstrual cramps, migraines, and depression.

In conclusion, minerals are essential components for the healthy functioning of the body, and electrolytes play a significant role in regulating these processes. Zeolite clinoptilolite can be an effective supplement for promoting overall health and well-being by aiding in detoxification, regulating pH values, and preventing various health problems.

## 6. Clinical Studies

Zeolite is a natural mineral that has gained increasing attention for its remarkable properties in removing heavy metals, toxins, and other harmful substances from the body. Duke University's study found that zeolite is particularly effective in removing heavy metals like lead, mercury, cadmium, and arsenic, as well as pesticides, herbicides, mycotoxins, and PCBs. These toxins are known to be responsible for various diseases, including cancer and neurological disorders such as Alzheimer's, autism, and dementia.

Dr. Gabriel Cousens, a leading American expert in the study of zeolite, has published research that confirms the excellent detoxifying properties of zeolite. The American Tree of Life Rejuvenation Center conducted a pilot study on detoxification of heavy metals and found that a combination of zeolite and green juice resulted in 100% removal of toxins from vital organs in all participants after a month of use.

The safety of zeolite has been extensively studied, and numerous clinical trials have been conducted in Austria, which have shown positive effects in improving overall health and increasing life expectancy, as well as reducing the size of tumors or even resulting in their complete remission. Mike Adams, an American researcher and nutritionist, has also published studies on the results of using natural zeolites in antitumor therapy, indicating that they can outperform many well-known therapies.

While zeolite is not a cure for cancer or other degenerative diseases, these studies suggest that it can be an effective tool in preventing and treating them. Moreover, zeolite has been shown to be safe for consumption, and it can be used as a dietary supplement or in various detoxification protocols. Overall, the increasing evidence of zeolite's effectiveness in removing harmful substances from the body and improving health warrants further research and consideration as a valuable addition to health and wellness protocols.

## 7. Natural Clinoptilolite-Zeolite

Natural zeolites are an intriguing group of microporous rocks that have captured the interest of scientists and medical professionals alike. These rocks are formed from volcanic ash and can be found in numerous locations across the globe. In fact, more than 100 different types of zeolites have been identified to date. Among the various types of zeolites, the clinoptilolite-zeolite is the most commonly used for medical and health-related purposes. One of the defining characteristics of the clinoptilolite-zeolite is its crystalline form. This type of zeolite has a unique crystal lattice structure that consists of calibrated hollow spaces that measure approximately 4.0-7.2 Angstrom (1 Angstrom = 0.1 nm). The crystal lattice itself is made up of silicon ( $\text{SiO}_4$ ) and aluminum ( $\text{AlO}_4$ ) tetrahedrons. These tetrahedrons are arranged in a net-like pattern and are held together by cations such as calcium, magnesium, sodium, potassium, and others. In addition to the cations, the crystal lattice also contains crystal water, which is water that is bound to the lattice structure.

One of the most remarkable aspects of natural zeolites is their composition. So far, at least 34 different minerals have been detected in natural zeolites, including trace elements that are essential for human health. These trace elements are believed to play a crucial role in the health-improving and therapeutic effects of natural zeolites.

In recent years, researchers have become increasingly interested in the potential health benefits of natural zeolites. Studies have shown that these rocks may have a range of health-improving effects, including detoxification, immune system support, and improved digestion. Natural zeolites are also being investigated for their potential as a drug delivery system, as their unique porous structure makes them ideal for encapsulating and delivering drugs to specific areas of the body.

In conclusion, natural zeolites are a fascinating group of rocks with a unique crystal lattice structure that makes them ideal for a variety of medical and

health-related applications. With ongoing research, it is likely that new uses for natural zeolites will continue to be discovered in the future.

## 8. The Rough-Structured Zeolite can be Turned into a Consumption-Friendly Powder

Producing a consumption-friendly powder from rough-structured zeolite requires a specific three-step manufacturing process. Firstly, foreign substances are removed and the zeolite rock is cut into smaller pieces. Secondly, the natural zeolite is pulverized using micronization processes to achieve an average grain size of approximately 7  $\mu\text{m}$ , which scientific research and practical experience with PMA zeolite has shown to be the most effective for human use. Finally, each charge is analyzed and equipped with a data sheet that confirms the mineral and chemical composition, as well as the absence of toxic substances and germs.

The unique structure of zeolite grains, with many tiny crystal lattice channels that are calibrated and only 0.4-0.72 nanometers in size, allows for selective ion exchange. This ion exchange is not only important for vital functions in the human body, but also has potential applications in technology. Synthesizing zeolites according to the natural model for technical ion exchange is becoming more common, but these synthetic zeolites are not suitable for human use and should not be applied in this context.

## 9. Why is natural zeolite good for human body?

Natural zeolite is a mineral with a wide range of benefits that can improve overall health and well-being. In addition to its detoxifying effects, it can also activate self-regulation and self-healing processes, as well as weaken the undesired side effects of conventional medical drugs such as chemotherapeutic agents and antibiotics.

Studies have also shown that natural zeolite can fight impotence and increase libido, while binding heavy metals, ammonia, dioxins, and other harmful substances. It can activate the body's defense system, improve mental and physical performance, and even increase performance endurance.

Natural zeolite is also an active regulator of digestive functions, helping to maintain acid-base balance and balance electrolyte mineral metabolism. It can even lift and rejuvenate the skin and hair, making it look more youthful and healthy.

While natural zeolite has many benefits, it is important to maintain a healthy lifestyle in order to optimize its effects. This includes regular exercise, a balanced diet rich in vitamins and minerals, and sufficient rest and relaxation. By taking care of your body and incorporating natural zeolite into your routine, you can experience the many benefits of this powerful mineral and improve your overall health and well-being.

## 10. Zeolite into The Cells

It is important to note that natural zeolite with an average grain size of 7.0 micrometers cannot penetrate into the cells of the human body. Instead,

the zeolite powder is dissolved in liquid and passes through the entire digestive tract, from the mouth to the anus. During this process, there is a selective ion exchange and sorbent effect, as well as the release of colloidal silicon dioxide, which is absorbed by the intestinal mucosa and enters the extracellular matrix before being transported to the individual cell groups.

Dr. Nikolai Daskaloff conducted an isotopic labeling study that observed the entire passage of natural zeolite through the digestive tract, using advanced technology to track its movement. During this journey, the tiny zeolite grains absorb by-products, toxins, and other harmful substances that are then made harmless by adsorption before being eliminated from the body through defecation.

By incorporating natural zeolite into your daily routine, you can support your body's natural detoxification processes and improve your overall health and well-being. However, it is important to note that natural zeolite should not be considered a substitute for proper medical treatment or a healthy lifestyle, but rather a supplement to enhance your overall wellness.

## 11. Taking Natural Zeolite

Preparing natural zeolite in the correct way can significantly enhance its effects. To achieve the ideal effect, follow these steps:

1. Prepare a glass of warm water.
2. Add the correct amount of natural zeolite powder to the water.
3. Stir the powder thoroughly with a ceramic or plastic spoon until it is completely suspended in the water.
4. Take a small amount of the suspension (about 20-25 ml) into your mouth, hold it there for a few moments, and then swallow it slowly.

5. Stir the suspension again and repeat the process of taking a small amount into your mouth and swallowing it slowly until the glass is empty.

6. Drink 2-3 liters of water throughout the day to support the detoxifying effects of natural zeolite.

By following these steps, the natural zeolite powder will be properly suspended in the water, allowing for optimal absorption and utilization by the body. It is important to use a ceramic or plastic spoon to stir the powder, as metal utensils may interfere with the zeolite's ion exchange properties. Incorporating natural zeolite into your daily routine can support your body's natural detoxification processes and improve your overall health and well-being. However, it is important to consult with a healthcare professional before using natural zeolite as a supplement to your diet or as a part of your medical treatment.

The recommended daily dosage of natural zeolite for preventive purposes is 3 grams for adults and 6 grams for those aged 50 and above. It is important to take the correct dosage to achieve the desired health benefits.

To maximize the effects of natural zeolite, it is recommended to take the daily dosage of 3 grams directly after waking up, at least 30 minutes before breakfast or consuming any other active agents or luxury food such as coffee, tea, alcohol, or cigarettes. For those taking a daily dosage of 6 grams, half of the powder should be taken in the morning and the other half in the evening. It is important to keep a minimum 30-minute time gap between the intake of natural zeolite and other substances.

It is important to note that the dosage of natural zeolite should be determined based on individual needs and health conditions. Therefore, it is advisable to consult with a healthcare professional before adding natural zeolite to your diet or using it as a part of medical treatment.

By taking the correct dosage and timing of natural zeolite intake, it can

help support your body's natural detoxification processes, strengthen your immune system, and improve your overall health and well-being.

It is important to note that consuming natural zeolite with certain foods or substances may reduce its effectiveness or lead to undesired effects. Fruit acids and enzymes, particularly those found in citrus fruits such as grapefruit, orange, lemon, and mandarin, have the potential to interfere with the absorption of natural zeolite powder.

Therefore, it is recommended to avoid consuming natural zeolite powder with acidic foods and drinks, such as fruit juices and soft drinks, as well as with alcohol, coffee, and tea. In addition, it is advisable to wait at least 30 minutes after taking natural zeolite powder before eating or drinking any acidic substances.

It is important to follow these guidelines not only for natural zeolite or montmorillonite but for any active agent, particularly medical drugs. Always consult with your healthcare professional before adding natural zeolite to your diet or using it as part of medical treatment.

By taking natural zeolite powder correctly, without combining it with substances that may interfere with its effectiveness, you can help maximize its beneficial effects on your health and well-being.

The benefits of natural zeolite and montmorillonite for detoxifying the body, improving mental and physical performance, and protecting against excess free radicals. Natural zeolite can be taken with warm green or herbal tea, and should be taken at least 30 minutes before consuming other substances. There is positive evidence for a combination of effects of natural zeolite and natural substances such as beetroot and spirulina alga. Natural zeolite can also reduce the undesired side effects of certain medical drugs, and can even help prevent and eliminate allergies. It is generally recommended to take natural zeolite every day for 4 weeks, followed by a 1-week pause, with further repetitions possible. It is advisable to consult a therapist first.

## 12. Side Effects of Natural Zeolite

It's important to note that natural zeolite and montmorillonite are not known to cause any significant adverse effects in humans. However, if an individual has a pre-existing medical condition or is taking other medications, it is always advisable to consult with a healthcare professional before taking any new supplements. In addition, it's recommended to start with a lower dosage and gradually increase it over time to evaluate individual tolerance levels. Furthermore, it's crucial to maintain good hydration levels when taking natural zeolite and montmorillonite supplements, as this can help to prevent constipation. Drinking plenty of water throughout the day is essential to ensure that the body can effectively eliminate toxins and waste materials.

Additionally, consuming a balanced and healthy diet rich in fiber can also help to promote regular bowel movements and prevent constipation.

Overall, when used as directed, natural zeolite and montmorillonite supplements are safe and well-tolerated by most individuals. However, it's important to follow the recommended dosage and consult with a healthcare professional if you have any concerns or questions about their use.

Drinking natural zeolite with green tea or herbal tea can have additional benefits for health. Green tea is a rich source of antioxidants and polyphenols, which have anti-inflammatory and anticancer properties. It is also believed to improve brain function and aid in weight loss. Herbal tea, on the other hand, can have a calming effect and help with digestion. Some herbal teas, like chamomile and peppermint, have been shown to have anti-inflammatory and antimicrobial properties.

It is important to note, however, that adding natural zeolite to tea does not replace the need for sufficient water intake. It is still recommended to drink 2-3 liters of water per day in addition to any tea or natural zeolite consumption.

tion. It is also important to avoid drinking natural zeolite with black tea or fruit tea, as the fruit acids and enzymes can interfere with the absorption of the natural zeolite and its intended effects.

## 13. Positive Effects of Natural Zeolite with Other Natural Substances

The combination of natural zeolite and vitamin C has been found to have a reinforcing effect on each other's biological activity. This combination works synergistically and can enhance the antioxidant activity of both substances. In addition, the combination of natural zeolite and chlorella alga has also been found to have a synergistic effect on the immune system. The combination of natural zeolite and magnesium compounds has been shown to improve the magnesium absorption rate in the body. Another interesting combination is the one with spirulina alga, which is known for its high nutritional value and immune-boosting properties. When combined with natural zeolite, the antioxidant and anti-inflammatory effects of spirulina are enhanced. Additionally, the combination of natural zeolite with stinging nettle has been found to have a positive effect on the urinary system. It is important to note that the effects of these combinations have been tested and validated in scientific studies.

## 14. Natural Zeolite in Combination with Other Medical Drugs

It is important to consult with a healthcare professional before combining natural zeolite with any medical drugs, as they may interact and cause undesired effects. The dosage and timing of the natural zeolite intake should also be adjusted according to the individual's medical condition and the type of medication they are taking. In some cases, it may be necessary to adjust the dosage of the medical drugs or the natural zeolite to avoid interactions or minimize side effects. It is recommended to inform the healthcare professional about any supplements or alternative remedies being taken to ensure the safe and effective use of all medications.

## 15. Natural Zeolite and Allergies

In addition, natural zeolite has been shown to have a positive effect on the immune system. It activates the body's natural defense system, helping it to fight off infections and diseases. This makes it a promising natural remedy for allergies and other immune-related disorders. The combination of natural zeolite and spirulina platensis is particularly effective for improving immune function and reducing the severity of allergy symptoms. In fact, some studies have shown that natural zeolite can improve the symptoms of allergic rhinitis and asthma. However, as with any natural remedy, it is important to consult with a healthcare professional before using natural zeolite to treat allergies or any other medical condition.

## 16. Natural Zeolite and Alcohol

While natural zeolite powder may have potential benefits for alcohol intox-

cation, it's important to note that it should not be used as a means to enable or encourage excessive alcohol consumption. The most effective way to avoid the negative effects of alcohol is to consume it in moderation or avoid it altogether.

It's also important to note that the use of natural zeolite as a treatment for alcohol intoxication should only be done under the supervision of a medical professional. While studies have shown that natural zeolite can be effective in these cases, the appropriate dosage and duration of treatment may vary depending on the individual and their specific situation.

In addition to its potential use in cases of alcohol intoxication, natural zeolite powder has been studied for a variety of other potential health benefits. These include its ability to improve digestion, boost the immune system, and lower cholesterol levels.

Some studies have also shown that natural zeolite may have antioxidant properties, which could make it useful in protecting against the negative effects of free radicals and oxidative stress.

## 17. Natural Zeolite as Natural Remedy

While natural zeolite powder and montmorillonites have been studied for a variety of potential health benefits, it's important to remember that there is no such thing as a universal remedy. Different individuals may have different responses to natural zeolite powder, and its effects may vary depending on factors such as age, health status, and lifestyle habits.

For this reason, it's important to consider the individual needs of every person when using natural zeolite powder as a supplement. What works well for one person may not have the same effects for another. It's always best to

consult with a healthcare provider before using any supplement, including natural zeolite powder, to determine whether it is appropriate for you and to discuss dosage and any potential interactions with other medications or supplements.

In addition to consulting with a healthcare provider, there are other steps you can take to maximize the potential benefits of natural zeolite powder. One important factor is to ensure adequate hydration by drinking plenty of water throughout the day. This can help support the body's natural detoxification processes and improve the absorption and distribution of nutrients. Another important factor is regular physical exercise. Exercise can help improve circulation and support the body's natural detoxification processes, which can help enhance the effects of natural zeolite powder. Additionally, exercise has been shown to have a variety of other health benefits, including improving cardiovascular health, boosting mood, and promoting healthy weight management.

## 18. Higher Dosis of Zeolite

One of the unique properties of natural zeolites is their ability to selectively adsorb and exchange certain ions and molecules, while allowing others to pass through. This makes them an effective tool for removing unwanted substances from the body, such as heavy metals, toxins, and other harmful compounds.

Unlike many other substances, natural zeolite powder is not metabolized by the body and is instead excreted through the digestive system. This means that an overdose with natural zeolite powder is virtually impossible, as any excess material is simply defecated with the stool.

While natural zeolite powder is generally considered safe, it's always important to use caution when taking any supplement. It's recommended to start with a lower dose and gradually increase as needed, while monitoring for

any adverse effects. It's also important to stay well-hydrated when taking natural zeolite powder, as this can help support its natural detoxification processes and improve its effectiveness.

In addition to its potential health benefits, natural zeolite powder is also being investigated for its potential use in environmental remediation. Due to its unique properties, zeolites can be used to remove pollutants from soil and water, making them a promising tool in the fight against pollution and environmental degradation.

## 19. Different Fields of Application of Natural Zeolite

The manual for zeolite science and technology [2003], written by Prof. Krešimir Pavelic and Dr. Mirko Hadzija (Croatia), highlights a range of potential health benefits associated with the use of natural zeolite. These benefits include its anti-bacterial effects, which may help to combat pathogenic bacteria, as well as its potential role in promoting bone health by supporting the development and mineralization of bones.

In addition, natural zeolite may also have neutralizing effects in cases of excess gastric acid, as well as immune-modulating effects that can help strengthen the body's natural defenses against illness and disease. It has also been suggested that natural zeolite may have anti-oxidative effects and may be useful in reducing blood sugar levels in individuals with diabetes mellitus.

Another potential benefit of natural zeolite is its ability to block tumor growth. Some studies have suggested that zeolites may have anti-cancer properties, which could make them a promising tool in the fight against cancer.

Natural zeolite has also been studied for its ability to bind radionuclides, or radioactive substances, which could make it useful in the treatment of radiation poisoning and other related conditions.

It's also worth noting that natural zeolite is non-toxic and does not have any harmful effects on human health. Furthermore, there is no evidence to suggest that natural zeolite has any harmful effects on the embryo during pregnancy, making it a potentially safe supplement for pregnant women to use.

## 20. Montmorillonites

As an experienced user of clay minerals for medical and therapeutic purposes, I strongly prefer using montmorillonite over bentonite. This preference is based on the fact that montmorillonite contains a higher percentage of the functional mineral, montmorillonite, compared to bentonite. While bentonite may have less than 50% montmorillonite content, montmorillonite is defined as the "bentonite" that contains more than 50% of the mineral.

Montmorillonite is a type of clay mineral that is highly valued for its functional properties of ion exchange and adsorption. These properties make it a valuable material for a range of industrial and environmental applications, such as wastewater treatment, soil remediation, and catalysis. The ion exchange property of montmorillonite enables it to absorb and release ions selectively, which is useful in removing heavy metals and other pollutants from water and soil. The adsorption property allows it to remove organic molecules from solutions, such as toxins and bacteria, making it a valuable material in medical and therapeutic applications.

While montmorillonite and natural zeolite have different origins and structures, they share the same goal of improving health and wellbeing. Montmorillonite is a layered clay mineral that originates from the weathered volcanic tuff, whereas natural zeolites are formed by volcanic activity or hydrothermal alteration of rocks. Despite these differences, both materials

have similar properties of ion exchange and adsorption that are useful for medical and therapeutic purposes.

The use of montmorillonite in medical and therapeutic applications has been well established, with many studies demonstrating its potential benefits in areas such as wound healing, gastrointestinal health, and detoxification. Its safety and effectiveness have also been supported by numerous studies, making it a preferred material for those seeking natural, non-toxic remedies.

In conclusion, the high percentage of montmorillonite in the mineral makes it a preferred material for medical and therapeutic applications. The functional properties of ion exchange and adsorption make it a valuable material for a range of applications, and its safety and effectiveness have been demonstrated in numerous studies. While montmorillonite and natural zeolite have different origins and structures, they share similar properties that are useful for health and wellbeing.

Montmorillonite, a type of layered silicate, is highly valued for its functional properties of selective ion exchange and adsorption. These properties make it a valuable material for a range of industrial and environmental applications, such as wastewater treatment, soil remediation, and medical and therapeutic purposes.

Selective ion exchange is a process in which cations, such as magnesium (Mg), potassium (K), sodium (Na), iron (Fe), zinc (Zn), are deposited in the spaces within the layered silicate. When montmorillonite enters the intestines, these cations can replace toxic substances such as NH<sub>4</sub> (ammonia), lead (Pb), cesium (Cs), strontium (Sr), mercury (Hg), and other toxic substances found in the human body. These toxic substances have a great affinity to the layers of the silicate and are attracted, absorbed, and bound through ion exchange. The cations released by the body can then be absorbed to fulfill their respective functions.

Adsorption, on the other hand, is the process by which the montmorillonite

binds and neutralizes toxic substances that have been removed from cells and connective tissues. This is achieved through the macropores and micro-pores of montmorillonite, which have a huge surface area. In fact, 1 gram of montmorillonite can develop a surface of 700-800 m<sup>2</sup>, allowing it to bind and neutralize large amounts of toxic substances in the human body.

Montmorillonite is also capable of binding certain bacteria, fungi, and viruses. The combination of selective ion exchange and adsorption in montmorillonite makes it a powerful material for detoxification and immune support. While montmorillonite and natural zeolite share many similarities in terms of their functional properties, montmorillonite has the added advantage of being able to bind harmful and toxic substances in the intestines through selective ion exchange, as well as the substances that have been removed from cells and connective tissues through adsorption.

Montmorillonite has been used for centuries in human medicine and veterinary medicine due to its wide range of therapeutic properties. Its various applications include being used as a pharmaceutical helping agent, for detoxification and removal of toxic substances, to remove and bind radionuclides, for the treatment of chronic diseases, for treating skin diseases, for pain relief, as a beauty treatment, and for treating disorders of the digestive system, especially in cases of diarrhea.

One of the most significant effects of montmorillonite is its ability to heal wounds. It has been shown to help with the healing process by promoting the growth of new skin tissue, reducing inflammation, and preventing infections. Montmorillonite is also known for its ability to remove toxic substances and radionuclides from the body, making it useful in cases of poisoning and radiation exposure. Additionally, it has been found to provide relief in cases of insect bites, irritable stomach disorders, and immediate relief in cases of diarrhea.

Montmorillonite can also provide support during intestinal care, such as during medical drug therapy and chemotherapy, by preventing damage to the intestinal lining and helping to reduce side effects. Its ability to cleanse

the intestines makes it useful in preventing constipation and maintaining healthy bowel movements.

In recent years, montmorillonite has gained popularity in the beauty industry due to its ability to improve the appearance of the skin. It is often used in facial masks to cleanse and detoxify the skin, reduce pore size, and improve skin texture.

The therapeutic effects of montmorillonite have been proven through numerous studies, making it a preferred choice for natural, non-toxic remedies. Montmorillonite is safe to use and has no known side effects, making it a valuable material for a range of medical and therapeutic applications. In conclusion, montmorillonite has a wide range of therapeutic properties and has been used for centuries in human and veterinary medicine. Its applications range from wound healing to treating skin diseases, pain relief, and even beauty treatments. Its ability to remove toxic substances, provide relief in cases of diarrhea, and support during medical drug therapy and chemotherapy make it a preferred material for natural, non-toxic remedies. Montmorillonite has proven its effectiveness and safety in numerous studies, making it a valuable material in various medical and therapeutic applications.

One of the mechanisms by which montmorillonite exerts its prophylactic effect is through the binding of pathogenic bacteria to the clay mineral. Montmorillonite has a high surface area and a negative charge, which allows it to attract and bind to positively charged bacteria. This binding action prevents the bacteria from adhering to the mucosal lining of the gastrointestinal tract, thus reducing the likelihood of infection.

In addition to the binding mechanism, studies have also shown that montmorillonite can influence the population dynamics of bacteria in the gut. The selective influence of montmorillonite on different bacterial populations depends on factors such as the pH level and nutritional disposition of the bacteria. For instance, some studies have shown that montmorillonite can promote the growth of beneficial bacteria like *lactobacillus*, while inhib-

iting the growth of pathogenic bacteria like *E. coli*.

The preventive intake of montmorillonite has been found to be an effective measure for protecting against infections in the gastrointestinal tract. Its ability to selectively influence bacterial populations and prevent the adherence of pathogenic bacteria make it an excellent prophylactic agent.

Regular intake of montmorillonite has been found to be an effective prophylactic measure against viral infections like influenza. By binding to viruses and reducing their pathogenic effect on enterocytes, montmorillonite can help prevent the spread of infection in the gastrointestinal tract. Additionally, montmorillonite has been shown to have other health benefits beyond its virus-binding capacity. It can act as a natural detoxifier by adsorbing toxins and heavy metals in the gut, promoting better digestion and absorption of nutrients. It can also improve the health of the gut microbiome by selectively promoting the growth of beneficial bacteria.

Montmorillonite, a natural clay mineral, has been found to have a strong effect on fungal mycelia in the intestines. In particular, it has been shown to be effective against the human-pathogenic fungus "*Histoplasma capsulatum*" which can cause serious respiratory and systemic infections.

Research has demonstrated that montmorillonite can block the growth of fungal mycelia by forming a film around the mycelium. This film, which can be observed under electron microscopy, effectively reduces the gas adsorption, nutrition, and metabolism product release of the fungal mycelium. By limiting the ability of the fungal mycelium to grow and proliferate, montmorillonite can help prevent and treat fungal diseases.

The use of montmorillonite as a therapeutic agent for fungal infections has several advantages. First, montmorillonite is a natural, non-toxic substance that is unlikely to cause adverse side effects. Additionally, it is relatively inexpensive and widely available, making it an attractive option for patients and healthcare providers alike.

While montmorillonite has been shown to be effective against *Histoplasma capsulatum*, further research is needed to determine its efficacy against other fungal pathogens. Nonetheless, the ability of montmorillonite to form a film around fungal mycelia and limit their growth suggests that it may have broad applications in the treatment of fungal diseases.

## 21. SiO<sub>2</sub>, also Known as Silicic acid Mineral

The Nobel prize winner Iljin Metschnikov (1845-1916) postulated: "You are as old as your connective tissue."

SiO<sub>2</sub>, also known as silicic acid mineral, has been found to be the regulating mineral of connective tissue in the body. The age of the connective tissue is largely influenced by the presence of SiO<sub>2</sub>, which is responsible for promoting firm skin, glossy hair, and smooth nails.

The role of SiO<sub>2</sub> in promoting tissue renewal is due to its ability to adsorb, or bind, proteins, and its involvement in protein synthesis. This protein synthesis leads to the growth and renewal of tissues in the body. The American silicon researcher, Edith Muriel Carlisle, was able to prove the importance of silicon in tissue renewal in her research in 1986. She also discovered that silicon plays a crucial role in embryogenesis, especially in growth, leading her to postulate that "There is no growth without silicon."

The specific water chemistry of silicon is also important in promoting tissue health and preventing aging. Scientific research has shown that silicon can slow down the biological aging process and prevent arteriosclerosis, wrinkles on the skin, and calcification of blood vessels. Because of its rejuvenating effects, silicon is often referred to as the "rejuvenating salt."

In addition to its effects on connective tissue and tissue renewal, SiO<sub>2</sub> has

also been found to have several other health benefits. It has been shown to promote bone health by increasing the production of collagen, which is an essential component of bone tissue. SiO<sub>2</sub> has also been found to have a positive effect on the immune system, promoting the body's ability to fight off infections and diseases.

In conclusion, SiO<sub>2</sub> plays a vital role in promoting tissue health and renewal in the body. Its ability to adsorb proteins and promote protein synthesis leads to the growth and renewal of tissues, while its specific water chemistry has been found to have a rejuvenating effect, preventing aging and promoting tissue health. With its numerous health benefits, SiO<sub>2</sub> is a promising dietary supplement for promoting overall health and wellness.

## 22. Clinoptilolite in Killing Cancer Cells

The acidification of the body and local environment due to an excess of hydrogen ions has been shown to be a significant contributor to cancer development and progression. This is where clinoptilolite, a type of zeolite mineral, has been shown to be particularly effective.

Clinoptilolite has a unique cage-like structure that allows it to bind to positively charged ions such as hydrogen ions, thereby increasing the pH level and reducing acidity in the blood and local environment. This leads to a reduction in the acidity in the vicinity of cancer cells, which in turn reduces their ability to multiply uncontrollably. As a result, cancer cells are subject to programmed extinction or apoptosis, which is essential for slowing down or reversing the progression of cancer.

Furthermore, clinoptilolite has been shown to increase the antioxidant capacity of the body, which helps to reduce the level of free radicals. Free radicals are highly reactive and unstable molecules that can damage cells

and contribute to the development of various diseases, including cancer. By reducing free radical levels, clinoptilolite can further support the body's natural defenses against cancer.

It is important to note that clinoptilolite is not a cure for cancer, and it should not be used as a replacement for conventional cancer treatments. However, its ability to reduce acidity and increase antioxidant capacity can provide a valuable adjunct to standard cancer treatments. Moreover, it has been shown to be safe for consumption, and it can be used as a dietary supplement or in various detoxification protocols.

In conclusion, clinoptilolite's ability to reduce acidity, increase antioxidant capacity, and support apoptosis provides a valuable tool in the fight against cancer. Its safety and potential effectiveness warrant further research, and it could be a valuable addition to existing cancer treatment protocols.

## 23. Silicates

Silicates are a diverse group of compounds that play an important role in various fields, including biology, geology, and materials science. These compounds are made up of silicon and oxygen, as well as other elements, such as aluminum, magnesium, iron, and sodium. Silicates are incredibly stable, which is why they are so prevalent in the earth's crust and are used in a variety of applications.

One of the most well-known silicates is silicon dioxide, which is also called silicic acid. This compound has a variety of uses in the human body, including as a dietary supplement and in topical skincare products. Natural zeolite and montmorillonite, also known as bentonite and smectite, are other silicates that have been found to be beneficial for human health. When these compounds are combined, they can have a wide range of effects in the body. It's like the interaction between fraternal twins, where each twin has shared and individual characteristics that contribute to the overall effect.

## 24. Gradual Intoxication

Chronic diseases such as allergies, autoimmune diseases, psychological disorders, neuro-generative diseases, and early biological aging are often caused by gradual intoxication and a shortage of essential minerals. In addition to these factors, health disturbing global influences such as pollution and exposure to chemicals can cause oxidative stress, which can further accelerate the aging process and contribute to the development of chronic diseases.

Environmental chemicals, in particular, have been identified as significant factors in the manifestation of cancer. In his famous anti-cancer book, French physician David Servan-Schreiber dedicates a whole chapter to the role of environmental chemicals in cancer development. He recommends detoxification of the body as one of the most important therapies for cancer patients, emphasizing the importance of removing toxic substances from the body to support the body's natural healing processes.

Silicates and detox hygiene can be effective tools in protecting against the negative effects of environmental toxins and promoting overall health and wellness. Detox hygiene involves removing harmful substances from the body through practices such as dietary changes, exercise, and the use of natural supplements such as zeolite powder. Silicates, including natural zeolite powder, can help remove toxins from the body and promote overall health and wellness.

The negative effects of environmental toxins are not just limited to individual health outcomes. The impact of pollution and exposure to chemicals can also have significant economic consequences, with the healthcare industry bearing the costs of treatment and recovery. In Germany, for example, the follow-up costs for the healthcare industry and the economy as a whole amount to 6.4 billion euros each year as a result of toxic substances from coal-fired power plants.

In conclusion, chronic diseases and early aging are often caused by gradual intoxication and a shortage of essential minerals, as well as the negative effects of global environmental influences. Detoxification and the use of natural supplements such as zeolite powder can be effective tools in protecting against the negative effects of environmental toxins and promoting overall health and wellness. By reducing exposure to environmental toxins, individuals can not only improve their own health outcomes, but also contribute to a healthier and more sustainable society as a whole.

## 25. Studies on Gradual Intoxication

Scientific studies have shown that individuals are exposed to a large number of environmental chemicals that can have harmful effects on their health. For example, the WWF's "Campagne Detox" campaign in 2005 examined the blood and urine of adults across Europe for 109 environmental chemicals. Notably, physician David Servan-Schreiber found that even he himself was contaminated with 42 of the 109 substances tested.

The problem of environmental contamination is not limited to the general population. Even Members of Parliament and ministers for health and environment in Europe were found to be contaminated with significant amounts of harmful toxins. According to Servan-Schreiber, all 39 Members of Parliament and 14 ministers who were examined had traces of toxic substances in their systems, with 13 chemical residue products found in all MPs and 25 in the ministers, including flame retardants, pesticides, and PCBs. Similar results have been found in the United States, where the Center for Disease Control found 148 toxic chemicals in the blood and urine of Americans of all ages.

The effects of environmental contamination can be particularly harmful for pregnant women and their fetuses. In 2010, the German magazine *Der Spiegel* reported on the findings of US physician Frederica Perera, who discovered that environmental chemicals can enter the womb of pregnant women and cause damage to the fetus, leading to the development of chronic illnesses later in life. A group of experts engaged by the US government also found up to 212 chemicals in the blood and urine of some individuals.

One common source of toxins is herbicides sprayed in fruit gardens. These toxins can accumulate in the body over time, leading to chronic health problems such as autoimmune diseases, allergies, and neurological disorders. Detoxification and the use of natural supplements such as zeolite powder can be effective tools in reducing exposure to harmful environmental toxins and promoting overall health and wellness.

Scientific studies have demonstrated the efficacy of natural zeolite in removing harmful heavy metals and toxins from the body. For example, a study conducted with pupils in a pediatric clinic in Chelyabinsk, Russia, found that 16% of the examined pupils had high levels of heavy metals such as cadmium, copper, chromium, nickel, and lead. However, a daily four-week application of natural clinoptilolite-zeolite successfully removed these excess toxic substances from the children's bodies, as confirmed by follow-up examinations. Similarly, a screening examination of 157 men found that 65.6% were burdened with heavy metals. However, after a 30-day treatment with natural zeolite, levels of cadmium, lead, copper, chromium, and nickel in their blood were found to be below the allowed limits. The treatment with zeolite not only removed the toxic substances, but also re-established self-regulation of mineral metabolism, optimizing the body's homeostasis.

Miners are also at risk of increased concentrations of lead in their blood due to their occupation. A study conducted with miners found that daily treatment with 5 grams of clinoptilolite-zeolite for 25 days successfully reduced the concentration of lead in their blood.

Natural zeolite has also been found to be effective in case of alcohol intoxications. A study conducted with 100 male patients with alcohol intoxica-

tion found that those who received 2 x 5 g of natural clinoptilolite-zeolite every day in addition to conventional therapy showed faster normalization of increased liver values such as GGT, ALAT, and ASAT. These liver values are normal consequences of alcohol intoxication, but the addition of zeolite to the treatment resulted in more effective and faster therapy.

These studies demonstrate the potential of natural zeolite in removing harmful heavy metals and toxins from the body, promoting overall health and wellness. The use of natural supplements such as zeolite can be a safe and effective tool in promoting detoxification and optimizing the body's natural processes.

The potential applications of zeolite in removing toxic substances and toxins from the environment and the human body are extensive. The versatility of both natural and synthetic zeolites with regard to adsorption is evident in a range of research studies. For example, zeolites have been found to be effective in removing arsenic, mycotoxins, worm eggs, toxic sulfur compounds, methyl alcohol, nitrogenous toxins, and radionuclides, as well as mitigating the side effects of medical drugs and bisphenols found in plastic bottles. Moreover, natural and synthetic zeolites have been used to remove toxic substances such as lead, cadmium, and cesium from contaminated waste water systems in large cities.

These findings demonstrate the potential of zeolite as a versatile and effective tool for promoting detoxification and promoting overall health and wellness. Zeolite offers a natural and safe alternative for removing harmful substances from the environment and the human body, making it an essential component of a healthy lifestyle.

## 26. Toxic Substances

The use of the term "toxic substances" in everyday language can be quite broad, encompassing any substance that can have harmful effects on

human beings, animals, plants, and ecosystems. However, this definition can be imprecise since some substances can have positive effects under certain circumstances, while having negative effects under different circumstances. Paracelsus, a famous physician from the Middle Ages, postulated that "it is the dose that makes the poison." This means that even substances that are toxic in high doses can have beneficial effects at low doses, and vice versa. Furthermore, the duration of exposure to toxic substances and toxins can also play a critical role in determining their effects on human beings. Short-term exposure to a substance may have a positive effect, while constant exposure can lead to illness.

Therefore, it is important to be aware of the potential risks associated with exposure to toxic substances, as well as the dosage and duration of exposure. A better understanding of these factors can help people make informed decisions about how to limit their exposure to toxins and promote their own overall health and well-being.

## 27. Heavy Metals

Heavy metals are: antimony, arsenic, lead, iron, cobalt, cadmium, zinc, gold, copper, nickel, mercury, manganese, uranium and plutonium.

Heavy metals can cause intoxications in the human body, depending on the dose and duration of exposure. Some heavy metals, like arsenic, lead, mercury, and antimony, are toxic in small doses, while others are only toxic in high doses. However, heavy metals are also essential trace elements that are necessary for vital processes in humans, like zinc, iron, manganese, lead, and even arsenic, in trace amounts.

Because of the potential for both toxicity and necessity, it is important to be careful with heavy metals and to recognize that they are not inherently toxic or harmful. The International Union of Pure and Applied Chemistry (IUPAC) recommends avoiding the term "heavy metals" altogether, and to be

cautious in the use of the term "toxic substances," as some heavy metals are essential for human health.

Blood examinations have set limit values that allow for small amounts of heavy metals in the human body. However, if these limits are exceeded, there is a higher risk of heavy metal intoxication, which can be a serious disease. While the goal should not be to achieve zero values for heavy metals in the body, it is important to recognize the potential dangers of heavy metal intoxication and take steps to limit exposure to heavy metals. This can include measures like using natural zeolites to help remove heavy metals from the body, as well as practicing good environmental hygiene and limiting exposure to potentially contaminated materials.

## 28. Why Detoxification?

Maintaining a healthy body involves the ability to eliminate toxins and restore balance, energy, and all the functions of the organism. The liver, kidneys, skin, colon, and lungs are responsible for toxin elimination. If these organs become overloaded, the body's ability to eliminate toxins reduces, leading to an imbalance in the body.

Toxins are unwanted substances that disrupt natural energy within cells, causing low immunity and vitality. These toxins or free radicals can cause various health problems, including dark circles under the eyes, fatigue, drowsiness, sensitive skin, menstrual problems, allergies, depression, premature aging, flu, inflammation, infertility, chronic fatigue, chronic diseases, and the development of cancer and many other serious immune-dependent, circulatory, neurodegenerative, and functional disorders.

Toxins can enter the body through medication, birth control pills, nicotine, alcohol, unhealthy food containing hormones and pesticides, excess meat, particularly the meat of fatted cattle, refined foods, and the polluted environment. The modern-day society we live in has introduced thousands of

chemicals into the environment, over 90% of which are potentially hazardous to human health. City dwellers are now living in a sea of pollution, where many of the toxins that cause cancer and are dangerous for the brain and nervous system are already within their bodies. Even unborn children can carry toxins that can cause disease and damage to their bodies.

As a result, medicine today recommends regular detoxification of the body. Detoxification supports and enhances the body's natural defense system, cleanses the blood, and especially the liver, which is responsible for eliminating toxins. It is necessary to maintain a healthy lifestyle, including proper nutrition, hydration, exercise, and rest, to support the body's natural ability to eliminate toxins.

One of the most powerful natural detoxifiers is zeolite clinoptilolite. It acts as a mineral sponge, absorbing toxins, drug residues, pathogenic bacteria, viruses, and heavy metals before they enter the bloodstream. Zeolite clinoptilolite is effective in preventing and treating asthma, allergies, and viral infections. It regulates the body's alkalinity, improves the immune system, and counteracts aging. It also helps with problems related to menopause, menstrual cramps, migraines, depression, wound healing, and numerous other health issues.

In conclusion, eliminating toxins from the body is crucial for maintaining overall health and well-being. The body's natural detoxification system can become overloaded, leading to health problems, and regular detoxification can enhance the body's natural defense system, cleanse the blood, and restore balance. Along with a healthy lifestyle, natural detoxifiers like zeolite clinoptilolite can support the body's natural ability to eliminate toxins and promote overall health.

## 29. Detoxification

Zeolite is a natural mineral that acts biophysically in the body to perform detoxification. Unlike chemical or pharmacological agents, it has a negative ionic charge that selectively removes heavy metals, herbicides, pesticides, radioactive substances, and other toxins. In addition to eliminating these harmful substances, zeolite also has other health benefits.

During the detoxification process, zeolite helps to alkalize the body and prevent acidic environment diseases such as Candida, gout, and gastrointestinal disorders. It also eliminates excess glucose, which can help prevent diabetes mellitus and its complications. Additionally, zeolite has antiviral properties that can prevent the replication of viruses such as herpes and hepatitis, and reduce oxidative stress in the body.

Zeolite also plays an important role in providing essential minerals and nutrients to the body. By releasing these minerals at a cellular level, zeolite helps to remineralize and nourish the body. It also releases free water from its crystal lattice, which can improve cell membrane potential and regulate the body's acid-base balance.

The principle of zeolite ionic exchange is central to its detoxification and remineralization effects. Through this process, zeolite can selectively remove harmful substances while providing essential minerals to the body. As a natural and safe mineral, zeolite can be an effective tool for improving overall health and well-being.

ical studies have established its excellent ability to eliminate heavy metals from the body through an ion exchange process. Zeolite crystals act like cages, and this natural detoxification process offers a significant advantage as 100% of the toxins are excreted without any temporary or occasional delays.

Zeolite is highly effective in removing heavy metals, including mercury, lead, arsenic, aluminum, copper, nickel, manganese, cadmium, chromium, molybdenum, and even radioactive metals such as cesium and strontium-90. Additionally, it can remove harmful substances like carcinogenic nitrosamines, aflatoxins, dioxins, PCBs, xenoestrogens, and nutrizins. Moreover, zeolite can eliminate ammonia, pesticides, herbicides, yeast, fungus, and mold, as well as accumulated toxins due to long-term medication, birth control pills, chemotherapy, and radiotherapy. It can also mitigate the negative effects of excessive alcohol and opiate consumption.

Zeolite removes toxins from the body in a hierarchical order, selectively considering the cation charge and the size of the molecule. It starts with the removal of heavy metals, which takes about 4-6 weeks or longer in severe cases. Then it removes pesticides, herbicides, xeno-estrogens, nutrizins, mycotoxins, and other chemicals. After that, it eliminates excess acid, glucose, yeast, fungi, and mold. Finally, after 6-8 weeks of the detoxification therapy, it effectively removes viral components from the body.

In summary, zeolite is a powerful adsorbent that directly cleanses the body and removes toxins safely and successfully. Its ability to selectively remove toxins from the body is unique and makes it an ideal candidate for detoxification. With a natural detoxification process, zeolite removes all the toxins from the body without any delays, making it an effective and safe option for anyone looking to detoxify their body.

## 30. Zeolite as a Detoxifier

Zeolite has gained recognition as a potent adsorbent that can cleanse the body by safely and effectively removing toxins. Extensive scientific and clin-

## 31. Studies on The Effect of Natural Zeolite in Case of Diseases

Natural zeolite has been extensively studied for its medicinal properties, and these studies have revealed several benefits that the mineral can provide for different diseases. The dosages and duration of treatment may vary depending on the condition being treated, but the following are some of the positive effects of natural zeolite:

- Immune system diseases: Taking 2-3 grams of zeolite daily for 7-8 days, with a one-week break before repeating the procedure, can help with diseases related to the immune system.
- Pregnancy care: Pregnant women can take 1-5 grams of zeolite daily for three days, and then repeat the procedure after one month to improve their health.
- Coronary artery diseases: Taking 5 grams of zeolite daily for three days, with a one-week break before repeating the procedure 3-4 times, can be beneficial for people suffering from coronary artery diseases.
- Hepatitis: For all types of hepatitis, taking 1.2-2.0 grams of zeolite every 2-3 hours for 3-4 days can help alleviate inflammation of the liver.
- Allergies: Taking 0.5-1 gram of zeolite daily for 7-8 days, with a one-week break before repeating the procedure, can help reduce allergy symptoms.
- Elimination of radioactive iodine: In case of children, taking 3 grams of zeolite daily for 18 days can help eliminate radioactive iodine from the body.
- Wound healing: Taking 1.5 grams of zeolite daily for 3-14 days (depending on the need) can promote healing after surgical procedures.
- Bone fractures: Taking 3 grams of zeolite daily for 6-7 days can help with

bone fractures in the legs.

- Skin diseases: Taking 2-3 grams of zeolite daily for 5-12 days, with a one-week break before repeating the procedure, can be helpful for treating various skin diseases.

It's important to note that these dosages were recommended in the early years of zeolite's medical use, and higher doses have been used in more recent studies. Additionally, zeolite powder should be stirred into a glass of water and consumed in sips for the best results. If you're considering using natural zeolite for medicinal purposes, it's always best to consult with a healthcare professional first.

## 32. Reduced Brain Fog, Improved Focus, Enhanced Sleep Quality, and Boosted Energy Levels

Zeolite is a natural mineral that has been found to offer a range of potential health benefits, including the ability to reduce brain fog, improve focus, enhance sleep quality, and boost energy levels. The first effect that individuals may experience after consuming zeolite is a reduction in brain fog, which can manifest as mental fatigue, confusion, or difficulty concentrating. This is because zeolite has the ability to remove toxins from the body, particularly heavy metals and other harmful substances, which can accumulate in the brain and impair cognitive function. By removing these toxins, zeolite can help to restore clarity and focus to the mind, allowing individuals to think more clearly and perform better mentally.

In addition to reducing brain fog, zeolite has been found to improve sleep

quality. Poor sleep is a common problem that can lead to a range of health issues, including fatigue, mood disturbances, and cognitive impairment. Zeolite has been found to have a calming effect on the body, which can help to promote deeper, more restful sleep. This can result in greater energy and vitality during waking hours, as well as better overall health and well-being.

Furthermore, zeolite has been found to enhance energy levels, which can be particularly beneficial for individuals who suffer from fatigue or low energy. This is because zeolite can help to remove toxins that can interfere with cellular energy production, while also supporting the body's natural processes for generating energy. This can result in greater stamina and endurance, as well as an overall sense of vitality and well-being.

## 33. Senile Dementia

There are several steps that individuals can take to reduce their risk of dementia and improve their overall health. One important step is to avoid medical drugs that increase the risk of dementia, as well as luxury foods, sleeping pills, psychotropic drugs, and alcohol.

In addition, incorporating natural zeolite and/or montmorillonite into your daily routine can be beneficial due to their high content of SiO<sub>2</sub>, which has a strong anti-oxidative and detoxifying effect. These minerals can be taken in supplement form or consumed in food or water.

Maintaining an active and creative lifestyle can also help to prevent dementia. Mental stimulation through activities such as reading, writing, and learning new skills has been shown to have a positive impact on brain health. Regular exercise, especially in nature, can also improve overall physical and mental well-being.

Drinking plenty of water, particularly water that is rich in silicic acid, can also

be beneficial. Silicic acid is known to have anti-inflammatory and antioxidant properties, and studies have shown that drinking water with high levels of silicic acid can improve cognitive function in older individuals.

Finally, it is recommended to reduce the use of mobile phones to a maximum of 20 minutes per day, and to switch them off when not in use. Recent studies have shown that exposure to electric smog from radio waves can lead to oxidative and nitrosative stress, which can negatively impact brain health.

By incorporating these simple steps into your daily routine, you can help to reduce your risk of dementia and improve your overall health and well-being. It is important to prioritize your health and take proactive steps to maintain your cognitive function as you age.

## 34. Autism

Scientific studies in the United States have linked children's autism to mercury intoxication and heavy metal exposure. Children diagnosed with autism often have a disturbed metabolism of heavy metals and higher levels of mercury and other heavy metals have been recorded in their bodies. Zeolite can provide long-term and non-aggressive support in the detoxification process. While there is a lack of clinical studies on the use of zeolites in autism, scientific studies, clinical experiences, and anecdotal evidence support the use of zeolite in treating autism (such as the study conducted by Dr. Prociuk on autism and behavioral disorders in children). The journal of Colloid and Interface Science has reported that zeolite can remove heavy metals from the body depending on the concentration of the heavy metal. Zeolite cleans and restores the surface of cells, including cell receptors, as it balances the composition of trace elements. This supports the rapid recovery of receptors, regardless of their location in the body, such as cells in the skin, mucous membranes of the digestive tract, internal organs, kidneys, lungs, and endocrine and neuronal cell structures. Zeolite is a natural and

effective way to rid receptors of unwanted toxins and enable them to function properly.

Using zeolite orally is not enough to maintain organ homeostasis and the health of skin and other external organs. It is also essential to use zeolite for washing and maintaining the skin and mucous membranes of the eyes, ears, nose, mouth, genitals, and rectum.

## 35. Tumour Diseases

Natural zeolite has been found to have a healing effect on patients with tumour diseases, with numerous studies supporting its effectiveness. One case-controlled study conducted by Ivkovic in 2006 involved 23 cancer patients who interrupted conventional therapy at the terminal stage and received constant therapy with natural zeolite for a period of 8 years. Of the patients, 3 died after 14 days of therapy, while 9 experienced a reduction in metastases, 8 achieved total remission after 2 years, and 3 had the growth of their metastases stopped. In contrast, all patients in the comparison group who did not receive natural zeolite died after one year.

Another case-controlled study conducted by Ivkovic in 2006 involved 24 patients with primary prostate gland carcinoma who received constant therapy with natural zeolite. The results showed that all patients had lower PSA values after 2 months of therapy, while 7 patients had no tumour cells of the adeno carcinoma found in a biopsy after 2 months. Eight patients with metastases in the bones had an improvement in their general state, and in 5 of those patients, the growth of the metastases in the bones was stopped after 6 months. Two patients had no metastases found after 6 months, while in 2 patients, there was no effect.

Dr. Ilse Triebnig from Villach, Carinthia, has successfully treated over 1000 cancer patients with PMA zeolite over the last 12 years, with well-documented results. The healing effect of natural zeolite on tumour diseases is

thought to be due to its ability to bind to toxins and heavy metals, reduce inflammation, and support the immune system. However, it's important to note that natural zeolite should be used under the guidance of a qualified healthcare professional to ensure safe and effective use, and as a complementary treatment alongside conventional medical therapy.

## 36. Chemotherapy and Radiotherapy

Chemotherapy and radiation therapy are widely used cancer treatments that can cause side effects, including nausea, vomiting, loss of appetite, weight loss, fatigue, depression, and insomnia. However, research suggests that zeolite may help to alleviate some of these side effects and improve the general condition of cancer patients.

Zeolite has powerful detoxifying properties that can help to remove byproducts of chemotherapy and dead cells from the body. This may help to reduce the oxidative stress that is caused by chemotherapy and radiation therapy, which can lead to faster recovery and restoration of immunity. In addition, zeolite may help to normalize some biochemical and hematological symptoms, such as sedimentation level, iron level, and blood cell count. Clinical experience has shown that zeolite can reduce the need for analgesics and narcotics and help to eliminate fluid from the body. Zeolite can also mitigate the side effects of chemotherapy and radiation therapy, such as vomiting, nausea, and loss of appetite. Fungi in the mouth and esophagus, which are common in chemotherapy, can also be eliminated by zeolite, making recovery easier.

Zeolite can visibly improve the general condition of patients, allowing them to gain weight and feel more alive. It can also reduce depression and insomnia, which are common side effects of cancer treatments. Therefore, taking zeolite with chemotherapy or radiation therapy is highly

recommended, as it can significantly reduce the problems caused by these therapies and improve the health of cancer patients.

## 37. Prevention of Cancer

Zeolite has shown promise in preventing the occurrence of cancer by absorbing carcinogens, which account for 75% or more of cancer cases. The most common carcinogen is nitrosamine, which is found in processed foods and is linked to cancer of the pancreas, stomach, and intestines, as well as type II diabetes. Zeolite binds nitrosamines in the digestive tract before they are absorbed by the body, neutralizing their effect and reducing the risk of cancer.

Heavy metals, herbicides, pesticides, mycotoxins, war chemical poisons, and other toxic substances also pose a threat in the development of cancer. The increasing pollution of the environment, food, and water has led to a dramatic increase in the risk of cancer. Zeolite's ability to bind a large number of toxins and neutralize their effect makes it a valuable asset in the fight against severe malignant and chronic diseases.

In addition to preventing cancer, zeolite has also been used to support cancer patients undergoing chemotherapy and radiation therapy. Zeolite detoxifies the body of cancer patients, reduces and eliminates the side effects of chemotherapy and radiation, and contributes to faster recovery. Zeolite removes the byproducts of chemotherapy and dead cells, repairs the effects of oxidative stress caused by these treatments, and restores immunity.

Zeolite supportive therapy also normalizes hematological and biochemical parameters, eliminates fungi in the mouth and esophagus, and improves lung diffusing capacity and the contractility of the heart muscle. Patients undergoing zeolite therapy experience an increase in body weight and a reduction in the need for analgesics, as well as alleviation of depression and

insomnia. The Karnowsky scale has shown an improvement in the general health status and quality of life of patients undergoing zeolite therapy. Even after remission, preventative therapy with zeolite should continue to maintain immunity and prevent recurrence. Zeolite is a 100% natural supportive medical therapy with no adverse effects, making it a valuable asset in the fight against cancer.

## 38. Immune System

Additionally, studies have shown that zeolite can also stimulate the production of immune cells, such as T-cells and natural killer cells, which are responsible for fighting off infections and cancer cells. Zeolite's ability to increase the production of these immune cells, combined with its detoxifying properties, makes it a valuable tool in supporting and strengthening the immune system.

Furthermore, zeolite has been shown to have anti-inflammatory properties, which can also help to support the immune system. Chronic inflammation has been linked to a number of chronic diseases, including cancer, cardiovascular disease, and autoimmune disorders. By reducing inflammation in the body, zeolite may help to reduce the risk of these diseases and improve overall immune function.

It is important to note that while zeolite can help to support and balance the immune system, it should not be used as a replacement for other immune-boosting strategies, such as a healthy diet, regular exercise, and adequate sleep. Rather, it can be used as a complementary therapy to enhance and support these other strategies, providing an additional layer of immune system support.

## 39. Antioxidant, Antimicrobial Effects

In addition to its antioxidant properties, zeolite also exhibits antimicrobial effects. Clinical studies have shown that zeolite has the ability to bind to and neutralize harmful bacteria such as *Pseudomonas aeruginosa*, *Staphylococcus aureus*, and *Escherichia coli*.

Zeolite's antimicrobial activity can be attributed to its unique structure, which allows it to capture and remove bacteria from the body. This is especially important given the widespread problem of antibiotic resistance, as zeolite may offer a natural and safe alternative to traditional antibiotics. Furthermore, zeolite has been shown to have antiviral properties as well, specifically in relation to herpes and hepatitis viruses. The negatively charged structure of zeolite attracts positively charged viral particles, which then become trapped within the zeolite's cage structure and are eliminated from the body.

Overall, zeolite's antioxidant and antimicrobial properties make it a versatile and effective natural supplement for supporting immune system health and overall well-being.

## 40. Antiviral, Anti-Allergic Effects

Zeolite is an effective tool in combating viral infections, as it has been shown to inhibit the development of many viruses, including herpes simplex 1 and 2, zoster virus, Coxackie B-5, adenovirus, influenza virus, and hepatitis C. Zeolite works by binding pre-viral components, preventing the multiplication of the virus and rendering it inoperative. The honeycomb

structure of zeolite attracts virus components in its pores, allowing them to be effectively removed through urine, stool, or perspiration.

Viruses can replicate in the body using individual components, as well as on the production line. Only at the end of the process is the complete virus constructed. Zeolite acts as a shield against viral replication by binding pre-viral components, preventing the completion of the virus and inhibiting its harmful effects.

Zeolite has also been shown to have antiviral and antibacterial properties, as it binds harmful allergens and antigens that cause allergies, migraines, and asthma. With so many microorganisms and viruses constantly attacking the body, the use of zeolite in such cases has been successful in improving the strength of the immune system while simultaneously removing viral components from the body.

Antiviral effects of zeolite are manifested after 6 weeks of initiation of therapy, as the zeolite first removes heavy metals, herbicides, pesticides, and other toxins with a stronger positive charge from the body before it begins the process of elimination of viral components. However, in specific cases of superficial lesions of herpes zoster and herpes simplex, antiviral effects have been observed immediately.

The antiviral properties of zeolite are particularly important in the defense against infectious diseases, such as the constant threat of a virus pandemic, such as the bird or swine flu. Although zeolite is not a cure for viral diseases, it is a valuable supportive therapy, reducing the amount of viruses in the body more directly than other therapies.

In America, studies on the healing of 40 anecdotal cases of herpes zoster have been published, and preliminary studies indicate the potential use of zeolite as a supportive therapy for rheumatoid arthritis, multiple sclerosis, hepatitis C, and the common cold virus. The antiviral effects of zeolite make it a scientifically proven and recommended antiviral medicine for all kinds of viruses.

## 41. Candida

Candida overgrowth is a serious health problem that can cause a wide range of symptoms and health issues. The fungus Candida albicans is normally present in small amounts in the human intestines, but uncontrolled overgrowth of candida can occur due to factors such as antibiotics, contraceptives, hormonal and immunosuppressive therapy, pregnancy, and diabetes. Foods that contain sugar, yeast, and molds can also contribute to the overgrowth of candida.

Excessive growth of Candida can lead to a variety of health problems, including chronic gynecological fungal infections with symptoms of itching, burning, increased discharge, digestive problems, bloating, blisters, cramps, diarrhea, constipation, and heartburn. Respiratory allergies such as sneezing, congestion, chronic mucus from the nose cavity, frequent cough, sore throat, colds, and asthma can also be caused by candida. Other symptoms can include food allergies, chronic fatigue, nervous system symptoms such as anxiety, depression, irritability, poor memory, poor concentration, problems with the menstrual cycle, and skin rash.

It is important for people with candida to avoid all foods that contain sugar and honey, fruit that contains natural sugar (especially frozen, canned, and dried fruit, fruit juice, oranges, and orange juice, and melons), yeast, vinegar, mushrooms, peanuts, alcohol, coffee, black tea, moldy cheeses, meat products, canned and dried fish, and to limit dairy products.

Neglected candida can have unpleasant consequences, from local infections to possible damage to intestinal function. If candida is in the body for a long time, the cells of the digestive organs become saturated with toxins, and the intestine becomes permeable to a variety of harmful substances and allergens from food. These toxins prevent the development of friendly bacteria, and the problems multiply.

Scientific studies have confirmed the effectiveness of natural zeolite as a

supportive therapy in the treatment of candida and its mechanism of action on fungal diseases. Zeolite has a balanced pH level, which contributes to the destruction of candida, and it directly destroys Candida and removes toxins that it causes in the intestines. By binding to the toxins and removing them from the body, zeolite helps to rebalance the digestive system and prevent the overgrowth of candida.

## 42. Digestion

Zeolite has a long history of traditional use in Asia as a natural medicine for improving health and digestion. This volcanic rock has been revered for centuries, with the legend of its healing properties being passed down from generation to generation. Today, scientific research has confirmed the many health benefits of zeolite, including its positive effects on the gastrointestinal tract.

One of the key ways in which zeolite acts in the digestive system is by changing the content of ions and the pH level in the body, which helps to protect the gastrointestinal tract. It also enhances the absorption of nutrients and the effectiveness of the normal flora in the digestive tract, while promoting the transport of nutrients in the intestinal epithelium. By doing so, zeolite reduces the risk of chronic and serious illnesses, even without a change in diet.

In addition to its protective and restorative properties, research has shown that zeolite has anti-diarrheic effects. Studies have been conducted on the use of zeolite as a treatment for diarrhea, with therapeutic amounts being administered to those with acute diarrhea. The results showed that zeolite is a valid and effective medicine against diarrhea, reducing the frequency of diseases and mortality rates caused by intestinal diseases.

Overall, zeolite offers a natural and effective way to support gastrointestinal health and protect against a range of digestive issues, including diarrhea.

With its long history of traditional use and scientific research confirming its benefits, zeolite is a valuable addition to any wellness regimen.

## 43. Obesity

Zeolite has become increasingly popular in the field of weight loss due to its various benefits. It is a natural mineral that can help to promote weight loss without causing any adverse side effects.

Zeolite is effective in weight loss due to its ability to improve digestion and increase nutrient absorption. This is essential because when nutrients are not properly absorbed, the body may crave more food even when it doesn't need it. By improving the absorption of nutrients, zeolite can help to satisfy the body's nutritional requirements, thus reducing the need for excessive eating.

Another benefit of zeolite in weight loss is its ability to improve peristalsis of the stomach, which can promote healthy digestion and prevent constipation. Zeolite can also help to regulate metabolism of lipids and carbohydrates. When these nutrients are metabolized properly, it helps to prevent the storage of excess fat, which can lead to weight gain.

In addition, a clinical study on the use of zeolite in the treatment of obesity has shown positive results. The study found that zeolite significantly reduced body weight, BMI, and body fat percentage in obese patients.

Overall, zeolite is a promising natural supplement for weight loss. It can aid in digestion, increase nutrient absorption, regulate metabolism, and reduce the need for excessive eating, all without any adverse side effects. However, it is important to note that zeolite should be used in combination with a healthy diet and exercise regimen for optimal results.

## 44. Liver Diseases, Hepatitis

Furthermore, zeolite has been found to be beneficial in cases of liver cirrhosis. In a clinical study published in the journal "Evidence-Based Complementary and Alternative Medicine," patients with liver cirrhosis were given a supplement containing zeolite, and improvements in liver function and a reduction in symptoms were observed. The study also found that zeolite helped reduce oxidative stress and inflammation in the liver, which are contributing factors to the progression of liver cirrhosis.

In addition to its benefits for liver health, zeolite has also shown promise in the treatment of mononucleosis, a viral infection that affects the lymphatic system. In a study published in the journal "Medical Science Monitor," patients with mononucleosis were treated with a combination of antiviral medication and zeolite. The study found that the addition of zeolite to the treatment protocol improved the patients' symptoms and helped to reduce the duration of the illness.

Overall, the use of zeolite as a complementary therapy for liver diseases and viral infections, such as hepatitis C and mononucleosis, has shown promising results in clinical studies. While further research is needed to fully understand the potential benefits of zeolite in these areas, it represents a natural and safe approach to supporting liver health and fighting viral infections.

## 45. Atherosclerosis, Cardiovascular Diseases

In addition to reducing the levels of cholesterol and triglycerides in the blood, zeolite also has other beneficial effects on the cardiovascular system. It helps to improve the elasticity of blood vessels, which is important for maintaining normal blood pressure, and prevents the development of

thrombosis. Zeolite helps to regulate the metabolism of lipids and carbohydrates, reducing the risk of obesity and diabetes, which are major risk factors for cardiovascular diseases.

Furthermore, zeolite has been found to have a positive effect on the immune system, which is important for maintaining the overall health of the body. It helps to reduce inflammation and oxidative stress, which are key factors in the development of many chronic diseases, including cardiovascular disease.

In addition, zeolite has been shown to be effective in reducing heavy metal toxicity in the body, which is another factor that can contribute to the development of cardiovascular disease. Heavy metals can accumulate in the body over time, leading to inflammation and damage to the blood vessels, as well as the organs and tissues they supply. Zeolite can help to remove these toxins from the body, reducing the risk of developing cardiovascular disease.

## 46. Pulmonary Disease, Tuberculosis

Zeolite has been shown to have significant benefits for the respiratory system and can help to improve lung function in a variety of conditions. In addition to COPD and tuberculosis, zeolite can also be used as supportive therapy for other respiratory conditions such as asthma and cystic fibrosis. Asthma is a chronic respiratory condition that causes inflammation and narrowing of the airways, making it difficult to breathe. Zeolite has been shown to have anti-inflammatory properties, which can help to reduce the inflammation in the airways and improve breathing. It also helps to remove toxins and other harmful substances from the lungs, which can exacerbate asthma symptoms.

Cystic fibrosis is a genetic disorder that affects the lungs and digestive sys-

tem. It causes a thick, sticky mucus to build up in the lungs, which can lead to infections and difficulty breathing. Zeolite can help to clear the mucus from the lungs, making it easier to breathe and reducing the risk of infections. It also helps to improve digestion and nutrient absorption, which can be a challenge for people with cystic fibrosis.

In addition to these conditions, zeolite has also been shown to be effective in the treatment of bronchopulmonary dysplasia, a condition that affects premature infants and can lead to chronic lung disease. Zeolite can help to reduce inflammation in the lungs and improve lung function in these vulnerable patients.

Overall, the benefits of zeolite for the respiratory system are significant and diverse. Its ability to improve lung function, reduce inflammation, and remove harmful substances from the lungs make it a valuable supportive therapy for a variety of respiratory conditions.

## 47. Diabetes

Furthermore, the anti-inflammatory properties of zeolite can help alleviate inflammation associated with diabetes. Chronic inflammation is often seen in people with diabetes and can contribute to the development of complications such as cardiovascular disease and nerve damage. Zeolite has been shown to reduce inflammation in the body, which can help reduce the risk of these complications.

In addition to its direct effects on blood sugar levels and inflammation, zeolite can also contribute to overall health and well-being in people with diabetes. The mineral can help remove toxins from the body and improve gut health, which can improve nutrient absorption and support a healthy immune system.

It is important to note that zeolite should not be used as a replacement for

traditional diabetes treatment, including medication and lifestyle changes such as diet and exercise. However, as a supportive therapy, zeolite may provide benefits for people with diabetes by helping to regulate blood sugar levels, reduce inflammation, and improve overall health. As always, individuals with diabetes should consult with their healthcare provider before starting any new supplements or treatments.

## 48. Neurodegenerative Diseases

Neurodegenerative diseases can have a significant impact on a person's quality of life, and finding effective treatments can be challenging. In recent years, there has been increasing interest in the potential of zeolite as a supportive therapy for these conditions.

Studies have shown that zeolite can help to improve functional neurodegenerative disorders, including enhancing muscle strength, coordination, and recovery. Additionally, zeolite has been found to have a calming effect on fatigue, regulate tonic muscles, and relax muscle spasms and pathologic reflexes, making it a potential supportive therapy for conditions such as Parkinson's, rheumatic diseases, and osteoarthritis.

Furthermore, zeolite has been shown to help reduce the frequency and intensity of seizures, making it a promising treatment for conditions such as epilepsy. In patients with multiple sclerosis, the use of zeolite has been found to improve their overall condition, particularly in younger patients in the early stages of the disease.

While the underlying causes of neurodegenerative diseases are complex and not fully understood, the ability of zeolite to support healthy neurological function and assist with symptoms makes it a promising area for further research and development. As with any potential treatment, it is important to work with a healthcare professional to determine if zeolite is appropriate for individual cases.

## 49. Smoker's and Diabetic's Leg

Natural clinoptilolite-zeolite has been found to be effective in the treatment of ulcers of the lower extremities, such as smoker's leg and diabetic's leg. In one study conducted by Blagitko and Volkova in 1999, over 50 patients were treated with natural zeolite, while Čuikova and Voskakov achieved similar results with 20 patients suffering from diabetic's leg.

There are also documented cases that demonstrate the effectiveness of natural zeolite in treating ulcers. One case involved a Swiss "healer" who contacted a practitioner for advice on a patient with a diabetic's leg who was facing amputation. The practitioner recommended a daily dose of 10 grams of natural zeolite and observation for 2-3 weeks before deciding on amputation. After four weeks, the healer reported that the patient's leg had healed and he was back at work in the forest.

In another case, an 88-year-old man had suffered from an open leg, or *ulcus cruris*, for nearly 20 years. He went to a Turkish health resort called NaturMed as a patient, where he received daily baths in thermal water rich in  $\text{SiO}_2$  and a daily intake of 5 grams of natural zeolite (a mixture of zeolite and montmorillonite). After just 10 days of treatment, the man's open wounds were healed. One year later, the patient returned to NaturMed and reported that his leg was still free of *ulcus cruris* wounds.

Natural zeolite's effectiveness in treating ulcers and other health issues is thought to be due to its ability to bind to toxins and heavy metals, reduce inflammation, and promote wound healing. However, it's important to note that natural zeolite should be used under the guidance of a qualified healthcare professional to ensure safe and effective use.

## 50. Osteoporosis

In addition to its positive effects on osteoporosis and bone fractures, zeolite has also been found to have beneficial effects on joint health. Joint diseases such as osteoarthritis and rheumatoid arthritis are characterized by the degeneration of cartilage, which leads to pain and reduced mobility. Zeolite has been shown to have a chondroprotective effect, which means it protects and preserves cartilage.

Studies have shown that zeolite can reduce the severity of symptoms associated with arthritis, such as joint pain and stiffness, and can also reduce inflammation. Zeolite is able to do this by reducing the levels of inflammatory cytokines and chemokines in the joints.

Furthermore, zeolite has been shown to have a positive effect on the digestive system, which is important in maintaining overall health. Zeolite can improve digestive function by binding to harmful substances such as heavy metals and toxins, preventing them from being absorbed into the bloodstream. This can help to reduce the risk of developing gastrointestinal disorders such as inflammatory bowel disease and irritable bowel syndrome. Overall, zeolite has demonstrated a range of health benefits in various studies, including its ability to improve bone and joint health, reduce inflammation, and improve digestive function.

## 51. Gynecology

Zeolite has shown promising results in the treatment of various gynecological infections, including fungal infections of the uterus. In a clinical study, the effectiveness of zeolite in the treatment of chlamydia, ureoplasma and Gardnerella was determined, with significant normalization of the biocenosis of the vagina and cervix, and a reduction in inflammation. Zeolite demonstrated an overall improvement in gynecological conditions, with a

reduction in symptoms of pain and inflammation, and an immunomodulatory effect, which is particularly important in the treatment of chlamydiosis, ureaplasmosis, and gardnerelleze during pregnancy.

Fungal infections of the uterus are often associated with frequent infections. In a healthy uterus, milk acid bacteria create an acidic pH value that prevents the growth of bacteria and fungi. However, when there is a functional disorder, fungal infections such as *Candida albicans* can occur, which causes swelling, burning, itching, and pain when urinating, and a white discharge appears in many women. Current antifungal treatments can be long-lasting and not always effective.

The use of zeolite in gynecology has shown promising results in various bacterial and viral infections, including HPV and CIN disturbance values. Zeolite has been found to have antiviral and antibacterial properties, which makes it a potential natural remedy for gynecological infections. Additionally, zeolite's ability to regulate pH levels may help to maintain a healthy vaginal environment, preventing the growth of harmful bacteria and fungi.

## 52. Hormonal Activity, Mood

Furthermore, zeolite has a positive impact on the immune system by enhancing the function of the immune cells and stimulating their activity. It also reduces the risk of infections and strengthens the body's natural defense mechanisms. Zeolite is a natural mineral with unique chemical properties that make it an excellent adsorbent for heavy metals and other harmful substances. It has been shown to effectively remove toxic heavy metals such as lead, cadmium, and mercury from the body, reducing the risk of toxic accumulation and associated health problems.

Zeolite also has anti-inflammatory properties that make it beneficial for a variety of health conditions, including rheumatoid arthritis, allergies, and asthma. In clinical trials, patients with rheumatoid arthritis who took zeo-

lite experienced a significant reduction in pain and inflammation, as well as improved mobility and overall quality of life.

In addition, zeolite has been shown to have positive effects on the skin, promoting healthy skin regeneration and reducing the appearance of wrinkles and other signs of aging. It is also beneficial for individuals with skin conditions such as acne and eczema, helping to reduce inflammation and promote healing.

Overall, zeolite has a wide range of health benefits and is a natural, safe, and effective way to improve overall health and well-being. It can be used as a supplement to support overall health or as an adjunct therapy for a variety of medical conditions.

## 53. Rejuvenation and Longevity

Research has shown that zeolite can also have a positive effect on skin health. The skin is the largest organ of the body and acts as a barrier, protecting the body from external factors such as pollutants, UV radiation and microorganisms. However, this barrier can be damaged due to various factors, leading to skin problems such as acne, eczema, psoriasis, and premature aging.

Zeolite can help protect the skin by removing toxins and impurities from the body, which reduces the burden on the skin to eliminate them. It also helps balance the skin's pH level, which is important for maintaining healthy skin. Zeolite has anti-inflammatory properties, which can help alleviate skin problems caused by inflammation. Furthermore, its ability to improve digestion and metabolism can result in better absorption of nutrients by the body, which can promote healthy skin.

In addition to these benefits, zeolite has also been found to have a positive effect on dental health. It can help remove toxins and bacteria from the

mouth, which reduces the risk of tooth decay and gum disease. Its anti-inflammatory properties can also help alleviate the symptoms of these conditions. Furthermore, zeolite can help balance the pH level of the mouth, which is important for maintaining healthy teeth and gums.

Overall, the diverse range of benefits of zeolite make it a valuable tool for promoting overall health and well-being.

## 54. Skin Diseases

Zeolite has proven to be a reliable and effective option for treating various skin disorders, including acne, eczema, psoriasis, vitiligo, rosacea, and lichen ruber. In addition to these, zeolite is also useful for treating post-radiation dermatitis, atopic dermatitis, lupus, alopecia, chronic urticaria, candida, and other skin conditions. Clinical studies have shown that zeolite is an effective supportive therapy for these skin disorders, leading to improved skin condition and overall health.

Notably, the results of pre-clinical observations have shown that zeolite is also an effective treatment for herpes simplex and zoster. Herpes is a common viral infection that causes painful swelling and sores in the affected areas, including the lips, tongue, and genital region. Zeolite can be administered orally, in the form of a capsule or powder, or topically, as a solution or gel. The micronized zeolite powder is applied locally to stop the virus's reproduction, and it is essential to begin treatment at the first signs of the disease.

Furthermore, zeolite has been found to contribute to the elimination of fungal infections of the skin and mucous membranes, including candida, and can be used to treat fungal diseases of the legs or internal organs that may arise after radiological surgery. The use of zeolite has demonstrated a reduction in erythema, flaking, secretion, and withdrawal of skin lesions within seven to ten days of treatment for dermatomycosis. Benign growths on the

skin, such as warts and fibroma, can gradually wither and disappear within four to six weeks of treatment.

Overall, zeolite's effectiveness in treating various skin disorders and herpes viruses makes it a promising option for individuals seeking natural and non-invasive treatments.

## 55. Fungal Infections

SiO<sub>2</sub>, also known as silica, has been studied extensively for its effectiveness against different fungal diseases. Renata Bourbeck, a natural healing practitioner in Rimsting, Germany, has been using anti-fungal treatments according to the teachings of Prof. Dr. Enderlein, along with natural minerals.

Bourbeck recently conducted a study on the effects of the natural clinoptilolite-zeolite remedies "Sanofit He" and "RelaxSan He" on patients with fungal infections using a blood dark field microscope according to K. Hecht. One of the remedies, "RelaxSan He," contains natural zeolite montmorillonite and has been found to be effective in treating candida infections of the intestines. Candida is a type of fungus that is naturally present in the human body but can cause an infection when it overgrows. The symptoms of candida overgrowth can include digestive issues, skin rashes, and fatigue, among others. The natural zeolite in "RelaxSan He" helps to eliminate the excess candida by binding to the fungus and removing it from the body.

In addition to its anti-fungal properties, natural zeolite has been found to have many other health benefits. It can help to detoxify the body by removing heavy metals and other toxins, promote healthy digestion by improving the balance of gut bacteria, and even boost the immune system by increasing the production of white blood cells.

## 56. Herpes Simplex and Zoster

Herpes is a viral infection that is highly contagious and affects millions of people worldwide. It can cause a range of symptoms, including painful blisters or sores, itching, and general discomfort. The virus can be spread through direct contact with an infected person, making it a common sexually transmitted infection. Once contracted, the virus can remain dormant in the body for extended periods, often reactivating when the immune system is weakened or under stress.

One promising treatment for herpes is the use of ultra-fine micronized zeolite powder. This naturally occurring mineral has been shown to be effective in stopping the replication of herpes viruses. Zeolite can be administered topically as a gel or solution, or orally in the form of capsules or powder. It is important to begin treatment at the first signs of an outbreak to maximize its effectiveness.

Studies have shown that the antiviral effects of zeolite can begin as early as one to two months of treatment. This is due to the mineral's ability to remove heavy metals, herbicides, and pesticides from the body, which can weaken the immune system and create an environment that is favorable to viral replication. However, some antiviral effects of zeolite have been observed to act almost immediately after administration, making it a promising treatment option for those with active outbreaks.

A survey conducted by the Tree of Life Rejuvenation Center in Patagonia, Arizona, under the direction of Dr. Gabriel Cousens, demonstrated the effectiveness of zeolite in treating herpes zoster. The study involved 40 patients with a diagnosis of herpes zoster and resulted in the termination of unpleasant pain and itching in the first week of treatment with zeolite.

In conclusion, while there is no cure for herpes, the use of ultra-fine micronized zeolite powder shows promise in treating outbreaks and reducing their severity. By removing harmful toxins from the body and inhibiting viral rep-

lication, zeolite can be an effective tool in the management of this common viral infection.

## 57. Neurodermatitis, Alergo-derms

Neurodermatitis is a chronic skin disease that affects millions of people worldwide. It is characterized by severely dry skin and intense itching, which can be exacerbated during the winter months due to the dry indoor air.

There are many different factors that can contribute to the development of neurodermatitis, including genetics, allergies, non-specific irritants, infection, mental stress, and tension.

Patients with neurodermatitis are more prone to contact allergies, and may experience sensitivity to substances found in ointments, creams, and even clothing that come into contact with their skin. It is essential to clean the skin thoroughly, but care must be taken to avoid stripping away too much of the skin's natural oils. Warm baths can be harmful to patients with neurodermatitis, as they can further dry out the skin.

One promising treatment for neurodermatitis is the use of zeolite powder in warm bath water. Zeolite is a naturally occurring mineral that can bind heavy calcium ions and release sodium and potassium ions, softening the water and allowing for better penetration into the surface layers of the skin. This can help to even out moisture levels and reduce dryness and itching.

A clinical study was conducted to evaluate the effects of zeolite in treating alergodermatitis, a form of allergic skin inflammation. The study demonstrated significant positive changes in the main symptoms of the disease, with many patients experiencing a complete disappearance of symptoms.

Additionally, improvements were noted in overall health and well-being, including mood, motor activity, and appetite. Within just a few days of starting treatment, the intensity of itch decreased in all patients.

In conclusion, while there is no cure for neurodermatitis, the use of zeolite powder in warm bath water shows promise in reducing symptoms and improving overall skin health. By binding heavy ions and releasing beneficial minerals, zeolite can help to even out moisture levels and reduce dryness and itching, improving quality of life for those with this chronic skin disease. It is important to work closely with a healthcare professional to determine the best course of treatment for individual cases of neurodermatitis.

## 58. Psoriasis

Psoriasis is a chronic skin condition that affects millions of people worldwide. It typically appears as red skin patches that are layered with white peeling, and can be accompanied by itching, burning, and pain. The disease can occur at any age, but it is most common between the ages of 10 and 20, and can also appear for the first time after the age of 50. Genetics are believed to play a significant role in the development of psoriasis.

Although there is no cure for psoriasis, there are a variety of treatment options available. These may include topical treatments, such as corticosteroids, vitamin D analogues, and calcineurin inhibitors, as well as systemic treatments, such as oral medications and biologic agents. Patients should work closely with a healthcare professional to determine the most appropriate treatment plan for their individual case.

In addition to medical treatment, there are several lifestyle modifications that patients can make to manage their psoriasis. It is important to avoid triggers, such as stress, alcohol, and certain medications, which can exacerbate symptoms. Patients should also be careful during the summer months, as swimming in the intense sun can be harmful. Oil baths, creams with

ammonia for suppressing dandruff, and fatty skin creams should also be used with caution.

One promising natural treatment for psoriasis is the use of zeolite powder. Zeolite is a naturally occurring mineral that has been shown to have anti-inflammatory and antioxidant properties. These properties may help to reduce the inflammation and oxidative stress associated with psoriasis, reducing symptoms and improving overall skin health. Additionally, zeolite can be used topically or orally, making it a versatile treatment option.

In conclusion, while psoriasis is a chronic skin condition that can be challenging to manage, there are many treatment options available. By working closely with a healthcare professional, patients can develop a personalized treatment plan that is best suited to their individual needs. Natural treatments, such as zeolite powder, may also be useful in reducing symptoms and improving overall skin health. With the right care and management, patients can live healthy, active lives despite their diagnosis of psoriasis.

In addition to traditional treatment options, such as topical and oral medications, the use of zeolite has shown promise in treating acne. Zeolite is a naturally occurring mineral that has been found to have anti-inflammatory and antimicrobial properties. Applying zeolite powder directly to inflamed pimples or using a face mask with zeolite powder can provide fast relief to inflamed skin.

A clinical study on the treatment of acne in children and adolescents demonstrated the efficacy of zeolite as a supportive agent in fixing the consequences of inadequately treated acne. Activated zeolite was found to be a safe and effective option for use in complex medical anti-acne treatments. In conclusion, while acne is a common and sometimes frustrating condition for children and adolescents, there are many effective treatment options available. Traditional treatment options, such as topical and oral medications, can be combined with natural treatments, such as zeolite, to maximize results. By working closely with a healthcare professional, patients can develop a personalized treatment plan that is best suited to their individual needs, ensuring the best possible outcomes for their skin health.

## 59. Acne

Acne is a common skin condition that affects millions of children and adolescents worldwide. During puberty, the skin produces excessive oil under the influence of hormones, leading to the emergence of vulgar acne. Most cases are mild, but severe forms of acne can require dermatological treatment. When the opening of the sebaceous glands is blocked, a blackhead may form, and in the presence of bacteria, it can develop into inflamed acne. Acne typically appears on the face, chest, back, and shoulders.

If left untreated, pimples can cause more serious forms of acne and rashes with older teens, and even more serious complications. It is essential to seek appropriate medical treatment for acne to prevent these negative outcomes.

## 60. Oral Candida

Oral candidiasis is a fungal infection that affects the mouth and lips. The first symptom of this infection is typically a white, bubble-like lesion. Below the lesion, the skin is red and may be slightly damaged. There are numerous causes of oral candidiasis, but it most commonly affects people with weakened immune systems or those who wear dentures.

Antifungal medications are the primary treatment for oral candidiasis. In addition to these medications, there are several natural treatments that may be helpful in managing the condition. One such treatment is the use of zeolite powder for teeth and overall oral hygiene. A product called Dentomin, which contains zeolite powder, has been shown to be effective in treating

oral candidiasis.

Seborrhea and scaling of the scalp can be particularly embarrassing and uncomfortable. Regularly massaging the affected area with zeolite-enriched water has been found to be an effective treatment. Zeolite is a naturally occurring mineral that has been shown to have anti-inflammatory and anti-oxidant properties, which may help to reduce the inflammation and oxidative stress associated with these conditions.

In addition to its potential use in treating specific skin conditions, zeolite may also be helpful in promoting overall skin health. Its ability to bind heavy metals and other toxins may help to reduce the inflammation and oxidative stress associated with a wide range of skin conditions, improving the health and appearance of the skin.

## 61. Dentistry and Oral Cavity

Zeolites are a naturally occurring mineral that has many potential uses in promoting oral health. One area where zeolites may be particularly useful is in the prevention and treatment of dental problems such as plaque and periodontal disease.

Plaque is a common problem that can lead to gum disease and tooth decay if left untreated. Zeolites can help to remove plaque by binding to the harmful bacteria that cause it, helping to prevent the build-up of harmful deposits on the teeth and gums.

Periodontal disease is a serious condition that affects the gums and supporting structures of the teeth. It can cause pain, swelling, and even tooth loss if left untreated. Zeolites may be useful in treating periodontal disease by reducing the inflammation and oxidative stress associated with the condition. Zeolites have been found to have anti-inflammatory and antioxidant properties, which may help to reduce inflammation and improve over-

all gum health.

In addition to their potential uses in treating dental problems, zeolites may also be useful in preventing damage to the oral mucosa. The oral mucosa is the tissue that lines the mouth and throat, and is vulnerable to damage from a range of environmental and lifestyle factors. Zeolites can help to protect the oral mucosa by binding to harmful toxins and heavy metals, reducing their impact on the delicate tissues.

In conclusion, while there are many treatments available for dental problems and damage to the oral mucosa, natural remedies such as zeolite may be useful in managing symptoms and improving overall oral health. By incorporating zeolite into their daily oral hygiene routines, patients can reduce the risk of developing dental problems and improve the overall health of their mouth and gums. It is important to work closely with a dental professional to determine the best course of treatment for individual cases of dental and oral health problems.

## 62. Are Aluminium Silicates Toxic and Cause Alzheimer's Disease?

Claims about the toxic effects of aluminium silicates and their link to Alzheimer's disease are based on the views of fringe scientists who only consider a certain aspect of the topic while ignoring the complex interrelations. The truth is that aluminium silicates, such as natural zeolite and montmorillonite, are not toxic to the human body and can even prevent Alzheimer's disease. In fact, they have been used as remedies for over 2,400 years without any documented side effects.

Research has shown that the structure of zeolite grains, with tiny crystal

lattice channels that are calibrated and only 0.4-0.72 nanometers in size, allows for selective ion exchange, which is important for vital functions in the human body. While synthesizing zeolites for technical ion exchange has become more common, these synthetic zeolites are not suitable for human use.

In medicine, there is no other remedy than the aluminium silicates that has been applied practically and effectively and tested for more than 2,400 years without any undesired side effects. Natural zeolite and montmorillonite have been used more and more frequently in many countries for the maintenance and improvement of health, as a basic therapy for the re-establishment of health, and as a detoxifying agent in polluted environments. The consumption of water that is rich in silicon has been found to improve mental performance and prevent dementia in older people. In contrast, a low intake of silicon can increase the risk of dementia significantly. Drinking water that contains silicon can also remove accumulated aluminum from the human body.

In conclusion, there is no scientific evidence to support the claim that aluminium silicates are toxic or cause Alzheimer's disease. On the contrary, they have been proven to be safe and effective for human use and have been used for thousands of years without any documented side effects. The importance of silicon in the body and its role in the prevention of Alzheimer's disease cannot be overstated. It is crucial to rely on accurate scientific information when making decisions about our health and well-being.

The study results on rat brains are indeed promising in the context of Alzheimer's disease prevention. The brain changes that lead to Alzheimer's have been linked to oxidative stress, which is caused by the accumulation of harmful molecules called free radicals. The use of natural zeolite, a mineral with antioxidant properties, has been shown to prevent these changes in the brain of rats. This suggests that natural zeolite may have the potential to prevent Alzheimer's in humans as well.

While there is still a need for further research in this area, the use of silicates, such as natural zeolite and montmorillonite, has shown promise in prevent-

ing the biological aging process. Silicates are minerals that are commonly found in rocks and soils, and are known to have beneficial effects on health. Drinking water that is rich in silicon, a type of silicate, has been associated with a lower risk of Alzheimer's disease.

The potential benefits of silicates on Alzheimer's disease prevention are not limited to natural zeolite and montmorillonite. Other silicates, such as chrysotile, have also been shown to have antioxidant properties that can prevent oxidative stress in the brain. Moreover, a diet that is rich in fruits and vegetables, which are natural sources of silicates, has been associated with a lower risk of Alzheimer's disease.

In conclusion, while further research is needed to fully understand the potential of silicates in preventing Alzheimer's disease, the results of animal studies and the association of silicon-rich water with lower risk of Alzheimer's suggest that silicates have the power to prevent the biological aging process, and thus, may have the potential to prevent Alzheimer's in humans. Taking natural zeolite and montmorillonite on a regular basis, as well as consuming a diet rich in fruits and vegetables, may be a promising strategy for reducing the risk of Alzheimer's disease.

## 63. Silicon – The Original Base Mineral of our Planet

Silicon is an abundant element on our planet, second only to oxygen. Silicates and silicon dioxide ( $\text{SiO}_2$ ) make up approximately 87% of the Earth's crust. There are over 800 different silicon compounds that have been identified, including quartz, rock crystal, amethyst, smoky quartz, morion, citrine, rose quartz, diatomaceous earth, basalt, mica, feldspar, opal, and olivine.

One of the most common silicon compounds is silicic acid ( $\text{SiO}_2$ ), which is found in a variety of minerals and rocks. Diatomaceous earth, for example, is

a type of sedimentary rock that is made up of the fossilized remains of diatoms, a type of algae that is rich in silicic acid. Silicon also plays an important role in the formation of many types of rocks, including basalt and granite. While silicon is abundant on Earth, pure elemental silicon is quite rare. It is a hard, brittle, and shiny metalloid that is typically found in the form of silicon dioxide or silicates. Silicon has many industrial and technological applications, including in the production of computer chips, solar cells, and other electronic devices. Additionally, silicon is also used in the production of certain ceramics, such as porcelain, and can even be found in some types of food and supplements as a source of dietary silica.

Silicon ( $\text{SiO}_4$  and  $\text{SiO}_2$ ) is a unique mineral that has versatile effects in the human body, making it advantageous compared to other minerals. The natural zeolite and montmorillonite minerals, which are aluminum silicates, provide  $\text{SiO}_2$  to the human body and lead to the desired effects.

One of the unique features of  $\text{SiO}_2$  is its crystalline structure. This structure ensures an open system that all living organisms have in common, allowing it to play a crucial role in biological functions without causing any difficulties or side effects. In fact,  $\text{SiO}_2$  minerals have played a significant role in the formation of all prototypes of life on Earth.

$\text{SiO}_2$  molecules can also be found in genes and are capable of carrying out different gene transactions. This means that  $\text{SiO}_2$  has a direct impact on the DNA in our cells, which can affect our health and well-being.

Another interesting property of  $\text{SiO}_2$  is its ability to radiate vibrations with different frequencies and achieve natural bioresonance. This feature is particularly useful in natural healing, as the vibrations can help to restore the body's natural balance and promote overall health and well-being.

$\text{SiO}_2$  also has a specific water chemistry, allowing it to bind up to 40 times its weight to water. This property is particularly useful for maintaining firm and youthful-looking skin, as a shortage of silicon can lead to wrinkling and a reduction in the specific water chemistry of the skin with advanced

age. By supplementing with  $\text{SiO}_2$ , the skin's natural water chemistry can be maintained, leading to more youthful-looking skin.

Overall,  $\text{SiO}_2$  is a unique and important mineral that plays a crucial role in many biological functions in the human body. By ensuring adequate intake of  $\text{SiO}_2$  through natural sources like zeolite and montmorillonite, individuals can support their overall health and well-being.

## 64. Silicon in The Body

Scientific literature provides quantitative indications of the age-related presence of  $\text{SiO}_2$  in the human body, with different concentrations found in different age groups.

In babies, the highest concentration of silicon can be found in the umbilical cord. The skin, connective tissue, and all organs of a baby have high concentrations of silicon, which leads to a firm netting of the connective tissue.

For adults, high concentrations of silicon can be found in the connective tissue, nails, lymph glands, eye lenses, hair, enamel, lungs, skin, bones, and cartilages. Smooth muscles have more silicon than cross-striped muscles.

In contrast, old people tend to have a shortage of silicon depending on their biological age. This deficiency can lead to wrinkling of the skin, less elasticity in the connective tissue, dull and lifeless hair, and brittle fingernails. These appearances are caused by the drying of cell proteins, leading to a decrease in cell pressure [Voronkov et al. 1975; Scholl and Letters 1959; Carlisle 1986]. Therefore, it is important to maintain adequate levels of silicon throughout life, particularly as we age. By supplementing with natural sources of silicon like zeolite and montmorillonite, individuals can support their overall health and well-being, particularly with regards to connective tissue, skin health, and nail and hair growth.

## 65. The Biological Age The Calendrical Age

These different "ages" are not always consistent with each other and can vary from person to person. For example, a person may have a visually young appearance but have poor bone mineral density, while another person may have a few wrinkles but have a high level of antioxidant capacity. It is important to note that aging is a complex process and cannot be solely defined by one measure or factor. The various factors that contribute to aging interact with each other in complex ways, and many of these factors are influenced by both genetics and lifestyle factors such as diet, exercise, and environmental exposures.

Therefore, to support healthy aging, it is essential to consider multiple aspects of aging and take a comprehensive approach that addresses different factors such as nutrition, exercise, sleep quality, stress management, social interaction, and regular medical check-ups. By adopting healthy habits and focusing on different aspects of aging, we can support our overall well-being and promote healthy aging.

## 66. The High Need for SiO<sub>2</sub>

These groups of people may have unique challenges and requirements when it comes to maintaining their health and well-being.

Pregnant women, for example, require proper nutrition and care to support the health of both themselves and their growing fetus. They may need to pay extra attention to their diet and avoid exposure to certain environmental toxins.

High-stress jobs can take a toll on both physical and mental health, and may

require strategies for stress management and self-care.

Sportspeople, especially those involved in competitive sports, may have specific nutrition and training needs to support their athletic performance and prevent injury.

Malnourished people and those with chronic illnesses may require targeted interventions to address their specific health needs and support optimal well-being.

Electro-sensitive people, or those who are sensitive to electromagnetic fields, may need to take special precautions to minimize exposure and protect their health.

By understanding the unique needs of these groups and providing targeted support, we can help promote health and well-being for all individuals, regardless of their circumstances. It is important to remember that everyone is unique and may require different approaches to optimize their health and well-being.

## 67. Studies on The Retardation of The Ageing Process due to SiO<sub>2</sub> or The Silicates Natural Zeolite and Montmorillonite

The study examined the effect of long-term intake of clinoptilolite-zeolite and montmorillonite on silicon levels in the blood of 23 test persons aged 48-90, including both a group who had taken silicates regularly and a control group who had never taken silicates. The study aimed to determine

whether regular intake of these minerals could maintain a high level of silicon in the blood, particularly in aging individuals.

The results of the study showed that those who had taken silicates regularly had a higher average silicon level in their blood, at 470 µg/l, compared to those who had never taken silicates. Furthermore, the average silicon level in individuals aged over 70 in the verum group was 534 µg/l, suggesting that regular intake of these minerals may help to maintain a higher level of silicon in the blood in aging individuals.

In addition to the effect on silicon levels, the study also found that the health state of the verum group was generally better than that of the control group. More detailed information on this can be found in Hecht et al. 2014 in the magazine Orthomolekulare Medizin und Ernährung No. 148. Overall, these findings suggest that regular intake of clinoptilolite-zeolite and montmorillonite can help to maintain a higher level of silicon in the blood, particularly in aging individuals, which may have positive effects on overall health and well-being. Further research in this area could help to elucidate the potential benefits of these minerals for supporting healthy aging.

The results of the random sample study confirm that as people age, the level of silicon in their blood decreases significantly. This decrease in silicon levels is a result of the aging process and can lead to a variety of health issues, including wrinkles, brittle nails, and dull hair.

However, the study also found that a permanent intake of silicates, such as clinoptilolite-zeolite and montmorillonite, can help to maintain a high level of silicon in the blood. This, in turn, can result in a good state of health in older people.

Silicates can act as donators or suppliers of the essential trace element silicon in a regulative way, which can help to compensate for the age-related loss of endogenous silicon. This means that taking silicates regularly can help to ensure that the body has a consistent supply of silicon, which is important for maintaining good health and well-being, particularly in older

individuals.

Overall, the results of the study suggest that taking silicates, such as clinoptilolite-zeolite and montmorillonite, on a regular basis can have a positive effect on overall health, particularly in older individuals. Further research in this area is needed to better understand the mechanisms by which silicates and silicon interact with the body and to determine the optimal dosages and regimens for supplementation.

Regular physical exercise has been shown to have a positive impact on the body's processing and absorption of silicon, according to research by Udryashova. It is important to maintain a sufficient level of physical activity while also ensuring an adequate intake of SiO<sub>2</sub>. Nasolodin et al. found that highly trained athletes require a higher consumption of silicon and zinc in their tissue under strenuous training conditions, with silicon intake being 30-35 mg/day higher and zinc intake being 20-25 mg/day higher than that of normal athletes. To maintain their performance levels, athletes should ensure that they consume adequate amounts of silicon through their diet or by taking colloidal preparations, preferably in the form of natural zeolite. It is also important for pregnant women, individuals with high job demands, chronically ill people, malnourished people, electro-sensitive and sports-intensive individuals to ensure that they consume enough silicon in their diet or through supplements.

## 68. Natural Zeolite Protect Athletes and Hobby Athletes

In addition, studies have shown that the intake of natural zeolite can also have a positive impact on the immune system of athletes. This is particularly important for athletes who often suffer from upper respiratory tract infections due to the high physical demands on their body. The immune-enhancing effect of natural zeolite is attributed to its ability to bind toxins and

harmful substances, thus reducing the burden on the immune system. It also helps to eliminate free radicals, which can cause damage to cells and tissues, and reduce inflammation. Overall, the use of natural zeolite in athletes can lead to improved performance, faster recovery, and a stronger immune system.

## 69. Studies and Sports Medical Experiences

The results of the study by Dr. Knappitsch and Mag. Schmöller are significant for athletes and sports enthusiasts, as they suggest that taking clinoptilolite-zeolite (PMA zeolite) can help maintain low lactate levels during physical exercise. This can lead to an enhanced performance, with a reduction of the lactate level to below 2 mmol/l resulting in an average increase in performance by 14%, below 3 mmol/l resulting in an increase by 10.2%, and below 4 mmol/l resulting in an increase by 9.4%.

The assessment of this study by Prof. Bachl is also noteworthy, as he suggests that active agents, including clinoptilolite-zeolite, have the potential to positively influence various parameters of endurance performance and reduce the internal load at certain intensities of physical exertion.

It is important to note that lactate is not inherently bad, and is actually a byproduct of the body's energy production during exercise. However, when the body produces lactate faster than it can be removed, it can lead to an accumulation in the blood and subsequent acidification, which can be harmful.

Overall, the findings suggest that the intake of clinoptilolite-zeolite can help regulate lactate levels during physical exercise and improve endurance performance, making it a potentially useful supplement for athletes and active individuals.

## 70. Natural Zeolite in Sport

A sufficient supply of silicon can have positive effects on various aspects of human health. Silicon has been shown to improve brain metabolism and enhance mental performance. It also contributes to the health of the mouth, including the oral mucosa, tongue, and teeth. In addition, a high level of silicon in the body can boost the immune system, resulting in lower susceptibility to infections. Silicon can also lead to healthy hair with a full and lustrous appearance and maintain smooth, firm, and elastic skin, which is more resistant to aging. Furthermore, it can help to maintain strong and smooth finger nails, elastic blood vessels, normal ECG readings, and good blood and lymph flow in the cardiovascular system. Silicon may also help maintain good digestion and regular bowel movements with minimal formation of gases. Additionally, it can improve breathing and maintain strong and stable bones that are not brittle with age. Lastly, silicon can contribute to the strength and elasticity of sinews and ligaments, good formation of cartilage in the joints, and strong muscles throughout the body.

In fact, dehydration can impair the effectiveness of natural zeolite, and it is important to maintain proper hydration during physical activity. Additionally, it is recommended to consult a healthcare professional before starting to use any new supplements or minerals, including natural zeolite. Each athlete may have individual needs and requirements, and it is important to ensure that the use of natural zeolite does not interfere with any medical conditions or medications. In general, natural zeolite can be a valuable addition to an athlete's diet, providing a natural source of essential trace elements, including silicon, and potentially improving performance and reducing the risk of injury.

## 71. The Shortage of Silicon

It is clear from the examples listed that silicon plays a vital role in maintain-

ing the health and proper functioning of the human body. The deficiency of this mineral can cause a range of health problems such as accelerated ageing, joint degeneration, arteriosclerosis, brittle nails and hair loss, osteoporosis, cancer, dermatoses, acne and other skin diseases, diabetes mellitus, and senile dementia. The importance of silicon for maintaining the proper metabolism of calcium and magnesium in the bones cannot be overstated, and its deficiency can lead to weak, brittle bones and even osteoporosis.

Moreover, several studies suggest that silicon can help prevent cancer development and progression. The research conducted by Voronkov et al. [1975] indicates that higher concentrations of SiO<sub>2</sub> in the tumour area can result in the encapsulation of cancer tumours with calcifications. In addition, it was found that an increased amount of silicon in the urine can lead to a reduction in cancer risk. This makes silicon a valuable mineral in the fight against cancer.

Furthermore, the deficiency of silicon is linked to the development of dermatoses, acne and other skin diseases. It can also lead to hair loss, which can be quite distressing for many people. In addition, there are reports that suggest a link between silicon deficiency and diabetes mellitus.

Finally, studies have shown that silicon plays a role in maintaining cognitive function and preventing senile dementia. The research conducted by Gillette-Guyonnet et al. [2005] suggests that a shortage of silicon can cause senile dementia, making it important to maintain adequate levels of silicon in the body to preserve brain health.

In conclusion, the importance of silicon for the proper functioning of the human body cannot be overstated. Silicon deficiency can lead to a range of health problems that affect all organs and functional systems of the body. It is essential to maintain adequate levels of silicon in the body to ensure optimal health and prevent the development of diseases.

## 72. Natural and Synthetic Zeolite

Zeolites are microporous minerals that are widely used in various industrial and environmental applications. The synthesis of zeolites involves the use of certain raw materials, such as aluminium and silicon hydroxides, that are mixed together in specific conditions to form the zeolite crystals.

Aluminium hydroxides and silicon hydroxides are the most commonly used raw materials for the synthesis of artificial zeolites. These substances are mixed in a sodium lye solution at temperatures between 50° and 90° to create the zeolite crystals. The specific conditions of the synthesis process can determine the properties of the zeolites, such as their pore size, surface area, and ion-exchange capacity.

The first synthesis of artificial zeolites was carried out by Robert Milton at Linde Air Products Division of Union Carbide (USA) in 1950. The zeolites that were synthesized in this pioneering work were called zeolite A and zeolite X. Zeolite A is a small-pore zeolite that has a high ion-exchange capacity and is used in various applications, such as water softening, gas separation, and catalysis. Zeolite X is a large-pore zeolite that is used in applications such as adsorption, molecular sieving, and catalysis.

Since the discovery of zeolites in the 18th century, the development of synthetic zeolites has led to the creation of numerous zeolite types that have diverse properties and applications. These artificial zeolites are widely used in industries such as petrochemicals, environmental remediation, and agriculture. The ability of zeolites to selectively adsorb molecules of certain sizes and charges, as well as their stability under high temperatures and pressures, makes them a valuable material in a wide range of industrial and environmental applications.

In conclusion, the synthesis of artificial zeolites involves the use of raw

materials such as aluminium and silicon hydroxides that are mixed in specific conditions to create zeolite crystals. The first synthesis of artificial zeolites in 1950 led to the discovery of zeolite A and zeolite X, which have various industrial applications. The development of synthetic zeolites has led to the creation of numerous zeolite types that are widely used in various industries due to their unique properties and stability.

But only zeolites found in nature should be used for medical purposes as they are more in line with the nature of human beings. Natural zeolites are the result of millions of years of evolution, and therefore they have a unique structure that is perfectly adapted to our biological processes.

While artificial zeolites are a great achievement of science and technology, they lack the unique properties of natural zeolites that make them suitable for medical use. The natural zeolites have a complex 3-dimensional framework that is composed of channels and pores, which enables them to selectively trap and release various substances. This property makes natural zeolites useful in medical applications such as drug delivery, wound healing, and detoxification.

One of the major advantages of natural zeolites is that they are non-toxic and environmentally friendly. They are widely used in environmental remediation as they can remove heavy metals, ammonia, and other pollutants from water and soil. Moreover, zeolites have been used in animal feed, agriculture, and aquaculture as a natural feed additive to improve animal health and growth.

Due to their unique properties and versatility, many sources characterize zeolites as the basic material of the 21st century. They are used in a wide range of industries, such as petrochemicals, construction, and cosmetics, due to their unique adsorption, catalytic, and ion-exchange properties.

In conclusion, natural zeolites are more suitable for medical use due to their unique properties that are in line with the nature of human beings. Artificial zeolites, although a great achievement, do not have the same properties

that make natural zeolites useful in medical applications.

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## 74. About Authors

### Introducing Dr. Sebastijan Piberl, MD: A Pioneer in Quantum Vibrational Healing and Natural Remedies

Dr. Sebastijan Piberl, a distinguished Quantum Medicine practitioner, has devoted his career to providing quantum vibrational healing to his patients. As part of a holistic approach, he frequently suggests the use of effective natural remedies, such as zeolite, DMSO, colloidal silver, magnesium oil, and others. Recognizing the significant potential of zeolite as an effective, natural, and affordable remedy, Dr. Piberl collaborated with co-author Dr. Mihael Munda to write a comprehensive guide on the subject.

Dr. Piberl: A Valuable Source of Knowledge and Inspiration for Alternative Health Solutions.

With his extensive experience in quantum medicine and a passion for natural remedies, Dr. Piberl serves as an invaluable resource and inspiration for those seeking alternative and complementary health solutions. To get in touch with Dr. Piberl, please send an email to [sepi1234asd@icloud.com](mailto:sepi1234asd@icloud.com).

### Introduction of Co-Author Dr. Mihael Munda, DVM, ScD in Medicine: A Prominent Educator, Quantum Medicine Practitioner, and Expert in Animal Health

Dr. Mihael Munda, a respected lecturer at a medical faculty, practices quantum medicine in his practice and frequently recommends zeolite and other natural therapeutic remedies as effective complementary treatments. His expertise and passion for alternative medicine make him an invaluable col-

laborator for the book "Zeolite: The Natural Mineral with a Multitude of Benefits."

As a co-author, Dr. Munda shares his extensive knowledge on the benefits and applications of zeolite, contributing to a comprehensive resource for those seeking natural solutions to enhance their health and well-being. In addition to his work with human patients, Dr. Munda also applies quantum medicine and natural therapeutic substances, such as zeolite and DMSO, in the treatment of animals. This unique background offers readers valuable insights into the potential applications of zeolite and other natural remedies for both human and animal health.

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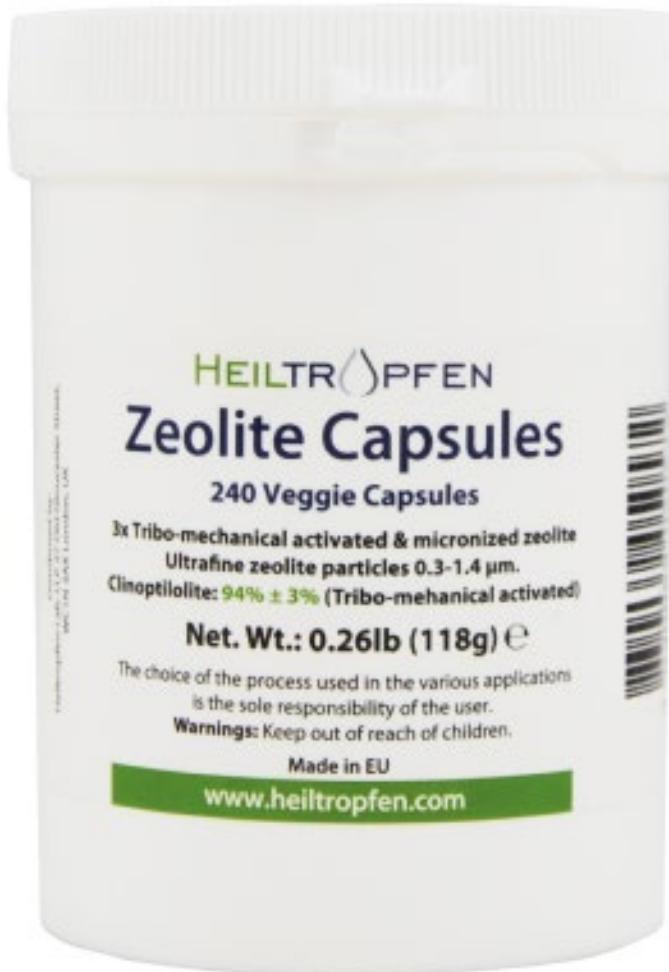
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