



End Time Current Events-9-30-18

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Ephesians 5:11, 13-16: "And have no fellowship with the unfruitful works of darkness, but rather **reprove** them. But all things that are reproved are made manifest by the light: for whatsoever doth make manifest is light. Wherefore he saith, **Awake thou that sleepest**, and arise from the dead, and Christ shall give thee light. See then that ye walk **circumspectly**, not as fools, but as wise, Redeeming the time, because the days are evil."

The **1828 Noah Webster Dictionary** defines:

Reprove: To blame, to convince of a fault, or to make it manifest, to excite a sense of guilt.

Circumspectly: Cautiously; with watchfulness every way; with attention to guard against surprise or danger.

Matthew 24:24: "...if it were possible, they shall deceive **the very elect.**"

II Corinthians 2:11: "Lest Satan should get an advantage of us: for we **are not** ignorant of his devices."

II Chronicles 7:14: "If **my people**, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

+1+ FCC's Unconstitutional Power Grab: 5G Microwave Radiation To Blanket the United States

On Wednesday September 26, the FCC voted to grant itself more unconstitutional authoritarian powers to further their 5G agenda with an extremely heavy hand.

The [new order](#) from the FCC, a revolving-door [captured agency](#), **declares that it will effectively steamroll all local governments and all Americans, and do whatever it wants in deploying 5G throughout the nation.**

Even according dissenting FCC Commissioner **Jessica Rosenworcel**, **this action is a gross overreach of property rights, and will be slowed down by many lawsuits from local governments.**

Click to view the Harvard Ethics report. (PDF)

Hundreds of local governments have previously [stated they will sue the FCC](#) if it proceeds. **Local governments are being stripped of their rights, and are simultaneously becoming very aware of the vast body of evidence showing biological harm from 5G “millimeter wave” / microwave radiation.**

The FCC is on very shaky ground, creating an opportunity for people across America to **get involved with your local government councils, educate them about 5G, and fight back.**

These [dissenting comments](#) from **FCC Commissioner Jessica Rosenworcel** show just how split the FCC is:

“...So it comes down to this: **three unelected officials** on this dais [Chairman Pai and the other two Commissioners] are telling state and local leaders all across the country what they can and cannot do in their own backyards. **This is extraordinary federal overreach.**

“I do not believe the law permits Washington to run roughshod over state and local authority like this and I worry the litigation that follows will only slow our 5G future. For starters, the **Tenth Amendment reserves powers to the states** that are not expressly granted to the federal government. In other words, the constitution sets up a system of dual sovereignty that informs all of our laws. ...

“[T]oo many municipalities to count—from Omaha to Overland Park, Cincinnati to Chicago and Los Angeles to Louisville—have called on the FCC to halt this federal invasion of local authority. The [National Governors Association](#) and [National Conference of State Legislatures](#) have asked us to stop before doing this damage. This sentiment is shared by the [United States Conference of Mayors](#), [National League of Cities](#), [National Association of Counties](#), and [Government Finance Officers Association](#). In other words, every major state and municipal organization has expressed concern about how Washington is seeking to assert national control over local infrastructure choices and stripping local elected officials and the citizens they represent of a voice in the process. ...

“It didn’t have to be this way.”

Local governments’ main reason of pushback is that their power of local decisions is being stripped by the FCC’s order. **City councils may or may not be aware of the massive health risk and damage that will be caused if 5G proceeds as planned.**

To that end, let us listen to and share the words – and plea for sanity – from **Michigan Senator Patrick Colbeck**, who is a self-proclaimed techie and engineer who worked on the space station, in a role responsible for electromagnetic interference:

Play: <https://youtu.be/j-UEuOYOED4>

Senator Colbeck has also release an excellent solutions-oriented paper, **[“Wireless Radiation Brief”](#)** (PDF).

I will be covering this topic more. In terms of specific actions, from my perspective the [InPower liability action](#) will help create enough leverage to give us a chance of stopping 5G. Once it is available following their current phase of development, I believe it to be the most effective organized action available.

In the meantime, now *is* the time for action. But we now know that appeals and petitions are ineffective. However, there are hundreds of cities poised to sue the FCC — see the [US Conference of Mayors declaration](#), as one example, which lists [306 cities](#) on their webpage.

So, it appears that **the best option you have right now is to get involved by educating your city councils and supporting their lawsuit against the FCC.**

As there is more to come, you can subscribe to updates via the link below.

Solutions to 5G: Several Useful Resources

Scientific Evidence

- Dr. Martin Pall's free e-book: "[5G: Compelling Evidence for Eight Distinct Types of Great Harm Caused by Electromagnetic Field \(EMF\) Exposures and the Mechanism that Causes Them](#)" (PDF, 90 pages)
- Dr. Joel Moskowitz: "[5G Wireless Technology: Cutting Through the Hype](#)"
- Electric Sense: "[5G Radiation Dangers – 11 Reasons To Be Concerned](#)"
- Health resources summary from [WhatIs5G.info](#)
- Health resources summary from [TelecomPowerGrab.com](#)
- EMF interview by Luke Storey: [Dr. Jack Kruse](#)
- SaferEMR: [Summary 400 new EMF scientific studies, Aug 2016 to present](#) (EMF in general)
- Research from [Magda Havas](#)
- News from [Clear Light Ventures](#)
- Articles from [BN Frank at ActivistPost](#)

Grassroots Communities & Organizations

Note: Several of the organizations listed below are still promoting actions limited to contacting your elected representatives and pleading for help. With that being said, there is a resounding increase in awareness that a firmer response is now required.

- [InPower Movement](#) (watch Episode 1: A Mass Action of Liability)
- [Dr Jack Kruse](#) (website & community)
- [5G Space Appeal: An International Appeal to Stop 5G on Earth and In Space](#) (sign it)
- [Environmental Health Trust](#)
- [Parents For Safe Technology](#)
- [Physicians For Safe Technology](#)
- [EMF Safety Network](#) (California)
- [Our Town, Our Choice](#)
- [Americans For Responsible Technology](#)
- [Scientists For Wired Technology](#)

<https://takebackyourpower.net/dissent-fcc-5g-vote-declares-war-against-local-governments-americans/>

White House schedules 5G meeting for Friday, but details remain vague

by [Mike Dano](#) | Sep 25, 2018 3:12pm

The White House has scheduled a meeting Friday between members of the Trump administration and wireless industry executives to discuss 5G network technology. However, details of the meeting—including whether it's simply an educational event or if the administration is planning to discuss new policy initiatives—remain unclear. Nonetheless, the event is noteworthy considering that, at least so far, the Trump administration hasn't engaged directly very often with the wireless industry on issues related to wireless networks or 5G. One of President Trump's only public meetings with wireless executives [happened more than a year ago](#), when executives ranging from AT&T's Randall Stephenson to Sprint's Marcelo Claure **visited the White House in part to discuss ways to speed up the deployment of network infrastructure including small cells.**

Earlier this year, though, 5G rushed into the Beltway's limelight after [an article in Axios](#) detailed a **proposal by a senior National Security Council official to have the federal government build and operate a nationwide 5G network within the next three years. The 30-page proposal, published in Axios, argued that the United States is losing in the 5G arena to China, and that "networks are the dominant competition space."**

However, the FCC voiced opposition to the action and the administration backed away from the proposal, which was never publicly released.

Further, President Trump argued in March that ensuring the United States' leadership in 5G was a critical part of his decision to issue a presidential order preventing Broadcom from engaging in a hostile takeover of Qualcomm.

There remain a wide range of issues that the Trump administration and the wireless industry could cover during the meeting, **including how 5G technology might affect the wider economy. CTIA, for its part, has sponsored research that found the technology could create up to 3 million new jobs.**

The meeting may also cover President Trump's tariffs on Chinese products, which expanded to **an additional \$200 billion worth of goods this week, and how those actions could affect the electronics that will be required for any 5G rollout.**

<https://www.fiercewireless.com/5g/white-house-schedules-5g-meeting-for-friday-but-details-remain-vague>

+2+ Trump's secret 5G Whitehouse meeting during Kavanaugh Confirmation
Play to 17:08: https://youtu.be/G8UpxRa_Nn4?t=6m38s

Urgent! Forbidden information--a must watch! 5G is a kill grid that will lead to forced vaccinations
Play: <https://youtu.be/oY5SReQ2Kqc?t=3m35s>

Julian Assange's Last Broadcast "Intelligent Evil Dust--it's everywhere in everything" cut off air
Play to 12:01: <https://youtu.be/Rd6u5Los-VM>

Proven Effective Heavy& Light Metal and Radiation Detox Protocol
Silica and aluminum



There is a relationship between silica and the rate of aluminum concentration in the brains of Alzheimer's patients. Much research points to the fact that a deficiency of silica in one's diet causes an increase of aluminum retained in one's body—and its ultimate accumulation in areas of the brain. Silica plays an important role in helping the body to eliminate these accumulations of aluminum, which are a causative factor in certain forms of senility, including Alzheimer's disease.

Experience and research with absorbable organic silica since the 1930s has shown irrefutably that organic silica could be

described as an essential nutrient for both humans and other animals.

In studies during the 1970s, it was found that silica supplementation aided bone and cartilage growth.

In 1993, it was reported that treatment with silica could stimulate bone formation. By the 1990s, silica formulations were being used by some pharmaceutical companies on wound and burn dressings because it was recognized that silica healed wounds more quickly and could stabilize burns.

The glue holding us together

We are born with an abundance of silica and relatively low amounts of calcium. As we age, the amount of calcium increases and the amount of silica decreases within the body. Silica enhances the function of iron, calcium, magnesium, potassium and boron, and is essential for bone development and growth. It is necessary for bones to re-calcify and aids in strengthening bone tissue. A silica deficiency causes a calcium deficiency which, in turn, results in a loss of tissue elasticity.

Silica is also one of the most important constituents of the body's connective tissue, including cartilage, vascular lining, tendons, and ligaments. It is found in the thymus gland, adrenal glands, liver, spleen, pancreas and in considerable quantity in hair. It functions as a cross-linking agent, providing strength, flexibility and resilience to collagen and elastin connective tissues. Silica is known to play a part in the integrity of the bones, arterial walls, skin, teeth, gums, hair and nails and has been used to alleviate eczema and psoriasis. Recently, research has focused on determining the role of silica in rheumatic disorders and arterial disease.

Silica has been used to prevent osteoporosis, strengthen the musculoskeletal system, prevent injuries and accelerate the healing of fractures. This is due to silica's role in forming and repairing connective tissue. It also contributes to the buildup of minerals in our musculoskeletal system during development. Silica is present in osteoblasts (bone forming cells) responsible for the mineralization of the osteoid (bone-forming) matrix.

Silica is also an essential component of collagen, the "glue" that holds our bodies together. While vitamin C, or ascorbates, serve as a catalyst in the formation of collagen, silica forms the structural part of collagen.

Almost 30 years ago I was working at a health food store and the manager and I saw a man in the parking lot with a walker who was having a great deal of trouble walking even for a man with a walker. His wife had to assist him in walking even with his use of a walker. It appeared he was in great pain. Then we noticed he was headed in our direction.

The man asked for me by name and said he had been referred because of his problem. He had had a tobogganing accident the previous winter that chipped a piece out of his hip in a V-shape almost 1" across at the top that was 2" deep. This was now Thanksgiving time so it had been more than 10 months. There had been no healing and he was in great pain. The man was well-to-do and had been flying back and forth from the Colorado ski lodge area orthopedic specialists as well as consulting with the orthopedic specialists at UCLA. The specialists had finally decided that with the absence of any healing for such a long period of time that a hip replacement was necessary. This was scheduled for three weeks later.

I shared with the man about what research indicated about high dose silica in the right form though letting him know that at that time I had only book knowledge on the subject. Well, he had nothing to lose at this point so he began taking 12 Alta Health Product Silica daily with 3 tablets being taken at morning, noon, evening and bedtime. One week later this same man approached the store with only a cane. Though still in some pain the improvement was nothing short of astounding after only one week. He said the UCLA doctors were amazed and had called for the Colorado specialists to come to UCLA for a special symposium to examine what was suddenly happening with this case.

Another week later the same man approached the store and this time unassisted by any devices though still with a slight limp but without any pain. He said new x-rays taken for the hastily called specialist symposium showed the matrix of the bone filled in and hardening. He said the hip replacement surgery had been cancelled with a determination of "spontaneous healing" of the fracture.

I was very excited and told him I would gather all the documentation including that of Dr. Carlisle at UCLA (though she was in the Public Health department). The man stopped me expressing his great thanks but that he would not do so. He said that they would just laugh at him. This was very frustrating for me though through the decades I have gotten used to this.

Since that time I have seen countless bones speedily healed, and innumerable hip and knee replacement surgeries cancelled.

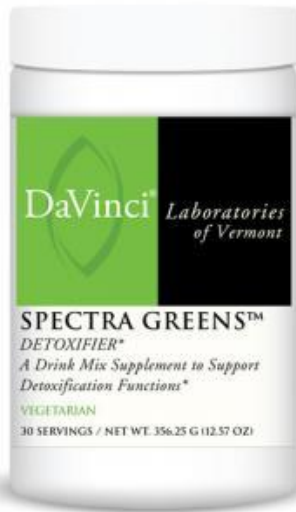
Alta Silica with Bioflavonoids (60 tablets) 15.00

Dr. Recommends Metals 1 oz 17.00

Exposure to Heavy Metals

(1 fl. oz.) Metal sensitivity, Assists in detox.

Ingredients: Plantago major 4x, 6x, 12x. Silicea 6x, 12x, 30x. Kali Muriatricum, Kali Phosphoricum, Liver, Kidney 6x, 12x, 30x, 60x, 100x. Aluminum Metallicum, Aurum Metallicum, Cadmium Metallicum, Beryllium Metallicum, Niccolum Metallicum, Mercurius Vivus, Amalgam, Argentum Metallicum, Plumbum Metallicum, Stannum Metallicum, Selenium Metallicum, Rubidium, Radon, Radium Bromatum, Cobaltum Metallicum, Molybdenum, Antimony, Uranium, Bismuthum Metallicum, Platinum Metallicum 30x, 60x, 30m.



Green stuff and other sea food

In Chernobyl, 5 grams of **spirulina** for 45 days was used successfully against radiation poisoning. **Chlorella** algae also has shown radio-protective effects. A **study** showed that spirulina reduced urine radioactivity levels by 50% after only 20 days and so the Institute of Radiation Safety in Belarus developed a special program to treat 100 children every 20 days with spirulina. Furthermore, the healing occurred during the continuous presence of radiation as well as the presence of radiation contaminated food and water sources. In particular, spirulina given to children with accumulated high doses of radionuclides reduced radioactive cesium. No side effects were registered.

Pectin is one of the most effective means of protecting against radiation when consumption of contaminated food becomes unavoidable. Pectin preparations, along with vitamins and minerals, have demonstrated a high efficiency in eliminating incorporated radionuclides

Davinci Labs SPECTRA GREENS 30 Servings 356.25 Grams (12.57 oz)

Suggested Use: As a dietary supplement, mix 1 heaping scoop (11.88 g) daily in 8 oz. of cold water or juice, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 11.88 g (1 heaping scoop)
Serving Per Container 30

Amount per Serving	% Daily Value
Calories 50	Calories from Fat 10
Total Fat 1g	2% †
Total Carbohydrates 9g	3% †
Sugars 2g	*
Fiber 4g	16% †
Protein 2g	4% †
Vitamin A 927 IU	20%
Vitamin C 40 mg	67%
Calcium 26 mg	3%
Iron 2.1 mg	12%
Sodium 35 mg	1%
Soluble Fiber (Fibersol-2™ brand)** 2,000 mg	*
Sunflower Lecithin Powder 1500 mg	*
Spirulina 1000 mg	*
Barley Grass Powder 500 mg	*
FOS (Fructooligosaccharides) 500 mg	*
Carrot Powder 400 mg	*
Bromelain 360 mg	*
Papain 300 mg	*
Red Grape (Vitis vinifera) Seed Extract 300 mg	*
Chlorella-Cracked Cell Powder 250 mg	*
Wheat Grass Powder 250 mg	*
Red Raspberry Powder 250 mg	*
Apple Pectin 250 mg	*
Acerola Berry Juice Powder 200 mg	*
Alfalfa (Medicago sativa) Herb Powder 200 mg	*
Beet Juice Powder 200 mg	*
Cauliflower Powder 200 mg	*
Flax Seed Meal 200 mg	*
Parsley (Petroselinum crispum) Juice Powder 200 mg	*
Rose Hips (Rosa canina) Powder 200 mg	*
Spinach Leaf Powder 200 mg	*
Non-Dairy Probiotic Culture 200 mg	*
Royal Jelly 150 mg	*

A dietary supplement to support detoxification functions.* Spectra Greens™ is a

combination of nutrient rich vegetables, fruits, herbs, herbal extracts, Chlorella, Soy Lecithin, Royal Jelly, Bee Pollen, enzymes and probiotic cultures designed to support your body's ability to cleanse, detoxify and rejuvenate.

Other Ingredients: natural apple flavor, cinnamon powder

Suggested Use: As a dietary supplement, mix 1 heaping scoop (11.88 g) daily in 8 oz. of cold water or juice, or as directed by your healthcare practitioner.

44.00 per container

The protocol to dissolve gallstones, and cleanse and defat the liver is:

[Livotrit Plus \(180 T\)](#) 36.00--3 capsules twice a day for one bottle which is a full one month liver and gallbladder detox

[Beta-TCP™ \(180 T\)](#) 30.00--3 capsules twice a day for one bottle which is a full one month liver and gallbladder detox

[Davinci Labs HEPATICLEAR 60 capsules](#) 27.00 per bottle—Dosage: 3 capsules twice a day for three bottles which is a full one month liver and gallbladder detox

Kidney Detox:

[Renal Plus \(180ct\)](#) 25.00 3 capsules twice a day for one bottle which is a full one month kidney detox.

If you would also like to add in a full body detox:

[Davinci Labs MULTIPHASE DETOX * 90 capsules](#) 6 a day for one month which is two bottles.

Probiotics/Flora Dr. Johnson Carries:

[Innate Response Flora 20-14 - 60 count](#)

[Innate Response Flora 50-14 Clinical Strength- 30 count](#)

[Innate Response Flora 50-14 Clinical Strength- 60 count](#)

[Innate Response Flora 200-14- 7 count](#)

[Pharmax HLC Child 30 Tablets](#)

Probiotic Uses--Probiotics are listed⁽¹⁾ as an essential element in the nutritional treatment of **Athlete's Foot, Celiac Disease, Chronic Fatigue, Diverticulitis, Fibromyalgia, Fungal Infection, and Prostatitis. Very Important for Acne, Allergies, Candidiasis, Canker Sores, Cirrhosis, Hypoglycemia, Jock Itch, Kidney Disease, Lactose Intolerance, Legionnaires' Disease, Malabsorption Syndrome, Mononucleosis, Mumps, Nail Problems, Pancreatitis, PMS, Sinusitis, Ulcerative Colitis, and Urinary Tract Infection. Important in Age Spots, Alcoholism, Anorexia, Bladder Infection, Bulimia, Crohn's Disease, Diarrhea, Halitosis, Herpes, Indigestion, Irritable Bowel Syndrome, Multiple Sclerosis, Rheumatic Fever, Tooth Decay, Parasites & Helpful for Aging, Cholesterol, Colds, Constipation, Dermatitis, Heartburn/Reflux, Hives, Lupus, Meningitis, Peptic Ulcer, Seborrhea, Shingles, Sore Throat, and Tonsillitis.**

Dr. Johnson's Comment: I have talked about [Vitamin D-3](#) in my teachings I posted below:

[Transhumanism, DNA, Vaccinations, the Flu Epidemic and Proactive Health Measures:1-13-13--Part 3](#)

[2012 End Time Current Events & Health Alerts: 1-8-12--Part 4](#)

[End Time Current Events & Gulf Updates-9-26-10--Part 1](#)

These are the Vitamin D-3 products Dr. Johnson carries:

[Innate Response Vitamin D 5,000 60 count](#)

[Innate Response Vitamin D-3 \(2000 IU\)- 90 count](#)

[Pharmax Chewable Vitamin D-3 90 tabs](#)

Iodine Products Dr. Johnson carries:

[lodizyme-HP™ \(120 T\) 6.25mg per tablet](#)

[lodorol High potency Iodine/Potassium Iodide Supplement \(12.5mg iodine/iodide\)- 180 tablets](#)

[lodorol High Potency Iodine/Potassium Iodide Supplement \(12.5mg\)- 90 tablets](#)

[lodorol IOD \(50mg iodine/iodide\)- 30 tablets](#)

[lodorol IOD \(50mg iodine/iodide\)- 90 tablets](#)

For easy ordering instructions contact Dr. Johnson at:

drjohnson@ix.netcom.com

Bonus Material

Organic Silica: An Essential Element

Back to Basics - From The November 2007 Idaho Observer

Silica is the second most abundant mineral on our planet; the Earth's crust is 27.8 percent silica by weight. It is all around us in granite, rocks, clay and sand. We peer through it every time we look out a window or drive a car. The Swiss have watches made out of it. Professors peer at their students through discs of silica, surrounded by metal frames.

Every mineral has certain properties that allow our bodies to function properly. Without minerals we cannot survive. They are not only the building blocks of our planet but are also the building blocks of our bodies.

Silica is an essential mineral whose importance has been ignored by most doctors and nutritionists. It was originally thought that silica is at worst an environmental contaminant of the human body and at best an element which quickly passes through the body and is excreted. These ideas were based almost entirely upon observations of mineral silica, which in the form of dust and particles was responsible for a number of serious illnesses such as silicosis.

Understanding silica

Silica, in mineral form, had been used therapeutically, but it was absorbed inefficiently into the human body. Herbalists have known for centuries that beneficial silica is present in horsetail fern and some vegetables.

Experience and research with absorbable organic silica since the 1930s has shown irrefutably that organic silica could be described as an essential nutrient for both humans and other animals.

In studies during the 1970s, it was found that silica supplementation aided bone and cartilage growth.

In 1993, it was reported that treatment with silica could stimulate bone formation. By the 1990s, silica formulations were being used by some pharmaceutical companies on wound and burn dressings because it was recognized that silica healed wounds more quickly and could stabilize burns.

The glue holding us together

We are born with an abundance of silica and relatively low amounts of calcium. As we age, the amount of calcium increases and the amount of silica

decreases within the body. Silica enhances the function of iron, calcium, magnesium, potassium and boron, and is essential for bone development and growth. It is necessary for bones to re-calcify and aids in strengthening bone tissue. A silica deficiency causes a calcium deficiency which, in turn, results in a loss of tissue elasticity.

Silica is also one of the most important constituents of the body's connective tissue, including cartilage, vascular lining, tendons, and ligaments. It is found in the thymus gland, adrenal glands, liver, spleen, pancreas and in considerable quantity in hair. It functions as a cross-linking agent, providing strength, flexibility and resilience to collagen and elastin connective tissues. Silica is known to play a part in the integrity of the bones, arterial walls, skin, teeth, gums, hair and nails and has been used to alleviate eczema and psoriasis. Recently, research has focused on determining the role of silica in rheumatic disorders and arterial disease.

Silica has been used to prevent osteoporosis, strengthen the musculoskeletal system, prevent injuries and accelerate the healing of fractures. This is due to silica's role in forming and repairing connective tissue. It also contributes to the buildup of minerals in our musculoskeletal system during development. Silica is present in osteoblasts (bone forming cells) responsible for the mineralization of the osteoid (bone-forming) matrix. Silica is also an essential component of collagen, the "glue" that holds our bodies together. While vitamin C, or ascorbates, serve as a catalyst in the formation of collagen, silica forms the structural part of collagen.

Circulatory benefits

The presence of silica is vital for the proper functioning of the cardiovascular system, decreasing the risk of coronary problems. It has been shown to be abundant (up to 14 times more) in the arteries of people who are free of heart disease. It is essential in maintaining the structural integrity, elasticity and permeability of the arteries, thereby regulating blood pressure.

Silica and aluminum

There is a relationship between silica and the rate of aluminum concentration in the brains of Alzheimer's patients. Much research points to the fact that a deficiency of silica in one's diet causes an increase of aluminum retained in one's body—and its ultimate accumulation in areas of the brain. Silica plays an important role in helping the body to eliminate these accumulations of aluminum, which are a causative factor in certain forms of senility, including Alzheimer's disease.

Structural integrity

Research shows that skeletal diseases such as osteomalacia (soft bones) and osteoporosis (porous bones and/or spontaneous fractures, as well as shrinkage) are caused by a calcium deficiency, but do not respond to calcium therapy alone.

Research conducted by noted biophysicists Louis Kervran (Paris, France) and by Dr. Richard Barmakian (United States) shows that fractured bones did not heal at all when high amounts of calcium were present. They heal fair to poorly when moderate amounts of calcium were present. However, they heal

extremely well when relatively low amounts of calcium were present with an abundance of silica. When it comes to bone demineralization, a silica deficiency has been shown to be a precursor to calcium deficiency.

Antidote to accelerated aging

Maintaining a healthy level of silica may retard the aging process. The average adult body requires the maintenance of about 20 grams of silica to promote good health. However, the body metabolizes and secretes about 10-40 mg. of silica per day through urination, hair loss and nail trimming. Thus, the body's natural level of silica declines with age causing signs of aging such as bone loss, dry and wrinkled skin, weakened teeth and gums, and hair loss to occur.

Conclusion

Given the importance of an organic form of silica in our diet, it is clear that silica remains the missing element in many dietary and therapeutic programs of today.

The above article was adapted from Robert and Kerrie Broe's excellent website at <http://tuberoze.com>



Alta Silica With Bioflavonoids (120 tablets)

SILICA: Computers Can't Run Without It & Neither Can You

By: Crusador Interviews Christopher Barr Source: www.healthtruthrevealed.com November 5, 2007

Crusador: Chris, This is the third consecutive interview we've conducted together. Our readers have been thrilled and blessed with the health information you've shared on chromium and selenium. In this interview, I'd like you to go in depth on another mineral you hold in high esteem and of monumental importance when it comes to our health – silica. Why you are so passionate about silica?

Well, Greg, for starters, it is because I have such passion for helping people, passion about history, and passion for truth, and this mineral silica – or to be more technically accurate – 'silicon' – is such a big part of all three of those, but is so very little known.

It is quite easy to be passionate about the mineral silica -- in the right form, which is that which is grown, and when taken in the right amount -- as I see almost routinely what others call miracles. The passion is rather catching among those who have had long term problems that nothing helped, and those problems are then significantly helped or even disappear with this common yet so uncommonly

known miracle mineral.

You know, Greg, it is so encouraging the way this has worked out with the previous two interviews and now this third one as it fits so perfectly with the other two.

One name noted in the previous interviews was that of Dr. Klaus Schwarz – but just barely, almost as a passing mention. Dr. Schwarz deserves so much more remembrance than a mention.

It was Schwarz who established the nutritional essentiality for life – first of the mineral selenium that we discussed in the last issue, and then of the mineral chromium that we covered in the issue prior to that one. Well, Greg, Dr. Schwarz is credited with establishing the nutritional essentiality for life with six different elements. That is more than any other man, and yet the name of Klaus Schwarz is barely known.

The mineral silicon is the last of those six elements established as essential for life by Dr. Klaus Schwarz, and all of them while he was in the employ of the federal government – first at the National Institutes of Health, then through the Veterans Administration Hospitals. He was in the midst of further major research on silicon when he died in the late 1970s. The government just disbanded his laboratories rather than follow up with his work.

The first two nutritional items established as essential by Schwarz (chromium & selenium) and the last, silicon, together make up a triumphant triumvirate of beneficial nutrients. These three not well known elements together make up a more common deficiency, and when finally learned about positively, effect more benefit to the body than any other three elements.

In the first interview, I noted that whole wheat is a rich source of chromium but that 91 per cent is removed during the refining of whole wheat into bleached, white flour. Well, whole wheat is also a rich source of selenium but 92 per cent is removed during refining into bleached, white flour. Whole wheat is a rich source of silicon as well but 95 per cent is removed during refining into bleached, white flour. Silicon has an important, harmonious role with selenium and chromium, and its deficiency has severe consequences from before you are born until the day that you die.

According to a U.S. government report last year, 20 per cent of Standard American Dietary (S.A.D.) choices are for white flour so that the substantial removal of these vital nutritional elements is quite a serious matter.

Silicon is important for what literally holds us together, and for the blood circulatory system, as well as for transmission of nerve signals throughout the whole body.

Collagen is connective tissue that literally holds the body together. Though many nutrients through the years have been discussed as involved or helpful with regard to collagen health, it is in fact the mineral silicon that is the key to collagen, and subsequently both strength and elasticity of the tissues. Declining collagen health leads to degradation of skin, hair and nails externally, which is an indicator of internal status of bone, blood vessel, and nervous system health. All of this has been well established by multiple researchers all around the world for more than half a century though it is – sadly – very, very far from common knowledge.

To be honest, even though Dr. Klaus Schwarz is credited with establishing silicon as an essential nutrient there are others who contributed more on the subject before Schwarz received credit.

In America, Dr. Edith Carlisle, of the University of California at Los Angeles (UCLA) in their school of Public Health tirelessly researched silicon nutrition both long before and long after Dr. Schwarz's researches, especially related to so-called 'calcification' or more accurately, to strengthening of bone. Throughout Europe, many researched silicon nutrition though none devoted as much to this mineral as Professor Louis Kervran of France.

Professor Kervran noted bone strengthening properties of silicon. Broken bones mended in half the normal time with high doses of 100 per cent whole food vegetal silicon. He theorized that using both

calcium and silicon together nutritionally would work even better. However, he was surprised to find that silicon and calcium together did not mend bones as well as high levels of silicon and low levels of calcium.

Other European researchers prior to this noted that silicon was essential for proper fetal skeletal development. Because of this there is a strong demand placed on a pregnant mother for the baby developing. So many of the so-called common problems of pregnancy are actually silicon deficiency issues, such as aching teeth and bones, varicose veins, and also hemorrhoids – which are in fact a varicosity. Most Americans today are low in silicon due to a high intake of white flour and a low intake of dark leafy greens (the other high source of silicon that used to be much more commonly consumed), and pregnancy causes a silicon deficiency to be made worse.

Speaking of varicosities, silicon is the key to both strength and elasticity of the tissues, including of blood vessels which makes silicon especially important regarding cardiovascular health.

Once again, it was European researchers some decades ago that discovered in cadaver studies that those who died with healthy cardiovascular systems had an abundance of silicon in the blood vessels while those dying from heart problems have very low levels of silicon in the blood vessels.

There is also an electrical aspect to heart health with some heart problems being sort of a short-circuiting problem. That is yet another important part of the mineral silicon and heart health. Silicon is a semi-conductor. Most everyone has heard of 'Silicon Valley' in central California that is the heart of the burgeoning computer industry. It was called that originally because of all the silicon chip manufacturing in that region. The better the silicon chip the more information the computer can handle and the faster it can handle it. It is similar in the human body.

I'm telling you Greg, there are so many facets to the mineral nutrient silicon regarding health that we can only just begin to do justice to the subject even in a lengthy interview.

For instance, your body communicates through the nervous system similar to a computer network.

Your body's 'CPU' if you will, is your brain and silicon is a big part of faulty brain messaging such as in Alzheimer's. There has been much documentation on this though it gets little attention.

You know how aluminum has been mentioned often in the health food industry as "the" cause of Alzheimer's? Did you know that aluminum is found significantly in the earth's crust in the form of SILICON-aluminate? Silicon manages aluminum. It is the absence of the semi-conductor mineral nutrient silicon necessary for facilitating electrical messages in the brain more so than the presence of aluminum that is the problem in nervous system disorders. For instance, high dose silicon can also make a noticeable difference for one with Multiple Sclerosis.

Going back to collagen for a minute, we can also tie in silicon deficiency to cancer. You see, Greg, doctors have done a disservice (a long and ever growing list if ever there was one) by making it sound like cancer spreads by eating up other cells. That is not exactly accurate. I don't know if they explain it that way for some misguided attempt at simplicity or if it has to do with their being such simpletons when it comes to nutrition and cancer – or pretty much nutrition and anything.

Cancer doesn't spread by magic. It is still bound by the laws of physics. Two objects cannot occupy the same space at the same time. I learned by way of Dr. Matthias Rath that cancer cells produce an enzyme that breaks down collagen in order to make room for growth. He uses a convoluted and complex protocol to strengthen collagen with a variety of nutrients in order to make the body more resistant to cancer growth. I thought that the simplicity of increased silicon should work just fine and discovered that is indeed the case. In the end MSM, glucosamine, chondroitin, proline, ascorbic acid (so called vitamin C) all end up primarily as covers for silicon deficiency.

These issues are not just book learning for me but things that I have actually seen time after time, over and over again through four decades working with silicon or silica.

Are you starting to see why I'm so passionate about silica? If you're like most people you'll start getting passionate about silica, too!

Crusador: Arthritis, bone and joint problems are at epidemic levels and cause millions of Americans to suffer. Why does silica have such an impact on bone and joint health and what kind of results have you personally seen with people you've consulted?

Silicon is actually the most important nutrient in order for one to have healthy bones and joints. Throwing calcium at the problem in increasing amounts actually makes the problem worse and can't work for some lengthy, complex reasons that I won't take time away from silicon to get into.

Electrical stimulation is used to hasten bone healing especially with professional athletes and those who are well-to-do. Well, silicon is a semi-conductor, so it naturally increases the body's own "electrical stimulation" by way of nervous system healing messages.

As far as the kind of results I have personally seen with people using silica, well Greg, that would fill more than a year's worth of your newspapers.

The Alta Health Products company has always marketed the product with emphasis on it as "an internal beauty agent" for hair, skin and nails in order to not rile up authorities with health claims.

Initially I would appeal to women's vanity in order to get them to use the product although I was more interested in their long term bone and cardiovascular health. This worked very well as women would see the difference in a short time with their nails, and shortly thereafter they would see the difference in their skin and hair. I've had women who could never grow their hair much beyond their shoulders able to grow their hair down their back with regular silica supplementation.

After a while I got my first crack at broken bones. Actually it was much more than a crack.

Almost 30 years ago I was working at a health food store and the manager and I saw a man in the parking lot with a walker who was having a great deal of trouble walking even for a man with a walker. His wife had to assist him in walking even with his use of a walker. It appeared he was in great pain. Then we noticed he was headed in our direction.

The man asked for me by name and said he had been referred because of his problem. He had had a tobogganing accident the previous winter that chipped a piece out of his hip in a V-shape almost 1" across at the top that was 2" deep. This was now Thanksgiving time so it had been more than 10 months. There had been no healing and he was in great pain. The man was well-to-do and had been flying back and forth from the Colorado ski lodge area orthopedic specialists as well as consulting with the orthopedic specialists at UCLA. The specialists had finally decided that with the absence of any healing for such a long period of time that a hip replacement was necessary. This was scheduled for three weeks later.

I shared with the man about what research indicated about high dose silica in the right form though letting him know that at that time I had only book knowledge on the subject. Well, he had nothing to lose at this point so he began taking 12 Alta Health Product Silica daily with 3 tablets being taken at morning, noon, evening and bedtime.

One week later this same man approached the store with only a cane. Though still in some pain the improvement was nothing short of astounding after only one week. He said the UCLA doctors were amazed and had called for the Colorado specialists to come to UCLA for a special symposium to examine what was suddenly happening with this case.

Another week later the same man approached the store and this time unassisted by any devices though still with a slight limp but without any pain. He said new x-rays taken for the hastily called specialist symposium showed the matrix of the bone filled in and hardening. He said the hip replacement surgery had been cancelled with a determination of "spontaneous healing" of the fracture.

I was very excited and told him I would gather all the documentation including that of Dr. Carlisle at UCLA (though she was in the Public Health department). The man stopped me expressing his great thanks but that he would not do so. He said that they would just laugh at him. This was very frustrating for me though through the decades I have gotten used to this.

Since that time I have seen countless bones speedily healed, and innumerable hip and knee replacement surgeries cancelled.

A legendary sculptress named Claire Falkenstein was referred to me by a mutual acquaintance. Falkenstein had invented an abstract style of sculpture that incorporated metal and glass together. Her works had been commissioned at legendary buildings and universities around the world – especially for the rich and famous.

Mrs. Falkenstein was well into her 70s at that time and arthritis had grown so strong in her hands that she had just become unable to sculpt any more. She was very distraught over no longer being able to continue in her life's work when I met with her. She let me know at that time that a hip replacement surgery had just been scheduled for her.

Well, she went on the 12 daily regimen and within a few weeks she was so excited as she was sculpting again. This legendary sculptress had regained the use of her hands. Also, the hip replacement surgery was cancelled.

I received from her a beautiful folio of her work that was signed with thanks for restoring her life's work to her again. I lost contact with her after some years. I recently learned that she did finally have that hip replacement surgery but that it was more than 10 years later as she neared 90 years of age. Even then, I wondered whether perhaps she had ceased using her silica.

Only a few years ago a man in our congregation who is a genuine cowboy rancher called me early one evening to tell me a large iron gate had fallen on him while he was alone and broke a bone in his leg. He had been trapped for several hours that afternoon before being discovered. He said that during that time he was unattended the swelling had become so great that doctors were unable to tend to it much and had only wrapped it telling him to come back in one week for casting. He then asked me, "What's that herb stuff you have for bones?"

Well, I hustled straightway that evening to his place with Alta Health Products Silica that he started that very evening with 3 right away and then another 3 at bedtime. He also asked about something natural for pain. He said the doctors tried to give him some pain medication but he told me that he told them, "I ain't takin' none of your pharmaceuticals." Now that is tough but he is one tough guy. There is no herb to take away that kind of pain unless you are smoking marijuana. I did fix up a quart of tea of a nervine herb that helps take the edge off of pain – maybe I'll talk about that one some time. I brought it to him fresh every morning to drink throughout the day. The pain was less and less of a problem each day through the week.

One week later I went with him to the doctor. An x-ray was taken and when the doctor came in he sat down and was literally scratching his head. The doctor said he was not going to put a cast on. My friend pretty excitedly reacted to that one, "What do you mean you're not going to put a cast on?" The doctor very plainly stated that a cast wasn't needed because the bone was healed. At that point I jumped in with a question.

"This man rides a horse for a living. When can he get back on a horse?" You see, Greg, I thought he must have meant that the bone was healed so much that a cast was no longer required. I'm used to seeing broken bones healed much more rapidly than usual but not in one week.

"As soon as he can get his foot in a stirrup he can get back on a horse," the doctor replied.

That was a stunner even for me.

As I pondered this one some things became clearer. First, this man got right on the Alta Health

Products Silica at the therapeutic level immediately. Usually it is a week or more before someone talks with me about a broken bone. A few times I've had people get started after a few days. Never before had I had someone to start the same day let alone within just hours of the bone being broken. Second, this man refused any pain medications. You know, Greg, pain medications are not magic. They don't make pain "go away". They work by interfering with the nervous system messages of pain that let you know there is a serious problem needing to be tended. Well, that nervous system message system also directs healing messages, too. Interfering with the nervous system pain messages also interferes with the nervous system healing messages. By not shutting down the nervous system with drugs, and relying only on a nervine herb that helps the nerves plus the bone healing mineral silicon – from yet another herb by the way – this bone healed in a miraculous "record" time. Also, there is the semi-conductor aspect of silicon further aiding the nervous system messaging system as well.

Crusador: What we learned from you about chromium and selenium is that the actual source of the mineral makes all the difference in the world as far as absorption in the body and overall results. In the case of those two minerals you taught us that in a "food grown" state they work far better than any other source on the market. Are there various sources of silica on the market as well and can you explain the differences?

Oh, indeed, Greg, "food grown" 100 per cent whole food "vegetal" silica makes all the difference in the world with silica as well, and, YES, there are various sources of silica on the market – sadly and tragically mucking things up.

Professor Kervran found that biological silicon in a grown form was dramatically superior to non-biological forms. Kervran then found that horsetail grass in the springtime had the greatest concentration of silicon, but that it was most active in a tea form.

It is more than interesting to me that old European herbalists knew that horsetail grass could be a great remedy as a tea but not so much in the whole herb form in which it could even be a stomach irritant. They didn't know why but it has been discovered in recent years that there are a couple of aspects of whole horsetail grass that can be irritants – especially in larger quantities such as the amount necessary to get higher doses of silicon. However, making a tea dissolves the irritant aspects of the whole herb.

Crusador: What can you tell us about Professor Louis Kervran and his patented extraction process?

Professor Kervran developed a specialized aqueous process to preserve the biological potency of the silicon and also concentrate it in a 5 to 1 extract. For simplicity sake it is similar to making tea that is then dehydrated and the remaining powder is then tableted. It breaks down with its concentrated silicon content very readily. This was brought through very clearly to me when I had a man who had wonderful responsiveness to the silica tablets even though his stomach had been removed and he had sensitivities due to that as you might imagine.

A pioneering researcher who was one of the behind-the-scenes researchers for the famed nutrition author Paavo Airola was Dr. Richard Barmakian. Dr. Barmakian went to France and studied under Professor Kervran. Barmakian received the blessing of Kervran and the rights to the silica process with which he began Alta Health Products almost 40 years ago with Alta Silica as their lead item as it still is to this day.

Dr. Barmakian introduced silicon supplementation in the marketplace. The initial splash made by this marvelous water-processed silica made quite an impact though unscrupulous imitators soon thereafter poisoned the well and such mucking up of the waters has continued to slow the benefits that could be obtained from the very solid research on silicon that has been accumulated through

more than half a century.

Crusador: What did Dr. Richard Barmakian tell you before his untimely death that led to convincing you about his source of silica being of so much help to so many people with various health issues?

I spoke often with Dr. Barmakian from the 1970s and into the 1990s, and was able to get close to him which was not an easy feat. Barmakian had been burned out on the too common unscrupulous characters in the nutrition business. Eventually he did open up and shared protocols with me for claims that he was not legally permitted to make as the manufacturer of the product. One of the most important and astounding of these was for the maximum therapeutic amount of silica for more difficult conditions by taking 12 tablets daily spread out over the day with 3 tablets morning, noon, evening and bedtime. This was referred to as the maximum therapeutic amount not because more was harmful but rather because more than that was thought to be more than the body could use. The results I have seen with this through four decades are nothing short of amazing.

Often I will offer a challenge to those with serious problems that indicate silicon deficiency. I challenge the individual to take the maximum therapeutic amount of silica for three weeks and see what happens. Very commonly the response I get back from those who take my silica challenge is something like, 'WOW!' Sometimes they reduce the level at that time and sometimes they just continue at that level for a while longer as their serious problems continue to get better or even completely well.

Oh, and just for the record, in the last year or so I have had some with particularly serious silicon deficiencies and more serious health problems who on their own have taken 16 tablets daily with 4 tablets morning, noon, evening and bedtime as an extra boost for a limited time that reported to me even greater levels of improvement than with the 12 daily I had been taught was the most the body could use at one time.

Crusador: Are there any sources of silica that consumers should be aware of?

It was not too long after the introduction of silica supplementation to the world by Dr. Richard Barmakian with his Alta Health Products before a copycat 'Silica' labeled product entered the marketplace at only half the price. Sadly, it was not even half the product. It was in fact just plain horsetail grass. Underneath the prominent 'Silica' on that label were the italicized Latin words 'equisetum arvense' inside parenthesis in tiny little print. That is the botanical name for horsetail grass so they let you know up front that this was just horsetail grass IF you were schooled in herbs and Latin. You could have purchased plain horsetail grass labeled as such and not labeled 'Silica' for less money.

That 'Silica'/horsetail grass product poisoned the well because so many bought the bargain variety and of course did not receive the results that they had heard about so the silica momentum started by Dr. Barmakian's fastidious research and integrity has been slow – but steady – with only those stumbling onto Alta Health Silica or studiously finding their way to it knowing the astounding benefits of whole food, grown, vegetal silica.

Remember, the Alta Health Products Silica is a 5 to 1 extract so that at twice the price the actual cost is still less than half as much as other products that only have an appearance of lower cost. Oh, and that original copycat is still on the marketplace today. Many other silica products have entered the marketplace since primarily non-biologicals such as liquefied crystals and gel suspensions.

Crusador: How do you recommend silica to be taken and should more be used for people struggling with health issues versus those that just want to take it for maintenance purposes?

My general recommendation for Alta Health Products Silica is one tablet taken four times

daily – morning, noon, evening and bedtime, or at the very least one with each meal. For serious health problems that indicate serious silicon deficiency, I issue my silica challenge outlined earlier for taking 12 tablets daily spread out over the day with 3 tablets morning, noon, evening and bedtime for three weeks and then follow suit from there in accordance with results. If anyone reading this interview is truly serious about keeping their health on track or restoring lost health, a daily intake of chromium, selenium and silica are essential.

Crusador: As always, Chris, your information is first class. Thank you for all your time and effort in educating the masses about these issues.

Thank you, Greg, for giving me a forum to get these insights published.



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