

# SILICON—The Strengthening, Magnetic Element

About silicon, Bernard Jensen, Ph.D., in his book *The Chemistry of Man*, has this to say: “I find very few people who do not need silicon, which is reflected in the charming, magnetic personality and beauty of movement. All minerals and especially silicon build the ‘temple beautiful.’ The gem of the earth is the human body. Silicon even assists in its evolution to a higher vibratory rate. A person with stored quantities of silicon is alert, quick, agile, lean, nimble and active.”

Bearing the symbol of *Si* on the periodic chart, silicon is a light, nearly colorless, odorless and

tasteless element, with a powerful charge or ‘magnetism.’ Acids join easily with it and are neutralized by this magnetic element, thus relieving such things as gout!

It’s interesting to trace back the origin of the word *magnetic*. We find it comes from the city Magnesia in Thessaly, Greece, and has the same root as magnet, magnetism, *magus*, *magh*, and especially the Sanskrit word, *mahaji*, meaning great, learned and wise. Ancient priests, *magi*, or ‘greats,’ used magnesian stones (high in silicon) in curing people and to magnetize wedding bands. These powerful stones were found in the city of Magnesia, named in honor of these magi priests.

Silica is a compound of silicon and oxygen found in nearly all earthy minerals. It is abundant in

such precious stones as jasper, onyx, opal, tourmaline, aquamarine, and quartz and amethyst crystals, to name a few. Next to oxygen, silicon is *the most abundant element* in the earth’s strata, forming (as silica) almost a quarter of the earth’s crust, an important constituent of our planet’s surface.

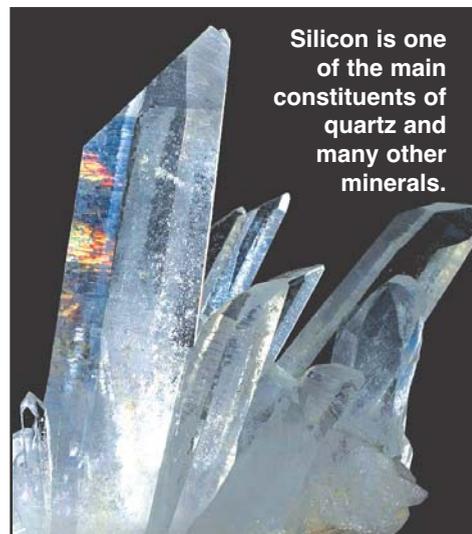
## SILICON’S ROLE IN THE HUMAN BODY

Silicon is found in all vegetable and animal tissues, especially resistive tissues such as skin, tendons, dura matter (the tough outermost membrane enveloping the brain and spinal cord), in fascia, hair and nails. Even plant stocks and bird feathers are given

strength through silicon. All receive firmness in muscles (reducing flabby flesh), elasticity in tendons and joints, toughness in bones and teeth (enamel). It even increases one’s inner strength, fortitude and courage!

Nails, hair and skin derive their sheen, resilience, strength of follicles, and smoothness from silicon. Nails will no longer be brittle. If your hair has weak, split ends, you need silicon. If the hair, nails, and skin and/or teeth are found lacking in these areas, it’s a warning sign that you are deficient in silicon throughout the body.

Silicon is responsible for making the blood warmer and the pulse more rhythmic. It strengthens the heart and arterial walls and reverses varicose veins. It reinforces all ligamentous



Silicon is one of the main constituents of quartz and many other minerals.



membranes, as in the inner and outer organ linings (including the uterine), walls of the throat, digestive tract (addressing Crohn’s disease, stomach ulcers, and diverticulitis). It has a vital influence on the brain, spinal and cerebral dura matter, and on glands and the reproductive system.

Silicon is a nerve conductor whereby nerve impulses are more efficiently transferred. The following are all symptoms of silicon deficiency: any nervous habit, for instance, twitching eyelids, excess winking, biting one’s nails, writer’s cramp, uncontrollable picking of the skin, even in one’s sleep, jerky movements, tobacco smoking or chewing, and all drug habits—these all can be more easily overcome when silicon is well supplied.

In short, the whole body is invigorated and energized with silicon. There is a general disease resistance as well, since silicon also provides antiseptic protection.

Silicon benefits our elderly

who are crippled by old-age complaints and weather conditions. Joints are made elastic and flexible. Eyesight is improved. Varicose veins are reduced. Polyps and hemorrhoids decrease, complexion improves, flesh is made firmer, and scabs/bed sores and bruises go away quicker. Rheumatism, psoriasis, eczema, gout, lung issues and circulation all improve.

### FOOD SOURCES FOR SILICON

Sprouts are among the highest sources of silicon, along with oats and especially oat straw tea, millet, brown rice, barley, kelp and dulse seaweed, seeds (esp. flaxseeds), nuts (raw, or their butters and milks), the peelings of fruits and vegetables, and the stems of herbs, especially horsetail. Silicon is present in all greens and the stalks of plants, like asparagus, celery and broccoli. Keep and use those stalks!

Think about how your greens, like kale, collards, chard, mustard, parsley, dandelions, nettles, beet and turnip greens, onion greens, and kohlrabi, all stand tall! Be creative. Use the stems in creamed soups and get this precious element back into your diet—so you can stand tall, both literally and figuratively, and be more magnetic, too! ■



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Depending on the condition, chiropractor or naturopath records may be recognized as supporting medical documentation.

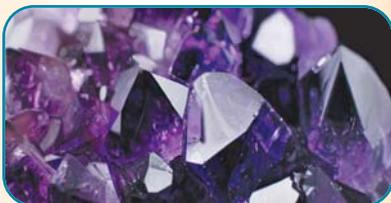
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