

### Horsetail is not just for Hair



### Horsetail not just for hair...it's for joints, bones, connective tissues, tendons and ligaments, heart, skin, hair and nails.

Face it, what we really want to do is live like horses, standing around eating and looking beautiful and running only if being chased by something dangerous. Especially as we get older, we mostly try to eat right and get more than enough fresh air and exercise. Alas, we also know that what was once is now different, like our environment and what we can get from it to be healthy.

Both osteoporosis and cardiovascular disease are nutritional diseases of modern Western societies--there is little evidence of hunter-gatherer societies having suffered from either. Some of our ancestors' foods are noticeably lacking in modern diets--namely, internal organs, bone marrow, skin, tendons, cartilage, bony fish and fibrous plants. In contrast to today's average diet, those foods are relatively rich in various nutrients including silicon (Si), an essential trace element researchers think is important to normal bone and connective tissue development. Modern food processing techniques strip our few remaining silicon-containing foods such as grains and rice of nearly all their silicon content--and the health benefits silicon provides.

Lower stomach acidity, whether due to illness or age, diminishes our ability to metabolize silicon from food sources. Aging is reported to be associated with an increasing gastric pH. In this view elderly people will have a decreased capacity to convert dietary silicates into a bioavailable form of this essential trace mineral.



Compelling data suggest that silica is imperative for health. There appear to be situations in which intake and absorption of silica are inadequate causing serious health problems; a deficiency induces deformities in skull and peripheral bones, poorly formed joints, reduced contents of cartilage, collagen, and disruption of mineral balance in the bones which lead to osteoporosis and/or cardio-vascular problems.

To get the essential silicon that the body needs in a form that the body can use is answered simply with an ancient herb. Horsetail. Horsetail contains the highest amount of silica of all known herbs. Nature's Sunshine [Horsetail](#) contains purely Horsetail Herb (*Equisetum arvense*), kosher gelatin and water. Additionally [CA - Herbal](#) provides

minerals and companion compounds that help nourish the structural and nervous systems. [HSN-W](#) strengthens the hair and nails, enhances skin tone, and supports structural health.

**Prevent and treat Osteoporosis and Arthritis** - In a 1993 study conducted by researchers at Centre Hospitalier de Toulon in France, eight women with osteoporosis whose average age was 64 were injected twice weekly for four months with 50 mg of absorbable silicon. According to images taken before and after supplementing, this modest intake significantly increased the density of their thigh bones which bear the most weight and so are excellent indicators of osteoporosis.

**Protect blood vessel walls** - Silicon is also concentrated in the connective tissues of blood vessels, cartilage, hair and skin. Thus, researchers believe it plays an important cross-linking structural role in blood vessel walls as well as in bone. Experiments on rabbits at the Experimental Medicine Laboratory, University Pierre et Marie Curie in Paris, showed that silicon supplementation protected against atherosclerotic plaques.

**Avoid absorption of aluminum** - As much as aluminum has been found in brain lesions of Alzheimer's patients, several researchers have suggested that aluminum toxicity may be involved in the pathology of Alzheimer's disease. In studies with rats, silicon was found to prevent the accumulation of aluminum in the brain. It is believed that silicon bonds with aluminum in food and beverages, thereby reducing the gastrointestinal absorption of aluminum.

For vanities' sake - A study was presented in October 2004 that showed silicon improved skin texture and resilience, while significantly reducing the depth of wrinkles.

Silicon is indeed significantly effective for keeping or improving a vigorous healthy state and silicon supplementation may be useful to complete a balanced diet. Go ahead and eat your oats too.

Yours in good health,

**Chris and Dr. Jack Ritchason**

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Sources:

LE Magazine April 2003 - Life Extension Magazine Silicon: An Overlooked Trace Mineral

[http://www.prolithic.com/hpages/ref\\_docs/orthosil.html](http://www.prolithic.com/hpages/ref_docs/orthosil.html)

Whole Foods Magazine December 2004 Interview with Dr. Vanden Berghe - a professor on the Faculty of Medicine at the University of Antwerp in Belgium.

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