Introduction

When I was seventeen I got salmonella poisoning from a burger I had bought from a mobile fast-food vendor near London. It was so bad that I lost two stone (10 kilos) in 48 hours and for the couple of days before being hospitalised was vomiting around a hundred times per day (towards the end only black bile was coming up). The brief but regular periods of vomiting were my only respite from the agonising griping feeling in my gut and the overall nausea. I spent 10 days in hospital, 7 of these on a drip. Nobody was allowed in my hospital room unless they were wearing a mask and gloves and even groups of trainee doctors would gather around me to take notes on what was apparently 'one of the worst cases of salmonella poisoning they'd ever seen.'
MESSAGE FROM THE AUTHOR

THIS PAMPHLET IS FOR ANYONE AND EVERYONE.

I BELIEVE THE INFORMATION IT CONTAINS IS HIGHLY IMPORTANT.

PLEASE COPY / TRANSLATE / MODIFY AS YOU LIKE.

I HAVE BEEN MAKING / DISTRIBUTING SILVER WATER IN INDIA & UK FOR 12 YEARS.

I BELIEVE THAT EVERYONE SHOULD HAVE ACCESS TO FREE SILVER WATER.

PLEASE LEARN TO MAKE IT AND SHOW OTHERS HOW TO MAKE IT.

james@rainbowelixir.com
Disclaimer

The information presented in this book is not intended to diagnose or cure any disease. I am not a medical doctor and have no authority to make any claims that silver water will cure anything.

All I can do is share what I’ve learned over the last ten years of making, taking and distributing silver water / silver water generators.
Introduction

When I was seventeen I got salmonella poisoning from a burger I had bought from a mobile fast-food vendor near London. It was so bad that I lost about 9 kilos in 48 hours and for the couple of days before being hospitalised was vomiting around a hundred times per day (towards the end only black bile was coming up). The brief but regular periods of vomiting were my only respite from the agonising griping feeling in my gut and the overall nausea. I spent 10 days in hospital, 5 of these on a drip. Nobody was allowed in my hospital room unless they were wearing a mask and gloves and even a group of trainee doctors once gathered around me to take notes on what was apparently ‘one of the worst cases of salmonella poisoning they’d ever seen’.

A few years later I got some kind of stomach bug, again from street food. This time I believe it was from some fried ‘eggy bread’ from Delhi. I knew I must be pretty sick when I noticed that I was expelling white liquid instead of faeces. I felt awful but had booked a flight to Europe to visit my girlfriend and was keen to leave India. I stayed a month in Europe taking some Ayurvedic tablets every day but my condition deteriorated steadily until a realised I had to get back to the UK as I had no medical insurance.

By the time I had got to a UK hospital my face was yellow and my blood sugar level was apparently the lowest the nurse had ever seen. Again I spent a week or so in hospital on a drip. The doctors wrote ‘Hepatitis A’ on the form but it seemed to me that they didn’t really have much of a clue as to what my illness exactly was.

I’ve been sick like this a few times and know how horrible it is. Many of us experience this kind of pain at some point in our lives yet in hindsight I needn’t have suffered at all if I’d known about silver water. My avoidable suffering is nothing compared to the avoidable suffering around the world. If only the knowledge of silver water was widely available!

This book is a simplified synthesis of all I’ve learned during the last ten years of making, taking, using and distributing silver water and silver water generators. It is my sincerest wish that the information regarding home-made silver water spreads rapidly across the world especially to the people who need it the most; the poor people of developing and war torn countries.
Technically, a colloid is a tiny particle measuring approximately one ten millionth of a millimetre in size. As far as I am aware ‘true’ colloidal silver is only possible to make using either distilled or reverse osmosis water with no electrolyte added. If another type of water (such as filtered tap water) is used, or electrolyte is added, ‘silver water’ is created. For instance, if a miniscule grain of rock salt is added to distilled water, silver chloride will be created. It is my experience that even crude silver water can literally save lives in emergency situations, however I always make ‘true’ colloidal silver because I have a 30 volt transformer and an ample supply of distilled / reverse osmosis water. However if I didn’t have access to these things I wouldn’t hesitate to make a glass of crude silver water and take regular small sips of it, especially if I suddenly started to feel sick.

Throughout this book I have decided to refer to ‘silver water’ instead of ‘colloidal silver’. It is the reader’s decision to decide what kind of silver water to make.

![Diagram](image)

**Electrical power source** + **Silver wire and clips** + **Water** = **Life-saving silver water**
Reported uses of silver water in the human body

Simply drinking small quantities of silver water regularly has been shown to overcome diseases such as:

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**SILVER IN THE SOIL**

Soil fertilizer contains nitrogen, potassium and phosphorus however it doesn’t contain any silver.

Silver levels within the soil (that our vegetables are grown in) has never been lower. Even if a completely healthy vegetarian diet is followed, the chances are that silver levels in the body will not be high enough for true health.

In this way silver water is a highly important immunity-raising supplement.
**On the human body**

**General cleaning of the skin**
Useful against cuts, infections, burns, wounds etc

**Rubbing into the scalp**
Helps with dandruff and scalp infections etc

**Open wounds**
Will stop bacterial infections. Pour on the wound as quickly as possible and wrap some cloth covered in silver water around it

**Rashes**
Rub into rashes regularly to relieve inflammation and possibly cure the condition

**Creating a biological warfare protection mask**
Dip a cloth rag in silver water and wrap around the face for protection against biological attack.

**Around the house**
The key here is to buy a spray bottle and fill it with colloidal silver (the quality of silver water is not so important for this kind of use).

Silver water can be used in place of detergents for such uses as:

- Cleaning surfaces in the kitchen
- Spraying around the bathroom
- Spraying on fabrics (to remove musty smells)

**Agriculture**

Silver water helps to kill parasites in the soil and in some plants. Studies show that a flower cutting will stay alive much longer if its stalk is kept in silver water.

**Water purification**

Silver can kill harmful parasites and bacteria in dirty drinking water. Mix a little bit with the water you drink.
Making a battery-powered silver water generator

For the last few years I’ve been connecting three 9 volt battery terminals to two crocodile clips and deliberately not encasing this set-up in any kind of plastic box so that everyone could see how easy the process of running electrical current through two silver wires can be. The kits looked like this:

A vacuum packed colloidal silver kit containing three 9-volt batteries, three battery terminals, two crocodile clips, two silver wires, plastic spoon, a plastic wire holder (for placing over the glass you use to make the colloidal silver in), a cloth carry bag and twenty pages of related information.
But last year I discovered an even simpler way…

Three 9-volt batteries in a ‘Lego’ configuration with four crocodile clips joined by a short length of insulated wire. The ‘Ultra Simple’ colloidal silver generator!

If the batteries have been used a few times, recharge them or add a fourth to the configuration.

So I went back to the electrician and asked him to make me a more of these simple little electrical devices.
Life-saving packages containing the bare minimum for diseased populations being distributed during epidemics could look something like this:

A pack containing 2 silver wires, crocodile clips/connecting wire, cleaning pad/cloth and essential printed information in simple language.

So now I only focus on the ‘Ultra-Simple’ battery powered versions and the 30 volt plug-in transformer versions.

Actually it gets even simpler than that. If the insulated wire/crocodile clips are not available, the two silver wires can be held against the parts of the batteries where the clips would normally go with the fingers of the hand.
It’s a bit precarious but when needs must…

Turning a glass of water into a life-saving preparation ‘par excellence’ using nothing more than three 9-volt batteries, two silver wires, my hand and fingers. Note that I would not normally create silver water in the direct light.

NB: Make sure your hands are not wet when making silver water in this way as you will probably get a mild / medium electric shock.
Obtaining a plug-in 30 volt transformer / silver water generator

It makes sense to build or purchase a plug-in colloidal silver generator if you are making it regularly. This season (2010-2011) I have been based in India and regularly visit the local electrical shop to buy 9-volt batteries, terminals and crocodile clips for my DIY colloidal silver kits.

I asked him if he could assemble me a 30 volt step-down transformer with two crocodile clips attached and he obliged. It worked fine so I ordered ten more which were professionally made at a larger electrical suppliers in a bigger town.
A basic 30V plug-in transformer / silver water maker

The sticker I put on the plastic box that houses the transformer reads:

“Make your own colloidal silver for the price of water in minutes”

My knowledge of electronics is minimal so I can't tell you how to make a 30 volt transformer however; wherever you are in the world I'm sure a local electrical shop will be able to point you in the right direction.

The transformers come in cardboard boxes which I then put stickers on and vacuum pack with a machine I bought from the Internet.

A nicely presented product that has the capability of saving many lives and beating many illnesses.
Buying silver wire

When I am in India, in order to obtain 99.9% silver wire I go to the nearest main
town to visit a small shop in the silver / gold business area.

I pay about 10-15% over the London SPOT price for 99.9% pure silver plus a small
commission for him to take the silver off to a nearby factory and have it processed
into wire. I usually order about Rs.10,000/- worth of silver wire each time which I then
cut into suitable sized lengths.

99.9% pure silver wire.

I went to Hatton Garden in London a few years ago to purchase silver wire. I was
impressed at how efficient they were there. As you enter the shop you take a ticket
from a machine, sit down and wait for your number to come up on the screen. Then
you go to a counter and ask for what you want, in my case I wanted 99.99% pure
silver wire. The assistant pulled out a large ring with a selection of differently gauged
silver wires on it and I chose which gauge I wanted (14 gauge). Within a couple of
minutes the transaction was complete.
Wherever you are in the world, seek out the nearest reputable silver dealer and make your order for 99.99% pure silver wire. Buy loads of it if you can afford to, it’s a very good financial investment and may well come in very useful if ever a pandemic breaks out.

Alternatively silver wire can be bought via the Internet although it works out quite a lot more expensive to purchase it this way.

A chart showing how the value of silver has increased over the last ten years.
Making colloidal silver / silver water

The main things to consider when making colloidal silver / silver water include:

» The type of water being used
» How much electrolyte is added (if any at all)
» The temperature of the water
» The purity of the silver being used
» The voltage being passed through the silver wires
» The length of time the wires are submerged into the water

Types of water

In my opinion, distilled water and reverse osmosis water are the most suitable. This is because these waters contain the least amount of electrolyte. They are basically ‘empty’ and therefore more suitable for creating a high quality colloidal silver. ‘Aidtya’ and ‘Kingfisher’ bottled waters work very well for making silver water.

Avoid water with minerals added to it or straight tap water if possible because a process known as ‘clustering’ will start to take place fairly quickly, whereby the silver particles collect around electrolyte in the water and fall out of suspension.

Most researchers agree that distilled water gives the highest quality colloidal silver. Putting a few tiny grains of salt in the cup (to give it more conductivity) will make the process of making colloidal silver quicker and using hot water (approximately 90 degrees), the process of making a pint only takes a few minutes. However, if salt is added, ‘silver chloride’ is created as opposed to true ‘colloidal silver’.

The distilled or reverse osmosis water will produce the highest quality solution. The distilled water is completely ‘empty’, i.e. – contains 0 ppm impurity whereas the de-ionised/ the reverse osmosis water contains about 1 ppm. There’s very little difference between them. Because there will be less electrolyte in these waters as compared with say filtered tap water, the time it takes to make a suitably strong colloidal silver preparation will be longer.

Adding electrolyte

Adding a very tiny amount of real sea/rock salt or baking soda will greatly speed up the process, as will heating the water (which I do by placing the glass jar in a large saucepan with boiled hot water in it). Literally, put just about the tiniest amount of salt/baking soda that you can.

Put too much electrolyte in the water and the silver particles are likely to fall out of suspension and rest at the bottom of the bottle.
Purity of silver
Using ‘sterling’ silver such as that used in jewellery is a very bad idea. It contains only 92.5% pure silver with other elements such as silicon and boron added to make a ‘silver alloy’. Use only 99.99% pure silver obtained from a reputable dealer.

Temperature of water
Using hot water speeds up the process of making silver water substantially. Some researchers also argue that a higher quality of silver water is created when hot water is used. Remember not to contaminate the water if you heat it up. Some methods of heating water in a clean way include:

» Putting a glass jar full of water in a saucepan of simmering water.
» Buy a kettle that is only used for heating distilled / reverse osmosis water
» Microwave the water

The hotter the water, the quicker the silver water is made. Some people like to gently warm the water first; others like to use freshly boiled water. At present, I use room temperature water.

Voltage
From what I have learned, silver water can be made using anything from just a few volts of electricity up to about 45 volts. Apparently the ideal voltage is 30V because this gives the smallest silver particle size. That’s why 3 nine-volt batteries is the best way to make simple, home-made silver – because 3, 9 volt batteries gives 27 volts of electricity which gives a very small particle size. In emergencies a smaller or larger voltage can be used.

Timing
The time it takes to make suitable silver water depends on factors such as:

» Temperature of water (the process is much quicker if the water is hot)
» Type of water (the process is quicker if the water has ‘electrolyte’ in it. However the quality will not be good if too much electrolyte is in the water)
» Voltage being passed through the silver rods (30 volts is ideal as it gives the smallest silver particle size. In Emergencies 9 volts or less can be used)
Quantity of water being used. (Obviously 5 litres of water will take longer to prepare than 1 litre of water)

Experiment for yourself, you'll know when the solution is ready because one of the silver wires will have a grey/black coating on it.

In an emergency, say if you burn yourself, you can run the hot tap until it is as hot as it gets, fill a pint glass and put the silver wires in it. You’re crude silver preparation will only take a minute or so to make. This kind of preparation can also be used for plants, topical applications and general household hygiene purposes.

**PPM tester**

A PPM tester measures the ‘parts per million’ of ‘stuff’ inside the water. The best way to use a PPM tester is to take a reading of the water before you begin to make silver water and then take another reading when you have finished. Subtract the first reading from the second reading and you will have a final PPM reading for your silver solution. In my experience 5-10PPM is fine for general use. A basic PPM tester is fairly cheap to purchase (between $20-$40) and is also a good way to measure how pure your water is in the first place.
Making silver water with batteries

It’s easy to make colloidal silver with batteries, all that is needed is:

» 4 small crocodile clips,

» A length of connecting cable

» 3, 9 volt batteries

» 2 short lengths of 99.9% pure silver wire.

» A glass of suitable water

» Small cleaning pad and cloth

For people who are using batteries and don’t have a battery re-charger I advise heating the water and perhaps adding a miniscule amount of electrolyte (such as rock salt or baking soda if you are using distilled or reverse osmosis water) to minimise the time it takes to make the silver water and thus save battery power.

» Fill a glass with warm water

» Connect the batteries to the silver wires

» Put the silver wires into the crocodile clips and place them into the water as parallel as possible and about an inch or two apart
» From the positive wire you will probably soon see whispy clouds of silver disperse into the water. When the water looks cloudy, the colloidal silver is ready.

» Give it a stir and put it into a tinted glass bottle with a plastic cap.

There are more sophisticated methods of making silver water but this one works well.

After the silver water is made, one of the silver wires should be a grey/dark silver in colour. Use a kitchen scrubbing pad and cloth to clean it before the next use.

If small flakes of black appear in the water, it means the current is too high or the rods have been in the water for too long. You can still use it if you have some coffee filter paper. Or you could use it for external use.

If small silver particles fall to the bottom of the glass bottle, it means the electrical suspension is dropping which means that the water you used probably was not purified enough or had too many minerals in it. It is still worth keeping, just shake the bottle before use and use externally but try to use better water (distilled or purified) next time. Remember that, even if the silver water you make is very low quality, it can always be topically, for plants or for spraying around the house.

In emergencies, it is always better to ingest small and regular amounts of lower grade silver water than no silver water at all.

As the battery loses power, the colloidal silver will lower in quality and take longer to make. If possible, use a rechargeable 9-volt battery and re-charge it after it has been used a few times.

» If any dust gets into the preparation as you are making it, filter it using a funnel and un-bleached brown coffee filter paper.

» Remember that the batteries will lose power each time you make a batch of silver solution. Researchers have found about 30 volts to be ideal. 3 fully charged 9-volt batteries gives 27 volts. Use a battery re-charger if you plan to make colloidal silver/silver solution regularly.

A trick for temporarily increasing the power of a semi-depleted 9 volt battery is to place it between the upper and lower side teeth and bite it in a few different places. This will push the remaining battery acid to the end of the battery where it is needed.
How I make 2 litres of colloidal silver using a 30V transformer
(As of November 2010)

2 litres of colloidal silver being made using a 30 volt transformer. Note that I put the glass jar in the light only for the photo (silver water should not be placed in direct light).

Procedure:

» Make two holes in the jar top about 2 inches apart
» Fill the glass jar with 2 litres of reverse osmosis drinking water
» Place the lid on top of the jar (do not screw it down)
» Place two long silver wires into the water
» Connect the crocodile clips
» Plug in the device into an electrical socket
» Leave for 15 minutes
» Un-plug the machine
» Lift up the lid and wires out of the liquid
» Clean both silver wires with cloth and scrubbing pad
» Put the wires back in the water
Plug in the machine and repeat the process for another 15 minutes

Un-plug the device

Clean the wires again

Repeat the process for stronger colloidal silver

There will be no clouds of silver ‘smoke’ (Tyndall effect) because reverse osmosis water is used which only around 1ppm impurity. The tiny particles of silver will have nothing to ‘cluster’ around and therefore stay in electrical suspension indefinitely. To make a stronger brew, simply repeat the process of cleaning and re-immersing the rods.

All I have to do now is to pour the colloidal silver into clean glass bottles (wine bottles work ok). The success stories continue to flow in each week and are far too voluminous to include in this book, however I have added as many as space permits in the Appendices section.

Once I accidentally left the machine on for a few hours and discovered a large build-up of black ‘fluff’ around both silver wires, particularly one of them. At the time the liquid was still clear however after I’d left it for a short while it turned into a translucent yellow colour.

Such a strong batch of silver water can be used as a concentrate to be mixed with distilled / reverse osmosis water or put into a dropper bottle and
administered as drops under the tongue.

The reason that I like to remove and clean the silver wires approximately every fifteen minutes is to ensure that the grey/black residue on the silver wire does not build up to much. If it does, it inhibits the flow of electricity between the diode and cathode (positive and negative wire).

**Key points to remember about making & storing colloidal silver / silver water**

- Distilled / reverse osmosis water with no electrolyte added provides the best silver water (colloidal silver) which will store indefinitely in a dark glass bottle.
- 30 volts DC is considered the ideal voltage for making colloidal silver as it produces the smallest particles, however in an emergency one 9-volt battery will suffice.
- In emergencies, any water can be used to make silver water.
- If using batteries, remember that they will drain of energy over time, so either recharge them regularly or add a fourth battery to the set-up.
- Keep the silver water away from direct light, magnetic fields and metallic objects (such as a metal spoon).
- Store in glass and don’t refrigerate.
- Silver water made from anything except distilled water and reverse osmosis water will eventually begin to ‘cluster’ and not be suitable storing for more than a couple of days or so. The electrical suspension of silver water made from mineral water will probably be ruined within half an hour.
Buying a silver water generator from the Internet

There are many types of colloidal silver generator available for purchase online, particularly from America. As I have mentioned elsewhere in this book, there is an ever increasing amount of disinformation regarding colloidal silver on the Internet so I feel reluctant to recommend any websites at all. In my opinion and as of 2010 www.toolsforhealing.com provide decent machines at reasonable prices. I also quite like the packages sold at www.silverlungs.com.

Colloidal silver’s enemies

When sabotage is going on, it’s very hard to work out what it going on. Who is telling the truth? Who is lying? Why are they lying?.

Vested interest lobby groups pressurise other groups (often governments) to do certain things and make certain decisions. These ‘vested interests’ also spend large amounts of money and effort in deliberately misinforming the general public about certain issues. To be unaware of this is to be unaware of how the world of medicine, commerce and politics really works.

Regarding colloidal silver there has been a sustained disinformation campaign in full swing for some years now. Who is funding this drive is up to the reader to guess.

Some of the tricks I’ve noticed include:

» Promoting the ‘Argryia’ (blue face) symptom and ignoring the myriad amazing success stories of colloidal silver and silver water.

» Creating websites that twist facts and lie about colloidal silver and natural healthcare generally

» Creating websites that give a certain amount of good information and mix it with disinformation
Promoting the ‘Argryia’ (blue face) symptom

Enter the words ‘colloidal silver’ into an Internet search engine and you will soon find articles and websites that claim it is dangerous to drink silver water because it will make your face turn a blue colour. There are two main cases where this has happened. The first is a woman called ‘Rosemary Jacobs’ (who had silver implants placed under her skin) and the second is a guy known as the ‘Smurf man’ who was drinking way too much crude silver water each day and making a paste out of it to smear on his skin before lying under a sun-bed. He still drinks silver water (although much less than he previously did) and, it would appear, quite likes the attention that the media give him.

Creating websites that twist facts and lie

I first came across Stephen Barrett’s appalling www.quackwatch.com website a few years ago. At the time I was promoting and distributing colloidal silver bottles and generators. On occasion, someone would say negative things about me and the colloidal silver which left me confused and slightly upset. I wondered ‘where on earth are these folk getting their ideas from?’

It is one thing to be sceptical; it is another to instigate an argument by presenting clearly false information dressed up as fact. So I went online and typed ‘colloidal silver’ into the search engine in order to find what the ‘anti colloidal silver’ contingent was saying. What I found, right up near the top of
the list on page one (since then quackwatch is now at the very top, every
time) was a link to Barrett’s site. The entry headline read ‘Colloidal silver: Risk
without benefit…’ I clicked on the link and made my way to the colloidal silver
section.

What I read made me realise quite quickly that this character Steven Barrett
must surely be on a pay-off from some shadowy group or other. So I clicked
on other sections on the website and realised that he is discrediting all
manner of other natural healthcare remedies and systems from Acupuncture
to The Water Cure, using sensational spin and downright misinformation.

Occasionally, there are people who say the product is dangerous and that I
should not be distributing it. I thought about my detractors, who seemed so
sure that colloidal silver was a menace to society and tried to sympathise with
them. I guess if someone wants to have a quick browse around the topic of
colloidal silver on the Internet and then chance upon a site like
quackwatch.com, they can be forgiven for believing the lies perpetrated by the
anti-colloidal silver / anti-natural healthcare circus. Even without clicking on
the quackwatch.com link, a very casual browser could be dissuaded from ever
trying colloidal silver by simply reading the three words ‘risk without benefit’. I
met someone who said to me once ‘I went on the net and saw that colloidal
silver is dangerous’. Upon further questioning, this person had actually not
even opened any website at all, other than the google.com search engine.
The first link they came across was quackwatch.com and the headline was
enough for them not to even bother opening the link. ‘I suspected it was all
snake oil all along and the website confirmed it’. Three words – risk without
benefit – that’s all it can take to deter someone from the amazing colloidal
silver.

At the end of the day, they’ll no doubt run to the doctor for antibiotics when they
get sick and that is their free will choice. I have less sympathy for the deeply
corrupted Steven Barrett and his god-forsaken parrots, incessantly proclaiming
the dangers and ineffectiveness of ‘alternative’ healthcare. The knock-on effect of
deliberately misinforming the public about important healthcare issues can lead to
untold suffering and unnecessarily premature deaths.
Creating websites that give a certain amount of good information and mix it with disinformation

Many websites tell some truth about silver water / colloidal silver but also give many un-truths which make people scared or confused.

Sale of colloidal silver banned in the EU

“The EU is like the baboon. The higher it climbs the more it shows its arse.”

I am no expert but it seems that with all this ridiculous propaganda (and especially after the ban on colloidal silver and other supplements in the EU) these ‘vested interests’ are ‘shooting themselves in the foot’. The more insane laws and regulations that get slipped under the carpet, the more the people start to wonder ‘who are these people doing this to us and why are they doing it?’

If you use the Internet to research colloidal silver, be discriminating about what you chose to believe. This book includes a few websites that (at the time of writing) I feel are trustworthy, however sites often mysteriously vanish from the Internet and sometimes get taken over by other individuals/groups who then turn the URL into a disinformation base.

The bottom line is that ‘they’ don’t want regular folk to know how simple and easy it is to make colloidal silver / silver water. They either try to scare us away or lead us into the belief that making ‘true’ colloidal silver is ‘oh so scientific’ and complicated.

I’ll say this as straight as I can; there are snakes out there on the Internet and
TV whose job it is to hoodwink, bamboozle and lead you astray. With multi-billion dollar empires to protect and virtually unlimited funds to protect these empires by any means necessary, disinformation has become a highly profitable business.

‘They’ will tell you that your skin will turn silver if you take colloidal silver, or you’ll die from heavy metal poisoning, yet ‘they’ are not who they seem. ‘They’, in my opinion, are professional ‘bought and paid for’ disinformation artists. Sure, if you drink litres of crude colloidal silver each day you may develop a cosmetic skin condition but this kind of intake is totally unnecessary as a regular small sip is enough. Beware of websites that may come across as ‘oh so authoritative’ or ‘oh so professional’ yet whose primary aim is to cause fear and turn you off making your own colloidal silver / silver water.
Emergency situations when silver water could be extremely useful

» Someone has fallen off their bike and has a nasty open wound on their knee

» Someone ‘must have eaten something dodgy’ and is now laid out in bed with diarrhoea, fever and/or vomiting

» An epidemic has broken out in a rural village

» An older relative has a terrible case of cystitis and the medical drugs are ceasing to work

» A bullet, bomb or shrapnel has hurt someone

» A vessel of water needs to be disinfected so it can be safely drunk

» A biological military attack has just occurred and the deadly chemicals must not be inhaled

» A child pours boiling water all over it’s legs

» An animal has a terrible case of worms and is nearly dead

» Paper money ceases to be worth much and colloidal silver / silver wire can be bartered for other things, such as food.

» Probably loads of other situations.
Q & A

How much should I take?

A general recommendation is about 10 ml every day as maintenance and 10ml, 3 times per day to beat illnesses. Suggested doses vary according the strength of the solution amongst other factors. Some people are taking much more than these recommendations and are suffering no adverse effects at all. As with all natural remedies, follow your instincts and if it feels right to take more, then go ahead. If you are very sick with food / water poisoning I advise regularly taking small sips, holding under the tongue for a few seconds and swallowing at least every 15 minutes.

How should I take it?

Try to space it out through the day but there’s no fixed guidelines as such. Do not use a metal spoon as it ruins the electrical charge of the colloidal silver. It’s also worthwhile to swill it around your mouth and gargle with it before swallowing to kill the germs in and around the mouth as well.

Can I take too much?

Yes, but people don’t suffer long-term side effects, even if they exceed the recommended doses. The body can only process so much at a time, so if you are taking too much, the body will expel the unused silver through the urine and pores in the skin. It would be a good idea to take something like yoghurt/curd to re-build the friendly intestinal flora that may be slightly diminished at the higher doses (such as 300ml+ per day). A small amount every day is usually all that is needed.

Is it safe for children to drink?

Yes, just a small amount taken regularly is enough. Maybe just 10ml every hour in cases of illness. In fact it is so non-toxic that it can be used as an eye-wash.

Is it safe for pregnant women to drink?

Yes
**Does it need to be refrigerated?**

No

**Can it be stored in plastic bottles?**

Yes, but it will last much longer in glass bottles. Always keep it away from light and strong magnets

**Will it interfere with other medications I am taking?**

No

**Can germs become tolerant to colloidal silver?**

It is impossible for single-celled germs to mutate into silver-resistant forms, as happens with conventional antibiotics. Therefore no tolerance to colloidal silver ever develops. Also, colloidal silver cannot interact or interfere with other medicine being taken. Inside the body, silver forms no toxic compounds nor reacts with anything other than a germ's oxygen-metabolizing enzyme.

**How do you sterilise the glass bottles?**

I fill a bucket with water and add a sterilising tablet (available from pharmacies) then submerge the bottles and caps. I leave them for a few hours, peel off the label and wash out with reverse osmosis water. Using sterilising tablets is not really necessary though, washing the empty bottle with boiling hot water is adequate.

**Are there any situations where drinking silver water is not advisable?**

In cases of serious kidney damage it is advisable to proceed cautiously with taking silver water internally. Follow the advice of a qualified healthcare practitioner who understands the role of unintentional chronic dehydration in disease. Take a very small sip of silver water and if there is no adverse reaction (such as vomiting) experiment with larger doses.
Distributing colloidal silver & generators

In 1999 I was told about how effective colloidal silver was and decided straight away to buy a kit and start making it myself; for myself and anyone else I knew who wanted to try some. Since then I’ve been making it regularly and have distributed probably well over two thousand bottles and kits in India and the UK.

As well as supplying a few local shops and health food restaurants with bottles and DIY kits, I tell many people I meet about how easy it is to make and what an excellent opportunity it is to help other people overcome illness and raise immunity. I become ever more enthusiastic about colloidal silver every time I get positive feedback and it never ceases to amaze me how such a simple preparation can help cure such a wide range of illnesses. I believe if every household had a colloidal silver generator; the world would be a much better place to live.

If you have benefited from colloidal silver, I urge you to make colloidal silver for friends/family/pets/plants and, if you have the time, buy the various components to make a silver water kit, and teach other people how easy it is to make colloidal silver. For people who are health conscious and like to help others it is very rewarding work. Colloidal silver is not ‘just another natural

**SILVER WATER AND LYMPH NODES UNDER THE TONGUE**

Lymph nodes are places where lymph channels meet. By holding the silver water under the tongue for at least 5 seconds you will be stimulating the lymph with the frequency of pure silver and that ‘message’ will be transported around the whole body via the lymphatic network.
health supplement’, it has the all-round capability to revolutionise the world’s health.

This is how I got started with colloidal silver:

- Experimented with making and taking colloidal silver.
- Noticed the benefits.
- Made a few extra bottles.
- Offered it friends/family who were receptive to the idea (always give a photocopied/printed A4 leaflet for them to read).
- Collected some testimonials.
- Duplicated the kit and taught other people how to make and distribute it (always give photocopied/printed instructions and general information).

Since the EU banned the sale of colloidal silver my focus has been on promoting and distributing the kits. I have the 30 volt plug-in variety and the ‘Ultra Simple’ kit and offer them to anyone who is interested.
Exponential growth of home-made silver water

The knock-on effect of this kind of activity can be profound, especially if people start to make and distribute battery or plug-in generators. For instance, if 5 people learn to make colloidal silver and then duplicate 5 simple generators to distribute, 25 silver water generators will now be in society. If these 25 people duplicate and distribute another 5 generators we now have 125 in society…and so on it goes. If silver water didn’t work very well there would be no ‘pop-corn’ effect, but it is amazingly effective and there is a ‘buzz’ around people who are ‘in the know’. It’s easy to spread the word about silver water because it is truly great, effective, simple, easy and cheap.

Bottling colloidal silver

At the moment I use empty wine bottles. They are made of tinted green glass and have a screw on cap. I fill a bucket with water and add a sterilising tablet and a dash of hydrogen peroxide before soaking the bottles for an hour or two in hot water. This also makes it easy for me to remove the sticky label. I don’t think sterilising the bottles in this way is essential however do make sure that whatever bottle you are using is as clean as possible. If you are making colloidal silver (with distilled / reverse osmosis water) make sure to swill out the bottles with distilled / reverse osmosis water before filling with colloidal silver).

Do’s and don’t of storing colloidal silver:

» Use a tinted glass bottle with a cap that doesn’t expose the silver to any metal

» Don’t keep the bottle near any strong magnets (for instance those found inside Hi-Fi speakers

» Colloidal silver doesn’t require refrigeration

» Avoid storing in a plastic bottle, although if a suitable glass bottle is really not available, go ahead

» Never refrigerate or freeze colloidal silver, the particles will get stuck to the sides of the bottle
Bottles of colloidal silver and DIY battery kits ready for distribution

www.simpletruths.info
For details about ‘The Five Point Plan’ book & useful healthcare website links
Obstacles to successfully distributing silver water

Whilst silver water is a truly amazing and beneficial elixir, there will be obstacles to ‘spreading the good word’ so to speak. The following table shows some of these obstacles and how to overcome them.

<table>
<thead>
<tr>
<th>Obstacle</th>
<th>Possible remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People being sceptical about something they have no knowledge of</td>
<td>Tell them a little bit about how safe silver water is and offer them this book to have a look at. Drink some in front of them.</td>
</tr>
<tr>
<td>People being sceptical because they have read disinformation on the Internet or seen the ‘blue man’ on the TV news.</td>
<td>Show them the ‘Silver water’s enemies’ chapter in this book and ask them if they think it is not a bit strange that just two cases of Argyria are reported with not a whisper about the hundreds of thousands of success stories?</td>
</tr>
<tr>
<td>People who assume that visiting the local medical doctor is the safest option</td>
<td>Remind them of how dangerous antibiotics can be in the long term and remind them that the drug-medical system has not proven itself to be an effective healthcare system over the last 100 years. Of course, a visit to the medical doctor may be useful for diagnostic purposes. Silver water does not contraindicate with other medicines so can be taken with drugs.</td>
</tr>
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It’s much easier to distribute silver water in India because so many people get sick because of food / water poisoning. The ‘push’ factor is well in place! In the Europe people are still interested but less so than in India. In my opinion we all need to know about colloidal silver, especially in India and other countries where food / water poisoning is prevalent.
Ways of letting people know you are distributing silver water and / or generators

It’s not much good having all this knowledge whilst those around you are suffering from unnecessary illness. Some ways of ‘amplifying’ the silver water message of health and healing include:

» Labelling bottles of colloidal silver and selling via a local shop / health food restaurant / hotel etc. Profits can be kept if you need the money or put towards charitable purposes (such as donating colloidal silver generators to suitable people / groups) if not.

» Personally speak to interested people. Take the time to demonstrate how to make silver water in front of them.

» Put an advert up in a shop window or in the local newspaper.

» Give silver water generators as presents to friends and family.

» Xerox a few copies of this pamphlet and lend / give to anyone who is interested.
Home made silver water also helps animals

Below is a poster I made last year urging tourists to help local animals with home made colloidal silver.

HELP LOCAL ANIMALS WITH SILVER WATER!

Lizzie was given up for dead as a few years ago with a respiratory infection that had already killed a few dogs in Patnem. colloidal silver saved her life and now she’s the Belle of Patnem beach.

Make colloidal silver for animals, mix it with some milk, put it on some food…if they could speak I’m sure they would thank you for it.

The cheapest and simplest kit costs Rs.1000/- including batteries. Aside from replacing the batteries, this will provide enough for well over 100 litres of colloidal silver. Colloidal silver costs £12.99 / 120ml in the UK before the EU banned it in January 2010. With a home-generator you can make as much as you want for the price of water.

Free colloidal silver generators are being given to locals who are interested in making colloidal silver for themselves and their families.

Basically, if you see an animal that is sick, give it some silver water somehow. If possible give it to the animal regularly by pouring it in its mouth or mixing it with some food etc.
Testimonials

Below are some testimonies from my experiences with friends and acquaintances over the last few years:

‘My fingers tips and eyes were yellow as I had been suffering from jaundice for many months. After taking 20ml of colloidal silver every day for 5 days, all the symptoms disappeared and now I feel better than ever. I was very happy and surprised’.

- Vishnu, Goa

‘I had conjunctivitis in my right eye for over 2 months and after 3 washes with colloidal silver it went away completely, I was so impressed that I bought a kit and started making it for myself’

- Mike, London

‘Chemotherapy, surgery, antibiotics and radiation had not got rid of the lumps under my breast. Then I was given a supply of Colloidal Silver and a sheet containing simple dietary advice so I started taking it. Within 2 days I felt better in myself and within 7 weeks the lumps had completely disappeared. It’s now been 6 months, I feel great and people are telling me I look 10 years younger! Just so you know, I told my doctor that his advice wasn’t as good as the Colloidal Silver and he got angry, saying ‘don’t talk to me like that!’ I walked out of his office, saying ‘It’s not about you, it’s about me!’.

The whole episode had been a learning process and I’m very grateful I discovered Colloidal Silver when I did otherwise, I may well be dead now’.

Jan, Portsmouth

‘Travelling around Asia for so long was starting to make me ill, my gums were bleeding whenever I brushed my teeth and I felt tired most of the time. I started taking about 50ml of Colloidal Silver in sips through the day and seemed to feel better within a few hours. The gums cleared up in 2 days’.

David, Ireland

‘I never forget to take my morning swig of colloidal silver, it seems to give me a very nice energy boost and I’m noticing my eyes are getting brighter’.
- Iris, Bournemouth

‘I had this horrible shingles around my chest and stomach - nothing seemed to be working. Someone recommended trying colloidal silver so I did, twice a day. Amazingly, the condition showed signs of improvement after only a few days and after a week I felt completely fine again’.

Tony, London

‘For Years now I’ve been making colloidal silver in my organic ‘Earthfoods’ store in Bournemouth, Dorset, I must admit in the past I have only used it for prevention, it must have been working very well, because I never really caught anything, that is until I got to Kathmandu Nepal, where I caught the ‘Kathmandu Quick Step’, however at that time I was industrious in making it for myself with a simple generator, showing the tourists, a Dutch medical team, the Hoteliers and a Canadian Nurse. All of these people (over 20) had never heard of it, and at least 75% were suffering from Delhi Belly! Well, you can guess the rest - a few big swigs for 3 or 4 days and yes, everybody was cured! So the amazing quickness of the CS surprised everyone at the Hotel. I usually use de-ionized water, that time I used the bottled water you can buy there (just make sure the top seal is not broken), they were all instantly converted and no doubt they too will now spread the news about the wonderful healing properties of CS, at virtually no expense, just a few pounds outlay.’

-Carl, Bournemouth

‘Whilst filling up the charcoal water filter, I accidentally poured five litres of boiling water all down my left shin. It was horrific, my skin was bubbling and seriously burned. I didn’t go to the hospital as advised but rather made up a large batch of low quality colloidal silver (in a bucket of hot water) and poured it all over my shin regularly.

I also applied urine to my shin. Many people were worried for me and a nurse said I was crazy because it could get seriously infected. When that same nurse passed by my house two weeks later she said she had never seen anything like it before. My shin was 95% better. Now there is no sign at all that it had been so badly burned.’

James, Bournemouth
‘4 children got a stomach bug on farm where travelling people live. I think it may have been because of dog pooh lying around. Their symptoms were diarrhoea, vomiting and a slight fever – maybe due to the dog pooh. A few cupfuls of colloidal silver every few hours, and all the children were fine in 6-12 hours…

‘A tooth pain suddenly came in a root canal. Since rinsing my mouth with colloidal silver it has been completely pain free…’

‘A friend did too much cocaine nasally and has a sinus problem since. She says the sniffing of colloidal silver helped her.’

Crispin, Bournemouth

‘I had venereal disease for over two years and after about two months of taking colloidal silver every morning, it is completely gone’.

Martin, London

‘I started making my own colloidal silver in October 2007 and since then have noticed a significant difference in several aspects of my life. The first (and most noticeable) effect was when I had an abscess on a tooth and did not have access to a dentist. I decided to swill colloidal silver around my mouth at regular intervals and after only about 45 minutes the pain had stopped. By the next day everything had cleared up and there was no need to visit a dentist.

Other results have been recurrent mouth ulcers being immediately cleared up from gargling and it has completely turned around the health of my teenage daughter’s health. Before colloidal silver she suffered from IBS and now I would say it is 90% better, she’s fourteen years old and loves to make her own colloidal silver in the kitchen and always takes a bottle with her when she goes away.’

Lorna, Bournemouth
Things to remember about making silver water...

Heating the water makes the process much quicker. The hotter the water; the quicker the process.

An excellent water to use is the ‘reverse osmosis’ or ‘distilled’ water. Add a tiny amount of salt or baking soda to speed up the process of making silver water. ‘Aditya’ and ‘Kingfisher’ bottled water works very well.

If using reverse osmosis water, mix a very small amount of electrolyte (baking soda or real salt) to speed up the process further. Dip the handle of the plastic spoon into the bag of baking soda and flick a tiny bit into the glass of water before beginning the process of making colloidal silver.

Any water can be used in an emergency, even tap water. The only problem with using waters such as mineral, tap or filtered is that the particles of silver tend to fall out of suspension after a while and collect at the bottom of the bottle.

If researching colloidal silver on the Internet, be aware that there has been an on-going disinformation campaign against it for quite a few years.

Use colloidal silver on the skin – put in a spray bottle and spray the hands/face etc to kill bacteria.

Offer colloidal silver to sick people and animals that may need it.

A strong colloidal silver is not generally necessary so avoid the temptation to leave the silver rods in the water for too long. A glass of hot reverse osmosis drinking water with a very small amount of electrolyte (a grain or two of real salt) should take no more than 2 minutes to make.

If you have a plug-in silver water generator I advise not using any electrolyte at all. If you are using batteries (but have no battery re-charger I advise using a tiny amount of electrolyte and/or heating up the water to speed up the process and save batteries).

Happy silver water making!

CURE AND PREVENT DISEASE WITH HOME-MADE SILVER WATER

james@rainbowelixir.com
Healthy Living Tips

The following tips were taken from my first book The Five Point Plan and encapsulate some of the core principles of truly healthy living:

» Drink the correct amount of pure water each day

» Take the correct amount of real salt each day

» Compensate with pure water when you drink diuretic drinks

» Don’t eat unless you are actually hungry

» Eat a primarily alkaline-based diet

» Eat raw food regularly

» Eat soaked/sprouted seeds, beans and peas

» Drink fruit/vegetable juices

» Incorporate various exercises into your daily routine

» Take time to sit quietly with your eyes closed each day

» Breath ‘consciously’ as much as possible (i.e. be aware that you are breathing)

» Take time to visualise yourself as healthy

» Chew your food well before swallowing it

» Fall asleep each night with a calm mind and pleasant thoughts

» When you go for a pee, think ‘when will I replace the fluid I am losing?’

» Avoid unnatural, artificial and adulterated foods/drinks

» Practice fasting regularly

» Keep your living environment clean and tidy

» Don’t chat on mobile phones

» Boost essential fatty acid levels with hempseed oil/linseed oil etc
» Before eating a cooked meal, eat a small amount of raw food
» Sleep on a firm surface
» Don't eat food late in the evening
» Combine the food you eat correctly
» Take powdered spirulina, fresh wheatgrass and other green super foods
» Eat food slowly and when you are in a calm frame of mind
» Keep your posture correct as much as possible
» Stop eating before you get full up
» Avoid meat and keep dairy products to a minimum
» When you prepare food, be aware that your thoughts and feelings affect what you are preparing
» Drink a glass of water half an hour before eating a meal
» Don't drink too much water for at least an hour after eating (two hours for a big meal)
» Make the most of sunlight on your body without over-exposing yourself
» Drink the purest water that you can
» Eat seasonal fruit and vegetables
» Avoid doing anything you need to recover from
» Quit smoking cigarettes
» Don't make decisions based on fear
» Believe in your own body’s innate wisdom and self-healing capabilities
» Don't spend too much time around negative people
» Treat yourself to some form of therapy / bodywork from time to time

» Floss your teeth regularly

» Wake up in the morning and sleep at night - avoid shift work

» If you feel hungry but know that it is probably better not to eat, brush your teeth and have a drink of water

» Don’t lend your energy to negative and defeatist attitudes

» Get some proper exercise every day

» Know the ingredients of what you eat; always check the labels on packaged foods

» Don’t create problems by hurrying, worrying and talking too much nonsense

» Live in the awareness that your body is an infinitely creative self-healing entity

» Avoid tensing muscles that don’t need to be tensed

» Take responsibility for your own health and be disciplined when overcoming bad diet and lifestyle habits

» Avoid all cosmetics, toothpastes, shampoo’s etc that contain a long list of chemicals

» Try to be aware of the many other health hazards in modern life and strive to avoid them or protect yourself against them
Two pure silver wires, some electricity and water; that’s all you need to create **ONE OF THE SAFEST AND MOST POWERFUL ANTI-BIOTIC ALTERNATIVES IN MINUTES, AT VIRTUALLY NO COST.**

“**Colloidal silver is emerging as a miracle of modern medicine**”

Dr. Harry Magraff

- What is colloidal silver / silver water?
- What is it good for?
- How to make a simple home-generator
- How to make various types of silver water
- Distributing colloidal silver and home-generators
- Colloidal silver’s enemies
- Testimonials

This amazing elixir has the power to completely **REVOLUTIONISE THE HEALTH & WELLBEING OF ENTIRE POPULATIONS** for many reasons.

By reading this book you will be equipping yourself with potentially lifesaving information and if acted upon, will contribute greatly to the society in which you live.

Please photocopy this pamphlet         www.simpletruths.info