



## SILICA

Do you have dull, falling hair? Are your fingernails brittle and splitting? Do you have a digestive disorder? Maybe silica is the solution for you.

Silica is classified as a trace mineral requiring regular intake via our diet. Foods such as rice, spinach, parsley, beetroot, raisins, carrots and tomatoes all contain silica and should be included regularly in the diet. However, elderly people, pregnant women, athletes, children, people in stressful occupations and people with a low vegetable diet often require additional amounts of silica.

The vital role that silica plays in strengthening connective tissue indicates that a silica deficiency may present in a variety of different ways. People may experience weak, brittle nails; blemished, sallow and wrinkled skin; digestive complaints; weakened bones; problems with teeth and gums; and dull, lifeless hair. Silica can help remedy all of these deficiency signs.

The benefits of supplemental silica are numerous and can often be noticed in the first three months of supplementation. Due to silica's ability to increase moisture in the skin and support the formation of collagen many people choose to use silica as a remedy for acne, sunburn, skin irritations, eczema and insect bites. Others choose silica to help strengthen and improve the appearance of their hair and fingernails.

Gastro-intestinal disorders including stomach acidity, gastritis, gastric ulcers, flatulence, constipation, diarrhea can all benefit from supplemental silica. The natural disinfecting and anti-inflammatory properties of silica along with its affinity for bonding to toxins and gases makes it an essential nutrient for optimal gastro-intestinal health.

If you have any questions about silica, please visit one of our qualified Naturopaths.

Gabrielle Nix  
B.HSc-Naturopathy, ND.

*For further information, our Pharmacists  
are available to answer any questions*

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