

Bamboo Silica

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Bamboo is an edible grass that has been part of the diet of mankind for thousands of years. It is also the principal food for many species of mammals. For example, bamboo is the principal food of the Indian elephant. The Indian elephant is smaller than its African cousin, but it is much stronger. The Giant Panda of China exists almost exclusively on bamboo, and its skeletal system is incredibly strong, yet very flexible. These unique properties are thought to be related in some part to the high silica content of bamboo.

Bamboo extract is the richest known source of natural silica containing over 70% organic silica. This is more than 10 times the level as found in the widely used Horsetail plant (*Equisetum*) that contains about 5 - 7% silica. Bamboo Sil extract is prepared from Tabashir bamboo stem from India (*Bambusa vulgaris*).

Silicon (Si) is the second most abundant element on earth after oxygen. It is a sister element of carbon. Silicon's role as an essential nutrient was not established until 1972, but silicon is now known to play a part in the integrity of the skin, ligaments, tendons and bone.

The body constantly metabolizes silicic acid. Silica is eliminated through such natural processes as urination, hair loss and nail trimming. This natural secretion of silica can be from 10 to 40 mg daily. The average adult body contains about 20 grams of silica, and it is necessary for the body's silica stores to be maintained at this level to promote good health. As we age, less silica is assimilated, therefore daily supplementation with Bamboo Sil will help maintain this necessary equilibrium and to minimize the effects of premature aging.

Silicon is thought to improve the cardiovascular system, as it is essential to the structural integrity, elasticity and permeability of the arteries. Silica may be useful in reducing blood fats & cholesterol. Atherosclerosis can occur as a result of silicon deficiency whereas silicon is abundant (up to 14 times more) in the arteries of people who are free of heart disease.

Silicon improves the condition of the hair, nails, teeth, gums and skin and has been used to alleviate eczema and psoriasis.

Silica plays an essential role in mineral absorption and may help in recalcifying decalcified bones & decalcify soft tissue deposits of calcium. Silicon enhances the function of iron, calcium, magnesium, potassium and boron, and is essential for normal bone development which may help prevent osteoporosis. Silicon helps to maintain the correct calcium-magnesium balance.

Silicon may be useful in strengthening the musculoskeletal system, preventing injuries and helping bones to heal in athletes & others.

Silicon supplementation may retard the aging process. At birth, the body contains a maximum level of silica that declines with age. As the body's natural level of silica declines, it exhibits the signs attributable to aging such as bone loss, dry and wrinkled skin, weakened teeth and gums and hair loss.

Silicon converts aluminum from both water and other dietary sources into soluble hydroxyaluminosilicates that cannot enter the bloodstream or brain. This has important consequences for preventing the development of Alzheimer's Dementia by assisting the body in eliminating aluminum. Aluminum is thought to be a causative factor in the development of Alzheimer's disease. Silicon stimulates chondroblasts to deposit chondroitin sulfate and hyaluronic acid into the cartilage matrix. This has important implications in managing arthritis pain as silicon will improve the function and effectiveness of glucosamine sulfate which is the precursor of both chondroitin sulfate and hyaluronic acid. Silicon may help protect against and heal gastric ulcers and arthritis (connective tissue healing).

OF SILICON

1) Functions as a cross-linking agent, providing strength and resilience to collagen & elastin connective tissues:

2) Essential for bone & cartilage collagen synthesis present as silicic acid in mucopolysaccharides, the structural components of connective tissues:

3) Essential for bone calcification: p> 4) Stimulates growth:

5) Required for the proper functioning of the enzyme prolyhydroxylase that functions in the formation of collagen in bone, cartilage and other connective tissues.

To further enhance the effectiveness of Bamboo Sil, the formula includes 200 mg of calcium citrate. Calcium absorption is enhanced by the presence of silicon, and like silicon, calcium is involved in normal bone development. Calcium also has a role to play in regulating the heartbeat, in energy production, immune function and cell membrane permeability. Like silicon, a deficiency of calcium may speed skin aging.

Beneficial: Cardiovascular system, hair loss, Joint pain, aging skin, joint flexibility, Cholesterol, sport injuries, aging, Alzheimer's Dementia, Alzheimer's disease, bone loss, weakened teeth, weakened gums, nails, blood fats