

## HSI Advisory Panel

**Medical Adviser, Martin Milner, N.D.**  
 Professor, National College of Natural  
 Medicine; President, Center for Natural  
 Medicine, Portland, OR; www.cnm-inc.com

**Jon Barron**  
 International lecturer, researcher, and  
 author, Los Angeles, CA

**Eric Berg, D.C., C.R.A.**  
 Founder, Health and Wellness Center,  
 Alexandria, VA

**Hyla Cass, M.D.**  
 Orthomolecular physician and psychiatrist,  
 www.cassmd.com, Los Angeles, CA

**Richard Cohan, D.D.S., M.A., M.B.A.**  
 Professor, University of the Pacific School  
 of Dentistry, San Francisco, CA

**Isaac Eliaz, M.D., M.S., L.Ac.**  
 Doctor and researcher specializing in integra-  
 tive medicine and cancer. Sebastopol, CA

**M.M. Sree Ganesh, M.D.**  
 Family practitioner, holistic and natural  
 medicine, Petaling Jaya, Malaysia

**Ann Louise Gittleman, Ph.D., C.N.S.**  
 Award-winning author, columnist, and  
 media personality, www.annlouise.com,  
 Hayden Lake, ID

**Elson Haas, M.D.**  
 Director, Preventive Medical Center of  
 Marin, www.elsonhaas.com, San Rafael, CA

**Tadahiro (Kohhei) Makise, M.D.**  
 Medical director, Makise Clinic, Osaka,  
 Japan

**Stephen Morrissey, O.M.D.**  
 Founder, Center for Energetic Medicine  
 and Botanica Bioscience, Ojai, CA

**Michael E. Rosenbaum, M.D.**  
 Allergy, immunology, and clinical nutrition,  
 Corte Madera, CA

**Allan Spreen, M.D.**  
 Advisor on alternative medicine, Discovery  
 Channel, Phoenix, AZ

**Leslie Taylor**  
 Founder and president, Raintree Nutrition,  
 Carson City, NV

*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## HSI Exclusive: European anti-aging secret finally available to HSI Members everywhere

by Michele Cagan

**I**f you aren't getting enough of this European anti-aging secret, you're aging too fast—and not as well as you could be.

Because this simple trace element can hold off and reverse visible signs of aging, and keep you young on the inside, too. More important, it can fend off some of the most dreaded diseases associated with aging, like

- Alzheimer's disease
- Arthritis
- Atherosclerosis
- Osteoporosis
- Heart disease
- Stroke

With just this one mineral, you can fight off aging, inside and out.

### You can't stay young without it.

It's one single element, but it does a lot of work behind the scenes in your body. It never gets the splashy headlines, and here in the U.S. it's almost completely overlooked.

But this key anti-aging nutrient plays a critical role in Type I collagen production (which is 90% of your body's total collagen supply). And this protein is absolutely essential for dozens of time-fighting processes in your body. Your hair, nails, skin, connective tissue, bones, and blood vessels all need collagen for repair—and for staying young.

And your body needs silicon to create healthy collagen. But not just any silicon will do.

### Getting the right silicon is much harder than you think

When it comes to silicon, there's only one form you want: orthosilicic acid (OSA).

But there's a catch, and it's a big one. It's nearly impossible to get this from

natural sources. Even though silicon is the second most abundant element on the planet, most of it exists as silicate, a form we simply cannot digest.

What we humans can absorb is OSA, which only occurs naturally when rock is eroded by water and pressure. So natural wells typically contain OSA—but you never know how much you're getting. On top of that, if you put that well water in a bottle and carry it home, you lose the OSA (too much of it together forms into a gel that your body can't absorb). And regular processed public drinking water doesn't even come close to supplying what you need.

And even silicon supplements can steer you wrong.

In a groundbreaking study, researchers found that OSA was absorbed better and more quickly than other forms of silicon commonly found in supplements. This human clinical trial pitted OSA against horsetail and silica gel. And when it came to absorption, OSA beat the others by a mile, as you can see in the table.

Silicon Form	Absorption
OSA	>600
Horsetail	248
Silica gel	164

The results are clear. When it comes to silicon supplements, OSA is the only one to take.

### Even sun-damaged skin looks young again

OSA reverses aging from the outside in, so the first place you'll see the difference is on the outside: your hair, nails, and skin will look better than they have in a long time.

In fact, adding OSA to your day will start improving your skin instantly, even if it's already been sun-damaged.

A randomized, double blind, placebocontrolled trial proved that OSA could have a remarkable impact on skin appearance—and improve the look of hair and nails in the process. Fifty women with visible sun damage—rough leathery skin along with fine and coarse wrinkles—on their faces were given either OSA or placebo for 20 weeks.

And while skin roughness increased in the placebo group, the women in the OSA group saw significantly improved facial skin texture. Plus, their hair and nails were substantially less brittle by the end of the trial.

### **Thicker, stronger hair that doesn't break or fall out**

Your hair is chock full of silicon, which gives your crowning glory its strength, elasticity, and luster. The more silicon your hair has, the shinier it will be. And more silicon also means less fallout, so your hair will be thicker.

And a 2007 study found that OSA specifically improved hair strength and thickness. In this placebo-controlled trial, 48 women with fine hair were given either OSA or placebo daily for nine months. By the end of the study period, the women in the OSA group had thicker, stronger, more elastic, less breakable hair.

And when we're talking about less breakable, that's even more critical for your bones.

### **Stop osteoporosis without risking dangerous side effects**

It's no longer a question: Osteoporosis drugs are just plain dangerous, and they come with terrible, potentially debilitating side effects, including increased fracture risk.

Silicon naturally stops osteoporosis and helps you rebuild healthy bone—and the 'side effects' you'll notice are healthier skin, hair, and nails.

Silicon actually helps your bones hold on to the minerals they need to stay strong, mainly calcium and phosphorous. And OSA also helps encourage bone growth by increasing production of both collagen and bone-forming cells (osteoblasts).

In a 2008 study, scientists discovered that OSA could help women grow bone even if they already suffered from osteopenia. For this clinical trial, 136 women diagnosed with osteopenia took calcium and vitamin D every day, along with either OSA or placebo. At the end of the year-long study, the women in the OSA group showed much more improvement in bone formation, leading the researchers to believe that OSA could be a promising treatment for osteoporosis.

And OSA can protect you from a disease even more disabling.

### **Protecting you from Alzheimer's disease**

To protect your mind, you need to know the enemy—and how to best fight it.

And when it comes to brainpower, one of your biggest enemies is aluminum. This highly toxic metal is considered a "slow killer," mainly because it plays a role in one of our most devastating diseases: Alzheimer's disease.

And that's where OSA comes in. Aluminum doesn't like to be alone. It prefers to bond with other elements, and silicon is the favorite choice. When your body doesn't have enough or the right kind of silicon available, aluminum settles in your body, and your brain.

But OSA binds with aluminum, and carries it out of your body, acting like a detoxifier, and saving your brain—and your mind, and your family—from the crushing impact of Alzheimer's disease.

### **It's just the beginning of what OSA can do for you**

In addition to keeping your skin, hair, and nails looking young and beautiful, and protecting you against debilitating diseases like Alzheimer's and osteoporosis, OSA can

- Protect your joints and help prevent osteoarthritis
- Keep your arteries strong and clear
- Help your cells respond to NO(nitric oxide), crucial for cardiovascular health

And when you combine OSA with the other key nutrients in Silidyn, the health benefits multiply.

### **A single dose starts turning back the clock**

Silidyn has long been used in a few countries in Europe to help people stay young, vibrant, and healthy. And now it has just become available to HSI members everywhere. And not a moment too soon.

In addition to being one of only a very few OSA supplements, Silidyn also contains several other anti-aging ingredients:

- **MSM** (Methylsulfonylmethane) keeps the connective tissue between your joints supple
- **Zinc** keeps your skin resilient and supports your immune system
- **Boron** is a critical component of bone tissue
- **OPC** (Oligomeric Proanthocyanidins) from maritime pine extract protects against visible signs of aging
- **Manganese** helps maintain your connective tissue
- **Selenium** protects you against the damaging effects of free radicals

### **Take Silidyn every day and reverse the signs of aging**

Packed with a healthy 5 mg of OSA, Silidyn contains exactly what your body needs to stay young and healthy. From the outside in, you will see the difference.

And when your hair thickens, your nails get stronger, and your skin glows with youth, you'll know that Silidyn is also keeping your bones, joints, arteries, and mind young and strong.

The manufacturer recommends taking 10 drops of Silidyn daily in water or fruit juice with breakfast.

For the silicon to be properly absorbed, you must mix the drops (which are golden in color) in water or juice. This combination turns the silicon into its bioavailable form.

And just so you know, if you mix it in only a little water, it will have a slightly metallic taste. This can be easily overcome by using more water, or mixing the Silidyn with fruit juice. **HSI**

Visit us online at [www.HSOnline.com](http://www.HSOnline.com)