"Ingesting Colloidal Silver   
Taken orally, the silver solution is absorbed from the mouth into the bloodstream, then transported quickly to the body cells. Swishing the solution under the tongue briefly before swallowing may result in faster absorption. In three to four days the silver may accumulate in the tissues sufficiently for benefits to begin. Colloidal silver is eliminated by the kidneys, lymph system and bowel after several weeks. **If routinely exposed to dangerous pathogenic germs, some recommend a regular daily intake as a protection**. In cases of minor burns, an accumulation of colloidal silver may hasten healing, reducing the possibility of scar tissue and infection. It is believed by many in the natural healing arts that the lives of millions of people who are susceptible to chronic low-grade infections can be enhanced by this preventative health measure."

http://www.altered-states.net/barry/update93/

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**"It’s All About the Dosage!**

 The point is this: No matter how well-made your colloidal silver is, if you’re *overdosing* yourself on it daily, for months or years on end, you’re sooner or later going to end up with the potential for argyric skin.

 Don’t let *anyone* tell you otherwise.

 You’ll see people on the internet saying things like “I’ve been drinking eight ounces of colloidal silver a day for two years, and I’m not blue yet.” Well, give it another two years, and you *will* be.

 Put simply, the human body becomes a repository for silver when it’s ingested in excessive quantities over long periods of time.

 The silver accumulates *slowly* *and gradually* in the body when so much of it is ingested that the normal processes of elimination (i.e., liver, kidneys and sweat) become overwhelmed. And as it accumulates little by little, it eventually migrates out to the skin.

 The body doesn’t care if it’s poorly-made colloidal silver, or properly-made colloidal silver.

 It doesn’t care if it’s electrically-generated colloidal silver, or chemically-produced colloidal silver such as nanoparticle silver.

 And it doesn’t care if it’s silver compounds such as silver nitrate, silver chloride, silver arsphenamine or others.

If you ingest *too much* silver of any kind, regularly, for long periods of time, you risk argyria. Period. Dot. Exclamation point.

**But used within *reasonable* amounts** – **usually between a teaspoonful and an ounce a day, depending upon body weight – it appears to be perfectly safe, based upon over 110 years worth of historical colloidal silver usage by literally tens of millions of people worldwide**.

 That’s because the human body has a built-in mechanism for transporting and eliminating silver from the human body.

 As the Dartmouth University Toxic Metals Research Program has concluded, silver is a normal part of the human diet, and the body is able to excrete it effectively under normal circumstances:

*"Trace amounts of silver are in the bodies of all humans and animals. We normally take in between 70 and 88 micrograms of silver a day, half of that amount from our diet.*

*Humans have evolved with efficient methods of dealing with that intake, however. Over 99 percent is readily excreted from the body.*

*Is silver harmful to humans? Unlike other metals such as lead and mercury, silver is not toxic to humans and is not known to cause cancer, reproductive or neurological damage, or other chronic adverse effects."*

People such as myself have taken colloidal silver in small daily amounts for over 20 years, with no negative effects whatsoever, and only positive health benefits.

 Indeed, except in rare cases in which people are allergic to silver, or have severe deficiencies of the antioxidant substances used by the human body to effectively process silver (such as Vitamin E, selenium and glutathione or cysteine), using colloidal silver in small daily dosages appears to be as safe as any nutritional supplement you can think of. "

http://www.thesilveredge.com/one-big-fat-lie-about-colloidal-silver-id-love-to-see-abolished.shtml#.V1hWAuRXmC4