

# **RECOMMENDATIONS FOR APPLICATION OF IONISED ALKALINE, ACIDIC AND SILVERED WATER**

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2017 m.**



## INTRODUCTION

These recommendations for application of ionised water have been prepared after researching various sources of information.

**Water ioniser** – domestic appliance, which makes ionized alkaline, acidic and silver water, using process of water electrolysis.

**Ionised water** is alkaline and acidic water obtained at the same time in separate containers in a water ionizer. Properties of ionized water are described using two indicators: oxidation-reduction potential (**ORP**) and hydrogen index **pH**.

**ORP** is described by a positive or negative charge (mV) that ionized water receives.

**pH** values can vary from 0 to 14. Potable water is neutral, its pH value is about 7.0, pH. The value of alkaline water varies from 8 to 11 and pH of acidic water – from 6 to 2.4.

**Alkaline water (catholyte)** is soft, odourless and has a taste similar to that of rain water. Its ORP values are negative and pH varies from 8 to 11 (the higher the number the more alkaline water is). It has tonic, stimulating properties and is otherwise called live water.

**Acidic water (anolyte)** has an acidic taste and has a typical acid and weak chlorine odour. Its ORP values are positive and pH varies from 6 to 2.4 (the smaller the number the more acidic the water is). It has bactericidal properties and it is otherwise called lifeless water. This water is mostly meant for external use. It can be used internally for short term only in the cases indicated in the recommendations.

Ionised water should be kept in tightly closed containers protecting it from direct sunlight. It is not recommended to store it in a refrigerator. Alkaline water preserves its properties up to 24 hours, acidic water – up to 48 hours.

**Silvered water** is the water having silver ions the concentration of which is measured in milligrams per litre (mg/l). Its properties are preserved for a long time – from several months to a year and longer (the stronger the concentration the longer period). It should be kept in dark closed containers and should be shaken before use.

## I. RECOMMENDATIONS FOR APPLICATION OF IONISED WATER

### 1. Abscess

Clean the infected area with warmed up acidic water and cover it with a compress of acidic water. When the abscess bursts or is punctured by itself, clean it with warm acidic water (pH=2.5-3.0) and dress it. Before going to sleep it is recommended to take half a glass of alkaline water (pH=9.5-10.5). When the place of the abscess becomes completely clean applying compresses of alkaline water will speed up the healing. (alkaline water can be poured directly on the dressing - pH=9.5-10.5). If some pus is noticed when changing the dressing, process it again with acidic water and then with alkaline water.

### 2. Eye trauma

Small traumas (hits, soiling, contusion) should be treated by rinsing the eye with alkaline water 4-6 times a day (pH=9.5-10.5).

### 3. Allergy, allergic dermatitis

Rinse your nose (by sucking water in), throat and mouth with acidic water after meal for three days (pH=2.5-

3.0). After each rinsing drink half a glass of alkaline water (pH=9.5-10.5). Rash, pimples and swollen places should be dampened only with acidic water (pH=2.5-3.0) 5-6 times a day.

#### **4. Tonsillitis (chronic tonsillitis)**

Rinse your throat with warmed up acidic water three days in succession 5 - 6 times a day after each meal (pH=2.5-3.0). In case you also suffer from a cold, rinse your nose too. After each rinse drink a quarter of a glass of alkaline water (pH=9.5-10.5). Water should be warmed up to 38-40°C. Rinse more often if necessary.

#### **5. Atherosclerosis of arteries of lower extremities**

Wash legs with soap and warm water, dry them and then wet them with warm acidic water (pH=2.5-3.0). Let the legs dry naturally. For the night put wet compresses with alkaline water on the affected area (pH=9.5-10.5), in the morning rub soft and whitish skin away, apply olive oil. In the case of atherosclerosis of the arteries half an hour before meal take half a glass of acidic water (pH=2.5-3.0). Massaging the legs is also useful. If the veins can be seen, such places should be dampened with acidic water or wet compresses should be applied. After acidic compress put compress with alkaline water. Duration of procedures is 5-6 days.

#### **6. Arthritis (rheumatic)**

It is recommended for 1 day half an hour before meals to drink 150 g of acidic water (pH=2.5-3.0) and apply compresses of such water on the waist, the next day drink alkaline water (pH=9.5-10.5) and apply its compresses. Water for compresses should be warmed up to the body temperature.

#### **7. Acute respiratory disorders**

Periodically rinse your nose, throat and mouth with warmed up acidic water. The last rinse of the day should be done using alkaline water (pH=9.5-10.5). In addition, it is allowed to inhale acidic water (pH=2.5-3.0) using an inhalator. After the procedure, drink quarter of a glass of alkaline water (pH=9.5-10.5).

#### **8. Bronchial asthma, bronchitis**

Rinse your throat, nose and mouth with warmed up acidic water (pH=2.5-3.0) after every meal for three days (in order to remove asthma causing allergens). After each rinse drink half a glass of alkaline water (pH=9.5-10.5). In case of a simple cough – drink a half a glass of the same level of alkaline water. It is recommended to do a periodic rinsing for prevention. Cough becomes easier, general feeling becomes much better.

#### **9. Diabetes mellitus**

Before meals take a glass of alkaline water (pH=9.5-10.5) every day. Additionally it is recommended to apply massage to the pancreas. The general condition significantly improves, the index of cholesterol reduces as well as the dependence on insulin.

#### **10. Cleaning of teeth**

For prophylactic purposes, after meal rinse your mouth with ionized alkaline water (pH=9.5-10.5) Clean your teeth with toothpaste while rinsing with alkaline water. For disinfection rinse you mouth after meal with acidic water (pH=2.5-3.0). The last rinse should be done with alkaline water. If the gums bleed, then after each meal rinse them with acidic water 3-4 times per day for 1-2 minutes at a time. Bleeding of gums reduces, tartar on teeth reduces gradually.

### **11. Toothache**

Rinse your mouth for 10 to 20 minutes using warmed up acidic water (pH=2.5-3.0). The procedure may be repeated. Toothache should disappear.

### **12. Dermatomycosis (fungal diseases of skin)**

Wash the affected places with warm water and soap and dry thoroughly. Then 4-6 times a day wet them with slightly warmed up acidic water (pH=2.5-3.0).

### **13. Dermatitis (allergic)**

Remove the causes of dermatitis (contact with grass, dust, scent, chemicals, etc.). Wet the rash and swelling with acidic water (pH=2.5-3.0). After meals rinse your nose, mouth and throat using such acidic water.

### **14. Diathesis**

All rash and swelling should be wet with acidic water (pH=2.5-3.0) then (in 2-3 minutes when the skin is dry) put on a compress of alkaline water (pH=9.5-10.5) and keep it on for 10-15 minutes. The procedure should be repeated 3- 4 times a day.

### **15. Disinfection**

Acidic water (pH=2.5-3.0) is a perfect disinfectant. Rinse your mouth, nose and throat; wash your face and hands. Clean furniture, tableware and floor, disinfect other surfaces.

### **16. Dysentery**

In case of dysentery it is recommended not to eat anything during the first 24 hours. During this time take a glass of acidic water (pH=2.5-3.0) 3- 4 times a day.

### **17. Eczema, herpes**

Before wetting the affected area it should firstly be heated with a vapour or a hot compress in order to make the skin soft. Following this the affected area should be wet with a slightly warmed up alkaline water (pH=9.5-10.5) and then let dry naturally. Moistening can be replaced by applying wet pads 4-6 times a day. Before going to sleep it is recommended to drink half a glass of such alkaline water. The above procedure should be repeated for 4-5 days or longer, if necessary.

### **18. Gastritis**

Drink half a glass of alkaline water (pH=9.5-10.5) three times a day before meal for three days. If required, continue drinking longer. Acidity reduces, pain disappears and the general feeling improves.

### **19. Sore throat**

As soon as you have a sore throat rinse it with slightly warmed up acidic water (pH=2.5-3.0). Rinsing should be repeated every 0.5-1 hour. If you started having a sore throat throughout the night it is necessary to get up out of bed and start rinsing.

### **20. Gingivitis (inflammation of gums)**

It is necessary to observe mouth hygiene including clean teeth, and after each meal rinse the mouth with acidic water (pH=2.5-3.0) for 1 to 2 minutes for several times, to disinfect the mouth and gums. The last rinsing is done with alkaline water (pH=9.5-10.5). It is useful to apply massage on the gums periodically. Bleeding of gums reduces, tartar and fur melt away.

### **21. Flu**

It is recommended not to eat anything during the first 24 hours, i.e. not to waste body energy on digestion and

save it for fighting the flu viruses. Rinse your nose, throat and mouth with warmed up acidic water (pH=2.5-3.0) 6 to 8 times (or more) a day. Twice a day take half a glass of alkaline water (pH=9.5-10.5).

## **22. Fungus (Toenail fungus)**

First, places affected by fungus must be washed by hot water with soap, towel it until it's dry. Then wet them with warmed up acidic water (pH=2.5-3.0) and let it dry naturally. Later wet it periodically only with acidic water. If there is time, it is recommended to make foot bath: place your feet into warmed up acidic water and keep it for 30 min. Socks must be washed thoroughly and soaked in acidic water. In the similar manner, the inside of footwear have to be disinfected by filling it with acidic water and keeping for 15-20 min.

## **23. Cuts, incisions, bruises, tears**

Wash the wound thoroughly with acidic water (pH=2.5-3.0) and wait until it is dry. Then apply wet pads of alkaline water (pH=9.5-10.5). Continue until it is fully healed. It is enough to wet small, clean bruises with alkaline water for several times.

## **24. Neck cold**

Apply wet compress of warm alkaline water (pH=9.5-10.5) on the neck. Take half a glass of alkaline water before meals. Ache is relieved, motions become normal.

## **25. Smell of feet**

First wash your feet with warm water and soap and dry thoroughly. Then moisten them with acidic water (pH=2.5-3.0) and let them dry naturally. In 10-15 minutes moisten the feet with alkaline water (pH 9.5-10.5) and let them dry naturally. The procedure should be repeated for 2-3 days, continue at least once a week. Additionally it is recommended to disinfect socks and footwear with acidic water (pH=2.5-3.0). Unpleasant smell disappears; the skin of feet feels renewed.

## **26. Cracks of skin of heels, removal of dead skin from soles, toes**

First wash your feet with warm water and soap and dry clean. Then moisten them with acidic water (pH=2.5-3.0) and let them dry naturally. After 10-15 minutes moisten the feet with alkaline water (pH 9.5-10.5) and let them dry naturally. The procedure should be repeated for 2-3 days, continue periodically at least once a week. Additionally it is recommended to disinfect socks and footwear with acidic water (pH=2.5-3.0). Unpleasant smell disappears; the skin of feet feels renewed. In addition it is recommended to apply oil on heels and other cracked skin places and let it penetrate the skin. While the skin is soft it is good to rub it with pumice stone in order to remove dead skin.

## **27. Laryngitis**

Rinse your throat with warmed up acidic water (pH 2.5-3.0) periodically during the day. After the day of rinsing with acidic water the last rinsing of the throat should be done with alkaline water (pH 9.5-10.5). For prophylactics periodically rinse your throat with acidic water after meals.

## **28. Skin irritation**

Moisten the skin with alkaline water (pH 9.5-10.5) or even wash the area with alkaline water (instead of applying cologne, aftershave crème, etc.). After several minutes repeat the procedure. Let the skin dry naturally. If there is a small cut or scratch then apply a wet pad of alkaline water and let it remain in place longer. The skin heals very fast and becomes softer.

## **29. Skin care**

For skin care it is possible to use acidic water (pH=5.5) on regular basis. After cleaning the face with such acidic water it might be washed with alkaline water (pH 9.5-10.5). Regular application of ionized water for skin

care makes it softer and healthier. All kind of rash, pimples and blackheads should be treated only with acidic water (pH 2.5-3.0).

### **30. Periodontitis, bleeding of gums**

Rinse the mouth with warmed up acidic water (pH 2.5-3.0) for 10 minutes with change mouthful. Bleeding reduces or stops, tartar is removed. The final rinsing should be done with alkaline water.

### **31. Hair care**

For hair care it is sufficient to wash your hair once a week using alkaline water (pH 8.5-9.5) and soap or shampoo, then rinse it thoroughly with alkaline water let it dry naturally.

### **32. Hair fall-out**

Wash your hair once a week with soap or shampoo, wipe it. When rinse hair with warmed up acidic water (pH 2.5-3.0). In 5-8 minutes rinse your hair thoroughly with warm alkaline water and massaging the skin of your scalp with your fingertips rub this water in and let it dry naturally. Repeat such procedure for several times a day. Such hair strengthening cycle should be repeated for 4-6 weeks in succession. Hair becomes soft, dandruff disappears, and hair becomes stronger and stops falling out.

### **33. Bedsores**

Bedsores should be carefully washed and soaked with warmed acidic water (pH 2.5-3.0), let them dry then dampen well with warmed up alkaline water (pH 8.5-9.5). Wounds should be dressed and dressing should be dampened periodically with alkaline water. If during dressing pus is noticed it should be cleaned with acidic water and then treated with alkaline water. The patient should lie on linen bed sheets.

### **34. Psoriasis**

The duration of this procedure is 6 days. First of all wash the surface of the skin with soap, apply hot acidic water compresses on all affected places in order to make the scaling soft. Soak all affected places (scaling, scabs) well with warm acidic water (pH 2.5-3.0) and then after 5-8 minutes start wetting them with warmed up alkaline water (pH 8.5-9.5). During the remaining 6 days moisten only with alkaline water 5 to 8 times a day. During the first 3 treatment days drink 150 g of acidic water (pH 2.5-3.0) before meals, 3 times a day, and during the remaining 3 days - half a glass of alkaline water (pH 8.5-9.5).

After the first week of treatment (first cycle) one has to take a week's break, and then another cycle should be started as specified above. The amount of treatment cycles required depends on each individual's particular requirements and sensitivity. Due to the intake of alkaline water some people's skin becomes very dry. It itches, cracks and aches. In such cases you need to wet the skin with acidic water in order to mitigate the impact of alkaline water.

After 4 to 5 days of treatment the affected areas become clean and they turn rosy. Scaling disappears gradually. As a rule 3 to 4 cycles of treatment are enough. During treatment one should abstain from alcohol, smoking, spicy food and smoked meats.

### **35. Festers, trophic wounds**

Wounds should be washed with warmed up acidic water (pH 2.5-3.0) and let to dry. After 5-8 minutes they have to be moistened with alkaline water (pH 8.5-9.5) and it has to be done 6-8 times in 24 hours. Alternatively the cleaned wound may be dressed and some alkaline water poured directly on the dressing. If the wound is still festering the procedure should be repeated.

### **36. Radiculitis, rheumatism**

Take a glass of alkaline water (pH 8.5-9.5) for 2 days a half an hour before meals 5-6 times a day. Aching places should be additionally rubbed with warmed up acidic water (pH 2.5-3.0).

### **37. Heartburn**

Take a glass of alkaline water (pH 9.5-10.5) before meal. If it does not help drink some after the meal.

### **38. Swelling of hands and legs/feet**

For three days four times a day half an hour before meals and before sleep drink ionized water in the following order: first day – half a glass of alkaline water (pH 9.5-10.5), second day – half a glass or three quarters of a glass of acidic water (pH 2.5-3.0), third day – half a glass of alkaline water. Swelling and aches gradually soothe and disappear.

### **39. Improvement of general feeling**

3-4 times a week periodically rinse your nose, throat and mouth with acidic water (pH 2.5-3.0) and after that drink half a glass of alkaline water (pH 9.5-10.5). Best if it is done in the morning after a meal or in the evening before sleep. Such procedure is recommended after any contacts with somebody who is ill, or when there is possibility that infection is possible and also during the period of epidemic. On returning home additionally wash your hands and face with acidic water.

You will start feeling fresh, more energetic and efficient. Microbes and bacteria are destroyed.

### **40. Salmonellosis**

Wash your stomach with warmed up acidic water (pH 2.5-3.5), do not eat anything during the first 24 hours and drink half a glass of acidic water every 2-3 hours.

### **41. Gastric ulcer, duodenum ulcer**

For four to five days, 1 hour before meals take half a glass of alkaline water (pH 9.5-10.5). If acidity is low or there is no acidity, it is recommended to take one-third or half a glass of acidic water (pH 2.5-3.5) during meals or after it. Take a week's break and irrespective of whether you feel or don't feel pain, repeat the cycle of the ionized water procedure once again. If the blood pressure is normal and it does not go up when using alkaline water the dose may be increased. During treatment it is necessary to observe a diet, choose soft food, avoid smoked meat, alcohol, smoking, don't work hard, do not make bending movements immediately after meals, etc.

### **42. Pain of joints of hands and legs (salt deposits or osteophytes)**

For 3 to 4 days half an hour before meals take half a glass of acidic water (pH 2.5-3.5). Aching places should be dampened and rubbed with acidic water. For the night make a wet compress of acidic water and apply to the area. Treatment could be made more effective by regular exercises, movements and massage of aching joints.

### **43. Improvement of stomach and intestine activity**

If stomach stops working take half a glass of alkaline water (pH 9.5-10.5). If in half an hour the stomach activity does not return to normal take another half a glass of such alkaline water.

### **44. Head cold**

Rinse your nose with acidic water (pH 2.5-3.5) by carefully sucking it into nostrils then clean your nose. Repeat it for 2-3 times. For small kids pour some drops of acidic water into their nose with a dropper and clean the nose.

### **45. Stomatitis**

After each meal rinse your mouth with acidic water (pH 2.5-3.5) and then several times with alkaline water (pH 9.5-10.5). Alkaline water should be used additionally for rinsing between the meals. Water can be warmed up a little.

#### **46. Furuncles and ulcers**

Wash the affected place with warm water, then disinfect it with warmed up acidic water (pH 2.5-3.5) and let it dry. Further for two days apply wet compresses of alkaline water (pH 9.5-10.5) on it, change them 4-5 times a day or more often if possible. Before sleep it is recommended to take a glass of alkaline water.

#### **47. Face hygiene, skin softening**

After washing in the morning and in the evening - wash (wet) your face, neck and hands with alkaline water (pH 9.5-10.5) 2-3 times with 1-2 minutes intervals and let them dry naturally. Wet compresses of alkaline water should be applied on wrinkled skin for 15-20 minutes. If your skin is dry, first wash it with acidic water (pH 2.5-3.5), and then proceed with the above procedures.

#### **48. Face seborrhoea, pimples**

Wash your face with warm water and soap in the morning and evening, dry it and wet it with warmed acidic water (pH 2.5-3.5). If you can, wet the pimples more often. This can also apply to teenage pimples. Additionally it is recommended to drink half a glass of such acidic water.

#### **49. Varicose veins**

Wash the varicose and bleeding places with acidic water (pH 2.5-3.5) and let them dry, then apply a wet compress of alkaline water (pH 9.5-10.5) and drink half a glass of acidic water. In 2-3 hours start drinking alkaline water every 4 hours and continue for 2 to 3 days.

#### **50. Diarrhoea**

Take a glass of acidic water (pH 2.5-3.5). If within one hour the problem does not disappear take another glass of acidic water.

#### **51. Constipation**

Take a glass of alkaline water (pH 9.5-10.5). If you are getting constipation quite often, try to find out the cause of it. Digestion and movement of food improves.

#### **52. Cholecystitis (inflammation of gall-bladder)**

For four days, 3 times a day, half an hour before meals, take half a glass of ionized water in the following order: first time (before breakfast) - acidic water (pH 2.5-3.5), all other times - alkaline water (pH 9.5-10.5). Pain in the abdomen, heart and left blade area soothes, nausea and bitterness in the mouth disappears.

**N.B. Before using ionised water please consult your doctor or general practitioner.**

## **II. RECOMMENDATIONS FOR OTHER APPLICATIONS OF IONISED WATER**

### **1. Plant lice and other small pest removal**

Spray the plant lice and pests location with acidic water (pH 2.5). If necessary, pour some acidic water on the surrounding soil. When exterminating moths spray carpets, wool fabrics and other locations of their concentration with acidic water. The pests will be destroyed or will flee from such locations. The water also exterminates their eggs. If there is a need such treatment should be repeated.

### **2. Stimulation of plant growth in kitchen gardens and greenhouses. Preparation of seeds for sowing**

General recommendations are as follows:

a) Prepare seeds for sowing by treating them with ionized water as follows:

- soak the seeds in acidic water (pH 2.5-3.5) and after 10 minutes collect and throw away the seeds that float on the water surface, others should be left to soak for a further 2-4 hours;
- pour off the acidic water, wash the seeds with regular water and soak them in alkaline water (pH

7.5-8.5) for 5-15 hours;

- pour off the alkaline water and dry the seeds naturally for 2-3 hours and then sow them.

b) Watering:

- Once with alkaline water (pH 7.5-8.5), 2-3 times using regular water, then again with alkaline water and so on.

Watering with alkaline water during a week should not exceed 1-2 times.

### **3. Improvement of taste and aroma of tea or coffee**

Alkaline water (pH 10-11) can be used for preparing coffee, regular tea or herb tea.

### **4. Disinfecting of furniture and flooring**

Spray furniture with acidic water and wipe it in 10-15 minutes. Spraying could be replaced by cleaning it with a cloth moistened with acidic water. Wash the floor with acidic water. In all case of disinfecting the concentration of water should be approx. 2.5 pH.

### **5. Improvement of growing and blossoming of pot flowers**

It is recommended to water pot flowers as follows: use low concentration alkaline water (pH 7.5-8.5) once, and then 2-3 times use regular water and so on. Alkaline water should not be used more than 1-2 times a week. If you notice that a flower is wilting, fading, it should be watered with acidic water (pH 2.5-3.5) once, then two times with alkaline water (pH 7.5-8.5) and later with regular water as described above.

### **6. Revival of faded flowers and vegetables**

Cut off the stalks of faded flowers or green vegetables and place them into alkaline water (pH 7.5-8.5).

### **7. Disinfection of premises**

Small premises may be washed thoroughly using acidic water (pH 2.5). It is even more efficient to spray and make a mist, using either a gardener spraying tool or some similar type of tool. This method is more convenient when disinfecting large premises: farms, poultry farms, pig farms etc. as animals do not need to be moved out because water is harmless.

The same method could be applied when disinfecting fruit and vegetable storage facilities, cellars and greenhouses. Disinfection should be done on regular basis. Acidic water concentration should be pH 2.5. Aerosol effectively decreases micro flora of the premises by 2-5 times and it is harmless for poultry and animals.

### **8. Disinfection of hands and feet**

For this purpose wash your hands and feet with acidic water (pH 2.5) and let them dry without wiping.

### **9. Cleaning and degreasing of window panes, glass jars.**

Washing qualities of alkaline water (pH 10-11) are used for window panes, glass jars washing and degreasing. First wet the glass, wait a little and wash.

### **10. Disinfection of tare a container**

The Tare should be washed well with acidic water (pH 2.5) and dried (best if dried in the sun). Disinfection will be more efficient if such tare is first soaked in alkaline water (pH 10-11) and then treated with the acidic water as indicated above.

### **11. Extension of fruit and vegetable shelf life**

Before storing fruit and vegetables they should be processed with acidic water (pH 2.5). It can be done by spraying fruit when they are carried on a conveyer, belt dipping the tare with the fruit into acidic water,

regularly spraying them in a storage facility or periodically making aerosol of acidic water (pH 2.5). Premises should be disinfected as well. Such treatment is entirely harmless.

### **III. RECOMMENDATIONS FOR APPLICATION OF SILVERED WATER**

#### **1. Quincy (various forms)**

Rinse your throat with silvered water heated up to 30-35°C. The Duration of one rinsing with change mouthful about 3-5 min. Water concentration is 20 mg/l.

#### **2. Poisoning with food**

3 times a day drink 100 ml of silvered water. Concentration is 5mg/l.

#### **3. High temperature (diagnosis not clear)**

Drink 50-100 ml of silvered water. Concentration is 0.1 mg/l.

#### **4. Improvement of general feeling**

For several months drink silvered water of weak concentration instead of regular water. Then take a 3 months break and repeat the course once again if necessary. Concentration is 0.02 mg/l.

#### **5. Surgery related problems (bones, muscles, joints, lymph and other organs suffering from inflammations caused by staphylo-pneumococco infections, tuberculosis rods, etc.)**

Sprinkle, wash or apply wipes, pads soaked with silvered water and heated up to 30-35 °C. The duration of procedures is 15-20 minutes. A compress is made of 4-5 layers of gauze wet with silvered water. Concentration is 20 mg/l.

#### **6. Chronic head cold**

Gauze pads soaked in silvered water placed between the gums and cheeks as close to the throat as possible.

Rinse your nostrils with silvered water of the same concentration heated up to 30-35°C every 2 hours. Concentration is 20 mg/l.

#### **7. Disinfection in cases of flu or other contagious diseases**

In order that other members of the family do not catch the same disease, disinfect the premises with silvered water with the help of aerosol. For disinfection of a 20 sq.m. room take 0.5 l of water. Concentration is 20 mg/l.

#### **8. Dysentery, diphtheria**

For one day every 4 hours take one spoon of slightly warmed up silvered water. Concentration is 5 mg/l.

#### **9. Furunculosis**

Apply wet pads or compresses of silvered water, heated up to 30-35°C. Concentration is 20 mg/l.

#### **10. Gastritis**

Three times a day, 30 minutes before meals take 100 ml of silvered water. Concentration is 0.5-1.0 mg/l.

#### **11. Keratitis, conjunctivitis**

Wash with silvered water of room temperature or apply wet wipes. Concentration is 20 mg/l.

#### **12. Nose-throat-ear related disorders**

Rinse your nose, throat, mouth or ears respectively, apply wet wipes of silvered water, heated up to 30-35°C.

The same procedure should be applied during flu and other epidemics as well following any visits to contagious patients. Concentration is 20 mg/l.

### **13. Burns**

Wash the burnt area with potassium permanganate and then apply wet pads of silvered water. A pad is made from 6 layers of gauze profoundly wet with silvered water. When the pad becomes dry water can be poured directly on to it without traumatizing the burned place. Concentration is 20 mg/l.

### **14. Pneumonia, acute, chronic pneumonia**

It is recommended to inhale into one's lungs via an aerosol (mist) of silvered water. The duration of the procedure should be 10-15 minutes, water temperature – 35-40 °C. Concentration is 5-10 mg/l.

### **15. Trichophytosis (contagious skin and nail fungal disease)**

Apply compresses of silvered water on affected areas and keep in place for 30-40 minutes. Concentration is 20 mg/l. The duration of the treatment is 3-4 weeks.

### **16. Cold related diseases (including caused by viruses)**

Use silvered water for wetting and sprinkling, spreading for tonsils, quinsy, laryngitis for applying of wet pads; for inhalations of aerosol; for applying of compresses, for rinsing of cavities. Water should be heated up to 30-35°C. Concentration is 20 mg/l.

### **17. Rosacea**

Apply compresses to the affected area of silvered water warmed up to 30-35°C and keep them in place for 30-40 minutes. Concentration is 20 mg/l.

### **18. Gastric ulcer, duodenum ulcer**

For 10 days, take 100 ml of silvered water half an hour before meals. Concentration is 10 mg/l. Without a break take another course for 20 days by taking 100 ml of 5 mg/l concentration silvered water before meals. Pain disappears during the first procedure. Relapses do not occur.

### **19. Odontology**

After each meal rinse your mouth for 3-5 minutes with silvered water heated up to 30-35°C. In severe cases apply wet pads between gums and cheeks (especially in cases of stomatitis) and keep them in place for 3-5 min.

Concentration of water for rinsing and for applying pads its – 20 mg/l

### **20. Prophylactics of children's diseases**

For coughing or for a head cold, place silvered water into the nose. You can also give to drink 50ml of silvered water several times a day. Concentration is 1-2 mg/l.

### **21. Prophylactics of internal diseases**

Drink 100 ml of silvered water 3-4 times a day at least 20-30 minutes before meals. Concentration is 0, 1-0,2 mg/l.

**N.B. Before using silvered water it is recommended to consult your doctor or general practitioner.**

**\* Silver is natural bactericide, therefore considered slightly toxic to people. However there are extremely low chance that such small concentrations of silver, which are stated in our recommendations for silver water, would be harmful to anyone using it.**