

Lighthouse Wellness Center

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ARTICLE:

The following article was prompted due to an obvious need in helping others understand the nature of colloidal minerals and other forms of minerals as compared with ionized minerals.

ENJOY!

Dr. Shane

Definition of a colloid: a mixture in which one substance is divided into minute particles (called colloidal particles) and dispersed throughout a second substance.

Properties of colloids: One property of colloid systems that distinguishes them from true solutions is that colloidal particles scatter light. If a beam of light, such as that from a flashlight, passes through a colloid, the light is reflected (scattered) by the colloidal particles and the path of the light can therefore be observed. When a beam of light passes through a true solution (e.g., salt in water) there is so little scattering of the light that the path of the light cannot be seen and the small amount of scattered light cannot be detected except by very sensitive instruments. The scattering of light by colloids, known as the Tyndall effect, was first explained by the British physicist John Tyndall. When an ultramicroscope (see [microscope](#)) is used to examine a colloid, the colloidal particles appear as tiny points of light in constant motion; this motion, called [Brownian movement](#), helps keep the particles in suspension. [Absorption](#) is another characteristic of colloids, since the finely divided colloidal particles have a large surface area exposed. The presence of colloidal particles has little effect on the [colligative properties](#) (boiling point, freezing point, etc.) of a solution.

Understanding the basics of a colloidal solution compared to an ionic solution is necessary to understand the difference in Water Oz, ionized minerals as compared to colloidal minerals. A colloidal mixture is minute particles of a substance (gas, liquid, or solid) that are suspended or dispersed throughout another substance (gas, liquid, or solid). This can be in a gaseous state (i.e. fog or smoke), a liquid state (i.e. homogenized milk or sugar water) or a solid state (i.e. marshmallows or metal alloys). In the case of mineral colloidal solutions in water, the particle size of the mineral is usually measured in microns (one millionth of a meter). For ionic minerals, the particle size is usually measured in Angstroms (ten thousand times smaller than a micron or one ten-billionth of a meter). Colloidal minerals due to the nature of the particle size and lack of charge have a disadvantage in the body and are not readily absorbable to the cell. Ionic minerals are properly charged and have a particle size that allows distribution and absorption to the cells just as water. This is a key in the utilization, storage, and distribution of the mineral in the body and within each cell. This is the work in which the founder of Water Oz, David Hinkson, has been so diligently involved.

TEST IT YOURSELF:

Red laser light that is emitted from a pen laser pointer has a wavelength that measures on the level of Angstroms. Shine the laser light through a bottle of "colloidal silver". You should be able to see the beam of light as it is reflected off of the particles. This is known as the Tyndall Effect. It is a known property of colloidal solutions. The same effect is seen with the headlights of a car moving through fog. In many cases you

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"Where the power of wellness is brought to light."

Lighthouse Chiropractic and Wellness

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may also see the shimmering of the particles as they reflect the light, almost like snowflakes falling from the sky.

Shine this light through bottle of ionized minerals and you should see the entering point on one side of the bottle and the exit point from the other side of the bottle, but the beam is not visible as it passes through the water.

This is the same effect as salt water. Just as salt changes the taste of the water, so will the minerals.

Perspective:

1.5 mm (head of a pin) times ten thousand equals 15,000 mm = 590.55 inches = 49.21 feet = 16.40 yards. That is comparing the head of a pin to nearly 50 feet, which is almost 5 stories tall. AMAZING!

Why is this so important?

1. **100% Bioavailability:** Did you know that most nutritional products are only absorbed at a rate of 5-20%? That means 80-95% of your intake is not available to your body and is mostly excreted. Literally, 80-95 cents out of your dollar just went down the toilet. WOW! Not with Water Oz Minerals! These ionic minerals are 100% bioavailable. This means that right out of the bottle, these minerals are cell ready. The body requires no “digestion” to get these nutrients to the cells. In fact, the minerals are beginning to absorb from the very second contact is made with the tissues of the body (skin, mucosal tissue of nose/sinus, sublingual/under tongue and in mouth, inner ear, etc.).
2. **No Toxicity or “Build-up” in the cells:** With minerals in the ionic form, any portion that is in excess of the needs of the body may be easily passed right on through the excretory organs. Due to the size and lack of charge in colloidal minerals, they are often stored in tissues and will then have to be chelated out. Chelated means there will have to be a substance/nutrient that will chemically bond with the improper mineral and help remove it from the body through the excretion process. Other forms of minerals, such as calcium with citrate, gluconate, carbonate, or other “ate”, have to be broken down through digestion and metabolism. During the process of digestion, the body is separating the mineral from the rest of the compound. In most cases there are multiple constituents that are by-products which the body sees as toxins or poisons that have to be eliminated. Other vitamins, nutrients, proteins, and minerals are called upon for the elimination process. That can create a deficiency somewhere else in the body. If there aren't enough of the proper nutrients then the only other option is to store the toxin or poison until there is enough for elimination.
3. **Good in/Bad out:** Your body is absolutely intelligent. It knows what substances/minerals are good and which ones are harmful. It also knows the difference between substances that are slightly helpful compared to those that are extremely helpful. In other words, the body can differentiate by degrees and priority. Thus, if the extremely good nutrients aren't coming in through diet/nutritional intake, but a mediocre or poor one is, the body will substitute as best as it can. In most cases this leads to damage, toxicity, and weakness in cells and tissues. When your dietary intake changes and exceptional nutrients come pouring in, the body can then release the substitutes and replace them with the better components. There are many examples and testimonials of these changes occurring in bones, joints, organs (gall bladder, kidney, intestine, etc.) and other tissues. With the body is getting what it needs, the healing happens naturally.

This is just the tip of the iceberg so to speak. If you have specific questions regarding the products, please feel free to write or call at anytime. My office address is at the top of the first page.