



**Cleavers
(Galium aparine)**

This herb is particularly useful for breast tenderness as it helps to eliminate waste and toxins. It also stops fluid retention and general congestion in the breasts. It enhances the functioning of the lymphatic system, which forms part of the body's defence system to filter out unwanted material before it gets into your bloodstream.

Ginkgo biloba

Research has shown that women who took

ginkgo had significantly less pre-menstrual breast pain than those who took a placebo. Ginkgo helps to increase circulation and can also reduce swelling.

Herbs for the liver

The liver, which is the major organ of detoxification, helps to eliminate accumulated 'old' oestrogen so it is important that it is functioning efficiently. Both milk thistle and dandelion are excellent herbs for optimising liver function.

CHW

© Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in women's health. Dr Glenville is the Former President of the Food and Health Forum at the Royal Society of Medicine and a registered nutritionist. Dr Glenville is the author of a number of internationally best-selling books including 'The Natural Health Bible for Women' and her new book 'Natural Solutions to IBS'. She runs a number of clinics in London, Tunbridge Wells and Dublin. For more in-depth information look on Marilyn's website www.marilynglenville.com. If you are interested in a consultation you can contact Dr Glenville's clinic on 0870 5329244 or email: health@marilynglenville.com.

What happens when we don't have enough silicium?

SILICIUM overcomes: loose, sagging skin anywhere on face and body, weak bones, broken veins, the results speak for themselves.

Silicium is a natural element needed by the body to form collagen, the skin's natural scaffolding, and also elastin, which keeps the skin supple. As we age, the amount of silicium we produce decreases. Pregnant women transfer the bulk of their silicium to their child. Babies use the silicium to build muscles, bones, and grow. Silicium is lost daily through urine and perspiration, unfortunately we are unable to absorb enough silicium from the food that we eat. When we don't produce enough silicium

general pain, inflammation occurs within the body. Some people are diagnosed with arthritis or rheumatoid arthritis; others suffer from loss of mobility, aches and pain. The nails become dry and brittle. Some people are diagnosed with osteoporosis. Hair becomes dry and falls out gradually. Our skin becomes dehydrated and fine lines become visible. **How can silicium slow down the ageing process?** In 1960, scientists discovered the benefits of

silicium, they tried to reproduce this molecule in pills, lotions and powders; however, none of them were absorbed effectively. Twenty years ago, Belgian laboratory, Dexsil, produced the smallest form of Silicium molecule that is bio activated. By drinking the liquid and applying the gels, the body is able to absorb the Silicium molecule.

Dexsil Vitasil "Fransil liquid and gel" is proven to effectively strengthen the following:

- ☉Bones, broken vein and capillaries
- ☉Teeth and gum, nails and hair
- ☉Reduce and prevent wrinkles

The Fransil liquid is Silicium liquid with added minerals: copper, zinc, manganese. The Fransil gel is Silicium gel with added minerals: copper, zinc, manganese and cobalt. Note: Cobalt is not used in the Fransil liquid because of regulatory restrictions (cobalt is not allowed in food supplement).

The 4 minerals:

- ☉copper ☉zinc ☉manganese ☉cobalt
- All play a crucial role as an antioxidant and help cells to fight against reactive oxygen species.
- Manganese and copper increase collagen synthesis, firm the skin and allow the body to naturally generate collagen. These two products effectively hydrate, firm, plump cells all over body with collagen.
- ☉Osteoporosis is improved drastically
 - ☉Vein and capillaries are strengthened
 - ☉Nails grow stronger and faster
 - ☉Hair becomes healthy and strong from its root
 - ☉Skin is hydrated, plump, radiant and wrinkles get filled in.

Directions for use:

Drink Vitasil/Dexsil Fransil Liquid 15ml each morning, 15 ml in the middle of day, 15 ml before sleep. Therefore, 45 ml a day for 7 days. Thereafter, only 15ml before breakfast.

Apply Fransil gel 2 twice a day on cleansed damp skin, avoiding the eyes. Use a good cream on top of the gel to provide environmental protection.

Other benefits of silicium

Reduces inflammation and pain whilst increasing mobility: The silicium molecule naturally reduces any form of inflammation and prevents future inflammation. This includes post-accident, post-surgery inflammation, arthritis and rheumatoid arthritis. Silicium molecules reduce and prevent future inflammation aiding the patient's recovery, without drugs.

Helps osteoporosis, broken veins, weak nails and hair: The absorption of the silicium molecule allows the body to rebuild bones, nails and strengthens the hair.

Wrinkles, dehydration, loose skin: The body naturally starts to generate collagen after absorbing the silicium molecule.

The only way to insert collagen under the skin is by injection.

This is generally done to the face and neck and results can last up to four months. The injection will not benefit all parts of the body. Drinking the Bio-Activated Organic Silicium liquid and applying

the gels will allow the body to naturally generate its own collagen. The cells become plump and hydrated. Skin feels fresh, plump and hydrated. Wrinkles become visibly reduced and in younger people they are delayed.

Locomotive effect: The silicium molecule has the ability to carry other ingredients with it into the depth of the body. This is called 'locomotive' property and allows Articulosil /Articulation liquid to penetrate and absorb Glucosamine, MSM, and Chondrotine into the body. The result is a reduction of inflammation and pain and an increase in mobility.

Applying the silicium gel on the face and neck followed by beauty serums means the serums are carried deep into the cells and activated.

Equilibrium of cells: Silicium molecules balance anything that is out of balance in the human body.

The human being is made up of billions of cells and each cell has a negative and a positive charge. When a human gets ill, the charge in cells goes out of balance. Drinking the Silicium liquid brings the cells into equilibrium. Many diseases are improved by drinking the liquid and applying the gels. **CHW**

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**The Forgotten Trace Element!!
 Bio-Activated Organic Silicium**

From Dexsil Labs

Dexsil - Vitasil Silicium reduces and overcomes the following:

- ◆ Rheumatism, Arthritis, Inflammation
 - ◆ OsteoArthritis
- ◆ Broken Capillaries, Weak Nails & Teeth
- ◆ Ageing, Dehydration
- ◆ Loose, Sagging Skin

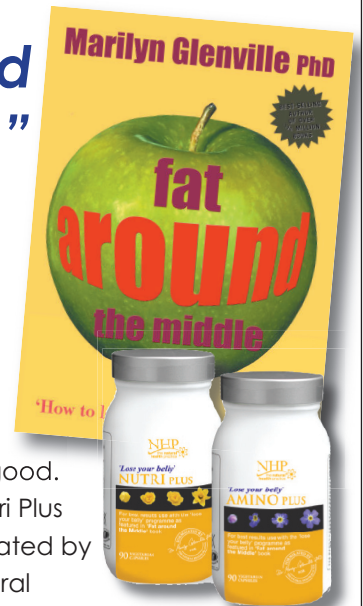


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