

Prof. em. Prof. Dr. med. habil. Karl Hecht

Answers to
100 questions on
the healthy effect
of natural zeolite



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Preface	8
Important note	10
Acknowledgement	10
1 What inspired you to work on zeolites?	11
2 What are silicates?	11
3 What is natural clinoptilolite-zeolite?	12
4 What is montmorillonite/bentonite?	12
5 What is the difference between bentonites and montmorillonites?	13
6 How does the rough-structured zeolite become a consumption-friendly powder?	13
7 Scientists, doctors and the media claim that aluminium silicates are toxic and cause Alzheimer's disease?	15
8 You write that water containing silicon can remove aluminium from the body?	17
9 Are aluminium silicates not having a high percentage of aluminium?	18
10 Natural zeolite rich in silicon, is it a possible means against aluminium strain?	19
11 Considering that aluminium silicates are part of the earth in form of clay, loam and loess, aluminium has to be part of natural food, too?	20
12 Aluminium is considered as a potential cause of Alzheimer's disease. Is that true?	23
13 What could be the causes of senile dementia, occurring more and more often?	26
14 How can senile dementia be prevented?	27
15 Could you explain ion exchange in a short and comprehensible way?	27
16 Zeolite is associated with the sorbent function: what does that mean?	28
17 What are the most important functions of natural zeolite in the human body?	28
18 What does colloidal mean?	29
19 What is special about natural zeolites?	30
20 Which functional characteristics of natural zeolite can be proved in the human body?	31
21 What does healthy lifestyle mean?	32
22 What is actually the exact chemical composition of natural zeolites?	33
23 Can zeolite grains get into the cells?	33
24 How should natural zeolite be taken?	33
25 Which daily dosage is recommended?	34
26 Can natural zeolite be drunk with fruit juice?	34
27 Do natural zeolites have any side effects?	35
28 Can natural zeolite be drunk with tea?	35
29 Can natural zeolite be also taken with other natural substances?	35
30 Can natural zeolite be also taken with other medical drugs?	36
31 Can natural zeolite be applied in patients with diabetes mellitus?	37
32 Can natural zeolite stop diarrhoea?	37
33 Is natural zeolite able to trigger allergies?	37
34 Can natural zeolite also eliminate enzymes, vitamins and hormones?	38
35 For how many days/months can natural zeolite be taken?	38
36 Can natural zeolites affect the ability to drive?	38

37	Can natural zeolite be taken with alcohol?	38
38	Is natural zeolite a universal remedy?	39
39	Can particles (tiny grains) of the natural zeolite powder get into the cells?	39
40	What happens if higher doses of natural zeolite than recommended are taken?	40
41	What are the different fields of application of natural zeolite?	40
42	Why is healthy longevity only possible with a non-toxic human body?	40
43	What basic conditions are the typical indications of an intoxicated human body?	42
44	What do free radicals do in the human body when they are present?	42
45	What is detox hygiene?	43
46	What should be considered with regard to detox hygiene?	43
47	Why detox hygiene with natural zeolite and/or montmorillonite?	45
48	What is gradual intoxication?	47
49	Are there studies on gradual intoxication?	48
50	Are there studies proving that toxic substances are adsorbed (bound) by natural zeolite and thus decontaminated (made harmless)?	50
51	Are different toxic substances and toxins adsorbed (bound) by natural zeolites and also synthetic zeolites?	52
52	What are toxic substances?	53
53	What are heavy metals? Are they always toxic (poisonous)?	54
54	Could you provide some examples for limit values?	55
55	How was natural zeolite applied after the reactor disaster in Chernobyl?	56
56	Should all NPPs have zeolite reservoirs?	58
57	Zeolite mountains for the final storage of nuclear waste?	58
58	Are there studies on the effect of natural zeolite in case of diseases?	60
59	Are there studies on the application of natural zeolite and montmorillonite in case of diseases?	62
60	Are there observations on the effects of natural zeolite in case of fungal infections?	63
61	Is it possible to carry out a treatment with natural clinoptilolite-zeolite on patients with a smoker's leg and diabetic's leg?	64
62	Has natural zeolite been applied on patients with tumour diseases?	65
63	Can drinking water, containing SiO ₂ , prevent from tumour diseases?	66
64	Why is silicon also referred to as being the original base mineral of our planet?	67
65	Which characteristics make silicon dioxide (also called silicic acid) so unique?	67
66	The Nobel prize winner Ilijin Metschnikov (1845-1916) postulated: "You are as old as your connective tissue." Is there a connection with SiO ₂ ?	68
67	The level of silicon in the body decreases with advancing age. Is there any proof for that?	69
68	Are there studies on the retardation of the ageing process due to SiO ₂ or the silicates natural zeolite and montmorillonite?	70
69	What are the conclusions?	72
70	Could you present the oldest test persons of the above-mentioned silicon study? Yes.	73
71	How do you know that your biological age is younger than the calendrical age?	74
72	Which groups of people have a particularly high need for SiO ₂ ?	74

73	Is there a relation between physical exercise and the effect of SiO ₂ in the human body?	75
74	Can natural zeolite protect hobby athletes and competitive athletes against overload and injuries?	76
75	Are there any studies and sports medical experiences?	76
76	Could you explain why competitive athletes are satisfied with the intake of natural zeolite?	77
77	Is natural zeolite a doping substance?	78
78	What are the criteria for the effect of SiO ₂ in the connective tissue of the body?	78
79	What are the consequences of shortage of silicon?	79
80	Is it true that drinking water containing silicon can prevent Alzheimer's disease?	81
81	Can natural zeolite also have an effect on Alzheimer's disease?	81
82	Can natural zeolite prevent from osteoporosis?	82
83	Silicon instead of calcium in therapy and prevention of osteoporosis?	82
84	As you have already mentioned, there are artificial, i.e. synthetic zeolites. How are they produced?	83
85	Why is technology interested in zeolites?	83
86	Why are zeolites significant for technology?	84
87	Could synthetically produced zeolites be significant for health benefits and the medical field?	84
88	You have characterised natural zeolite and montmorillonite as health-promoting silicates. Which one is better?	84
89	Could you describe what is specific about montmorillonites?	85
90	Main characteristics of montmorillonites that are important for human beings because of their regulative and healing effect	85
91	Which healing effect and other effects does the montmorillonite have?	86
92	What is the detox effect of montmorillonite?	86
93	Does montmorillonite remove radionuclides?	87
94	What are the characteristics of montmorillonites?	87
95	What does montmorillonite do against pathogenic bacteria?	88
96	Does montmorillonite also have an anti-viral effect?	88
97	Does montmorillonite have an anti-fungal effect?	88
98	Montmorillonite is characterised as a pharmaceutical supply agent. What does that mean?	89
99	Special bed clothes from quartz yarn? Is that possible at all?	89
100	There are earth-eating peoples that are called geophagous peoples. Are they endangered? Earths are aluminium silicates?	90
	Photografic record	92
	Literature	93

Preface

The publication of the following books

- Hecht, K.; E. Hecht-Savoley (2005/2008): *Naturminerale, Regulation und Gesundheit*. Schibri-Verlag, Berlin, Milow. 2nd edition, 424 pages, ISBN 3-937895-05-1
- Hecht, K.; E. Hecht-Savoley (2008): *Klinoptilolith-Zeolith – Siliziumminerale und Gesundheit*. Spurbuchverlag, Baunach; 2nd edition 2010, 3rd edition 2011
ISBN 987-3-88778-322-8

has led to a growing interest in the silicates natural zeolite, bentonite/montmorillonite and silicon dioxide (synonym: silicic acid) on the part of therapists and especially on the part of the consumers owing to the healthy and quality-of-life improving effect of the silicates. According to various studies, the trend to orientate towards natural remedies leads to a growing demand of more and more people. However, the reorientation towards other remedies involves several questions. This also applies to natural zeolite, bentonite, montmorillonite and silicon dioxide (silicic acid), partly because of wrong ideas about the silicates that are often spread without any criticism and that cause insecurity among the people. Silicates belong to the oldest remedies of mankind e.g. in form of clay and medical clay. In fact, 2,400 years of experience have been gained already.

As the mechanisms of action and effects of such natural remedies are fundamentally different from those of traditional medical drugs, which are usually applied by conventional medicine, the need for knowledge is exceptionally great here. The number of requests that we have received almost daily over ten years proves that. This enormous interest has inspired us to answer the questions in written form and publish them as a book in order to satisfy the “thirst for knowledge” with regard to natural zeolite, bentonite/montmorillonite and silicon dioxide (silicic acid).

All the answers to questions from everyday life are, for the most part, put in easy terms for reasons of a better understanding. At the same time, however, they reflect the current scientific state of knowledge, which is documented in detail with all corresponding references in the book “K. Hecht: *Lebenskraft durch das Urmineral Zeolith. Prävention, Detoxhygiene, Ökologie*”, published by Spurbuchverlag at the same time. You can read this comprehensive book in addition to deepen your knowledge.

During the 60 years of my career as a doctor and medical scientist I always followed the principle to recommend remedies and methods only after having tried them on myself. This also applies to natural zeolite and bentonite/montmorillonite. I have taken natural zeolite alone



The author during a lecture at a colloquium on the occasion of his 90th birthday.

or combined with montmorillonite every day since the year 2000. At the age of 91 I can say that I am physically and mentally fit. Creative and sportive activities (such as Nordic walking) are part of my everyday life. Acquaintances of mine from different parts of the world who meet me after having not seen me for a long time use to say that I do not turn older but younger. In fact, this remark is confirmed by many results on the biological age. It has already been known in ancient times that silicates (clay minerals, bole) can have a “rejuvenating” effect. They are considered as the oldest most effective remedy and cosmetic of mankind.

The scientific findings of the American silicon researcher Edith Muriel Carlisle (1918-1996) prove that silicon dioxide molecules are part of the genes and that they stimulate growth and regeneration processes of human beings since the embryonic period. Silicon dioxide is actively involved in the protein synthesis of humans and animals.

In first place, the biological ageing process is caused and accelerated by a shortage of silicon dioxide. A shortage of silicon leads to a number of different diseases including – among other things – dementia, joint pain, osteoporosis, arteriosclerosis and skin diseases. Those, however, who take minerals containing silicon on a regular basis are able to balance this natural shortage, which is a normal consequence of the calendrical ageing process, and therefore remain younger and healthier in psychobiological terms. Furthermore, they can protect themselves against many chronic diseases.

Karl Hecht (*1924)

Important note

Medicine is a science that has always been subject to change-related developments for hundreds of years.

The information provided here on therapies and dosage recommendations, therapy models and forms of application are based on the most recent scientific state of knowledge and many years of experience on the part of the author and various therapists. Considering that medicine is an individual discipline and that according to practical experiences the same active agent can vary in its therapeutic effect depending on the individual, neither the author nor the publishing house can accept responsibility for the content. Therapists are advised to read all product descriptions and data sheets of the silicates natural zeolite and montmorillonite closely and to adapt the treatment to the individual. Those who are interested in natural silicates are advised to consult a therapist before taking them.

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