

Bio-Activated Organic Silicium



By being able to penetrate the deeper layers of the skin, Vitasil/Dexsil helps produce collagen and elastin naturally. Collagen plumps cells with hydration so the skin becomes fresh and hydrated. In younger skin, it can delay wrinkles from forming. In mature skin, wrinkles will decrease and the skin will become firmer and younger looking.

Silicon 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 silicon 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, and unfortunately we are unable to absorb enough silicium from the food we eat.

What happens when we don't produce enough silicium?

- ☛ General pain and 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, the EU awarded a grant to a Belgian laboratory, Dexsil Laboratories, to produce 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.

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 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.

Dexsil Vitasil Bio-Activated Organic Silicium Peau (Skin) Gel heals wounds, surgery (old, new) stitches, any type of burn, bruise, graze and cut or trauma to the skin

By being able to penetrate the deeper layers of the skin, Vitasil/Dexsil Peau (Skin) Gel helps produce enormous amounts of collagen and elastin naturally. Collagen heals the above skin conditions fast and efficiently.

Testimonial from Mrs J R: "Amazing results from Dexsil Vitasil Silicium Peau (Skin) Gel"

"I am a woman of 55 and I work as a hairdresser. In May 2014, I had a major accident and I had a serious bruise on my upper arm.

The bruise was extremely large, black and painful. I was admitted to the emergency ward in the Princess Grace Hospital, London and they examined me for a break, infection and many other causes. The doctors agreed that I did not have any breakage or infection. However, they explained the bruise would take over three months or more to heal. They didn't give me any cream to put on it and no medication.

I have been buying the Dexsil Vitasil Silicium range of liquids and gels for a number of years and I use various gels for my face, bust, muscle cramp and broken veins in my legs. I was aware that Dexsil Vitasil Silicium Peau Gel is excellent for any post-surgery wound (old and new wounds), bruises, cuts and grazes and burns. So I purchased a Peau (Skin) Gel and started applying it three times a day on damp skin, on the large, painful bruise. I thought it would take at least three months (as the doctors told me) to help it heal and recover.

To my amazement, this miracle Peau (Skin) Gel healed the bruise in three weeks. It was the most outstanding gel I have ever used.

After three weeks, the doctors in Princess Grace Hospital could not believe this miracle. They asked me for the ingredients and technical information of this Peau (Skin) Gel and I happily got the Dexsil Vitasil distributor in the UK to give them the information. There is no product (drug or non-drug) that can achieve such healing in such a short time. I am grateful to Dexsil Vitasil Silicium Peau (Skin) Gel and I always carry a sample with me. You never know when you may have an accident!" **CHW**

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Sleeping problems?

here are some solutions...



Do you struggle to sleep at night? Wake up frequently during the night? Or do you anxiously watch the clock until the time you have to get up?

Being unable to sleep can cause much distress and is characterised by unwelcome symptoms such as disorientation, fatigue and loss of energy. Chronic insomnia, however, can cause even more serious health conditions.

Why can't I get to sleep?

Temporal insomnia can simply be a by-product of an upcoming presentation, jet lag or even a break-up. However, long-term insomnia can boil down to psychological problems such as anxiety, depression, chronic stress, bipolar disorder and trauma. In some cases it could even be a sleep disorder that is causing insomnia such as sleep apnoea, narcolepsy, or restless legs syndrome. It goes without saying that one should adopt precautionary methods in any case. Avoiding naps, limiting caffeine intake, sticking to regular sleep patterns and making sure the bedroom is quiet and dark are steps we should all take in the first instance. Here are three solutions we can turn to if insomnia still persists...

Brain training

If it is mental and psychological issues that are causing sleeplessness then train yourself and condition your mind to only associate the bed with sleeping. Instead of tossing and turning in the bed when you can't sleep, get out of bed and read a book, watch television or have a warm bath. Instead of constantly counting down the time to when you have to get up, simply remove the clock from your bedroom. Instead of letting negative thoughts take over, treat your negative

thoughts as a little child that has questions to which you as the parent have the answers. By doing this we are actually making what appears to be our weakness into our strength in regards to our mentality.

Relaxation techniques

Use relaxation techniques such as clearing your mind of everything and just simply breathing deeply for five minutes, effectively being in state of peacefulness. Reduce tension in your upper body by yawning to relax the jaw muscles, rolling your head in circular motion to relax the neck muscles and also rolling the shoulders in a circular motion to relax the shoulder muscles. Other techniques include aromatherapy. In this way loosen yourself mentally and physically and allow yourself to sleep.

Valerian & ginger

With scientific research proving sleeping pills to have a negative effect in the long run we must look for help from elsewhere. Valerian & ginger is a natural herbal remedy that has been used as a sleeping aid since the time of Alexander the Great. Valerian contains valerenic acid and iridoids that act as a mild sedative. Ginger contains cineole which has a calming effect. Make sure you give yourself the right support when trying to tackle insomnia. **CHW**

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