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Natural Silicon Supplement From Horsetail Plant Extract: Discover Its Benefits to Our Health

Browse internet for horsetail plant. You are likely to land up in few garden technique websites showing how you can beautify your garden with this plant. Sometimes you will also come to know that this plant is used for scrubbing kitchen utensils! Never mind if someone tells you that long ago it was eaten by dinosaurs and no idea about silicon supplement.

When we talk of silicon, immediately we will recollect computer chips. Someone is likely to connect with sand.

Now we will connect the relationship between horsetail plant and silicon to show how important this nutrition is to our health.

Monosilicic acid is a ready source of silicon. This acid is found in horsetail plant. When we eat food, our body gets the silicon in the form of orthosilicic acid. Both these acids are used in synonym. Generally silicon deficiency is not found in our body. However, possibility of deficiency cannot be ruled out.

If you are sensitive to cold and you feel cold even in warm climate, you should better know that you have silicon deficiency. Other deficiency symptoms are soft brittle nails, wrinkle in the skin, poor bone development, thinning of hair, osteoporosis etc. Because most of the silicon in our body is contained in connective tissues in skin, bones, ligaments, tendons, aorta etc.

Since silicon has the tendency to reduce the level of aluminum, there is a possibility that it helps to prevent or reduce Alzheimer's disease.

Bio-available silicon supplement is believed to stimulate collagen which is an important protein in our skin. Consequently, it will improve the health of the skin by defending against the wrinkles. Silicon is also called a "beauty mineral".

Research nutritionists from Grand Forks Human Nutrition Research Center (USA) found new indications for a positive role of silicon in wound healing.

Now you are aware the importance of silicon for our health. Always consider to take care of your health in a total balanced way rather than paying attention to one aspect of nutrition. Also you should be careful to take nutrition supplements from natural bio-available products only. I can only say "be ware".

Michael Ryan is an expert on nutritional supplements and has over 30years experience in the health and wellness industry.