

Michaelmas, a time to start over, and the importance of Silica

With the equinox just behind us, which was only on the 25/26 on midnight this year, the time of year has started where we can take more time to study and read again with the daylight getting shorter 4 minutes per day.

In the same manner the soils and plants are now becoming more active in forming humus and stronger root growth and the leaves are slowly falling to be taken up into the darkness of the ground.

Traditionally this was the time apprentices and journeymen looked for a new master to serve and to learn from and add to their growing experiences, by exposing themselves to new conditions, environments, countries and teachers.

Maybe it time for each of us to ask, which changes could you/I make in your own life to step up the game in your garden and for your own health?

Have you ever asked yourself why our soils are so depleted and why there is so much chronic illness even in children? Already in the 19th century scientists knew about the immense importance of healthy, humus rich soils for optimal food production and the nutritional quality in foods.

But only in the last 20 years it has been discovered by rigorous scientific research, how important silica is for stable humus formation, the resilience of plants and for our own semi-permeable membranes like the gut lining and blood-brain barrier to be intact and for our light communication channels to be fully functional between our cells.

How can we help truly to regenerate soil fertility and human health?

Our soils need to be replenished every year with Carbon and Silica. According to Dr. N. Remer, 1 m² of soil needs about 1 kg or 1 ½ litres (1 spade full) of compost per year to replenish the carbon lost in a temperate climate. At the same time 1 m² of soil needs only 1 gram of Silica per year to replenish it as we take it away with our vegetables.

What can we do to replenish Carbon and Silica in the soil?

To replenish the loss of Carbon with sufficient organic matter we can use compost, as above, we can grow green manure crop in beds not used for production of plants like mustard, spinach, phacelia, buckwheat, oats or rye and vetch, which we explained in the post last week.

To augment the bio-availability Silica, we spray the horn silica preparation (it is not too late to do an early morning spraying before the weather gets into winter mode). This helps plants to absorb silica distributed in homeopathic quantities in the air and helps micro-organisms to dissolve the mineralized Silica in the soils. It also helps the plant to transubstantiate Calcium into Silica in its living tissue as was researched and discovered by Dr Kervran (French nuclear scientist), Dr. Hauschke, Dr. Herzele and many others.

The horn silica preparation will bring mineralized, crystalline Silica in the soil back into a bio-available form. Choose an air or fire (fruit) day without rain, spray as or after the dew is drying off, this with equisetum (decoction or ferment) added in last 20 mins is effective in

helping against damp induced fungal attacks and the rise of too much earth influence into the upper plant.

What are the benefits for the Soil?

When we are able to supply sufficient organic material rich in Silica and Carbon, Silica in the plants, found in the fibre, in cellulose and lignin can be used by soil organisms to build stable humus.

Kitchen waste compost on its own only creates humus which breaks down fast which gives off plenty of nutrients for fast growing plants like the Brassicas, Tomato and Cucumber families, but does not on its own create long term soil health and structure.

While stable, base-saturated humus (ie mixed waste: when possible manure and plenty of 'brown' material as well as kitchen and garden waste) is responsible for protecting the plants from droughts, the uptake of heavy metals and other toxins. It also provides an ample store of nutrients for mycorrhiza and other micro-organisms to supply them for the plants when needed. It creates the conditions for soil organisms to fix air nitrogen and produce antibiotics and vitamins in the soil.

Last but not least, compost is the backbone for healthy soil structure. The best stage for digging in materials is when the plants are going towards the flower. That's when the plants concentrate Silica and Carbon in their fibre and have the best carbon to nitrogen ratio for micro-organism to get the right nutrients from the organic residues. (But don't hesitate to put on compost in autumn and spring before sowing green manures or spring sowing and to use it as a mulch over the summer around plants if you have enough.)

Which materials can you find in your garden at this stage of development?

For humus formation we need three basic materials:

- 1 Plant material with carbon structure and nitrogen rich
- 2 Clay silicate (if not present in soil, add bentonite, illite or montmorillonite, basalt or alginite)
- 3 Base elements: Calcium, Potassium, Magnesium and Sodium found in woodash, algae, basalt, and rock dust from granite and most green leaves of plants.

Benefits of Silica In the Plants:

The latest research in the protective nature of Silica for plants shows:

- Leaves of plants with **Silica** exposure contain higher amounts of chlorophyll production, which is impaired by ozone pollution and increasing UVA, UVB, cosmic radiation and 5G
- It helps plants fight disease and pests
- It builds strong cell walls against fungal hyphae penetration and it induces the formation of a silica cuticle double layer under the leaf epidermis which reduces water losses through cuticular transpiration
- Helps the plant to absorb nutrients
- It promotes an alkalizing effect in metal-heavy **soil**, thereby decreasing the concentration in the **soil** and fighting off metal toxicity and ultimately, improves crop **yield**

These benefits are being achieved also with nano-silica, but with doctors warn us that any nano particle based use could be detrimental and cause major allergies as our organism can't identify them and may react to them.

See: <https://www.frontiersin.org/articles/10.3389/fpls.2017.00411/full> for benefits of nano-silica

Benefits of Silica for Humans:

According to several researchers in human chronic illness, including mental illness:

The main contributing factors for the immense increase in these illnesses is the breakdown of light communication system through the compromised connective tissue, the broken tight junctions between cells and the permeability of gut lining, blood vessels and blood-brain barrier. At the same time those barriers are leaky and allow substances like heavy metals and other poisonous metabolites appear in places where they cause chronic damage.

Silica can

- boost bone density
- improve hair, all membranes (including gut lining), and nail quality
- stabilize collagen synthesis for supple joints
- help stabilize the pancreas's release of insulin!
- And last but not least: helps to strengthen the connective tissues of the brain, nerve cells, and spinal cord thereby improving memory and helping to prevent memory loss and enhancing the "fibre-optic" light communication system. When this breaks down the cells start replicating in cancerous fashion after only 15 minutes.

Once you realise how essential silica and carbon are for our health, and as we are able to help to concentrate them in our vegetable and other food plants, we can help heal all aspects of ourselves and regenerate soils at the same time through agricultural practice.

More reason to build up our stock of biodynamic preparations to heal the life processes in the soil and plants.

JOIN THE LOCAL HORN MANURE PREPARATION MAKING (SEE BDA UK WEBSITE) or ask at your local biodynamic farm if you can join them.

Begin it now – the best time is always now

Happy Michaelmas

Hans-Günther

Remember to take advantage of the generous offer of Wholistic Living University to give you a 20% discount for any online courses and workshops which start from next week, (available to all full members of the BDA (if not a member see <https://www.biodynamic.org.uk/get-involved/membership-giving-legacies/join/>)).

Enquire at: admin@wholisticliving.co.uk





timeanddate.com/sun/uk/london

News World Clock Time Zones Calendar Weather Sun, Moon & Space Timers Calculators My

2023	Sunrise/Sunset		Daylength		Astronomical Twilight		Nautical Twilight		Civil Twilight		Solar Noon	
Sep	Sunrise	Sunset	Length	Diff.	Start	End	Start	End	Start	End	Time	Mil. km
24	06:49 →	18:54 ←	12:05:44	-3:54	04:55	20:48	05:36	20:07	06:15	19:28	12:52	150.085
25	06:50 →	18:52 ←	12:01:50	-3:54	04:57	20:45	05:38	20:05	06:17	19:25	12:52	150.042

Rise **06:50**
90°E

Meridian **12:52**
180°S

Set **18:52**
269°W

08:51

Altitude
17°

Heading
↘ 115° ESE

Position
Day

26	06:52 →	18:50 ←	11:57:55	-3:54	04:59	20:42	05:39	20:02	06:19	19:23	12:51	149.999
27	06:54 →	18:48 ←	11:54:00	-3:54	05:01	20:40	05:41	20:00	06:20	19:21	12:51	149.956
28	06:55 →	18:45 ←	11:50:06	-3:54	05:03	20:37	05:43	19:57	06:22	19:18	12:51	149.913
29	06:57 →	18:43 ←	11:46:11	-3:54	05:04	20:35	05:45	19:55	06:24	19:16	12:50	149.870
30	06:58 →	18:41 ←	11:42:16	-3:54	05:06	20:33	05:46	19:53	06:25	19:14	12:50	149.828

* All times are local time for London. Time is adjusted for DST when applicable. They take into account refraction. Dates are based on the Gregorian calendar. Today is highlighted.