Supplement to
The Art of Getting Well
Germanium

Sources are given in references.

A substance that assists the body systems to restore to normality is called an "adaptogen". Germanium is without any question an adaptogen.

Inside cells, Ge\textsubscript{132} acts as an electron sink at the mitochondrial level. By analogy, when cells produce energy, the process produces excess electrons that must go somewhere. When we are healthy, we handle those excess electrons without too much trouble. As we age, or get diseased, the electrons, having no place to go, attach themselves to various substances, creating products that are undesirable for health.

Ge\textsubscript{132} picks up those excess electrons, thus improving the efficiency of the cellular operation.

In effect, Ge\textsubscript{132} analogous to thyroid hormones, improves the overall metabolism of the cell, thus the organ, the system, and therefore the body is improved.

In a sense, like EDTA Chelation therapy, which scavenges free-radicals throughout the circulatory system outside the cell, Ge\textsubscript{132} scavenges electrons before they will produce free-radicals inside the cell.

Bis beta-carboxyethyl germanium sesquioxide is virtually non-toxic to the human system. When IV (intravenously) administered it is excreted very rapidly, with about 60% lost in the urine within the first hour, and 90% lost within three hours.

It is apparently not metabolized at all by tissues, and levels peak in the tissues within six hours following oral (sub-lingual) administration, and it is not retained significantly by any organ.
Germanium is apparently one of the very safest products that can be taken. It’s effects are “dose dependent” meaning that the above described good effects are increased as the dosage increases, up to a point of final normalization, after which the increase in dosage is irrelevant, and does no harm, creating no further changes. The less wrong with a person (as with healthy children) the less help is Germanium, and vice versa.

There are many different treatment modalities for Germanium, many of which, though differing, may be useful. I only describe one, taken from literature published by Geraldo Garcia, Ph.D. of World Pharmaceuticals.

Dr. Garcia suggests use of Ge132 via both injectable (10 ml vials, 500 mg) and sub-lingual capsules (150 mg). They also suggest that the treatment module be considered in terms of minor illness, moderate illness or major illness, and their recommendations follow:

Minor Illness — Fourteen day treatment plan.
- Day 1 5 ml injection, 1 capsule — four times per day.
- Day 2 Same as above.
- Day 3 Same as above.
- Day 4 Same as above.
- Day 5 1 capsule — four times per day.
- Day 6 1 capsule — four times per day.
- Day 7 1 capsule — two times per day.
- Day 8 Thru 13 1 capsule — two times per day.
- Day 14 1 capsule — one time per day as maintenance dose.

Moderate Illness
- Day 1 Thru 10 5 ml injection, 1 capsule — four times per day.
- Day 11 Thru 20 1 capsule — four times per day.
- Day 22 Thru 30 1 capsule — two times per day, then drop to maintenance dose of one capsule per day.

Major Illness
- Day 1 Thru 14 10 to 20 ml injection twice per day giving 5 ml per injection — 1 capsule 6 times per day.
- Day 15 Till Recovery 5 to 10 ml per day injection — 1 capsule 4 times per day until recovery, then maintenance dose of 1 capsule per day.

Since Ge132 strikes at one of the fundamentals of cellular metabolism (analogous to Thyroid), it is not surprising that so many different disease states can be improved. In the various literatures on use of Germanium, chiefly research from Japan, one finds the following cases successfully treated or improved with Germanium:


Germanium should be considered as at least adjunctive therapy.

There has been only one source for Ge132 and that is from one company in Japan. They have sold to distributors in the United States who, in turn, have sold to wholesalers and retailers. The 1989 price is high, about seventy cents per tablet of 150 mg when purchased wholesale. Retailers must, of course, have their markup to stay in business, which means in some cases that you must pay up to one dollar per capsule retail. What the price is at this date has not been researched.

Because of the monopoly on source and consequent high price for long term usage, competitors are entering the field producing Germanium that is often impure, useless and sometimes dangerous, although others without the World License are also producing Germanium as good as the best.

I must caution again: there is a strong tendency in all of us to search for a bargain, and there are Ge132 marked products that seem to be bargains but which are not. Not all products that are labeled Ge132 (or "organic" germanium) are in fact bis beta-carboxyethyl germanium sesquioxide. Physicians have found that many cheap supplies will assay with the correct amount of Germanium, but on fine analysis learn that cheaper, ineffective and sometimes dangerous forms of Germanium have been salted in the product. (There are four necessary tests: purity, solubility, elemental Germanium and total kjedahl nitrogen. Presence of nitrogen compounds remaining in the final product can be dangerous.) Also note the size of the Germanium tablet. If it says anything less than 150 mg, you are probably being led to think that you are purchasing a large quantity of the substance, but in reality you will have to take a larger number of tablets to achieve good results.

Much literature on this subject states that swallowing the pill whole is often ineffective, as often up to 70% will simply not be absorbed into your blood stream where it is needed, whereas only 45% will not be absorbed beneath the tongue.

Apparently this was true during the initial developmental trials of Ge132 laboratory and clinical tests no longer bear this out in its present form. Tests given by me one company (Vitaline) show that there is little difference between swallowing the substance whole and sub-lingual routes, and that even those with low hydrochloric acid absorb the substance.

When using Ge132 sub-lingually, and dependent upon the content of other substances in the tablet, you may note a shedding of mucosa tissue where the tablet contacts the tongue or cheek. This is unimportant and will repair rapidly and is caused by substances other than Germanium.

Unfortunately your Congressional Senators and Representatives, in their infinite wisdom, have seen fit to authorize the FDA to remove ineffective and very useful items, such as bis beta-carboxyethyl germanium sesquioxide from the American market. One can understand the disapproval of Germanium Dioxide, which, indeed, can be dangerous. But bis beta-carboxyethyl germanium sesquioxide?

There are still American sources of this useful, substance, if you can find them. Certainly foreign sources, such as Mexico or Japan can provide you with a personal supply -- but watch out for proper quality and ingredients!

There are as of 1989 over 100 professional scientific research papers on the effectiveness of Germanium, and they substantiate the claims made. Whether or not Germanium will work for you, whether or not it is cost effective for you, only you can determine.

I have personally found it useful for me.

References