Making your own Silica Water (Orthosilicic Acid) –DIY Directions for Silicade

This guide provides exact, reproducible instructions for making silica-rich water that delivers orthosilicic acid (OSA), the bioavailable form of silica studied for aluminum binding and detox support. Silica works by binding aluminum to form hydroxyaluminosilicates (HAS) that are less absorbable and more likely to be excreted. Silicia competes with aluminum for absorption or binding in the gut. This is intended for personal educational use.

Materials

- Hydrous Sodium Silicate Powder (food/USP grade preferred) https://shop.chemicalstore.com/sodium-silicate-low-alkaline?keyword=sodium%20silicate%20&category_id=0
- Sodium Bisulfate (dry acid) https://www.amazon.com/dp/B014FQ2V24
- Baking Soda (sodium bicarbonate, any grocery brand, preferably aluminum free) https://www.amazon.com/dp/B0FC8S5QC2
- Measuring spoons (1/8 tsp and 1/32 tsp preferred) https://www.amazon.com/dp/B0002IK4PQ
- Filtered or tap water
- 1-gallon glass container
- Heat-safe glass measuring cup (Pyrex)

Typical Use

Drink 3–4 cups per day. 1 liter of Silicade ≈ **146 ppm or 146 mg OSA.** This provides levels similar to naturally high-silica mineral waters like Fiji Water.

Exact Directions (Makes 1 Gallon)

1. Place **1 level dash (≈1/8 tsp) plus 2 level smidgens (≈1/32 tsp each) of sodium silicate hydrous** powder into a heat-safe glass measuring cup.
2. Add 1/8 cup water and heat until boiling (about 30 seconds in a microwave) to fully dissolve the silicate.
3. Immediately pour the hot solution into a 1-gallon (preferably glass) container.
4. Fill the remainder of the container with cold water to make exactly 1 gallon.
5. Add **1 level dash (≈1/8 tsp) sodium bisulfate (hydrogen sulfate**) and stir thoroughly.
6. Optional but recommended: pour through a standard Brita pitcher-style water filter.
7. Add **2 level smidgens (≈1/32 tsp each) sodium bicarbonate (baking soda)** to bring the pH closer to neutral. Stir until dissolved.
8. Stores indefinitely in the dark at room temperature or in the refrigerator.

Important Notes

- Do not concentrate this recipe. Higher concentrations cause silica to polymerize and reduce effectiveness.
- This is not diatomaceous earth (DE). DE is insoluble and works mechanically in the gut.
- Those with kidney disease should consult a qualified professional before use.
- For those who prefer not to DIY, stabilized orthosilicic acid supplements are available commercially.

Original Directions and video from Dennis Crouse can be found here: https://aluminum-alzheimers-autism.blogspot.com/2016/08/new-recipe-for-silica-water-levels-of.html