



Diatomaceous Earth - Human Use

Diatomaceous Earth Health Benefits

On this page, we have categorized some of the results from testimonial reports that we have reviewed regarding Food Grade Diatomaceous Earth human health benefits, and wherever possible between this page and our "How DE Works" page, we try to reflect the science behind the testimonials. Of course, most actual in depth health related studies are initiated and controlled by the pharmaceutical industry, and why should those companies study the value of health remedies found in nature that could actually hurt their bottom line?

So here, we will endeavor to discuss the results that DE users have experienced by taking a heaping tablespoon of DE in their favorite juice or liquid on a daily basis without the benefit of an industry sponsored study. For more background on how Diatomaceous Earth works within the human body to create the benefits related on this page, see the attached "How DE Works". Some people react with great skepticism regarding human consumption of DE, and while it is not allowed by government regulators for distributors to make claims about DE's use as a human health supplement, we do hope to help illuminate the logical reasoning behind the health claims of CONSUMERS regarding the use of Food Grade Diatomaceous Earth for human health.

Of 600 DE deposits in the US, only 4 rate in purity by FDA standards to designate as "Food Grade".

My name is Larry Smith. For better health, people like me and my family take one or two tablespoons of Diatomaceous Earth in a liquid every day. Many people benefit from just one teaspoon daily! I mix it with grapefruit juice and my wife mixes it with just water. Other options are mixing the DE with soda pop, juice, or whatever liquid you prefer. Some mix DE in protein shakes, applesauce or yogurt. Food Grade Diatomaceous Earth is pure. There is no actual flavor or taste to it. Since DE does not dissolve, stirring the mixture several times as you drink it will prevent settling. Some folks experience higher energy levels, so it is probably best not to take just before sleeping. Not to worry about taking too much - any excess silica not needed by the body is naturally eliminated through the kidneys and intestines.

Remarkable Diatomaceous Earth health benefits through Silica

As previously noted, like most wonderful **natural products**, this product requires an FDA Disclaimer: "This information is not intended to diagnose, treat, cure, or prevent any disease. Discussion of Diatomaceous Earth health benefits is based solely on personal experience and testimony shared by individual DE users and this company cannot market or label DE as a human health supplement with specific medical claims." **Having said that**, we look at what consumers say about DE and at evidence of DE's important cleansing properties and value as a rich source of Silica.

Diatomaceous Earth (DE) has been reported to absorb methyl mercury, E. coli, endotoxins, viruses (including poliovirus), organophosphate pesticide residues, and drug residues. DE is a natural organic colon cleanser and detoxifier. This cleansing and detoxification alone has a myriad of positive effects in the human body. Mechanisms are cited in "How DE Works". Adding to this is the widespread deficiency in human dietary sources of what is called "the most important trace element in human health" - Silica, and how rich DE is in this substance, we begin to understand the basis of the health benefits that so many have attested to. Only a trace amount of the DE silica is absorbed into the blood stream, and just that amount is a substantial gain for the user.

A growing number of people count beneficial human side effects of Diatomaceous Earth and SILICA as being nothing short of vital to their well being and exhibit genuine devotion toward its use.

The only **cautionary side effect** that we have found relating to Food Grade DE has to do with **direct inhalation** and is essentially the same caution that is advised when handling baby powder. DE is a very fine powder.

Food Grade Diatomaceous Earth is 89% Silica.

It was established in the 1940s that life can't exist without Silica. More recently, in her book "Water & Salt" Dr. Barbara Hendel states: "**Silica is the most important trace element in human health.**" Silica plays an important role in many bodily functions and has a direct relationship to mineral absorption.

The average human body holds approximately seven grams of silica, needing significantly more silica than even important minerals such as iron. Most people are, in fact, silica deficient. Among other things, enough silica in the body is vital

enough for calcium absorption to allow calcium supplements to work. If Silica deficient, as is the case in the vast majority of us, calcium supplementation can even be a negative. Food Grade Diatomaceous Earth is an excellent natural and organic source of silica.

Other Reported Health Benefits of Silica / DE Include Blood Pressure, Cholesterol, Osteoporosis, Weight Loss, Cosmetics, Hair, Nails, Teeth & Gums, Energy, Bacteria, Mucus, Anti-Aging, Urinary Infections, Headache.

Here's what consumers have to say about Diatomaceous Earth:

Lower High Blood Pressure

Of the thousands of people that are using Diatomaceous Earth, most that have high blood pressure have reported that it has gone down. It has been so thrilling to talk to people all over the United States and have them tell their stories. We are not just talking a few points - we are talking about LIFE-CHANGING numbers. Doctors are amazed - customers are amazed. You will be, too.

Lower High Cholesterol

According to consumers, just as Diatomaceous Earth health benefits include lowering blood pressure, it has also been lowering cholesterol! I have not talked with one person that has high cholesterol that has not had lower numbers after taking Diatomaceous Earth. Most are reporting 40-60 points lower after only 2 weeks on DE. I know it sounds too good to be true, but it works!

Just received this feedback from a user..

"I have been on DE for 6 months now and I just had my lab work done. My triglycerides have been reduced from 495 down to 203. I have so much more energy and my hair and nails are growing so much better. My husband has had high blood pressure and since being on the dirt, his BP is now in the normal range. It has also helped with my varicose veins and I no longer have any pain from them.." - Rhonda from Louisiana

Osteoporosis, Joints & Calcium

Osteoporosis is a symptom of the aging process. As calcium in our body system depletes, our bones become brittle and weak. Taking only a calcium supplement cannot correct or stop this threatening and crippling disease because the body cannot assimilate and make use of the calcium without the presence of silica. Evidence suggests that, instead of affecting healing, supplemental mineral calcium, on the contrary, accelerates the leaching away of bone calcium and thus hastens the degenerative process of osteoporosis and similar diseases that

affect the supportive and connective tissues in the human body. The Silica found in Diatomaceous Earth enhances calcium absorption.

For Osteoporosis

Silica can stop the pain and even restore the body's self repair process. Osteoporosis symptoms attack women primarily after menopause but the degenerative process starts much earlier in their younger days. More women are dying of fractures caused by osteoporosis than of cancer of the breast, cervix, and uterus combined. **Silica** is responsible for the depositing of minerals into the bones, especially calcium. It speeds up the healing of fractures and also reduces scarring at the site of a fracture. More and more research evidence shows that through a transmutation process, silica is turned into calcium when it is needed. That is why some scientists refer to silica as a precursor of calcium. Even when calcium is insufficient, the body can turn silica into calcium that the bones need.

Natural Weight Loss

We have been getting hundreds of reports from all over the United States that DE is helping people lose weight. Everyone is saying that DE taken in the morning helps curb their appetite throughout the day. Just one more reason to take it everyday!

Detox Your Body

Diatomaceous Earth health benefits reported to include detox! According to Kaayla T. Daniel, PhD, CCN and Galen D. Knight, PhD in their article "Mad as a Hatter" there is no better product to detox **HEAVY METALS** and **RADIATION** from your body than with Food Grade Diatomaceous Earth!

Nature's Internal Cosmetic

In Europe and Asia, Diatomaceous Earth health benefits are widely recognized to include use as a health and beauty product for hair, skin, nails, bones, and joints. They have no FDA.

Tissue Degeneration

Accelerates due to aging when connective tissue develops an increasing inability to retain moisture when left unassisted. Silica can help slow the degenerative process of connective tissue. With silica, vitality and life, which are often lost as the years accumulate, can be naturally maintained or even restored to your skin. Collagen, largely made up of silica, is the glue that holds us together. If our body has enough silica glycosaminoglycans, the collagen will make us look younger. Silica helps with skin problems and injuries including itching, rashes, abscesses, boils, acne, callouses, warts, eczemas, burns, frostbite, benign skin sores, insect bites and bed sores. **If you regularly follow a silica regimen, your skin will**

keep its youthful look. A good silica supplementation program works far better than other products for maintaining healthier and longer lasting collagen.

Hair That Grows

Hair is nature's greatest beauty enhancer. Hair deserves to be pampered. Hair at 90 micrograms per gram is almost as rich in silica as are healthy bones, which contain 100 micrograms per gram. Silica is a major component of hair. Using a good silica supplement should be part of your ongoing hair care program for revitalizing hair. Silica helps to prevent baldness, stimulates healthier hair growth and assures beautiful shine, luster and strength.

Teeth and Gums

By hardening the enamel, silica prevents cavities and preserves teeth. Silica also prevents bleeding gums, gum atrophy, and recession that causes the loosening of teeth, which could ultimately lead to tooth loss. Silica effectively fights ulceration and the decay of bones and teeth and also lessens inflammation.

Tough As Nails

Your nail plates are complex protein structures that grow four to five millimeters per month on average. With silica supplementation, fragile nails become normal within a short period of time. Silica will beautify the appearance of your nails and improve their hardness, making them shinier and less prone to breaking.

Restorative Effects Of Silica

This will be most noticeable on your hair, skin, nails and teeth. Our skin and hair require silica essentially for the same purpose as do other tissues. As we know, the supporting collagen underneath the skin enhances elasticity and beauty. Collagen owes that quality to silica, which provides a beautiful complexion that is more than skin deep.

Pubic Lice (Crabs) and Hair Lice

Dust Diatomaceous Earth on all areas of the body that are infested with the Lice (Crabs). Also dust your bedding and rooms you have been in.

More Reported Benefits Of Diatomaceous Earth:

- Silica lowers bad cholesterol and raises good
- Silica fades age spots
- Silica stimulates metabolism for higher energy levels
- Diatomaceous Earth has a negative charge and bacteria has a positive charge. It is believed that Diatomaceous Earth sweeps bacteria out of the body by trapping it in its honeycomb shaped skeletal form.

- Silica supplementation helps repair and maintain vital lung tissue and protects them from pollution. By maintaining or restoring the elasticity of lung tissue, silica reduces inflammation in bronchitis.
- It acts as a cough decreasing agent. Silica tones the upper respiratory tract (nose, pharynx, larynx) and reduces swelling because of its positive action on the lymphatic system.
- Silica supplementation keeps menopause free of stress and helps to prevent many unwanted side effects of menopause
- Silica works with other antioxidants to prevent premature aging and to preserve youthfulness.
- Silica can help prevent kidney stones and heal infections of the urinary tract. It is a natural diuretic which can increase excretion of urine by 30 percent, thus flushing the water-excreting system and restoring normal function to these vital organs.
- The presence of sufficient silica in the intestines will reduce inflammation of the intestinal tract. It can cause disinfection in the case of stomach and intestinal mucus and ulcers. Silica can prevent or clear up diarrhea and its opposite, constipation.
- Silica will help normalize hemorrhoidal tissues.
- In regulating and normalizing the bowels, silica has a pleasant side effect; it can alleviate lower back pain, which often troubles the elderly.
- Silica proves effective with female discharge, abscesses and ulcers in the genital area and cervix, as well as mastitis (especially for breast feeding mothers).
- The intake of silica acts as a supportive treatment for inflammation of the middle ear. Because of the beneficial effectiveness on the lymphatic system, silica can be used for swelling of the lymph nodes in the throat.
- Has anti-inflammatory disinfecting, absorbing and odor binding effects.
- Silica can normalize circulation and regulate high blood pressure (hypertension).
- Silica can decrease vertigo, headache, tinnitus (buzzing of the ears) and insomnia.
- Silica can help diabetes by promoting synthesis of elastase inhibitor by the pancreas.
- Silica can help arterial disease by strengthening the blood vessels. Studies confirm that with age, silica disappears from the aorta, the heart's key blood vessel, thus weakening its critical connective tissue and resulting in a greater cardiac risk.
- Silica can help prevent Tuberculosis.
- By improving the elasticity of the joints, silica helps rheumatism.
- Silica has inhibitory effects on coronary diseases.
- Silica can help avoiding or alleviating Alzheimer's disease by preventing the body from absorbing aluminum and may flush out aluminum from the tissues. Silica can stimulate the immune system.

USAGE:

Most who use Diatomaceous Earth mixed with a juice or liquid say that they use one to two tablespoons daily.

REQUIRED FDA DISCLAIMER: *

Content on this site is for reference purposes only, based on reviews from users of diatomaceous earth. It is not intended to substitute for advice given by a physician, pharmacist, or other licensed healthcare professional. User statements regarding this dietary supplement have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Those with health problems, pregnancy or who are nursing are specifically advised that they should consult their physician before taking any nutritional supplement.

** Any food grade diatomaceous earth uses other than those approved by the EPA, FDA, or USDA are strictly anecdotal reports of what countless numbers of users as well as we ourselves have done with diatomaceous earth.*