

WHATSUP?

"HE THAT BELIEVETH ON THE SON HATH EVERLASTING LIFE: AND HE THAT BELIEVETH NOT THE SON SHALL NOT SEE LIFE; BUT THE WRATH OF GOD ABIDETH ON HIM." JOHN 3:36

AUGUST 10, 2010

Food Grade Diatomaceous Earth

I've starting taking diatomaceous earth (1 Tbsp with distilled water) daily to remove toxins but according to the following info, it does a lot more.

http://wolfcreekranch1.tripod.com/diatomaceous_human_use.html

<http://thedetoxspecialist.com/blog/detox/food-grade-diatomaceous-earth-and-its-health-advantages>

Home Food Grade Diatomaceous Earth and Its Health Advantages

March 14, 2010 | By Sandy Halliday

Exercise methods, diet recipes or food supplements are believed to be the safe options in staying healthy. Yet, there is a simpler alternative by consuming food grade diatomaceous earth (or DE).

Diatomaceous earth is an all-natural product made from tiny fossilized water plants. Oceans and lakes are rich in diatoms, the microscopic plants diatomaceous earth is made of. After being removed from the vast ocean floor, the processed diatomaceous earth can be used for many purposes. This mineral-based compound contains silicon, magnesium, calcium, sodium, iron and other trace minerals that the body needs to stay healthy. These same minerals will improve bodily functions and provide better over-all health.

The diatomaceous earth has the ability to function both as a digestive aid and as a

colon cleanser. When food grade diatomaceous earth is fed in adequate daily amounts, it eliminates most intestinal worms and parasites. This promotes proper absorption of nutrients derived from food, which improves existing indigestion problems while producing regular bowel movements. It is less likely for colon diseases to progress sooner. It isn't even as aggressive to the intestinal mucosa or barrier wall in spite of its aggressive characteristic in warding off diseases.

Food grade diatomaceous earth has been reported in scientific literature to absorb mercury, e-coli, endotoxins, viruses (including polio virus), pesticide residues, drug residues, and perhaps even the toxins produced by some intestinal infections. This is to remove toxins found in the body.

Entering through the bloodstream, diatomaceous earth has the ability to lower bad cholesterol while raising the good cholesterol. It also regulates blood pressure. Hypertension, predominantly present in old age, can be minimized if food grade diatomaceous earth is taken regularly.

Due to the normal wear and tear or lack of calcium absorption in the bones, people experience bone diseases, but with the help of diatomaceous earth, it reduces sore joints and prevents other symptoms associated with osteoporosis.

Aside from these primary health benefits, diatomaceous earth may even replace some of the basic hair products and skin creams. It gives skin a youthful glow, revitalizes hair, stimulates its growth, and restores the shine. It is known to be safe for ingestion by pregnant or lactating women as there have never been any reported cases of withdrawal or side effects.

As diatomaceous earth works its way through the body, it will start to clean out your insides, enabling you to enjoy a healthier lifestyle.

August 27, 2010 UPDATE

[Found this link which gives a BUNCH of benefits from DE.](#)

<http://www.earthworkshealth.com/human-use.php>

Diatomaceous Earth - Human Use

Diatomaceous Earth is 84% Silicon Dioxide (Silica)

There is no life without Silica !!

In 1939, the Nobel Prize winner for chemistry, Professor Adolf Butenant, proved that life can not exist without Silica.

In the 2003 book "Water & Salt" Dr. Barbara Hendel states: "Silica it the most important trace mineral for human health!"

Silica plays an important role in many body functions and has a direct relationship to mineral absorption. The average human body holds approximately seven grams of silica, a quantity far exceeding the figures for other important minerals such as iron.

Lets look at some of the benefits of Silica:*

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!

Just as Diatomaceous Earth has been 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 recieved 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

My joints feel so much better!!

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 can not 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.

For osteoporosis, silica can stop the pain and even restore the bodies 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!!

Nature's Internal Cosmetic!

In Europe and Asia Diatomaceous Earth is used extensively 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 glucosaminoglycane, 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 young 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, 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.

The restorative effects of silica 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.

More Benefits!

- * 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 tissues and protects them from pollution. By maintaining or restoring the elasticity of lung tissues, 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 Alzheimers disease by preventing the body from absorbing aluminum and may flush out aluminum from the tissues.

Silica can stimulate the immune system.

Dosage:

Daily silica needs of humans are 20-30 mg. In Years past, our bodies would get enough silica from our diet. Unfortunately, many of the foods we now eat have lost their nutritional value due to soil nutrient depletion, food processing, and chemicals. Supplemental use of Perma-Guard Diatomaceous Earth is essential to total body health.

In my studies and searches of the internet, people are taking 1 or 2 heaping tablespoons of Diatomaceous Earth every day. Myself and my family take 1 heaping tablespoon per day. We mix it with grapefruit juice. Others are mixing it with water, soda pop, juice, or whatever liquid they enjoy. Some are even putting DE in protein shakes, applesauce and yogurt. Perma-Guard Diatomaceous Earth is Food Grade and very pure. There is no unpleasant taste. Since it will not dissolve, stirring several times while drinking will prevent settling. Some have experienced higher energy levels, so it is probably better not to take it right before sleeping. No worry about getting too much--any excess silica not needed by the body is automatically eliminated through the blood stream, kidneys and intestines.

JUNE 11 2011 UPDATE

Blogger won't let me post a comment - not sure why! Anyway, here is my comment:

Not sure about RedLake. I bought my via amazon.com

http://www.amazon.com/Perma-Guard-Diatomaceous-Earth-Food-Grade/dp/Boo2XMTXX8/ref=sr_1_4?ie=UTF8&qid=1307848904&sr=8-4

POSTED BY CATHY PALMER AT 9:18 PM

28 COMMENTS:

[Kala](#) said...

heard this is very effective in treating head lice. true?

9/27/10 5:13 PM

[Cathy Palmer](#) said...

From what I've read, yes.

9/29/10 4:47 PM

[Hanneke](#) said...

It seems to be high in aluminum which could be dangerous. Do you know anything about that? Contents are shown on the earthworks webpage.

11/16/10 12:14 AM

[Cathy Palmer](#) said...

No, it is totally natural.

Please provide the link where you found that information. Thanks.

This is what I found:

"Silica can help avoiding or alleviating Alzheimers disease by preventing the body from absorbing aluminum and may flush out aluminum from the tissues. Silica can stimulate the immune system."

<http://www.earthworkshealth.com/human-use.php>

11/16/10 6:29 AM

Anonymous said...

Hi can you tell me if there is somewhere in Panama City Beach,Fl where this can be purchased. I am having a hard time finding it but have been offered Zeolite. I still want the original diatomaceous earth

1/13/11 6:09 PM

Cathy Palmer said...

Panama City Beach? I couldn't really find any place so bought it via amazon.com

1/13/11 10:11 PM

Anonymous said...

I also read, on the earthworks webpage that diatomaceous earth contains lead. Is this absorbed from the D.E. into the body? Or does the diatomaceous earth also sweep lead from the body? Does anyone know?

1/17/11 7:45 AM

Cathy Palmer said...

DE contains lead?? This claim has not been validate. Please give me the link to the website page.

1/17/11 10:16 AM

Anonymous said...

now would be a good time to reiterate (as the heading of this article notes) that the type of DE to be consumed should be FOOD GRADE and nothing else. there are commercial grades out there for pesticide and filtering use.

remember: FOOD GRADE, FOOD GRADE, FOOD GRADE!!!

4/23/11 11:34 PM

Anonymous said...

I just bought some Organic Diatomaceous Earth Food Grade from Amazon.com to help with an indoor flea problem...the container says NOT FOR HUMAN USE. Keep out of reach of children... so how come everybody thinks its ok to ingest it?????

4/30/11 10:37 AM

Anonymous said...

Here's the link to the website that says it contains Lead...

http://www.herbalremedies.com/diead6oz.html?utm_source=frg&utm_medium=feed&utm_campaign=product&zmam=1000941&zmas=32&zmac=188&zmap=195043

4/30/11 10:39 AM

Cathy Palmer said...

The link you gave says this:

"This Food Grade Diatomaceous Earth is safe and nontoxic and destroys intestinal parasites physically by injuring them. The shell particles of the

DE are sharp enough to cut the parasites but are not harmful to humans and animals. DE is a natural and safe way to kill parasites without chemicals."

Food Grade DE is safe.

4/30/11 12:02 PM

Anonymous said...

Cathy,
the link I gave you before was the one where it listed LEAD as an ingredient.

This link is the container of Organic DE Food Grade Fresh water. On this container it says NOT FOR HUMAN USE.

http://www.amazon.com/Thomas-Laboratories-Diatomaceous-Earth-pounds/dp/B001THVH9G/ref=sr_1_2?ie=UTF8&qid=1304260501&sr=8

-2

5/1/11 9:38 AM

Cathy Palmer said...

Right. There are TWO types of DE: one is safe for humans and the other is not.

Also, I never saw where it said that the Food Grade DE had lead. Please copy and paste the exact wording along with the link. Thanks.

5/1/11 11:22 AM

Anonymous said...

From the Herbal Remedies Link...

http://www.herbalremedies.com/diead6oz.html?utm_source=frg&utm_medium=feed&utm_campaign=product&zman=1000941&zmas=32&zmac=188&zmap=195043

Mineral PPM%Composition

Calcium 13000.13

Vanadium 40.0004

Magnesium 750.670.075067

Germanium 20.0002

Sodium 6800.068

Mercury 20.0002

Potassium 4780.0478

Cadmium 10.0001

Copper 40.0004

Lead 50.0005

Zinc 5.330.000533

Aluminum 11000.1100

Iron 9500.0950

Arsenic 00

Phosphorus 760.0076

Lithium 30.0003

Selenium 20.0002

Strontium 200.002

Silicon (Soluble) 21.670.002167

Barium 11.330.001133

Boron 70.0007

Gold 0.0670.0000067

Manganese 32.330.003233

Tellurium 00

Chromium 2.330.000233

Thallium 00

Cobalt 5.670.000567

Beryllium 0.050.000005
Tin 3.670.000367
Bismuth 00
Nickel 2.330.000233
Total Acid Soluble 0.5470117
Molybdenum 0.670.000067
Acid insoluble matrix 99.4529883*
Total Composition 100.0000000

5/1/11 4:48 PM

Anonymous said...

Cathy,

I assumed all food grade was for human consumption...How do you know
WHICH Food grade is and which one is NOT?

5/1/11 4:50 PM

Cathy Palmer said...

Yes, I see lead. However, it must not be an issue as I've read in several
places that Food Grade DE is safe for human consumption:

(NaturalNews) Food Grade Diatomaceous Earth also known as DE is an
overlooked multi-purpose supplement for our body. Diatomaceous earth
consists of fossilized remains of diatoms, a type of hard-shelled, one cell
algae that is taken and ground into a fine powder. These diatoms are
millions of years old and found from salt water and fresh water sources.

The fresh water deposits are the ones pure enough for human
consumption. One tablespoon a day of this tasteless ingredient mixed in
water or your favorite juice is said to do wonders for you inside and out.

Studies have shown Diatomaceous Earth to significantly lower cholesterol

by removing plaque and keeping arteries and veins supple. It also helps to regulate blood pressure. But that's not all. DE contains Silica which has been proven to be vital to our survival. Not only does it make our hair thicker and nails stronger, but it also helps our bodies absorb calcium and phosphorus. New studies are finding that silica may be more important for our bones than calcium and that it plays a major role in the healing of osteoporosis.

DE benefits don't stop here. It's a natural detoxifier. It binds with heavy metals such as mercury and aluminum in the body and draws them out for elimination. It's also an internal de-wormer of parasites. DE can remove pinworms, tapeworms, and any other parasite taking up residence in your body. The shape of the diatom is similar to shattered glass. It scratches and punctures the outer surface of the worm and dehydrates it. Parasites have been unable to build a resistance to the DE as well.

Studies have shown NO known side effects to DE except occasional constipation if water intake is low. Children and women pregnant and/or nursing have been able to use this product without incidence. It's even safe to use on the family pet. As with any product do your research and purchase from a reputable retailer. Be sure to purchase the FOOD GRADE Diatomaceous Earth and not pool grade which is chemically treated and toxic for humans and pets.

Learn more:

http://www.naturalnews.com/030875_diatomaceous_earth_supplement.html#ixzz1L9HHFXlp

5/1/11 7:03 PM

[hisway](#) said...

Cathy, is there a place in Panama City that sells Food Grade DE? Thanks

5/11/11 4:32 PM

Cathy Palmer said...

Not of which I am aware - purchased mine online at amazon.com

5/11/11 5:29 PM

Anonymous said...

I purchased DE food chemical codex grade, here in Picayune, Mississippi, where an employee of the company where I purchased it reports that she has been taking it for years! She numerated all the benefits, just as they are listed here. The question I have is, I'm wondering why I cannot find this "Food Chemical Codex Grade" listed anywhere. It's manufactured by a company named RedLake. I had wanted to start taking this, but the one

I've seen in the video is "white" and the one I have here is gray.

So! Hoping someone can answer this question, shortly! Thanks, the site has been advantageous. Charyn

6/11/11 9:12 PM

Anonymous said...

I would call the Company back from whom you bought the product from and ask them why the color is different than from their website. Also ask them why the "Food Grade Chemical Codex Grade" label is not on their package. The Company should be able to answer all your questions.

6/12/11 12:38 PM

chandra said...

Diatomaceous earth attracts metals and toxins and carries them out of the body with it. So, any lead or aluminum or metals it brings with it go right back out. I wouldn't worry about it.

6/26/11 12:14 PM

Debria said...

I have just starting to use DE but i'm excited at all it does for humans. In one use I have incredible energy all day. I actually found it pretty fast using ebay and I then ordered 50 lbs bag for my family and friends to use.

7/16/11 4:09 AM

Joie said...

The type of DE best for human consumption is food grade fresh water sourced. Any other type is too impure for human use.

8/16/11 6:01 AM

Anonymous said...

I had similar difficulties finding "safe" food grade D.E. No "green" website EVER mentioned that I could accidentally buy/be sold food grade D.E. with added pesticides (used to excite insects) and so my first food grade D.E. had pesticides in it!

SHELL FOSSIL FLOUR is D.E. in it's finest, purest form.

I'm going to post links to my experiences, what I learned, and what I eventually did, because it took a long time to type all that information!
<http://www.city-data.com/forum/cats/1242301-cost-efficient-safe-flea-treatments-help-3.html#post19476591>

<http://www.city-data.com/forum/cats/1242301-cost-efficient-safe-flea-treatments-help-3.html#post19477972>

<http://www.city-data.com/forum/cats/1242301-cost-efficient-safe-flea-treatments-help-3.html#post19477972>

treatments-help-3.html#post19479158

This should make most, if not all, necessary aspects of using D.E. easier to sort out.

8/17/11 1:06 PM

Anonymous said...

I just bought a 10lb bag from earthworks.com for my dogs & family. I am currently 9weeks pregnant,I hear its safe to use during pregnancy just wanted to hear your thoughts on the matter. Do u recommend I use it? & also I have crohns disease & I am hoping this can clean out my intestines considering its an intestinal disorder. Hope u can help me & ease my mind a little bit. Thank you :)

9/1/11 2:25 PM

Cathy Palmer said...

From what I've read, Food Grade DE appears to be safe for humans.

Regarding health issues, check out this website:

<http://whale.to/>

9/1/11 3:09 PM

Eric said...

RE source, my researches indicate that the best and richest DE was laid down in freshwater during the Middle Tertiary (Miocene epoch). Perma-Guard's DE [<http://www.perma-guard.com>] is from that geologic period. They also supply Amazon.com. That's what we're using and we've seen pretty dramatic results in a very short space of time.

10/10/11 11:38 AM

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Pass On The Knowledge
Jane Burgermeister