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**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 Butenandt, proved that life can not exist without Silica.

In the 2003 book "Water & Salt" Dr. Barbara Hendel states: "Silica is 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, everyone that has high blood pressure has 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. I am not just talking a few points---I am 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!

### *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.

### *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*
- *Cancer can not survive in cells that have the correct levels of Silica.*
- *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.*

### *\*DISCLAIMER*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The statements are for informational purposes only and are not meant to replace the services or recommendations of a physician or qualified health care practitioner. 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 reports of what hundreds of users as well as we ourselves have done with diatomaceous earth.