

Detox with diatomaceous earth to remove allergies, mercury, chemicals, GMOs, parasites

(NaturalNews) Diatomaceous earth (DE) is a naturally occurring rock made from the skeletons of fossilized diatoms, a type of hard-shelled algae. When ground into a fine powder, diatomaceous earth works mechanically to destroy a wide range of pests, insects, parasites and pathogens by cutting through the exoskeleton, absorbing bodily fluids and causing them to die. Food grade diatomaceous earth is chemical-free and non toxic.

Diatomaceous earth has many uses including detoxification of the body -- inside and out; protecting pets and livestock from parasites and insect infestation; and keep your yard and garden pest-free.

Detoxing

Add diatomaceous earth to your diet to detox parasites that can contribute to food intolerance, nausea, bowel discomfort, pain, itching, asthma, sinus infections, Morgellon's disease, and a host of other allergic-type reactions.

DE detoxes mercury, cadmium, lead and other heavy metals; removes poisons from chemtrails, radiation and may alleviate the effects of GMOs. DE possesses antibacterial, anti-fungal and antiviral properties.

In addition to detoxing and destroying pathogens, diatomaceous earth helps to lower blood pressure and contributes to the production of collagen to improve skin tone, strengthening the tendons and joints.

To consume DE orally, start with half a teaspoon and work up to two heaping tablespoons. Mix thoroughly in four ounces of water. Drink immediately and follow with another eight ounces of water. Take on an empty stomach. Continue drinking water throughout the day, because DE can cause constipation.

Initially, you may experience a Herxhemier reaction, which can cause abdominal discomfort and flu-like symptoms. This is a normal response to detoxing, as parasites and pathogens die, releasing their toxins into your system for elimination. The symptoms disappear after a few days.

Protect grains and dry goods

Add diatomaceous earth to bulk grains and legumes to keep opportunistic pests out of your pantry. Use in bags of dried dog, cat and foods for livestock.

Yard and garden

- Sprinkle DE along outside edges on window sills and doors to prevent spiders and ants from entering the house
- Pour into a lawn spreader and apply diatomaceous earth to yard to kill fleas, ticks, chiggers and other biting insects that attach themselves to pets. Sprinkle on bushes with a strainer.
- Apply diatomaceous earth on garden soil and plants to protect them from vegetable-loving insects. Make a ring around the stem on the soil to prevent crawly insects from munching stems.
- Pour over fire ant hills to destroy the colony

- Apply to compost and manure piles to reduce odor and control flies
- Apply around garbage pails to keep flies away
- Avoid applying to flowers where beneficial insects like bees, ladybugs and butterflies visit

Pets and Livestock

· Carefully apply to your pet's coat to kill fleas. DE also prevents new fleas from taking hold and destroys ticks. Avoid making lots of dust when treating your animals. Wear a mask and drape a lightweight towel over the animal's face during the application.

Diatomaceous earth is safe for use on pets as long as precautions are taken to protect them from inhaling the dust. Add small amounts of DE to pet's food to kill internal worms and other parasites.

- Sprinkle DE on the soil around your dog's kennel
- Add to kitty litter to reduce odor and kill fleas
- Sprinkle the chicken coop, barn, stall, and nesting boxes with DE to keep your livestock pest free

Indoors

· Sprinkle diatomaceous earth on furniture, rugs and in cracks around the edge of baseboards to kill insects. Leave for several hours or longer, then vacuum. · Use a plastic squeeze bottle with a pointed tip to blow DE into hard-to-reach places like electrical outlets -- after removing the cover

Warning

· Always use food grade DE · Avoid inhaling · DE is drying to the eyes and skin; use precautions when applying · Diatomaceous earth kills beneficial insects; use caution in the garden

Sources for this article include:

<http://www.gardeningknowhow.com> <http://wolfcreekranch1.tripod.com/defaq.html>
http://www.naturalnews.com/030688_Diatomaceous_earth_health.html
http://en.wikipedia.org/wiki/Diatomaceous_earth

Diatomaceous Earth - Human Use: Diatomaceous Earth is 84% Silicon Dioxide (Silica)

Submitted by GeraldMartin on Wed, 2009-10-07

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.

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! Cholesterol is always lowered after taking Diatomaceous Earth. Most are reporting 40-60 points lower after only 2 weeks on DE.

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.

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 have 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 Alzheimer's 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.

Take 1-3 heaping tablespoons per day. 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.