

Diatomaceous Earth

Organic Food Grade



Many Uses:

***Organic Pest Control - Home & Garden**

***Pets and Animals**

***Household**

***Health Benefits**

Good Stuff for Life!

***Uses as suggested from web search with no responsibility for the accuracy of this information.**

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*Notice: In order to claim that Perma-Guard DE kills insects, the EPA approved label needs to be on the bag. We sell both the EPA approved label bag and the Non EPA approved label bag. The only difference is the label---it is exactly the same product dug out of the same mine. You, of course, can buy either product - we just need to inform you that all claims of DE killing any type of insect applies ONLY to the EPA labeled bags.

*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.

*You may find similar or contradictory information in your own search. Please take responsibly for you to study and find any answers you may need for yourself and your safety. No claims of safety or use of this are being made in any way. Reading this material does not constitute a professional relationship, medical advice, or other form of agreement.

*FOOD GRADE DIATOMACEOUS EARTH IS NOT FOR SALE IN THE STATE OF TEXAS FOR LIVESTOCK OR PET FEEDING.

***Diatomaceous Earth – Frequently Asked Questions**

1. How can something that kills bugs be safe for me and my pets? Remember--Diatomaceous Earth kills insects by PHYSICAL action---not chemical. Hundreds of the microscopic DE get all over the insects body. As the insects move, the DE scratches the waxy coating off of them and they dehydrate and die. Because the DE particle is so small--it has no harm to people and pets. It is a simple mineral---silica.

2. Is the same product used for killing bugs and helping people? All the Diatomaceous Earth we sell is the exact same product dug out of the same mine. Because Diatomaceous Earth kills insects, it falls under the control of the EPA. Because of that, we sell both regular labeled Diatomaceous Earth and Diatomaceous Earth with the approved EPA label. You can buy either product, but if you are going to be using Diatomaceous Earth for killing insects, you are supposed to buy the EPA labeled product.

3. How much DE should a person take each day? Myself, my husband, and everyone I know takes 1 heaping tablespoon per day in liquid of their choice. I use juice, but many just put in a glass of water. I know some who take 1 teaspoon a day and some who take 2 or 3 tablespoons a day, but that is usually for a severe problem they are trying to correct. I also know some who just take a teaspoon per day to start out with and work up to a tablespoon.

4. I have heard DE is dangerous--especially breathing it in. Food Grade DE often gets confused with filter grade DE. Filter grade DE starts out as food grade, but it is heated to about 1000 degrees and chemicals are added to crystallize it. This works great for filtering but is dangerous to people and animals. Breathing the crystallized product in over long periods of time causes a disease called silicosis. The world health org. has said that DE needs to be less than 2% crystalline silica in order to be considered safe. The filter grade DE is 60% crystalline!! -- Stay away from it --- it is dangerous!! Perma-Guards food grade DE on the other hand is less than .50% crystalline silica. As you can see, that is more than 4 times less than it needs to be to be considered safe! Daily use of Food Grade DE for people, pets and around the garden is perfectly safe. Food Grade DE should be treated like any other dusty product, if you are going to breath it in over long periods of time, wear a dust mask ---- but it should in no way be compared to the dangerous crystallized filter grade.

5. Will DE interfere with any medication I am now taking? Diatomaceous Earth is a mineral---silica. Our supplier says they never run into a situation in the thousands of orders sold where anyone has had a problem or reaction to taking DE. If you have any questions as to interactions with medications you are taking---ask your doctor or pharmacist if taking a silica supplement will cause any problems.

6. If this stuff is so great, why have I never heard of it before? You have to remember that it is always "all about the money." No one is going to spend millions of dollars and years of research on a product that you dig out of the ground and that cannot be patented. Diatomaceous earth is one of those hundreds of natural products that get shunned by most doctors and drug companies. Most DE is sold and used by someone who has a friend or relative that has used it and gotten results. You would think that is would be just the opposite---that a natural, safe, non-chemical and drug product that is inexpensive and has so many uses would be in every home in the country, but chemicals and drugs are where the big money is, so that is what gets promoted and used.

7. Does diatomaceous earth ever get old or expire? No, diatomaceous earth is a mineral and will never expire---remember--it is already thousands of years old!!

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*Content source copied with permission from <http://www.earthworkshealth.com/Diatomaceous-Earth-FAQ.php>

*Organic Pest Control - Home & Garden

FOR GARDEN INSECTS: All you need is Diatomaceous Earth, and either an inexpensive Pest Pistol Powder Duster (\$8.99) or the more heavy duty Dustin-Mizer Powder Duster (\$34). For very large agricultural applications, most use the Hudson Bak-Pak Duster Sprayer (\$319). For DRY APPLICATION of Diatomaceous Earth, use a duster and cover entire plant, apply to both top and bottom of leaf. For young plants, as little as two pounds per acre may be adequate. For larger plants, five pounds per acre is probably sufficient. Diatomaceous Earth will need reapplication after a rain. Applies best when there is dew or after a light rain. It is a long lasting, effective powder.

Insects cannot build up resistance or immunity to Diatomaceous Earth as they do with chemicals. DE can be sprayed or whitewashed by mixing 1 cup DE with 1/2 gallon of water. Stir frequently and spray/paint trees, yards, and fences. Diatomaceous Earth will not harm earthworms or beneficial soil microorganisms. Wear a dust mask when applying large amounts. Otherwise, just avoid direct inhalation as when using baby powder or any fine powder.

FOR HOUSEHOLD INSECTS: See our separate page for bedbugs. For household insects, ants, roaches, spiders, mites, fleas, flies etc..., it's best to have two inexpensive accessories for dispensing your diatomaceous earth. We suggest the Pest Pistol Powder Duster to puff the DE into crevices (\$8.99), and our Plastic Shake Dispenser (\$4.00). They are both refillable from the original container. Do not try to pour the DE into the dispensers from the original container. It doesn't pour like sugar or sand. Best to use a spoon or scoop.

For roaches and ants, you want to lay the DE out as you would boric acid. Wherever the wall meets the floor, points of entry such as window sills, and in whatever places look great to hide in are all ideal places to use/spread DE. All you need for it to work is for the bugs to walk through it. What makes Diatomaceous Earth superior for pest control is that boric acid acts through ingestion only. While ingestion is a small component of DE's action, DE works just by getting onto the insect. It physically scratches the exoskeleton of the bug, and causes them to dehydrate and die regardless of ingestion. DE is also entirely safe for people and pets to be around. In fact, many people and pets take DE in food or drink daily for better health!

Diatomaceous Earth is a natural, organic garden pest control and household insect killer. Diatomaceous Earth kills by physical action, not chemical. It is safe for pets and people. The tiny diatoms scratch off the insect's waxy coating, and dehydrate it. DE kills spiders, roaches, silverfish, ants, fire ants, carpenter ants, bedbugs, lice, mites, earwigs, flies, fleas, box elder bugs, crabs(std), pubic and hair lice, scorpions, crickets and harmful insects. Diatomaceous Earth is used in the home, yard, animal housing, etc. Sprinkle a 2 inch wide border around the foundation of your house to stop insects from entering.

Safe organic garden pest control. Diatomaceous Earth is safe to earthworms and beneficial micro-organisms, and is also safe to people, pets and livestock. DE organically kills garden insects on huge farm crops as well as in home gardens. Just a reminder: Avoid direct inhalation of the dust as you would with baby powder.

Diatomaceous Earth kills aphids, white flies, beetles, loppers, mites, snails, slugs, leaf hoppers, and harmful pests. Use Diatomaceous Earth inside your home, greenhouse or outdoors on fruits, vegetables, flowers, grains and grass. Apply Food Grade Diatomaceous Earth up to and including day of harvest.

Food Grade Diatomaceous Earth Grain Storage: For Diatomaceous Earth Grain Storage, just add 7-10 lbs. of Diatomaceous Earth to each ton of stored grain as it is conveyed into the storage. When added to the conveyer for grain storage,

Diatomaceous Earth Anti-Caking Agent not only helps grains flow better on the conveyer to the grain storage area, our Food Grade Diatomaceous Earth also organically kills bugs that are present and protects the grain storage from further insect invasions. Bugs cannot become immune because they are killed by physical action, not chemical.

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* Earthworks Diatomaceous Earth product is not registered to be used as a pesticide in the state of California. We can ship to California, but we just need to inform you it does not have an EPA approved label. Diatomaceous Earth Health Benefits: Why and How

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*Pets and Animals

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Diatomaceous Earth for Flea Control, Ticks, Ear Mites

Plus, Diatomaceous Earth is also a natural organic pet wormer and livestock wormer. Livestock Feeding Rates Down-Page.

FOOD GRADE DIATOMACEOUS EARTH IS NOT FOR SALE IN THE STATE OF TEXAS FOR LIVESTOCK OR PET FEEDING.

For Our Best Friends (Cats, dogs, rabbits, birds and a host of God's other critters)

* **FLEA CONTROL TIP** from the Earthworks Health Facebook page by DE user Barbara B... "My only comment about myself and DE is that I did not realize how quickly it will dehydrate my hands. Gloves essential." Our THANKS to Barbara, & to all our new Facebook friends for "Liking" our Earthworks FB page and for sharing their comments, questions and user tips!

PETS: Our best friends come in all shapes and sizes. Protect them with Diatomaceous Earth. When lightly rubbed into their coats and dusted in your pet's area, Food Grade Diatomaceous Earth is very effective against Lice, Mites, Fleas, and Ticks on dogs, cats, and birds. Just rub gently into the pet's coat - there's no need to make sweeping movements that would create a cloud of powder. It's always best not to inhale any fine powder directly. For an Ear Mites remedy for your pets, simply rub a pinch of DE onto the skin on both sides of the ear flaps daily for a month or so to kill existing and newly hatched mites. Do not use a "puffing" applicator that might get into the ear canal or damage the ear drum. Diatomaceous earth and keeping up with the program makes a great home remedy to get rid of ear mites on your dogs and cats.

For multiple uses, our one gallon jar is a good size to have on hand and is easy to store, handle, and dispense from.

Safe for Pets and People, Diatomaceous Earth kills by physical action, not chemical. The tiny diatoms scratch off the insect's waxy coating, and dehydrate it. DE is also an effective organic wormer and will kill any worms or parasites the pets may have. When using as a daily pet food supplement or as a safe wormer, mix Food Grade Diatomaceous Earth with pet food.

Following is Recommended Food Grade Diatomaceous Earth daily doses for Dogs and Cats as an organic wormer - (complete worming can take up to a month to be safe).. but why stop there, since the dosage is the same as that for the daily dietary health supplement to mix with pet food?

Reported great results with sore and painful hips and joints, and even a fuller, healthier shiny coat.

Large Cats - 1 teaspoon

Kittens - 1/4 teaspoon

Dogs 100 lbs. + - 1-2 tablespoons

Dogs 50 - 100lbs - 1 tablespoon

Dogs Under 50 lbs. - 1 teaspoon

Mini dogs - 1/2 teaspoon

As pets get older, they often get sore hips and stiff, painful joints.

Diatomaceous Earth in your pet's daily diet will reduce arthritic inflammation.

For your pet's living areas, apply to moist kennel and bedding areas to reduce odors, dry the area, and stop fleas and ticks from breeding. Cat Litter-Kitty Litter: Liberally add Diatomaceous Earth to litter box to effectively control dampness and odors.

Note: Veterinary Naturopaths Drs. Kim Bloomer & Jeannie Thomason, hosts of the online radio show, Animal Talk Naturally www.animaltalknaturally.com have this to say about our Permaguard Diatomaceous Earth: "Our work is based on natural, preventive care for animals, so of course we are always on the lookout for good, quality NATURAL products to help our clients and our listening audience that won't break the bank."

"We have long been proponents of FOOD-GRADE Diatomaceous Earth as a natural pest control for both external and internal use in animals. EARTHWORKS HEALTH has provided us the high quality and affordability of DE in their Permaguard product that we look for in our own personal use as well as for our clients." .. We thanks Drs. Bloomer & Thomason for their kind words.

DIATOMACEOUS EARTH FOR LIVESTOCK:

Diatomaceous Earth for goats, chickens, horses, cows, pigs, sheep, rabbits and others will benefit from the use of Diatomaceous Earth. As well as being beneficial to animal health and pest control, our Diatomaceous Earth also acts as an anti-caking additive to help the feed ingredients from sticking together. More LIVESTOCK BENEFITS that have been observed:

Control of fleas and ticks	Stimulates basic metabolism
Converts feed better	Reduces the desire to lick soil
Reduces odor and moisture in barns and stalls	Better coat and hoof condition
Reduces annual vet bills--decreased mortality	In cattle: decreased mastitis
Dairy cattle: Increased milk production	Kills parasites without chemicals
Better egg production, stronger eggs, and reduces overall animal stress	
Added to livestock waters, will prevent algae growing	
Suggested LIVESTOCK FEEDING and Application Rates:	
Keeps fly larvae from developing in manure, noticeably reducing the fly population	
Scouring or diarrhea: when fed it seems to act as a material that draws both virus and bacteria out of body & solidifies stool	

Animal Suggested Rate

Beef Cattle: 1% of total weight of dry ration 5% in grain or 1 oz. per day
Dairy Cattle: 1% of total weight of dry ration or 1 oz. per day
Calves: 4 grams in morning milk per calf or 2 oz. per day in feed
Chickens: 5% in feed, use at full strength in dusting boxes
Hogs: 2% of total feed ration, dust or spray on bedding and animals
Horses: 5 oz. (1 cup) in daily feed ration
Sheep: 1% in ground grains 1 part Diatomaceous Earth to 2 parts T-M salt
Goats: 1% in grain, 1/2 oz per day, up to 50% in T-M salt

FOR LARGE ANIMALS, DE may be offered as "FREE CHOICE" as long as the dispenser is well protected from the wind. Your livestock will also gain benefits from the many trace MINERALS naturally provided by our Freshwater Food Grade Diatomaceous Earth, and DE helps reduce animal excrement odors that draw flies.

Important Notice: Only feed organic freshwater food grade DE To animals.

PERMA-GUARD CRAWLING INSECT CONTROL---EPA REGISTERED AND APPROVED!
EPA REG. NO. 73729-1-67197 EPA ESTABLISHMENT NO. 67197-UT-001

*** FDA DISCLAIMER**

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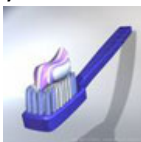
*Diatomaceous Earth - Household

Enjoy the many practical and money saving benefits of Diatomaceous Earth for every day household use:



Metal Cleaner: Make a paste with Diatomaceous Earth and water to make a metal polish. Diatomaceous Earth also makes a very inexpensive soft scrub for the shower, sink and faucets.

Face Mask and Cleanser: Mix Diatomaceous Earth and water together until you have made a paste. Apply to the face with circular scrubbing motion until face is fully covered. Leave on face for approx. 2 min. and then wash off with warm water. Your face will be fully exfoliated and toned for pennies!! Mix Diatomaceous Earth with your favorite cleanser and you will have cleaner, smoother skin.



Teeth Cleaner: Sprinkle a small amount on your favorite brand of toothpaste and brush as you normally would. You will notice that your teeth look and feel "Just went to the dentist" clean.

Household Pests: Use Diatomaceous Earth for control of roaches, silverfish, ants, bedbugs, flies, fleas, box elder bugs, scorpions, crickets, and many other insects. Diatomaceous Earth can be used in and around the home, yard, animal housing, etc. Diatomaceous Earth will not harm earthworms or beneficial soil microorganisms. *



Garage/Driveway Oil Stains: To remove oil stains from garage floor or driveway: Make sure area is dry and completely cover the stain with diatomaceous earth. Let the powder soak up the oil for 24 hours. Remove the excess with a metal spatula or paint scraper and dispose.



Refrigerator/Freezer Odors: Diatomaceous Earth can be used in the same way as baking soda to banish odors. Leave an open box or jar of DE in the refrigerator and freezer. Replace with fresh DE every week or so.



Foot Odor: For fresh smelling footwear, place some DE into the ends of two knee high nylon stockings and tie a knot the top. Place the stockings inside shoes or boots. Leave until used again.

Carpet Stains: To remove stains from carpets, cover the stain with DE and lightly work into the stain. Let set for at least 2 hours and vacuum up.



Garbage Can Odor: To deodorize a garbage can with DE, sprinkle a cup or so of diatomaceous earth in the bottom of the garbage can. Not only deodorizes, but will kill any bugs and larvae that are present.

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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 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, (President of Earthworks Health, LLC and EarthworksHealth.com). 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 on "How DE Works" page. 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 wellbeing 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 every day!

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 glycosaminoglycan, 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.

-3- Diatomaceous Health Benefits cont'd

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.

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.

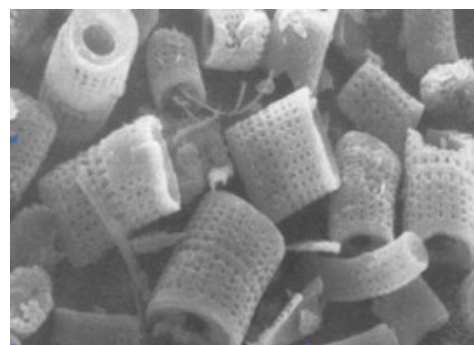
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* Any food grade diatomaceous earth uses other than those approved by the EPA, FDA, or USDA are strictly anecdotal reports of what countless numbers of users as well as we ourselves have done with diatomaceous earth.

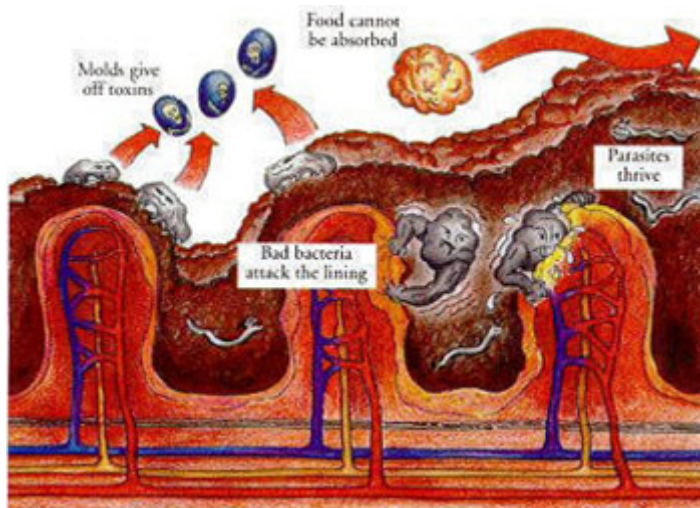
*Source copied with permission from <http://www.earthworkshealth.com/human-use.php> Diatomaceous Earth Health Benefits found from web search. You may find similar or contradictory information in your own search. Please take responsibly for you to study and find any answers you may need for yourself and your safety. No claims of safety or use of this are being made in any way. Reading this material does not constitute a professional relationship, medical advice, or other form of agreement.

This page explains the mechanisms of Food Grade Diatomaceous Earth within the human body to achieve the many health benefits that consumers have experienced.



1) As you can see from the picture of Diatomaceous Earth - (magnified 7000 times) - it looks like a cylinder full of holes - kind of like Rice Chex Cereal. This cylinder has a very strong negative charge. As these millions of cylinders move through the stomach and digestive tract, they attract and absorb fungi, protozoa, viruses, endotoxins, pesticides, and drug residues, E.coli, and heavy metals. These are trapped inside the cylinder and passed out of the body. In addition, any larger parasites that happen to be in the stomach or digestive tract are "cut up" and killed by the sharp edges of the Diatomaceous Earth. All of these activities result in a much healthier body with less sickness. We often hear the phrase "I just feel better" with our Diatomaceous Earth users. This better feeling comes from all the "junk" being removed from the body and by giving the immune system the "jump start" it needs.

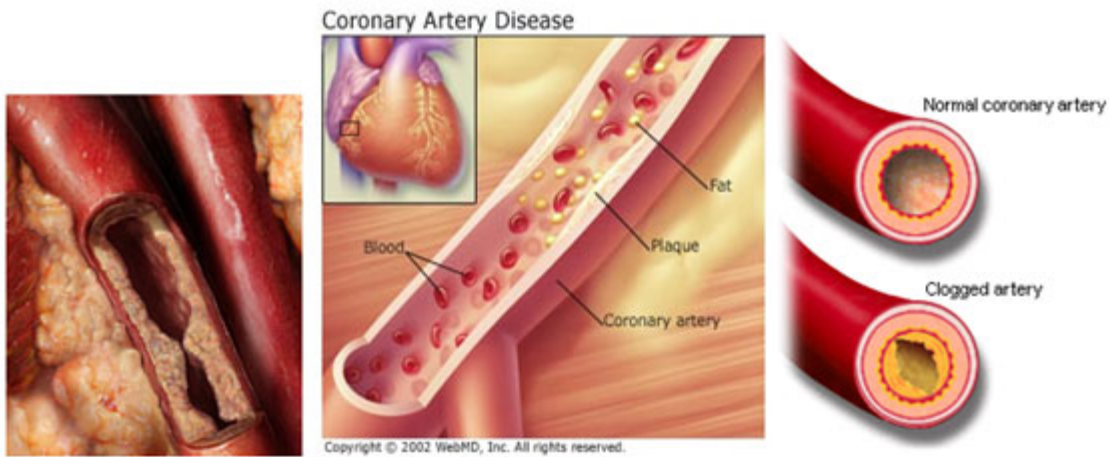
2) Diatomaceous Earth is quite hard. On the hardness scale where diamonds are a 9, Diatomaceous Earth is a 7. This is very important because as those millions of tiny hard and sharp Diatomaceous Earth cylinders pass through the small and large intestines, they "scrub" the walls. After only a few months of taking Diatomaceous Earth, the intestine wall is no longer coated with mucus and molds but CLEAN!! The advantages of this are several:
Regular [bowel movements](#) (This is the #1 comment everyone makes about DE.)
Healthier colon. This is especially important as we get older. A clean healthy colon keeps away polyps, cancers, and ulcers. Today, many are spending thousands of dollars to get colonics to do the same thing as Diatomaceous Earth does. Many users report increased energy and needing less sleep. This is a result of all the food and nutrients that are taken in being better absorbed into the blood stream. With a coated colon--many nutrients never get absorbed.



3) A small amount of Diatomaceous Earth gets absorbed into the blood stream as **silica**. One of the benefits of Silica is that it helps to destroy bad fats. Everyone we know who takes Diatomaceous Earth has lowered their cholesterol by 40-50 points, and they are amazed at how their high blood pressure goes down. Go to the page on "Human Use" and review all of the benefits of silica to the body.

- Sore joints and ligaments feel better
- Skin clears up (acne-age spots-psoriasis)
- Hair and nails are stronger and grow faster
- Stronger teeth and gums
- Healthier respiratory tract--less coughing
- Menopause has less [symptoms](#)

Healthier urinary tract



The benefits of silica are many. In today's grains, there is actually a shortage of silica. Years ago, the silica found in our foodstuffs was adequate, but with today's hybrids and depleted soils, only about 1/3 of the silica needed is supplied in our food. Diatomaceous Earth is a simple and inexpensive way to get the silica your body needs.

*Source copied with permission from: <http://www.earthworkshealth.com/How-Diatomaceous-Earth-Works.php>
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DIATOMACEOUS EARTH FOR BED BUGS

Kill Bed Bugs Naturally - Safe For People and Pets

Diatomaceous Earth and a couple of plastic applicators (one to sprinkle powder and the other to puff powder) is all you need to get rid of bed bugs and be family safe. No toxic chemicals. No exterminator fees. No need to move out of the house during the process. Full instructions for use of diatomaceous earth to kill bed bugs are on this page, and ordering is easy and inexpensive.

To Start: You can start with Diatomaceous Earth, one refillable PD-001 plastic dispenser used to sprinkle the powder (\$4.00), and one Pest Pistol Powder Duster to puff the powder into crevices (\$8.99). When transferring the diatomaceous earth from the original container, do not try to pour it. Use a large spoon or scoop. Being a fine powder, DE shakes well from the shaker, but does not pour like sand or sugar. Avoid direct inhalation as you would do with baby powder.

Diatomaceous Earth will not only kill the bed bugs you have, but will do it safely without chemicals. General Application Introduction: Bed bugs cannot fly, so make sure bed is away from the wall and there is no bedding touching the floor. Surround each of the 4 legs of the bed with DE--this will kill them as they try to get on the bed the only way possible. Dust some DE on the mattress and bedding especially in the creases. Dust Diatomaceous Earth in the carpets and in corners of the room. Remove electrical outlet covers and puff some DE inside the walls. The "Pest Pistol" works great for this. Keep this routine up for several days until there are no more bed bugs.

"HOW TO" INSTRUCTIONS FOR BED BUG APPLICATION DOWN-PAGE.

Remember - Bed bugs are not your fault. You can pick up bed bugs from hotel rooms and infected places and innocently bring bed bugs home. To kill bed bugs naturally, eliminate bed bugs organically and get rid of bed bugs safely, use our diatomaceous earth. You can spend hundreds of dollars on exterminators to get rid of Bed Bugs with dangerous chemicals and poisons, or you can protect the health of your family and pets with Food Grade Diatomaceous Earth.

Food Grade Diatomaceous Earth poses no harm to the environment, pets or people. Diatomaceous Earth is not actually an "earth" but it is the fossilized remains of microscopic shells created by one celled plants that called DIATOMS. Mother Nature at work.

The microscopic DE particles are deadly to the Bed Bug. The particles attach themselves to the bed bugs body and physically "scratch them to death!" Because DE kills them mechanically, they cannot become immune to it like they do with so many of the chemicals today. Because it's a mineral, once you put it down it stays there and keeps working. You may sweep it up as you get rid of the dead Bed Bugs, but diatomaceous earth doesn't loose power over time.

HOW TO APPLY DE TO KILL BED BUGS

Wash all bedding in hot water---add a little Clorox with the soap. Dry in dryer on the highest heat setting. If you can, use a steam cleaner on your mattress and box springs.

Make sure bed is not touching any walls. Also make sure there is no skirting or anything other than the 4 legs touching the floor.

With your hands or an applicator, dust some food grade Diatomaceous Earth into the mattress and ridges on the outside of the mattress. Dust some DE between the mattress and box springs also.

Spread some DE all over the room, working into the carpets and corners of the room. You may have to remove the bottoms of furniture and dust some in them also. Put a large pile around each of the 4 legs - since bed bugs cannot fly, the 4 legs are the only way the bedbugs can get to you. Repeat this once a week for 4 weeks.

You can also take off the outlet covers and using a plastic dispenser, like our pest pistol, puff some DE into the walls. Bed Bugs love to live there and are the main way they spread from room to room. Be very careful - use nothing that would conduct electricity and shock you.

Some Interesting Bed Bug Facts:

Bed Bugs are usually no more than 1/4 inch in length in their adult state and can engorge themselves with human blood in less than 15 minutes causing their bodies to fill to as much as three times its usual size. Fully engorged bed bugs bear little resemblance to their original state and are often thought to be a different insect altogether.

Bed bugs can lay between one and five eggs per day with an incubation period of 10 days in warm weather (slightly longer when cool). These newly hatched bed bugs will require five significant blood feedings to reach adult size. They will molt in between feedings by shedding their exoskeleton. Once mature they will begin the process of laying new eggs.

Adult female bedbugs can lay more than 200 eggs during their lifetime and the new generation of bed bugs will immediately seek a blood meal and they might be looking at you through hungry compound eyes. When they are finished eating they leave tiny sores to remind you of their midnight binge.

There are other types of bed bugs including the bat bug, the chimney swift bug, and the swallow bug. All of these relatives survive on blood feeding, however these secondary parasites thrive on either bats or birds as their primary victims.

Bed bugs feed on the blood of human beings, but can suck blood from other animals as well. Birds and mice are the most common animals. Bed bugs most often feed at nighttime when people are asleep. When they feed, they inject a salivary secretion into the wound to prevent coagulation. The fluid can cause a person's skin to itch and even become swollen. Scratching can cause sores which often become infected. Bed bugs are not known to transmit any human blood-borne pathogens.

An adult bed bug is about 1/5-inch long, oval in shape and flat. They're generally brown except after sucking blood. Their body then becomes swollen and the color changes to a dark red.

Bed bugs like to hide in the cracks and electrical outlets in walls, behind wallpaper, base boards and picture frames, between beds and around the creases of mattresses and in bedding materials. They have a rather pungent odor which is caused by an oil-like liquid they emit. Bed bugs are often carried into houses by clothes, luggage, furniture, and bedding. Or sometimes even by humans.

Bed bugs seek harborage in cracks and crevices. Common harborages in hotel rooms and cruise ship cabins include: folds and creases in bed linens, seams, tufts and under buttons on mattresses, in drapery pleats and hems, beneath loose wallpaper, in headboards, desks, entertainment centers and nightstands, behind base molding in wall-mounted artwork, etc.

Bed Bug Bites

The words "bed bugs" are enough to send most of us running with skin all aquiver at the thought of little blood-sucking creatures crawling all over us as we sleep. These little bugs are pests, to be sure, and they can be difficult to get rid of

once they have decided to make your house their home, hiding during the daylight hours in cracks and crevasses where they are almost impossible to excise.

Because of this, you may not realize right away that bed bugs are the source of the annoying sores on your legs when you wake up in the mornings. Bed bugs are attracted by both warmth and the presence of carbon dioxide, which is what we exhale in breathing. The bugs climb up onto your skin and pierce you with two hollow tubes, one of which injects anti-coagulants and anesthetics. The other tube is used to withdraw your blood, feeding for about five minutes before returning to their hiding places.

There may be a cluster of bites instead of singular ones when you awake, and this is typically caused by disturbing the bugs while they feed, causing them to detach and return to feed momentarily. A well fed bedbug can live anywhere from four to six months, while a dormant one might live without feeding for up to 18 months.

The bites can be found just about anywhere on your body, with exposed bits of skin being the preferred feeding ground for the bugs, making your face a target along with arms and legs. The bites cannot be felt at first, but as the anesthetics wear off and the skin begins to react to the injections, the bites can make themselves felt minutes or even hours after the bedbugs have returned to hiding.

If you have bedbugs, your infestation can get worse very quickly since a female bedbug can lay up to five eggs per day, and up to around 500 eggs in her lifetime. Since it takes only five weeks for hatched nymphs to grow to maturity, your problems could expand exponentially within a relatively short period of time, and infestations can be hard to control.

The History of Bed Bugs:

Bed bugs have been around for centuries. Documentation reaching as far back as the 17th century has told about infestations of bed bugs. In the United States, bed bugs were very common until about World War II. With the introduction of such pesticides as DDT, a great decrease in infestations occurred. It was not until the last decade that reported cases gave an indication of a possible rise in bed bug infestations.

Authorities believe that the rise in reports can be attributed to the extermination tactics of pest control today. Today, many pest control experts use baiting tactics for in-home infestations of such things as ants, roaches, and spiders. These baiting tactics work well for their intended subjects, but since bed bugs are blood feeders, they do not fall for the baiting tricks used. This change in exterminating technique has contributed to the rise in reported bed bug infestations.

Identifying a bed bug:

Adult bed bugs are generally flattened and reddish brown in color. They resemble apple seeds in appearance and size. Newly hatched nymphs look very much like adults. Although they are almost colorless, they gain their reddish brown color as they mature. The adult bed bug may lay up to 5 eggs daily. These eggs are almost impossible for humans to see with the naked eye, and resemble a flake of dust on a dark surface.

A quick look at the facts:

Bed bugs are small bloodsucking insects that feed on humans and other warm-blooded animals. Bed Bugs often hide in mattresses but they can also survive in furniture, behind wall coverings and pictures/paintings. They will crawl and nest inside tiny crevices anywhere indoors, as long as there is a source of food (blood). While bed bugs do not transmit any pathogens or diseases, their bites usually result in swollen red, itchy welts. Bed bugs are typically nocturnal insects (they creep about at nighttime).

There are other types of bed bugs including the bat bug, the chimney swift bug and the swallow bug. All of these relatives survive on blood feeding. However these secondary parasites thrive on either bats or birds as their primary victims.

Small reddish or brownish spots on one's linens are often the first sign of an infestation. These spots are the bed bug's droppings. Another sign is swelling where you've been bitten.

Bed bugs are not necessarily a sign of unkempt/dirty homes or buildings.

A female bed bug can lay as many as 500 eggs during her lifetime.

Bed bugs are less than 1/4 inch in length, flat, and oval-shaped like; a bit like a sunflower seed.

Bed bugs can go up to a year without a blood meal.

A bed bug's saliva features an anesthetic to numb the pain as it's biting. It also contains anti-coagulant to keep the blood of its meal host flowing.

Furniture that is inspected should be inspected thoroughly. Remove "pull out" drawers and inspect any and all small creases and openings.

Taking apart furniture is often advised if you want to get at the source of the bed bug infestation. Doing this in a garage or outdoors is preferred, if possible.

The covering on the bottom of a box spring bed should be taken off for inspection and treatment measures. If the infestation is severe, you may want to dispose of the mattress.

Bed bugs are many times also found underneath the edges of carpets, where ceilings and walls meet, behind light switch covers and outlets, in clothes, inside appliances, and behind baseboards and carpet stays.

Itching:

There are a number of things you can do to stop the itching.

Apply a calamine lotion to each bed bug bite or area of bites.

Do not scratch the bed bug bites. Everyone will react differently to bed bug bites. Some people may not even notice them. Others will have a very intense itching sensation. Scratching only makes the itching worse and can actually cause an infection.

Bed bug dangers:

When a bed bug bites, it injects an anti-blood clotting chemical into the skin. Some people may actually be allergic to bed bugs, and the degree of itching is determined by how allergic a person is. If you notice any signs of infection, call your physician IMMEDIATELY. Scratching the bites can also result in an infection. If you do not get an infection, the bites are simply an irritating nuisance. It may take a few weeks for the itching to subside and for the welts to disappear. **BED BUGS DO NOT CARRY PATHOGENS** as mosquitoes or ticks do!

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