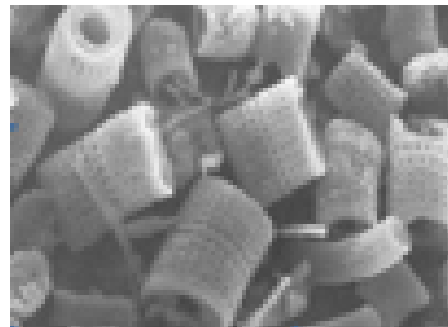


Food Grade Diatomaceous Earth

Diatomaceous Earth, usually referred to as DE, is a naturally occurring, fresh water sediment, composed of microscopic remains (shells) of prehistoric marine phytoplankton. Although DE rates highly on the hardness scale (diamonds rate a 9, Diatomaceous Earth rates a 7), when it is crushed, it appears as a very soft, off-white powder, with multiple benefits to humans and animals. It contains 89% Silica, a very important trace mineral that assists many important functions in the human body, with a direct relationship to mineral absorption. Industrial grade Diatomaceous Earth is very harmful to humans and animals, so it is extremely important to USE ONLY **FOOD GRADE DIATOMACEOUS EARTH**.

REPORTED HEALTH BENEFITS OF FOOD GRADE DIATOMACEOUS EARTH

- Maintains healthy blood pressure and cholesterol levels
- Supports joint and bone health
- Increased energy
- Improved sense of well-being
- Healthier skin, hair and nails (fur and nails, hooves in animals)
- Parasite control in both humans and pets
- Natural weight loss
- Facial mask
- Natural, gentle detox through cleansing the intestinal tract
- Natural, effective flea treatment for pets
- Reduced inflammation in the intestinal tract. helps to restore improved bowel function
- Positive action on the lymphatic system
- Natural diuretic
- May assist with symptoms of menopause
- Supports the upper respiratory tract
- Helps flush heavy metals and toxins from the body
- Household uses for cleaning and deodorizing



HOW DIATOMACEOUS EARTH WORKS IN THE BODY

Diatomaceous Earth, in the adjacent picture, magnified 7,000 times, looks like tiny cylinders with holes. DE holds a very strong, negative charge. Millions of these “cylinders” move gently through the intestinal tract, and attract and absorb positively charged toxic material, such as fungi, protozoa, viruses, endotoxins, pesticides, drug residues, E. coli and heavy metals. They are trapped inside the cylinder and passed out of the body. In addition, any larger parasites that are in the digestive tract or stomach are cut up and killed by the sharp edges of the Diatomaceous Earth. The DE acts like a gentle broom, sweeping along the intestinal tract. With less toxic material in the body, and with a clearer digestive system, the immune system functions better, and in general, more vibrant health can be experienced.

DIATOMACEOUS EARTH FOR INTERNAL USE

HUMANS

1 tbsp up to 2 times per day (start with less, and build up)

Add to water, juice, or mix it in a smoothie, applesauce or yogurt. Some people benefit from as little as 1 tsp each day! Remember to drink much more water than usual when taking Diatomaceous Earth, and more water throughout the day, as it can create constipation in some people, with its amazing ability to collect toxins from the digestive tract. DE does not dissolve in liquid, so stir it several times while drinking to prevent settling. Some people experience higher energy levels, so taking it before bed is not advised. Too much ingestion is not a problem, as any excess silica the body does not need will be eliminated naturally through the kidneys and intestines.

PETS: DAILY DOSE RECOMMENDATION FOR DOGS AND CATS

Mix with food:

Large Cats	1 tsp
Kittens	1/4 tsp
Dogs 100lb +	1-2 tbsp
Dogs 50-100lb	1 tbsp
Mini dogs	1/2 tsp

Parasite control in animals is effective. Also, reported are good results with sore and painful hips and joints, and a fuller, shinier coat when fed as a regular dietary supplement. Pets often get painful hips and joints as they age, and DE as a daily supplement will reduce arthritic inflammation.

FLEA TREATMENT FOR PETS

INDOORS

1. Apply DE to the pet's entire fur coat, and rub it down to the skin. Do this for two weeks, every day, making sure to not miss the legs, belly and hind quarters.
2. During the two week period, sprinkle a light coat of DE to the indoor pet bedding, the flooring, rugs and upholstery around the bedding. Leave for the first week, clean, then apply lightly again for the next week in the same fashion.
3. Clean thoroughly indoors and assess the situation. In most cases, the population of fleas is eliminated and it cuts off their gestational period. Fleas can get out of hand sometimes, so if you still notice fleas, apply DE again in following these steps for another week or two indoors.

OUTDOORS

1. Apply Diatomaceous Earth in the same fashion to your pet's entire fur coat every couple of days ensure a good preventative measure.
2. Sprinkle DE lightly around the entire perimeter of kennels, cages, your house and make sure it is light visible. Be sure to apply again if it rains.
3. Repeat steps 1 and 2 all summer to ensure proper protection.

CAUTIONS FOR USE AND HANDLING

Please exercise caution when handling food grade Diatomaceous Earth, and do not directly inhale the dust excessively (you can wear a mask to help), as it can cause some acute irritation, similar to chalk dust or other fine powders inhaled in the air.

REQUIRED DISCLAIMER: *This information is for reference purposes only, based on reviews from users of Diatomaceous Earth. It is not intended to substitute for advice given by a physician, pharmacist or other licensed healthcare professional. User statements regarding this dietary supplement have not been evaluated by Health Canada and are not intended to diagnose, treat, cure or prevent any disease or health condition. Those with health problems, those who are pregnant or who are breastfeeding are specifically advised to consult their physician prior to taking any nutritional supplement.



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