

# DEtox Powder - The Food Grade Diatomaceous Earth

## What is Diatomaceous Earth (DE)?

Diatomaceous Earth (DE) might sound like something from the future. However, it's actually a kind of powdered fossil. DE is the powdered, fossilized remains of microscopic aquatic organisms called diatoms.

As these microorganisms became fossilized, their remains leave behind a unique shape with sharp edges.

This shape is what gives diatomaceous earth its unique properties. The jagged edges of the shape literally cut apart the exoskeletons of microorganisms like pathogens, worms & larvae inside body while leaving the cells of larger organisms intact.

In other words, the microscopic sharp edges of DE are small enough to destroy insects, but too small to affect body parts.

That unique shape also allows DE to "catch" toxins and safely carry them out of the body. Toxins become lodged and stuck in the DE. Then, the toxins are safely passed through the body.

Food Grade DE has been found beneficial for skin, so it's used both inside and outside the body. The Food and Drug Administration lists food grade diatomaceous earth as "Generally Recognized as Safe," which means it's allowed (in US & European countries) to be added to many different types of foods, beverages and supplements. Small amounts of silica are normally present in all body tissues and usually found in urine too, so it's well-tolerated and not known to cause many side effects.

## DEtox Composition (in lump form):

S. No.	Mineral	Unit (%)	S. No.	Mineral	Unit (ppm)
1	SiO <sub>2</sub>	94.79	13	Sb	<0.1
2	Al <sub>2</sub> O <sub>3</sub>	1.59	14	As	2.23
3	CaO	1.28	15	Ba	18.25
4	MgO	0.08	16	Cu	12.03
5	Na <sub>2</sub> O	0.35	17	Ni	12.13
6	K <sub>2</sub> O	0.08	18	Sr	73.81
7	Fe <sub>2</sub> O <sub>3</sub>	0.50	19	Zn	22.01
8	MnO	Nil	20	Pb	<0.1
9	TiO <sub>2</sub>	0.09	21	S	289.0
10	P <sub>2</sub> O <sub>5</sub>	0.10	22	La	24.43
11	Cr <sub>2</sub> O <sub>3</sub>	Nil	23	Ce	87.72
12	LOI	1.14	24	V	7.80

## How Does DEtox Powder (Food Grade DIATOMACEOUS EARTH – DE) detox?

DE flushes out pathogens 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.

DE has a negative charge and pathogens are positively charged. Bacteria, pathogens and heavy metals bind to DE and eliminated through the normal means. DE is highly regarded due to its ability to absorb viruses, e-coli, organophosphate pesticides residues, methyl-mercury, residues, and endotoxins. It absorbs these materials and then sweep through the colon thus detoxing the body while cleaning the colon. It has full spectrum minerals including the ones that are needed for healthy nutrition (see DE composition).

**FACT: As a Pet Owner, humans too are susceptible to WORMS's infestation**

## Why DE?

### 1. Natural Source of Silica

Detox contains more than 90% amorphous silica. This important, trace mineral is required by tendons, cartilage, blood vessels, and bones. The nutrient even contributes to almost every vital organ, including the heart, liver, and lungs. Food was the primary source of naturally-occurring silica before modern farming practices depleted the soil. It is suggested that only 1/3 of the silica is now available in natural, plant-based foods.

### 2. Detoxification

Diatomaceous earth works like a natural detoxifying agent, killing parasites and viruses that can contribute to illnesses while also helping to clean the blood.

Silica works similarly to antioxidants found in high-antioxidant foods because it retains its traits as a stable particle even while continuously suspended in a liquid medium, allowing it to fight free radical damage. It's broken down into a colloidal form, which acts like a detoxifier for the blood since it carries an electrical charge that attaches to free radicals and other harmful toxins. Silica particles can then neutralize the charge of free radicals and remove them through sweat, urine and feces, which slows oxidative damage and has anti-aging effects.

### 3. Improves Joint, Bones and Ligaments Health

A 2007 study published in the *Journal of Nutrition Health and Aging* stated that dietary silicon is beneficial to bone and connective tissue and helps prevent low bone mass (osteoporosis), which is considered "a silent epidemic of the 21st century." Silica within DE helps with normal bone metabolism and joint formation, with evidence over the past 30 years suggesting there's a positive association between dietary silicon intake and better bone mineral density. Thus, DE makes a great addition to any osteoporosis diet and treatment plan.

A number of possible mechanisms for how this works have been suggested, including the possibility that silicon helps with synthesis of collagen (used to form joints, the lining of the digestive tract and connective tissue) and within the mineralization of bones. While more research is still needed, it appears that DE can be used to help support normal metabolic processes, preserve joint health and prevent bone disorders.

### 4. Helps Clean and Protect Skin, Nails and Teeth

Since it has natural abrasive qualities and kills parasites, DE is used in many toothpastes, skin exfoliators, polishes and skin scrubs. Just like other beneficial clays — like bentonite clay — it dries out harmful toxins and leaves behind cleaned, smoothed skin with little to side effects. It also seems to have anti-aging effects by helping with the use of calcium in forming strong bones, nails and teeth

### 5. Fights Parasites/Worms and larvae

Many internal and external parasites can be controlled and eliminated with DE. Intestinal roundworms, hookworms and tapeworms are a few of the parasitic infestations which DE can eliminate.

A study published in the *Oxford Journal of Poultry Science* found that DE has the potential to be an effective treatment to help control parasites.

The two groups of hens used in the study were found to differ in their resistance to internal parasitic infections, which was observed by examining their gastrointestinal tracts. The hens fed DE had significantly lower incidences of infections, including fewer *Capillaria* FEC, slightly lower *Eimeria* FEC, fewer birds infected with *Heterakis* and significantly lower *Heterakis* worm infections. Those fed DE were also significantly heavier

in weight, laid more eggs and consumed more feed than hens fed the control diet, plus their eggs had larger yolks and therefore were more concentrated with nutrients.

6. **Improved digestion and more regular bowel movements**
7. **Better liver and colon functioning**
8. **Improved detoxification and removal of heavy metals**
9. **Stronger immune function and protection from illnesses**
10. **A cleaner home, free from parasites, bed bugs and viruses**
11. **Healthier-looking skin, hair and nails**
12. **Stronger bones and protection from fractures or osteoporosis**
13. **Improved energy**
14. **Cleaner skin and protection from ticks & fleas**

### **Using Food Grade DE in Pet Feed**

While it's more common to use Diatomaceous Earth as a flea prevention, many people have added small amounts of DE to their pet's diet. There are numerous benefits a pet can receive from a consistent dosage of DE. Pet owners who have given their pets DE have found their pet has an improved coat, appetite, metabolism, and digestion.

The instructions below are on how to feed DE to your pet.

#### Step 1:

You need to make sure that you are using food grade DE. Only food grade DE is safe for pets. Other types of DE are not safe for consumption.

#### Step 2:

Your Pet size will affect the DE dosage size

- Puppies and dogs weighing less than 10 pounds: 0.5 teaspoon.
- Puppies and dogs weighing 11 to 19 pounds: 0.75 teaspoons
- Puppies and dogs weighing 20 to 50 pounds: 1 tablespoon
- Puppies and dogs weighing 51 to 100 pounds: 1-1.5 tablespoons
- Puppies and dogs weighing over 100 pounds: 1.5-2.0 tablespoons
- Kittens: .5 teaspoon
- Cats: 1 teaspoon

*\*If kittens are still nursing or only taking milk we recommend you hold off on adding DE to their diet until they move to solid food.*

#### Step 3:

Mix with their dry/wet food as per the dosage given above.

DE can also be mixed directly in their new pet food bag by calculating the servings & dosage.

### **A Cautionary Note**

- Keep the pets hydrated.
- Precautions should be taken in handling DE. While it is non-toxic the fine powder MAY IRRITATE eyes, and avoid inhaling likewise any other powder/dust.

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