



Flint - Diatomaceous Earth (DE)

Food quality

Ingredients: White powder

Chemical Analysis

SiO₂ ... 94.2%, Al₂O₃ ... 2.5%, Fe₂O₃ ... 0.9%, CaO ... 0.5%, K₂O ... 0.4%, SO₃ ... 0, 4%, MgO ... 0.3%, P₂O₅ ... 0.3%, Na₂O ... 0.2%, TiO₂ ... 0.2%, Mn₂O₃ ... 0.1%, Loos on ignition ... 3.34%

DIATOMACEOUS EARTH

Silica is not harmful, but as it is a fine powder, asthma sufferers should use a mask and be careful when handling it.

Avoid getting diatomaceous earth in the eyes. If eyes are touched, rinse them thoroughly. Silica dries out the skin.

Diatomaceous earth is an unconsolidated (loose) rock that is mostly made up of the opaline shells of diatoms (unicellular algae), after which it is also known as diatomaceous earth. Another name used is diatomite, which includes rocks composed of diatoms (diatom shells) of varying degrees of compaction. In addition to diatom shells and their fragments, clay minerals, most commonly kaolinite and illite, are present in diatoms.

Silica is a very fine-grained, powdery to clayey sediment. When pure, it is white to creamy in colour, but can also be greenish, grey or brownish depending on the impurities.

Silica is a natural and organic source of plant silicon. Freshwater diatomaceous earth deposits are usable for consumption by both animals and humans because it is the purest form of diatomaceous earth. Not all diatomaceous earth is suitable for consumption: for example, there are 600 diatom deposits in America, but only four deposits are suitable for human consumption according to FDA standards. Most people have a deficiency of the mineral silicon in their bodies, which among other things is necessary for the absorption and deposition of calcium in the bones.

Today's cereals are deficient in silicon. Years ago, the silica content of our food was adequate, but with today's hybrids and growing on depleted soil, only about 1/3 of the total silica needed is supplied in our diet. Taking diatomaceous earth is a simple and inexpensive way to get the necessary silicon into your body.

Silicon is of vital importance to the human body. It is an essential component of many enzymes that control chemical reactions in our body. Together with calcium and magnesium, it contributes to the building of strong bones and to the formation of connective tissues (skin, nails, hair), to which it gives strength and elasticity. It is one of the building blocks of muscle tissue. It has high anti-inflammatory properties, accelerates wound healing and has an anti-ageing effect.

Deficiency of silicon in the body causes: retarded growth and development, increased bone breakage and deformity, hair loss and breakage, brittle and brittle nails, osteoporosis, skin inflammation, poor healing of



scars and wounds, increased sensitivity to cold, poor condition of teeth and gums, poor condition of cartilage, ligaments and tendons.

Positive effect of silicon on the human body: Strengthens the immune system; protects against dangerous free radicals (antioxidant); promotes wound healing; has anti-inflammatory effects, prevents heart disease; contributes to bone structure; important for the beauty of hair, nails and skin; contributes positively to the synthesis of vitamin B1 in the human body; controls the transmission of nerve impulses; prevents osteoporosis; protects against Alzheimer's disease; reduces the harmful effects of aluminium on the human body; lowers blood cholesterol levels; has a positive effect on the heart and blood circulation; has a positive effect on the urinary tract and kidney function; helps treat skin diseases; has a positive effect on the elderly and menopausal women.

DIATOM human grade silica contains approximately 85-92% silicon and many other elements such as magnesium, calcium, sodium, iron, titanium, boron, manganese, copper, zircon. This makes it a great natural enrichment for our diet.

Flint for human use:

Food grade freshwater diatomaceous earth (Fossil Shell Flour) has many uses in agriculture, holistic medicine, industry and the home. Diatomaceous earth is an all-natural remedy.

It is used in the home for insect control, on pets to replenish minerals and gently rid them of parasites, on plants for pest control, on livestock to enrich their diet, improve their physical condition and remove parasites, for water filtration and for grain storage.

Humans use it to enrich their diet. Caution: only diatomaceous earth suitable for human consumption.

Used internally, diatomaceous earth affects the human body in three different ways:

1) **Absorbs** - In the middle picture (in the attachments) you can see a 7000x magnified Diatomic soil. It's shaped like cylinders full of small holes. These cylinders have a very strong negative charge. As these millions of tiny rollers move through the stomach and digestive tract they attract and absorb bacteria, fungi, protozoa, viruses, pesticides and other chemical residues, E-Coli and heavy metals. These toxins are trapped and flushed out of the body. In addition, the larger parasites that can live in the digestive tract are also damaged by diarrhea and later eliminated from the body. All of these activities lead to a much more vital body. Many consumers say that they simply feel better.

2) **Cleans** - Silica is very hard, yet crushed to a very fine powder. This is very important because as these millions of tiny diatomaceous earth rollers pass through the intestines, they gently clean their walls. After just a few months of using diatomaceous earth, the wall of the intestine is no longer coated with mucus and the molds that have settled in it.

2A) Regular bowel movements (this is the most common comment mentioned by users)

2B) Many users report increased energy and decreased need for sleep after taking diatomaceous earth. This is accomplished by making food and nutrients more readily absorbed into the bloodstream. Many nutrients and necessary substances are not absorbed through a dirty colon.



- 3) **Nourishes** - Diatomaceous earth contains 15 naturally occurring minerals that are excellent for the body. These minerals promote healthier and shinier hair, skin and nails. The influx of minerals into the body will give the body more good energy and stamina. In addition, diatomaceous earth has a slightly alkaline Ph.

Dosage for adults: 1-2 tablespoons per day, stir into water/juice or add to some food, preferably at normal room temperature, and consume. Diatom is tasteless and its texture is so fine that it does not cause any discomfort when consumed. There is no need to worry about overdose, any excess quartz in the body is automatically removed by the kidneys and intestines.

Silica is intended to promote vitality in healthy individuals. its consumption in no way replaces medical care. If you are more sensitive to changes in your diet, we recommend starting with a gradual dosage and an appropriate drinking regimen. This means starting with small doses for the first few days or weeks (if needed) - ½ teaspoon per day and drinking plenty of pure water to allow the toxins to continuously flush out of the body. Gradually, slowly increase the doses of DE according to how they feel.

(Dosage for animals is on the label. Dosages for other uses can be found on various English language sites on the internet)

Diatomaceous earth should not be added to warm water as the heat will cause the crystals to melt. Diatomaceous earth is used in many different ways for external use diatomaceous earth can dry out the skin, hands and feet, think of this in yourself and animals!

Country of origin: England

Disclaimer: Silica and its common inorganic compounds are not toxic, they are so inert that they pass through the digestive tract completely intact. Problems are more likely to arise from prolonged inhalation of microscopic particles, and greater caution is advised when using diatomaceous earth for asthmatics, as inhalation may trigger an asthma attack. Furthermore, when using diatomaceous earth, care must be taken to avoid getting it into the eyes, as it can cause dry eyes and inflammation. Excessive doses of silica must not be used if the patient has been shown to be hypersensitive to silica or if they have a serious kidney disorder, as it can cause the formation of urinary stones.

The information in this text is for educational and informational purposes only. It is not intended to diagnose, treat or prevent disease or other disharmonious conditions of the body.