

Food Grade Diatomaceous Earth for Internal Use

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Humans have been ingesting Food Grade Diatomaceous Earth (DE) for over a century. In Europe and Asia, people have been using DE since the early 1900's.

Beginning in the 1940s, DE has been used in USA grain and seed storage which is intended for ingestion by humans, animals and poultry.

Over the past three decades, individuals have discovered the health benefits of adding Food Grade Diatomaceous Earth to their dietary regimen.

The best Food Grade Diatomaceous Earth for human consumption contains at least 87% Silica (Silicone Dioxide). The higher the Silica content the better.

In 1972, Silica was recognized as an essential trace mineral for the human body. It is found in connective tissue, tendons, ligaments, cartilage and blood vessels. It is present in the heart, liver and lungs.

How much DE should humans take each day? Books, blogs and websites which talk about individuals taking Food Grade Diatomaceous Earth internally, report that individuals start with 1 to 2 teaspoons in a glass of water each day. Many people gradually increase this daily amount while increasing their water intake, maximum amount per day should not exceed 2 Tablespoons.

For overall health, regardless of whether you take DE or not, your water intake is critical. Try drinking at least half your weight in ounces of water every day. For example, someone weighing 120 pounds should drink 60 ounces of water daily.

The FDA does not approve or disapprove of DE since it is not considered a drug. However, it can be rated Codex Food Grade by the USDA and GRAS (Generally Regarded as Safe) by the FDA.

It is always recommended to check with your health care practitioner before changing your dietary regimen.

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