

“GOD’S DIRT!”

GOING NATURAL WITH *DIATOMACEOUS EARTH*



Diatomaceous Earth—beneficial for humans and animals

different ways! It’s the best little mineral you may not have heard about, and can’t pronounce! (It’s *di-a-tow-MAY-shus*.) At The Health Ranch, we affectionately call it “God’s Dirt” because we seemingly use it for everything!

This wonderful little mineral is one of the most abundant in the human body, and unfortunately can easily become deficient due to current factory farming practices. Silica is the

precursor of connective tissue in the body, ALL of the connective tissue—everything from bone to the strongest of ligaments and smoothest of mucosal linings.

When taken daily, diatomaceous earth has a myriad of health benefits, for uses such as arthritis, chronic pain, and dysbiosis, also called dysbacteriosis, which is a microbial imbalance on or inside the body, commonly a condition in the digestive tract. And unlike other processed minerals that use harmful binders such as GMO soy, silica has absolutely no adverse side effects; it is tasteless and odorless—and it’s incredibly cheap!

HOW ORGANIC SILICA FUNCTIONS IN OUR BODIES

Aging: All tissues require silica to function properly and decrease the effects of aging. As we age, the amount of

Eons ago in an ancient freshwater lake, trillions upon trillions of tiny creatures called diatoms ruled the waters. These microscopic creatures took from the waters bounty; they build themselves beautifully intricate, latticework shells from the abundant minerals dissolved in the waters. Six days later the tiny diatoms have lived out their life span, die and fall to the bottom of the lake. As the Diatoms without number continue their short but productive life cycle, they form a thick, silty layer at the bottom of the sea, waiting for a chance to again be put back into the cycle of life, and enrich the lives of future creatures and living plants.

Fast forward several hundred eons, and these rich, fine, white deposits of fossil shell flour are unearthed from its long-ago, dried lake-bed resting place. This fine white powder is known as

Diatomaceous Earth. Used for centuries, beginning with the earliest mentions in history in Egypt. Used in the pyramids, the Egyptians understood one of its vast benefits for the country’s grain stores. Diatomaceous Earth is a natural mineral source—especially rich in silica and, depending upon the deposit, up to 18 other trace minerals, adding food value to grains. It’s a natural drying agent, keeping mold and mildew at bay from the precious grain stores, allowing the grain to remain, dry, sweet and fresh for years. And the extra-special bonus: because of this amazing ability to dry things out, it naturally works as an insecticide, killing anything with an exoskeleton, effectively dehydrating the unsuspecting insects to death.

Fast forward to the present day, and this vastly useful fossil mineral is now utilized in 1500

silica declines in our bodies. Add silica to reverse that process!

Skin: Wrinkles are a sign that you are deficient in silica. Silica is a mineral needed for collagen synthesis while activating enzymes that keep your skin elastic, smooth and strong.

Bones: Minerals work in synergy with one another. Silica is a gateway mineral for calcium to get into the cell to be utilized. Silica helps stimulate the bone-forming cells and regulate the process by which bones form and repair themselves using nutritional minerals. Silica facilitates collagen synthesis. Collagen is the fibrous protein that makes bones flexible. Lack of silica in the diet produces weak, brittle bones, leading to diseases like osteoporosis. Supplementing with silica helps broken bones heal faster.

Tendons & Ligaments: Collagen is a major component of ligaments and tendons, thus supplementing with silica will build and strengthen them.

Joints: Silica is utilized in the body to form cartilage, activating essential enzymes and assists in maintaining water in your joints. We know that inflammation causes joint and cartilage damage and now we know that silica helps to rebuild that cartilage and the bone.

Heart & Cardiovascular

System: Silica is found in the inner lining of our arteries. Lesions in our arteries cause cholesterol to attach, leading to atherosclerosis. In clinical

studies we know that silica helps in reducing these lesions. Studies show that the aorta and carotid artery of healthy individuals contain ten times the amount of silica than individuals with atherosclerotic plaque in those arteries.

Hair & Nails: Silica makes hair and nails grow like weeds! Silica is the major mineral found in hair shafts and nails. Optimum amounts of silica keep hair soft and shiny while keeping nails hard, strong and growing! If you notice your hair is thinning or falling out, or your nails are brittle, soft or peeling, you might have a silica deficiency.

Lungs & Sinuses: Silica helps restore the mucus membranes in the sinuses and respiratory tract because these tissues are connective tissues made of collagen.

Teeth: Silica is found in enamel. Want strong, healthy teeth? Consider taking silica. Diatomaceous earth makes a great tooth polish; add it to your paste for really clean teeth, while protecting your enamel.

Digestion: Silica helps clean out

the digestive tract, helps to keep you regular, and helps rid the body of parasites.

Detoxication: Silica and the other trace minerals in diatomaceous earth help the body pull harmful heavy metals out of the body such as mercury and aluminum. Heavy metals are known to go hand-in-hand with candida or yeast infections; silica is known to help relieve candida stresses.

Where can you get premium, fresh-water, food-grade Diatomaceous Earth? You can purchase it locally at Bridger Animal Nutrition Centers, and Gesundheit! Nutrition Center, or shop online at Amazon.com, or visit our website at www.PrimitiveSpark406.com. ■

Connie Huft is a Registered Nurse, Certified in Holistic Health, and a professional farrier in the Bozeman valley. She also owns The Health Ranch in Whitehall, MT, and produces premium food-grade diatomaceous earth products, and provides Interrogatory Biofeedback sessions and Designed Clinical Nutrition. Visit PrimitiveSpark406.com or HealthRanchEquine.com or GoodPesticide.com. Call The Health Ranch at (406) 498-3140.

