

DIATOMACEOUS EARTH

(Pharmaceutical / Food Grade)

DE is virtually harmless to humans, mammals & the environment. It is chemical free, killing mechanically by disrupting insects' soft waxy shell structure, puncturing their breathing system, chewing up their digestive organs & causing death by dehydration.

NATURAL INSECT CONTROL

Common home & garden uses are:

- 1) Dust on soil, vegetable plants, flowers, bushes & trees.
- 2) Apply a 2" border around house foundation.
- 3) Pour on ant hills.
- 4) Spread over large areas with a fertilizer spreader or duster.
- 5) Sprinkle on carpet, furniture, etc. to kill infestations.
- 6) Mix with water & spray or whitewash infested areas.
- 7) Add to food for long term storage.
- 8) Dust in studding during construction to create a permanent bug guard.

PETS & LIVESTOCK

Popular animal uses are:

- 1) Dust lightly on coats of cats & dogs for flea, tick & lice control.
- 2) Use on birds & poultry for lice & mite control.
- 3) Add to food for worm & parasite control.
- 4) Add to food for joint, skin, & hair/coat health.
- 5) Add to livestock food to kill fly larvae in manure.
- 6) Sprinkle animal & pet bedding & housing areas.
- 7) Apply to moist kennel areas for pest & odor control.

HUMAN USES

Many people consume food grade DE every day. It is a natural source of silica, necessary for calcium absorption, etc. The recommended dose is 1 tsp. to 1 Tbsp. per 100 lbs. of body weight, mixed daily in some kind of beverage or food.

Testimonials indicate it:

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| 1) Regulates bowel elimination | 7) Nourishes skin, hair & nails |
| 2) Alleviates joint pain | 8) Calms nerves & improves sleep |
| 3) Lowers cholesterol | 9) Aids in weight loss |
| 4) Lowers high blood pressure | 10) Cleanses digestive tract of parasites |
| 5) Helps stabilize blood-sugar levels | 11) Detoxifies heavy metals |
| 6) Increases energy | 12) Does not interfere with medications |

For more information visit the following websites.
www.earthworkshealth.com • www.morethanalive.com
<http://wolfcreekranch1.tripod.com>

SONNEWALD NATURAL FOODS ♥ 4796 Lehman Road, Spring Grove, PA 17362
(717) 225-3825 ♥ www.sonnewald.org ♥ Hrs. T-W-Th 10-6; F 10-9; Sat 8-5 Form#

Diatomaceous Earth FAQ's

How can something that kills bugs be safe for me and my pets? DE kills insects by PHYSICAL action--NOT chemical. Hundreds of the microscopic DE get all over the insects body. As the insects move, the DE scratches the waxy coating off them and they dehydrate & die. Because the DE particle is so small it does no harm to people & pets. It is a simple mineral-silica.

Is the same product used for killing bugs & helping people? YES. The same product is used for all applications; people, pets, livestock and for insect control inside & out. Food-Grade, fresh water diatomaceous earth is suitable for all listed uses.

How much DE should a person take each day? Most people take 1tsp. per day in the liquid of their choice. Some people take 2-3 Tbsp. per day if they have a severe problem they are trying to correct. It is also possible to start with 1tsp. and work up to 1 Tbsp.

Is DE dangerous? (particularly breathing it in) Food grade DE is safe for all listed uses. Crystallized, (filter grade) DE can cause a disease called silicosis if breathed in over long periods of time. Do not use filter grade DE! Like any dusty product DE should be used with a dust mask if you will be breathing it in for a long period of time such as when dusting gardens.

Will DE interfere with any medication I am now taking? DE is a mineral-SILICA. Thousands of people have used food grade DE with no problems or reactions. If you have any questions as to interactions with medications you are taking, ask your doctor or pharmacist if taking silica supplement will cause any problem.

If this stuff is so great, why have I never heard of it? As with many other natural products, DE is not often advertised or touted by mainstream companies since it can be dug out of the earth and cannot be patented to make huge profits.

For more information google diatomaceous earth or check out the following websites;
www.morethanalive.com/Diatomaceous-Earth-Food-Grade-Powder
<http://wolfcreekbranch1.tripod.com/defaq.html>
www.earthworkshealth.com

These statements have not been evaluated by the FDA. DE is not intended to diagnose, treat, cure or prevent any disease. These statements are for information purposes only and are not meant to replace the services or recommendations of a physician or qualified health care practitioner. Those with health problems, pregnancy or who are nursing are specifically advised that they should consult their physician before taking any nutritional supplement.