

14 Ways Zeolite Benefits Your Health

Extremely safe and non-toxic: Extremely safe and non-toxic: liquid zeolite is completely natural and 100% non-toxic. It is totally eliminated from the body after 5 to 7 hours. Liquid zeolite has been safely used by pregnant women, nursing mothers and small children. Also safe to take with most medication, but always check with your doctor first.

Removes heavy metals: Liquid zeolite has the perfect molecular structure for capturing and removing heavy metals from the body, including mercury, cadmium, lead, arsenic, aluminium, tin and excess iron. It also removes radioactive metals like cesium and Strontium-90. The process begins immediately and takes approximately 4 to 6 weeks.

Removes pesticides, herbicides and dioxins: Although liquid zeolite is unable to remove these directly due to their negative or neutral charge, by reducing the toxic load to the liver, liver-induced glucuronidation, their main means of removal, is increased. As these chemicals are prime candidates for triggering cancer and disrupting hormone balances, even in low levels, it is very important that they are removed from the body as quickly as possible.

Reduces viral load: And once the heavy metal concentrations have been reduced, the zeolite latches on to viral pieces or components. Because viruses replicate by first manufacturing viral components and then assembling them into a complete virus, liquid zeolite, in essence, removes parts from the assembly line and blocks viral replication.

Reduces absorption of nitrosamines: Nitrosamines (or nitrates) are most commonly found in processed meats, and have been linked to pancreatic, stomach and colon cancer, as well as to Type II diabetes. Liquid zeolite captures nitrosamines in the digestive tract before they can be absorbed.

Helps buffer body pH to a healthy alkalinity: A slightly alkaline body pH (7.35 - 7.45) is essential for good health and optimal immune function. Liquid zeolite attracts and then buffers excess protons which cause acidity and in this way can help many conditions from acid reflux to Candida and arthritis.

Helps to buffer blood sugar: in the same way that liquid zeolite can buffer excess protons and thus help balance body pH, it can also buffer excess glucose by its negative charge and therefore helps reduce blood sugar spikes.

Helps reduce cancer risk: Evidence is accumulating that liquid zeolite not only removes toxins that can cause cancer (75% or more of cancers may be toxin-related), but can also destroy cancer cells directly by triggering the P-21 tumor repressor gene. [N.B. This does not mean that liquid zeolite is a cancer treatment per se, but rather that it is a useful supplement to integrate into a treatment program.]

Improves nutrient absorption: In the gastro-intestinal tract, the presence of liquid zeolite increases nutrient absorption and helps promote healthy gut microorganisms, decreasing the likelihood of stomach flus and infections.

Acts as a powerful antioxidant: The cage-like structure of liquid zeolite also traps free radical molecules, making it an effective antioxidant. [N.B. This does not mean that liquid zeolite is a substitute for more conventional antioxidants such as Vitamins C, E and A, lutein and selenium, all of which have other vital roles to play in the body.]

Reduces symptoms of allergies: Liquid zeolite captures some of the allergens and antigens that trigger allergies, migraines, and asthma, and helps to reduce symptoms.

Increases immune system function: Liquid zeolite does not stimulate the immune system, but allows it to function optimally by removing toxins, viruses, yeasts, bacteria and fungi which can depress immune function and interfere with hormones. Many people report feeling increased energy, clarity and vitality.

Helps prevent premature ageing: Many people age prematurely due to a build-up of toxins which interferes with optimal metabolic function and cellular repair. By using liquid zeolite to remove this toxic overload, the body's normal repair and regeneration mechanisms are free to work efficiently.

Extremely easy and pleasant to take: Most serious detox solutions are difficult to take (many are injected or given as an enema, or must be taken away from meals), taste unpleasant, and can leave a person feeling drained because they indiscriminately remove healthy metal ions as well. By contrast, liquid zeolite is a small bottle of tasteless liquid that can be taken with or without food and that removes only unhealthy ions.

Dosage Recommendations and usage guidelines:

DRINK PLENTY OF WATER WHEN TAKING ZEOLITE

Although the directions on the bottle suggest 3 drops of liquid zeolite on the tongue, 3 times a day, it is recommended that you place the drops in a large glass of water each time you take them. This way you are sure to remain hydrated — an important consideration for those taking liquid zeolite as its removal of solute toxins from the body through normal processes of elimination (urine, bowels, sweat and mucus) can lead to slight dehydration. (Solutes, even toxic solutes, help the body to keep hydrated.) As a general rule, a 160lb adult should drink approximately 8 or 10 glasses of water a day (8-ounce glasses) or just under 2 liters. This quantity should be adjusted in proportion to your weight in comparison to this adult average.

In certain cases you may have to drink more water than this recommended amount. If you are diabetic, for example, and choose to take liquid zeolite, you should start with a very low dose and make sure you drink extra water. And if you live in a dry climate you will be losing more water than average so, again, you need to up your daily water intake.

Liquid zeolite can be taken with or without food, and dosages should be spaced as far apart as possible throughout the day to maintain body levels (it only stays in the body 5 to 7 hours). If taking the zeolite drops 3 times a day, take the first dose when you wake up, the second at lunchtime and the last before going to bed (or at supper time). If taking liquid zeolite 4 times a day, take the first dose on waking, the second at lunchtime, the third at supper time and the last just before going to bed.

GENERAL DIRECTIONS

Detoxification dose: Almost everybody taking liquid zeolite starts on a detox dosage (unless they take a maximum dose because of a health crisis, in which case see below). The detoxification dose is 10 drops 3 times a day. At this dosage, a liquid zeolite bottle lasts approximately 10 days. This detox dose is usually taken for about 4 to 6 weeks before going down to a maintenance dose. Dosages can be increased at any time to help deal with viral, chemical or other exposure.

Maintenance dose: Once the body is free from toxins the dose can be dropped to a maintenance dose of 3 to 5 drops 3 times a day. (Even though this is maintenance, you still need to drink plenty of water.) Please note that the "3 times a day" recommendation is for convenience only; ideally, the total amount of liquid zeolite being taken should be put in a large water bottle and sipped throughout the day. This way it is the most effective detoxifier.

Special high dose: For those with severe health challenges, the most effective detox dose is two or three drops in water every hour (or, if that is

inconvenient, 15 drops 3 or 4 times a day). At this dosage, a bottle of liquid zeolite lasts about a week. (Researcher Rik Deitsch recommends 4 times a day to maintain high body concentrations of the zeolite.) Some practitioners also recommend even higher dosages of 60+ drops daily for the first month for those with the most severe health challenges.

Children's doses: 2 or 3 drops 3 times a day, depending on body weight and condition, and then a maintenance dose of less than this. (You can easily add liquid zeolite to their school lunches.)

