

# THE ZEOLITE DETOX

**Your Guide To Eliminating Harmful Toxins  
And Heavy Metals**

**By**

**Anna Victoria Rodgers**

**[www.ZeoliteDetoxSolutions.com](http://www.ZeoliteDetoxSolutions.com)**

**© Copyright 2021 by Anna Victoria Rodgers-  
All rights reserved.**

It is not legal to reproduce, duplicate, or transmit any part of this document in either electronic means or printed format. Recording of this publication is strictly prohibited.

# CONTENTS

|   |           |
|---|-----------|
| <b>Introduction .....</b>   | <b>1</b>  |
| Bisphenol A (BPA).....  | 2         |
| Excitotoxins .....  | 3         |
| Heavy metals .....  | 3         |
| Personal Care Products .....  | 4         |
| Pesticides .....  | 4         |
| Why Detoxing is Absolutely Essential .....                          | 4         |
| <b>Chapter One: The History of Zeolite .....</b>                    | <b>8</b>  |
| What is Zeolite?.....   | 9         |
| Zeolite’s history .....   | 9         |
| Zeolite -A Timeline .....   | 11        |
| Zeolite Production .....  | 11        |
| <b>Chapter Two: The Structure, Uses, and Properties of Zeolite.</b> | <b>13</b> |
| The Structure and Components of Zeolite.....                        | 14        |
| How Does Zeolite Work? .....  | 15        |
| Industrial Uses .....   | 16        |
| Traditional & Medical Uses .....                                    | 17        |
| Detox Properties .....  | 17        |
| <b>Chapter Three: Zeolite vs. Toxins .....</b>                      | <b>19</b> |
| Heavy Metals.....   | 19        |

|   |           |
|---|-----------|
| Environmental Toxins .....  | 21        |
| Mold.....   | 21        |
| Radioactive Materials .....                                       | 23        |
| Microbial Pathogens .....   | 23        |
| Zeolite vs Activated Charcoal and Bentonite Clay.....             | 24        |
| <b>Chapter Four: Top 10 Health Benefits of Zeolite.....</b>       | <b>26</b> |
| <b>Chapter Five: How to Choose a Good Zeolite Supplement.....</b> | <b>36</b> |
| Price Point.....  | 38        |
| Micronization and Particle Size.....                              | 38        |
| Cleanliness and Purity .....                                      | 40        |
| Storage .....   | 42        |
| <b>Zeolite FAQ.....</b>   | <b>45</b> |
| <b>Bibliography .....</b>   | <b>49</b> |
| <b>About the Author .....</b>                                     | <b>52</b> |

# Introduction



How optimal our health is, directly stems from the relationship we have with our surrounding environment. This includes the food we eat, the beverages we drink, the products we absorb, the air we breathe, and how the nature of the lifestyle we lead.

I learned this the hard way, as I was poisoned by lead paint as a child, and when I was older, mercury, from a medication I was given by my father, who was a doctor, at age 25. I quickly became extremely ill, so much so that I thought I was losing my sanity, and my physical health was the worst it had ever been. At age 26, I felt like I was 80. I was living a life that I knew was not normal for someone so young. It took me a while to connect the dots, that I had high toxic levels and even longer for me to find a safe scientifically proven solution to reduce my toxic overload.

I am so excited to share with you something that truly is *miraculous* for helping keep toxins at bay, and for removing those that are already causing havoc inside our bodies. If you want to be truly healthy, you must know what to do. The first step to healing ANY disease, is, to detox.

Unfortunately, our environment has become riddled with toxins and harmful compounds that make their way into our systems. Our blood, urine, tissue, and even breast milk contain a plethora of industrial chemicals, except only a fraction of these compounds, has been tested for safety.

The average American adult harbors over 400 toxic chemicals in their body. Yet this still is a very low estimate considering how only a few hundred chemicals have been tested, out of more than 140,000 that are present in the products advertised to us.

Even babies born in this day and age are introduced to the world with up to 300 different chemicals in their umbilical cords. Although bodies are designed for self-detoxification, the present-day toxic load is far more burdensome than what our systems can handle. The snowballing effect of toxins causes a host of health problems including leaky gut, DNA damage, inflammation, and autoimmune diseases.

The following list is but a negligible representation of some of the most commonly used toxins that are linked to all types of health issues and complications.

### **Bisphenol A (BPA)**

Bisphenol A (BPA) is a common substance used in plastics and resins, namely in water bottles, utensils, food containers, as well as

toys. BPA can leach seep into the contents of the containers (food and water) especially when these are subjected to heating. BPA seems to be the cause of a number of immune reactions involved in the development of full-blown autoimmune disease.

### **Excitotoxins**

Excitotoxins are food additives that, when present in excess, can overstimulate neurotransmitters and neuron receptors. Commonly used excitotoxins such as monosodium glutamate (MSG), soybean extract, and aspartame are found in diet sodas, sugar-free chewing gum, and countless other products, and can trigger metabolic disorders as well as autoimmune disease.

### **Heavy metals**

They are so pervasive in our environment that heavy metal toxicity is no longer a topic of debate. Heavy metals can contaminate and corrupt enzyme systems, stimulate free radical production, and inhibit the function of metallo-enzyme complexes, which interferes with the absorption of essential nutrients and minerals. As a result, the body is more susceptible to develop degenerative diseases leading to chronic pain and inflammation. These will further boost free radical production and, in turn, cause even more oxidation, a chain reaction that is bound to loop into itself.

## **Personal Care Products**

Women will use 12 different personal care products on an average day. These products contain at least 150 different ingredients in total, some of which could potentially be one of the many carcinogens common to beauty, personal care, and hygiene products.

## **Pesticides**

Pesticides are used to eliminate agricultural pests that contaminate crops and livestock. The most ones are insecticides used to kill insects, herbicides used to get rid of weeds, rodenticides to eradicate rodents, and fungicides to abate fungi, mold, and mildew. Frequent exposure to pesticides has been linked to lymphoma and cancers of the breasts, prostate, brain, testis, and ovaries. Pesticides can also cause birth defects, premature labor, and even infertility.

## **Why Detoxing is Absolutely Essential**

Even low exposure to toxins can lead to significant disruption in the brain and bodily functions. Reducing exposure combined with cleansing the body of these harmful compounds has shown to improve memory, mood, cognitive acuity, heart diseases, diabetes, and a number of conditions. An excessive amount of heavy metals can contribute to:



- Allergies
- Alzheimer's
- Anger and irritability
- Arthritis
- Asthma
- Autism
- Brain fog
- Cold or numb hands and feet
- Constipation
- Crohn's Disease
- Fatigue
- Fibromyalgia
- Gas and bloating
- Headaches
- Hypoglycemia
- Kidney disease
- Light sensitivity
- Liver disorder
- Loss of smell and taste
- Low libido and impotence
- Lupus
- Mood swings
- Multiple Sclerosis
- Muscle twitches or tremors
- Overburdened immune system
- Parkinson's

- Poor lower body circulation
- Skin problems
- Thyroid issues
- Type 2 Diabetes
- Ulcers
- Yeast infections

Heavy metals are even more detrimental during pregnancy. Prenatal exposure to lead, mercury and cadmium can increase the risk of developing ADHD and autism, These two conditions are a direct result of mercury and aluminum settling in the brain's midline cerebral canal, creating a divide between the left cerebral hemisphere and the right. High levels of mercury in the system can also induce seizure disorders, affecting millions of kids each year.

Toxic heavy metals implicated in ADHD and autism are present in most soda cans, aluminum foil, and numerous other household items, in addition to pesticides, fungicides, and herbicides, too. Fluoride is another nasty poison that can take a toll on your health and well-being. Many studies have found fluoride to be linked with lower IQ, bone cancer, immune system disorders, chronic fatigue, thyroid disease, and even low fertility. Yet popular opinion still promotes fluoride as an essential agent in the prevention of cavities, so it continues to be incorporated into the water we drink, the toothpaste and mouthwash we use, as well as certain prescription drugs. Fluoride is also present in non-stick Teflon pots and pans,

which are known to increase the fluoride contents in your food by 300%, as well as non-organic produce and wine but especially tap water.

This is why implementing a thorough detoxification regimen is essential because no matter how many times you work on eliminating a toxin from your system, another one seems to pop up and replace it. Toxins are everywhere and because of how varied our exposure is, they tend to build up in our bodies over time. Even low exposure to these toxins can significantly impair memory, disrupt gut health, tank your energy levels, and inhibit weight loss.

While avoiding toxins as best as you can is a good strategy, it's not sufficient on its own. Detoxification is crucial and this is where zeolite comes in. Zeolite is a safe and highly effective natural mineral that can rid your body of all harmful compounds. Along with its ability to eliminate toxins, it can balance your body's pH levels, improve your mood, strengthen your immune system, and even protect you from pathogens and radioactive materials.

In the following chapters, we will explore the history of zeolite, its structure, uses, and properties, in addition to its health benefits. You will also learn how to choose a good zeolite supplement and what to look for when considering different brands and options.

# *Chapter One*

## **The History of Zeolite**



**Z**eolite is one of the most powerful minerals on the market today. The healing potential this fascinating substance has is truly wonderful. With that said, there is a ton of misinformation associated with this crystal, not to mention the dizzying abundance of low-quality supplements that are saturating the market and giving zeolite a bad name. I designed this user-friendly guide to empower you with knowledge on how to effectively reap the benefits of zeolite and kickstart your healing journey. In this chapter, we delve into the history behind zeolite, some of the earliest records of zeolite usage,

as well as how it rose to prominence as the standard detoxifying tool in our modern world.

## **What is Zeolite?**

Natural zeolite is a mineral rock that forms as a result of volcanic activities generated from the interaction of hot volcanic ash and lava with mineral-rich marine water. In this regard, zeolite is a silica-based sand-like mineral with a very robust structure carrying a negative charge. This is a complex mineral; it is created through a lengthy process that often takes thousands, if not millions of years. Because of this, scientists estimate that the first zeolite minerals were produced when volcanic lava comes into contact with water over 300 million years ago.

## **Zeolite's history**

The first record of zeolite in history dates back to the ancient Mayans who used it in their aqueducts as a water filtration system. There is evidence that shows the ancient Romans also used zeolite for similar purposes but also for building bridges. Zeolite has been used in a variety of formulations in traditional Chinese medicine, Russian medicine, and Ayurveda, which is practiced by Indians from the time of ancient Vedic culture.

Then it fell into oblivion for a few centuries until it found its way back in 1756 when Swedish chemist and founder of modern

mineralogy, Axel Cronstedt, first recognized it as a new class of minerals. He coined the name zeolite from two Greek words: *zéō*, meaning “to boil” and *lithos*, meaning “stone.” The appellation is due to the release of steam when this mineral is heated. Cronstedt felt that the imagery was very reminiscent of a “boiling stone”.

This incredible discovery marked the beginning of the research into the chemical, physical, and mineralogical characteristics of zeolites. Although the scope of structural research involving zeolite was very limited at the time of its discovery, researchers managed to set a strong foundation for today’s applications of both natural and synthetic forms of this mineral. The first synthetic zeolite-levinite was synthesized in the middle of the nineteenth century, based on

Cronstedt’s research and analysis. Zeolite’s commercialization in the USA began in the second half of the twentieth century. Following some intensive research on the physical and chemical properties of zeolite, in addition to its synthesis, the industrial applications of zeolite rose in popularity.

In the 1970s, zeolite became a common mineral used in the treatment of wastewater and radioactive regions and materials. As the mineral’s astonishing filtration and absorption capabilities became more known, zeolite’s applications began to expand across numerous industries. Since the 1980s, research has shown just how versatile this mineral is, which, in turn, helped it become a tremendously valuable commodity.

## **Zeolite -A Timeline**

B.C. — Ancient Mayans and Romans: water purification and building construction.

1755 — Rediscovered by Swedish mineralogist, Axel Fredrick Cronstedt.

1905— First commercial use to soften water.

1950 — Zeolite A & X are synthesized by R.M. Milton.

1967 — The first international conference on zeolite chemistry is held in London

1979 — Three Mile Island radioactivity removal + clarifying pool water in Europe and then in the USA

1986 — Chernobyl radioactivity removal

1990 — Used in agriculture, with cattle and poultry + begins to be sold as a supplement for detoxifying the human body

2011 — Fukushima Japan radioactivity removal

## **Zeolite Production**

Since its rediscovery in the 18th century, miners are now producing approximately 3 million tons of zeolite annually. China is in a position of leadership, closely followed by South Korea, Japan, and Jordan. While there is an abundance of naturally occurring

zeolites, finding the mineral in its pure form can be challenging. This is often due to contamination with other minerals, namely quartz, but other metals as well. As a result, the industry mostly relies on the production of synthetic zeolites, which guarantees their purity and the uniformity of their structures.

When it comes to the practical applications of zeolites, the possibilities are truly endless. With that said, there are a number of proponents that this mineral is highly renowned for, particularly:

- Antioxidant activity
- Blood lipids regulation
- Cleansing and protecting the skin
- Detoxification
- Gut health support
- Preserving optimal brain and liver function
- Stopping uncontrolled bleeding

In this chapter, we discussed the historical background of zeolite, from its discovery and use in ancient times to its rediscovery in the 18<sup>th</sup> century and popularization in modern day society. In the next chapter, we take a closer look into the structure of zeolite and how it enables its detoxifying properties. We also examine some of its defining characteristics as well as its multiple uses across different industries.



## *Chapter Two*

### **The Structure, Uses, and Properties of Zeolite**



**Z** eolite refers to a group of over 240 unique structures of crystalline hydrated alkali-aluminum silicates. More than 40 of these frameworks occur in nature. Dorland’s 30th Edition Medical Dictionary defines zeolites as “any group of hydrated aluminum silicate minerals; some are used as absorbents or filters.’ The most common types of zeolite include:

- Clinoptilolite
- Mordenite
- Analcime
- Chabazite

- Natrolite
- Stilbite

Out of all these types, clinoptilolite is the most popular in detoxification protocols and the most suitable for commercial and industrial applications. Clinoptilolite accounts for 90% of the world's entire production of zeolite. While the majority of natural zeolite products available in the market are clinoptilolite, not every zeolite product has a high concentration of clinoptilolite.

So the clinoptilolite content of zeolite in a given product is what determines its quality. This is namely because the active agent in the mineral is the clinoptilolite. Unfortunately, with the rising demand and popularity of this product, many companies sacrifice tend to sacrifice quality with some products consisting of clinoptilolite content that's as low as 50 or even 40 percent, while the rest is stone or clay.

In this chapter, we delve into the structure and components of zeolite, its industrial uses, traditional and medical uses, as well a brief account of some of this miracle mineral's detoxifying properties (more on that in the fourth chapter).

### **The Structure and Components of Zeolite**

In a clash of boiling lava, volcanic ash, and cold marine water, zeolite forms a singular cage-like structure and a negative charge.

The basis of this structure consists of aluminum and silicon, but it usually also includes other elements like oxygen, zinc, and titanium. These small and compact cages allow zeolite to act almost like a molecular sieve that filters molecules based on the size of their particles. The negative surface charge is what binds minerals such as sodium, potassium, and calcium. It then puts in place large ions and heavy metals. To put it more simply, zeolite has the ability to pick up harmful compounds and replace them with good ones.

### **How Does Zeolite Work?**

Zeolite is an alkaline mineral that is characterized by its porous nature. It also happens to be one of the very few minerals that have a natural negative charge. Because the majority of toxins, like heavy metals, radiation, and pesticides have a positive charge, zeolite is drawn to these toxins like a magnet, which is what allows this mineral to suck them up into its structure. These harmful compounds are then trapped in zeolite's cage-like framework and are then safely discharged out of the body.

When ingested in liquid form, clinoptilolite detoxifies thanks to its honeycomb-shaped structure and strong negative charge that allow it to attract positively charged toxins and escort them out of the body. Clinoptilolite zeolite has a potent affinity for drawing toxins and trapping them into the cage-like framework before eliminating them.

This miraculous detox compound acts as a toxin magnet and travels through the body encapsulated in water molecule clusters. These magnets pull heavy metals, pesticides, and other positively charged toxins towards them. Their small and compact size means allows them fluid movement wherever water is transported, which enables them to go across the blood-brain barrier and detox the body on a cellular level quite easily.

Once the toxins are stuck onto these magnets, they are taken captive inside the cage-like structure which renders them inert and powerless. And so they're captured and unable to break loose. This feature is why liquid clinoptilolite does not damage the body by redistributing the toxins since they're flushed out through urine and other elimination pathways. Since micronized clinoptilolites are so tiny, the detoxification is so delicate and subtle that the kidneys don't have to filter them at all.

## **Industrial Uses**

Thanks to its unexampled physical properties, zeolite has gained massive popularity in several industries and fields. To list but a few:

- **Agriculture:** regulating moisture and providing a rich supply of minerals.
- **Chemistry:** accelerating chemical reactions.
- **Farming:** reducing bad or pungent odors and assisting in the treatment of wastewater.

- **Household:** cleaning agents, deodorizing products, and personal care and hygiene.
- **Public health and ecology:** filtering water and removing nuclear waste.

## **Traditional & Medical Uses**

In modern medicine, scientists, doctors, and researchers use zeolites for:

- Bleeding control.
- Controlling drug delivery.
- Engineering of skin and bone tissue.
- Identifying and separating biomarkers.
- Imaging methods like nuclear magnetic resonance.
- Wound treatment.

## **Detox Properties**

Zeolite has the unique ability to bind and eliminate a large range of toxins from the body, but also from water, and waste materials. The tiny cages and negative surface charges trap heavy metals, radioactive elements, metabolic products, natural and chemical poisons, microbes, and more. Zeolite acquired its reputation as a detox aide due to its one-of-a-kind surface structure that binds to a multitude of potentially dangerous toxins. Due to these powerful detox properties, zeolite can:

- Heal skin lesions and stop bleeding.

- Increase mineral and trace element levels.
- Kill bacteria and viruses.
- Overturn oxidative damage.
- Sustain a healthy microbiome.

Thanks to these fascinating properties, zeolite is the standard for detoxifying the body from heavy metals and other toxins. This mineral works its magic in the gut without ever being absorbed, which makes it completely safe for human use.

In the next chapter, we will explore one of the main properties of zeolite as a binding agent, namely how it is able to absorb and eliminate toxins from the body, from heavy metals and mold to radioactive materials and microbial pathogens. We will compare zeolite with other known detoxifiers, namely activated charcoal and bentonite clay.

# *Chapter Three*

## **Zeolite vs. Toxins**



**Z**eolite has a negative charge which makes it attract positively charged molecules. As it happens, most of the harmful and detrimental things that shouldn't find their way into our bodies are positively charged. This is why zeolite can be a highly efficient detoxification method to eliminate the toxic substances that are draining our health. In this chapter, we will examine all the different toxins and harmful substances that zeolite can bind to, trap, and then escort out of the body.

### **Heavy Metals**

The World Health Organization suggests that at least 80% of all chronic disease conditions can be attributed to environmental

pollution in one way or another. Amongst these pollutants, heavy metals are the most harmful and threatening. Their nefarious influence on our health can lead to serious degenerative diseases due to the overproduction of free radicals.

Toxins and pollutants cause a drastic spike in the production of free radicals. As a result, oxidation sets the stage for an infestation of bacteria, viruses, and other devastating microorganisms. Heavy metals are one of the most dangerous pollutants that produce oxidation, namely because they linger in tissues and organs since the body is unable to metabolize them.

Avoiding heavy metals is almost impossible due to how ubiquitous of a presence they have, from the air we breathe and the water we drink to the food we eat, the medical drugs we ingest, and the products we put on our skin. They're even in the silver-mercury fillings we put in our mouths and the shots we inject in our bodies.

Heavy metals are toxic metals like lead, mercury, arsenic, and cadmium, that accumulate in our bodies over time. These elements can put an enormous strain on our immune and nervous systems. As a result, this makes our bodies work a lot harder to maintain a healthy state of being.

With that said, overexposure to heavy metals can cause our well-being to deteriorate because our bodies have to fight vigorously to remedy symptoms like chronic fatigue, irritability, brain fog, and



a host of other conditions that can arise because of heavy metals. Zeolite targets those hidden metals and traps them in its cage-like structure for safe unloading. Once these elements are lifted, our bodies can finally start to function at their peak potential once again.

## **Environmental Toxins**

Now more than ever, we are confronted with an unprecedented amount of environmental toxins in our daily lives. These toxic stressors are everywhere, from the air we breathe to the food we eat - toxins are omnipresent. Over time, these toxins tend to accumulate in our bodies and take a toll on our health. Fatigue, brain fog, weakened immune system, and innumerable health issues and conditions are common side effects of environmental toxins build-up. But because these toxins carry a positive charge, they're rendered powerless when faced with the strong binding ability of zeolite, which guarantees their safe removal from the body.

## **Mold**

Parasites can cause mycotoxins, which are secondary metabolites of fungus. These parasites can also prevent our bodies from properly absorbing nutrients. Moreover, mycotoxins are poisonous to the body's cells because they have the potential to induce acute and chronic health issues upon entering the bloodstream and lymphatic system via inhalation, ingestion, or skin contact. They

prevent protein from synthesizing, stifle the proper function of macrophage systems (responsible for detecting and destroying bacteria and other harmful organisms), obstruct the clearance of inhaled particles from the lungs, and increase sensitivity to harmful endotoxins shed by bacteria upon cell death. Since zeolite crystals trap heavy metals and eliminate them from your body, depleting your body of heavy metals will starve those parasites, and in turn, prevent the accumulation of mycotoxins. People are gradually becoming to acknowledge mold toxicity as a serious issue and recognize it as a major agent in a number of health conditions. For instance, mold is known to cause asthma, but it can also lead to life-threatening infections, particularly in immunocompromised patients. Moreover, research has also linked toxic mold exposure to serious long-term conditions and symptoms such as memory loss, insomnia, anxiety, depression, confusion, and trouble concentrating. Even if you're not necessarily exposed to mold in your living space or at work, there is still the possibility that past exposure had led to mold spores multiplying in your body. In fact, mold spores can stay in your body for years, they can keep replicating even if there is no external mold exposure anymore. Since zeolite acts as a molecular sieve, it can prevent and eliminate mold by absorbing moisture and sucking odors. Thanks to the porous nature of the mineral, these are trapped inside the crystalline structure of the zeolite, then removed from the surrounding environment. This is why zeolite is an incredible and

powerful detoxifier of mold and is, therefore, a must-have in any process of mold detoxification.

## **Radioactive Materials**

Exposure to ionizing radiation causes radioactive materials to linger in your body. Radiation can stick around for years, especially if you don't take any measures to remove it. Every one of us has at least a small amount of radioactive materials in our bodies. Most of these materials, we have incrementally accumulated over the years from scans, mammograms, X-Rays, medical radiation procedures, as well as naturally occurring radiation and nuclear fallout. Zeolite is a fantastic mineral for removing radiation waste from your body. It can remove radioactive isotopes that include Barium, Uranium, Strontium-90, Iodine-131, Caesium-137, and Thorium.

## **Microbial Pathogens**

Natural zeolite has the power to effectively bind to many pathogenic microbes including Candida and a number of viruses. Its potent ability to absorb these compounds gives zeolite its remarkable antiviral properties. Research analysis examining the antiviral properties of micronized clinoptilolite zeolite confirms the promising potential of zeolite as an inhibiting agent in viral replication. Scientists explain that the antiviral properties appear to be non-specific, so zeolite may very well be just as efficient in

combating a large range of viruses, not just the ones studies focused on. It is also worth noting how essential accurate dosage. Based on the findings, a low dose of zeolite had a negligible antiviral effect, while a higher dose proved to be a significant inhibitive agent to viral activity.

### **Zeolite vs Activated Charcoal and Bentonite Clay**

Activated charcoal and bentonite clay are great natural binders. These are amazing substances that can be very helpful in detoxification processes. With that said, these binders are not as potent as zeolite, and so they don't have the same capabilities and potential. Charcoal and bentonite flush out toxins present in the gut or the bloodstream, but their binding ability is not as powerful as zeolite. Pure zeolite products have a strong negative charge that allows them to attract toxins through the cell membrane and trap them into the cage-like structure. This detoxification protocol is much more effective than that of bentonite or charcoal. With that said, you can still use activated charcoal and bentonite clay in conjunction with zeolite as long as zeolite is the primary agent for your systemic detox. Though keep in mind that bentonite clay isn't as selective since it tends to bind to any compound with a positive charge including minerals. Zeolite, on the other hand, attaches to molecules based on their atomic weight, which means you don't have to worry about it exhausting your body's supply of essential minerals.

In this chapter, we delved into zeolite's ability to bind to a wide array of harmful substances, namely environmental toxins, heavy metals, mold, radioactive materials, and microbial pathogens. We also examined the difference between zeolite and other detox tools such as bentonite clay and activated charcoal. In the next chapter, we will explore the top 10 health benefits of zeolite in more detail.

# *Chapter Four*

## **Top 10 Health Benefits of Zeolite**



**I**n the previous chapter, we examined how zeolite binds toxins, waste products, and other harmful elements like heavy metals, mold, and microbial pathogens. This allows for easier elimination of damaging substances that we are constantly exposed to. In this chapter, we explore some of the top health benefits of zeolite that are all backed by science just to give you an insight into how powerful this supplement truly is.

### **1. It eliminates toxins and heavy metals**

Zeolite fosters a negative charge that allows it to attract and capture toxins and other harmful substances. Following this process,

the body will then excrete zeolites, and with them, all the toxins and heavy metals.

Detoxifying is vital nowadays especially due to how ubiquitous toxins are in our day-to-day lives. You can find them in the household items you use to clean, in the products you put on your skin, in the food you eat, in the water you drink, and even in the air you breathe. They take a toll not only on your immune system but other essential functions too.

The elimination of these toxins is absolutely necessary because, without them, the body's cells won't be able to maintain their functionality, nor repair themselves when damaged. The issue with heavy metals finding their way into your body, whether they're from environmental pollutants or some other source is that they tend to accumulate in your organs and tissue.

They put tremendous strain on the liver's ability to metabolize and eliminate toxic compounds. Zeolites can help thanks to their high affinity for capturing these heavy dangerous metals and preventing them from causing any damage.

## **2. It fights carcinogens off**

Heavy metals are partly responsible for the presence of acidified tissue which provides cancerous cells with a base in which they can grow and thrive. These heavy metals drain the immune system due

to endless inflammatory responses. They also attach themselves to the oxygen in the bloodstream, leading to exhaustion and fatigue, not to mention how the low oxygen levels set a favorable environment for cancer cells to multiply.

Not to mention the detrimental tissue damage that cellular attacks perpetrated by free radicals and other toxins can cause. At high concentrations, these mutated cells can be hazardous to the body, they can even get to the DNA leading to the development of cancer and many other serious conditions. This is why it's essential for us to fight them off before they're able to infiltrate the nucleic DNA. Zeolites can be of tremendous help in this fight. They can bind to carcinogens as well as cancerous cells to ensure their elimination.

### **3. It boosts digestion**

Since zeolites bind to heavy metals and toxins in the digestive system and eliminate them, this helps them prevent the absorption of these harmful compounds through the intestinal wall. With that said, zeolites do not bind to essential nutrients and vitamins that your body needs to ensure functionality. They merely help reduce the side effects of the toxic breakdown of the things you consume that make it to your stomach and intestines.

Optimizing your health cannot happen without some level of cleansing, especially the digestive system of the body. Zeolites can assist with this cleansing process in a safe and effective manner. This



supplement can restore your digestive system to good health so your body would be better equipped to fully utilize the food you ingest.

You will also notice your energy levels to be much higher and less susceptible to premature depletion. Moreover, the silicate compounds in zeolites have proven to be very powerful in treating diarrhea. This is mainly due to the silicate compounds inhibiting your body from absorbing ammonia through the intestinal walls.

Ammonia is toxic to the cells. In fact, a high level of ammonia can cause a number of effects including diarrhea, vomiting, headaches, trouble breathing, and eye pain. Zeolites can greatly reduce the damage to the intestinal cells which, in turn, provides your digestive system with a much-needed boost.

#### **4. It alkalizes the body**

Another well-known benefit of this supplement is its ability to balance the body's pH levels. Zeolite can do this by supplying alkalizing minerals in addition to boosting kidney function. Most of the food we eat on a daily basis, namely rice, white bread, and processed products, are acidic by nature, which throws off the natural pH balance our bodies are set at.

On the other hand, most green vegetables, provided they are organic, are alkaline-promoting items, while alcohol, pesticides,

environmental toxins, and pollutants, contribute to the increase of acidity.

When you have an abundance of acidity in your body, this often manifests as headaches, mood fluctuations, chronic inflammation, fatigue, and several other symptoms. Alkalizing minerals can diminish the effects of high acidity in the body.

When zeolite is properly cleansed, minerals like calcium, potassium, and magnesium are present inside the cage-like structure. This allows zeolite to switch the beneficial minerals for the harmful toxins. But perhaps the most important contribution zeolite makes in balancing pH levels relates to kidney function.

Your kidneys are responsible for maintaining a healthy pH balance but because many heavy metals can stifle that function, they need to be eliminated to ensure peak performance. Zeolite can help with that since it rids the body of heavy metals, ultimately supporting optimal kidney health and ensuring a good balance of your body's pH.

## **5. It has strong antioxidant properties**

Free radicals are molecules that contain unpaired electrons, so they attack cell membranes in an attempt to stabilize themselves, and once inside they can latch onto the DNA. Usually, free radicals are identified and destroyed by antioxidants.

With that said, aging can cause an increase in antigens (these are substances that push your immune system to release antibodies against them). When that happens, antioxidants are swamped with the number of factors they have to regulate. This potentially causes cells to mutate, producing tumors. Zeolites can assist the antioxidant network and take part in the workload, which, in turn, helps put an end to the oxidative damage pattern.

## **6. It strengthens the immune system**

The lymphatic fluid is made of white blood cells that attack bacteria in the blood and fluid from the intestines that comprise a combination of proteins and fats. Accordingly, these two elements represent a fundamental part of the immune system's communication process, mainly identifying, inhibiting, encapsulating, and eliminating compounds like pathogens, antigens, and carcinogens.

Zeolites are also renowned for their antiviral properties. They contribute in many ways using a wide array of biological mechanisms. Taking zeolite can help detect and trap pathogens in the circulatory system in addition to eliminating harmful substances that can compromise or flood your immune system.

## **7. It neutralizes free radicals**

Oxidative stress can cause fatigue, memory loss, brain fog, headaches, susceptibility to infections, and even strokes. Free radicals can release more iron and with this increase, excess iron in the body causes a variety of adverse effects; heart problems, diabetes, liver disease, Alzheimer's disease, dementia, and Parkinson's disease.

Zeolite can also act as an antioxidant, albeit a bit differently from popular vitamins like vitamin A, vitamin C, vitamin E, and selenium, which represent the pillars of our bodies' network of antioxidants. Combined, these antioxidants can neutralize free radicals and render them harmless to our health.

## **8. It supports a healthy gut**

A leaky gut occurs when the bowel lining in your intestines becomes irritated and overly porous. This permeability allows harmful toxins to travel from your intestines right into the bloodstream. This causes a number of symptoms such as chronic diarrhea, constipating, or bloating, nutritional deficiencies, a weakened immune system, excessive fatigue, joint pain, difficulty concentrating, autoimmune issues, skin problems, depression, and inflammation.

The longer you wait before addressing your leaky gut, the worse it is susceptible to get overtime. Fortunately, taking a zeolite supplement can alleviate the symptoms of a leaky gut by targeting the root cause and expanding the integrity of the intestinal wall.

## **9. It has strong adaptogenic properties**

Adaptogenic elements are known to “hack” the body’s natural stress response. They can react to and interact with the endocrine, neurological, and immune systems in the body to counter the effects of any harmful compounds. Not only that, but our metabolic and digestive processes rely on these bioactive constituents to fulfill the role of enzymes, catalysts, and active agents. In this regard, zeolite can be used to further enhance that role and adapt to the body’s needs.

## **10. It boosts your mood**

When toxins and heavy metals like lead and mercury accumulate in your system, they can cause a negative impact on your mood. Research shows that the mercury from amalgam dental fillings, for instance, can lead to depression, anxiety, and excessive anger. We are often quick to dismiss these symptoms, thinking they’re the result of leading a busy or stressful lifestyle. This could be due to how vague the symptoms of heavy metal accumulation can be, as we easily mistake them for something else. Zeolite can

eradicate this issue by trapping and escorting heavy metals out of your body, supporting a positive mood.

### **Additional benefits**

- Affordable, so anyone can use it to take charge of their own health
- Aids in the elimination of pesticides, herbicides, and fungicides present in our environment and the food we eat.
- Alleviates autoimmune symptoms.
- Assists with blood clotting to slow or stop bleeding.
- Boosts protein levels that are known to inhibit tumor growth, prevent cancer cells from multiplying, and enhances the effectiveness of chemotherapy drugs.
- Buffers blood sugar levels.
- Contributes to preventing premature aging.
- Curbs inflammation or signs of skin irritation.
- Curbs intense cravings for processed foods and unhealthy sugar by eliminating the bacteria that feed on them.
- Discharge of plastic residue present in the body.
- Fosters powerful anti-microbial, anti-fungal, anti-viral, and anti-bacterial properties.
- Heals wounds faster when used topically.
- Helps the liver remove mycotoxins, metals, and dioxins, all major factors in cancer.
- Improves nutrient absorption.
- Provides relief to allergies and asthma symptoms.

- Pulls out radioactive materials and contamination from the body.
- Reduces brain fog and chronic fatigue.
- Reduces joint pain and discomfort.
- Regulates energy levels.
- Relieves reoccurring UTI infections linked to certain pathogens.
- Remedies oral ailments like dental plaque.
- Safe for long-term use.
- Soothes symptoms of mold poisoning.
- The most convenient body detoxification tool.

The next chapter is dedicated to helping you make an informed decision before purchasing zeolite. We will discuss the four main aspects to consider when looking for a zeolite supplement. You will learn all about how particle size, cleanliness, price, and storage all play a role in the effectiveness of zeolite.

## *Chapter Five*

### **How to Choose a Good Zeolite Supplement**



**N**ow that you are aware of the many benefits zeolite offers, you will want to know which product is best for eliminating all those harmful toxins from your body. While you might feel inclined to choose a supplement based on how cost-effective it is, the old adage “you get what you pay for” rings true in this case. The best investment you can make will also yield the most optimal results.

Superior quality zeolites have the most promising results with minimal to virtually no side effects. Although many brands rely on appealing marketing strategies and enticing tactics to get ahead of



the competition, when you take a closer look into the product range, it leaves much to be desired.

Usually, it's zeolite diluted in a sea of unstable compounds and encased in luxurious packaging to upsell non-existent benefits. Unfortunately, the zeolite industry has become littered with false claims and shady companies led by dishonest people whose only goal is to generate a profit.

This is why you have to do your own research into the brand you're buying zeolite from to gauge their credibility, get to know the reputation they have in the market and ensure the purity and cleanliness of the product you're about to invest in. You will want them to have third party testing visible on their website, showing you the results of their product being low in contaminants. There are only less than a handful of companies who have this proof.

There are two main aspects to take into account when choosing a zeolite product for detox: quality and quantity. It's vital that you choose a good quality zeolite product that also comes at the right dosage.

Consuming a poor-quality zeolite in the wrong amount can result in negative outcomes. This is mainly because subpar quality zeolite supplements tend to be contaminated with toxic elements that stifle the potency of their binding power.

In this chapter, we examine the four main things to look for in a zeolite product before making your purchase.

## **Price Point**

Back in the early 2000s, when zeolite products were first surfacing into the market, very few people understood the health benefits this wonderful mineral provides. Even fewer people knew the intricacies of zeolite and the process in which it detoxifies the body. The high negative charge allows it to attract and trap toxins at the cellular level -provided it is able to reach them. Price can be an important indicator of the quality of zeolites.

The cheapest liquid zeolite products often contain other substances, which makes them impure. The absorption capacity of ground-up powder zeolite is not the best either, with some particle sizes being as large as 40 microns. This further reduces the effectiveness of zeolite. In fact, if the particle size is bigger than 5 microns, the detox effect is substantially reduced. While I don't entirely recommend basing your purchase solely on price, it's still a helpful indicator to consider.

## **Micronization and Particle Size**

When it comes to potency, there are several factors that come into play; the first one being particle size. When zeolite is micronized, this further increases the surface area that pulls toxins

in. This is what makes the difference between liquid zeolite, which fosters smaller particles, and the powder form of zeolite, which usually has larger particles.

Although the latter can be effective when traveling through the gut, it has very limited capability in trapping toxins present in the bloodstream. The process of micronization is essential because smaller particles are able to leave the gut, move throughout the body, and in this circulation, go deeper into organ tissue and between cells for a meticulous detox.

Liquid zeolite is optimal because it is much more effective at removing toxins from everywhere in the body due to its ability to cross the blood-brain barrier. You will find that all zeolite products cannot be completely homogenized, and so they come in a variety of particle sizes.

The size determines whether zeolite is able to go through cell walls to pull toxins from the source and how many of these toxins can be trapped based on the surface area available. Look for particle sizes that are less than 5 microns with the majority averaging at 2.5 to 1 micron since these work best.

Scientific research shows that powder form, even when micronized has a very limited capability to travel from the colon and into the bloodstream. The only way this can be achieved is by

suspending zeolite in water, provided the consistency is pure zeolite and water only.

This is one of the many reasons why the technology involved in making liquid zeolite is so complex and so expensive. Zeolite micronization is a costly process that very few zeolite-based companies actually invest in.

A majority of other Zeolite supplement companies rely on milling to reduce the particle size. Milling, conducted at the mine, is where the Zeolite is crushed by machines, causing the structure of the Zeolite to be compromised.

### **Cleanliness and Purity**

The second factor that directly contributes to the effectiveness of zeolite is how clean it is and where it's stored. Even the most pristine zeolite sources are laden with contaminants. Rarely can you find a natural source of zeolite that does not come with traces of other compounds like clay, feldspar, and quartz.

While trace minerals may seem like a nice feature or addition to the product, they make for contaminated zeolite. The crystalline cavities that foster this mineral are always filled with toxins present in the surrounding environment. And like a sponge, zeolite absorbs all of these environmental chemicals and substances.

Although they're trapped inside the honeycomb structure of the zeolite and therefore cannot harm you, they take up the toxin pulling surface area of zeolite, making it a lot less effective in detoxifying your body.

Additional minerals contribute no value to zeolite; they only take up the cleaning surface area your body could otherwise benefit from as a toxin remover. So when choosing a zeolite brand or product, as mentioned, previously look for evidence of third-party testing that shows proof of cleanliness and purity.

I personally love the Pure Body products by Touchstone Essentials who were the first in the world to create a nano particle spray with a nano metre size of less than 0.8. These particles are so small that you cannot see them without an expensive high-tech microscope.

You can check out Touchstone's product information and impressive scientific evidence by going to [organicliving.thegoodinside.com](http://organicliving.thegoodinside.com)

[You might like to read their fascinating white paper here:](#)

Because of my own life changing experience after suffering from lead and mercury poisoning, I was led, by a friend, to try liquid zeolite. Two weeks after taking it, my brain fog, heavy leg feeling and debilitating fatigue, had all gone. It seemed like a miracle and made me realize that healing from poisoning IS possible.

I have since been incredibly grateful to the company, their CEO Eddie Stone, who genuinely cares about people getting healthy (his own mother was harmed by toxic breast implants and this was the catalyst for Eddie founding Touchstone Essentials as he wanted the world to know that there is a gentle and effective way to detox) and I love their ethics, quality and excellent customer service. They also source their zeolite from the USA. I am not a fan of zeolite that is mined in China, because it is one of the most toxic countries on earth.

If you would like to purchase a bottle of their nano spray, Pure Body Extra Strength for less than the normal full price please go to [www.thegoodinside.com/detoxlifestyle](http://www.thegoodinside.com/detoxlifestyle). Your first bottle will be \$13.86 approximately instead of \$79.95. They also sell another type of Pure Body, liquid drops, that is great for detoxing the gut.

## **Storage**

Zeolite must also be stored in glass instead of plastic. Plastic containers often comprise BPA or bisphenol-A. Research shows that even low doses of BPA exposure can lead to cardiovascular problems, including coronary artery heart disease, increased risk of heart attack, hypertension, and peripheral artery disease. BPA also disrupts hormones, alters the reproductive system, and affects brain development, setting the stage for breast and prostate cancer.

People with higher levels of exposure are also more susceptible to obesity and diabetes. Storing zeolite in anything other than glass can saturate the surface area with toxins from the container, rendering it ineffective when ingested.

Zeolite can be contaminated with a number of toxic elements in plastic due to its strong binding capabilities. So it is vital that the zeolite is stocked and sold in a toxin-free material like glass. The cleaner the zeolite is, the more binding capacity it has, and thus, the better it will be at detoxifying the body.

Some people will purchase zeolite without taking into account whether the product is actually meant for human consumption. This is another important thing to keep in mind when looking for zeolite supplements. The health and detox benefits of pure micronized natural zeolite are backed by hundreds of scientific studies, whereas there is little to no research on the effects of synthetic zeolite on the human body.

Just because you're getting a better price does not mean the product will be processed as effectively or perform a similar detoxification protocol to natural zeolite. There are several companies that use synthetic commercial grade zeolite without specifying it in their product description so make sure you conduct background research into the supplements you're buying.

*Zeolite: The Miracle Detoxing Mineral*

High-quality zeolite is a safe and efficient detox method to rid the body of a number of toxic elements including mold, heavy metals, environmental toxins, radioactive materials, and pathogenic microbes. So it is essential to find a zeolite product of superior quality to use at the proper dosage for optimal effects.

Remember for your discount please go to

[www.thegoodinside.com/detoxlifestyle](http://www.thegoodinside.com/detoxlifestyle). Your first bottle will be \$13.86 approximately instead of \$79.95.



# Zeolite FAQ



## **Which is better: zeolite powder or liquid zeolite?**

Composition, cleanliness, and particle size are three defining elements of zeolite's effectiveness against toxins and harmful substances. The truth is, most powdered zeolites come in larger particle sizes which renders them ineffective when it comes to systemic detoxification, not to mention the unpleasant taste. Small particles that are invisible to the naked eye can also fly off when moving the powder from the container and into the glass of water. Zeolite suspended in water is much more effective in that regard.

## **Why should I avoid zeolite supplements with vitamins and minerals?**

Most synthetic vitamins and minerals have a positive charge. And because zeolites have an affinity for positively charged molecules, it can lead to them absorbing those nutrients. Vitamins and minerals will then be trapped in the zeolite cage-like structure, which also reduces the surface area that can pull out toxins. So it makes both zeolite and the supplements you take ineffective.

## **Is Zeolite Safe?**

*Pure* clinoptilolite zeolite is definitely safe. All high-quality clinoptilolite undergoes a thorough cleaning process to remove toxic elements and eliminate contamination and is then nanosized for human consumption. It is worth mentioning that zeolite comes in hundreds of forms and variations, but I am only talking about clinoptilolite, which is the main type used in detox supplements. This natural mineral consists of a wide array of elements and is characterized by a unique structure that the body cannot metabolize or break down. Because of this, the body does not absorb any of the elements zeolite is made of. This enables it to capture positively charged toxins as they pass through your bloodstream before being excreted. So zeolite poisoning or overdosing is really out of the question as long as the zeolite you ingest is pure and specifically designed for human consumption.

## **Are there any side effects of taking Zeolite?**

There are no known side effects to zeolite. As for interaction with other drugs, take the precaution of ingesting zeolites two hours prior to taking any prescribed medication to ensure their effectiveness. Because zeolites attract water to assist with the detoxification process, make sure you drink enough -filtered- water (8 to 10 glasses a day). If you experience any signs of dehydration, like headaches or fatigue, increase your water intake.

## **Do zeolites remove good minerals in addition to the bad heavy metals?**

No, zeolites only attract heavy metals and toxins. While they do interact with synthetic vitamins and minerals, they are not drawn to those that occur naturally. Clinoptilolite is negatively charged while the majority of toxins and heavy metals are positively charged. So it acts as a magnet that attracts and then traps those toxins before eliminating them from your body.

## **How long does it stay in the body for?**

Because zeolite is not stored in the body, nor is it metabolized, it passes through the excretory system within 4 to 6 hours. Natural zeolite is completely safe for long-term, daily use and it has been granted Generally Recognized As Safe -GRAS status by the FDA. Since we are continuously exposed to heavy metals and toxins, regular use is recommended to help buffer toxic exposure.

## **How Does Zeolite Help My Immune System?**

Ensuring optimal immune system health requires the removal of immune drainers and the incorporation of immune boosters. If you cannot eliminate all the toxic elements that are compromising your immune function, then the effects of immune boosters will be very limited. Heavy metals, environmental toxins, mold, radioactive materials, and microbial pathogens are but a few in the long list of

the immune-draining compounds that many of us have accumulated over the years. Zeolite can absorb and remove many of the toxic elements we are currently harboring in our bodies, allowing our immune system to redirect its efforts towards more pressing issues.

### **How Does Zeolite Aid With Mineral Absorption?**

Zeolite has the potential to increase mineral levels in your body by removing metals that are competing with essential minerals for absorption. So although zeolite doesn't contain any bioavailable minerals it could work more effectively than mineral supplements to balance mineral levels in your body...pretty cool! Increased mineral absorption can lead to a number of positive biological changes but must be considered when taking certain medications. For example, zeolite could raise iodine levels by removing metals that are competing with iodine for absorption. If this happens while you are on synthetic thyroid hormones it is possible that you may need to lower the dose of the medication because your thyroid may start working more efficiently due to the increase in iodine absorption.

### **Will zeolite remove dental fillings or hip replacements?**

- No. The zeolite cages will only capture and trap heavy metals and toxins that are freely floating in the bloodstream—it must come in contact with the individual positively-charged particle.

# Bibliography



(PDF) Assessment of the Antiviral Properties of Zeolites Containing Metal Ions. (n.d.). Retrieved from [https://www.researchgate.net/publication/226389602\\_Assessment\\_of\\_the\\_Antiviral\\_Properties\\_of\\_Zeolites\\_Containing\\_Metal\\_Ions?fbclid=IwAR1TlZltHoDQkEMMUBHU6H55GukBC3AC1Y2bhimd\\_xPAUsj2-wCkcevo5qg](https://www.researchgate.net/publication/226389602_Assessment_of_the_Antiviral_Properties_of_Zeolites_Containing_Metal_Ions?fbclid=IwAR1TlZltHoDQkEMMUBHU6H55GukBC3AC1Y2bhimd_xPAUsj2-wCkcevo5qg)

Catalani, M. (2021, January 28). The Toxin-Autoimmune Connection. Retrieved from <https://www.amymyersmd.com/article/toxin-autoimmune-connection/>

Demirci S;Ustaoglu Z;Yilmazer GA;Sahin F;Baç N;. (n.d.). Antimicrobial properties of zeolite-X and zeolite-A ion-exchanged with silver, copper, and zinc against a broad range of microorganisms. Retrieved from [https://pubmed.ncbi.nlm.nih.gov/24242073/?fbclid=IwAR356Hw5aJXSGsnhcYJ7C6GOEi\\_jFa9qSAP4qynmRpsx00HQ-Jmwb-X4eDo](https://pubmed.ncbi.nlm.nih.gov/24242073/?fbclid=IwAR356Hw5aJXSGsnhcYJ7C6GOEi_jFa9qSAP4qynmRpsx00HQ-Jmwb-X4eDo)

Heavy Metal Poisoning. (2016, October 05). Retrieved from <https://rare diseases.org/rare-diseases/heavy-metal-poisoning/?fbclid=IwAR1II8SZJV9sCEL9r5TalD2-ZEHtVaUJM7-LN0BWE-4PYPY5F0cfuxt3y80#:~:text=The heavy metals most commonly,ingestion of lead-based paints>

Kim, S., Arora, M., Fernandez, C., Landero, J., Caruso, J., & Chen, A. (2013, October). Lead, mercury, and cadmium exposure and attention deficit hyperactivity disorder in children. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3847899/>

Lee, M., Chou, M., Chou, W., Huang, C., Kuo, H., Lee, S., & Wang, L. (2018, June 10). Heavy Metals' Effect on Susceptibility to Attention-Deficit/Hyperactivity Disorder: Implication of Lead, Cadmium, and Antimony. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6025252/>

Marković, M., Daković, A., Rottinghaus, G. E., Kragović, M., Petković, A., Krajišnik, D., . . . Gennaro, B. D. (2016, December 23). Adsorption of the mycotoxin zearalenone by clinoptilolite and phillipsite zeolites treated with cetylpyridinium surfactant. Retrieved from [https://www.sciencedirect.com/science/article/abs/pii/S0927776516308700?fbclid=IwAR2okTO7uBX53X9eXL7oQpR4IZE\\_OdMWL9zyv3vevILZ6qGyNhGKggqR2TZg](https://www.sciencedirect.com/science/article/abs/pii/S0927776516308700?fbclid=IwAR2okTO7uBX53X9eXL7oQpR4IZE_OdMWL9zyv3vevILZ6qGyNhGKggqR2TZg)

Mastinu A;Kumar A;Maccarinelli G;Bonini SA;Premoli M;Aria F;Gianoncelli A;Memo M;. (n.d.). Zeolite Clinoptilolite: Therapeutic Virtues of an Ancient Mineral. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/30999685/>

Minerals and trace elements. (n.d.). Retrieved from [https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/minerals-and-trace-elements.html?showall=1&limitstart&fbclid=IwAR1MglGxyNOV5tew\\_R\\_ShJGIzn2ZQNaf1QwZAEDegqSEAdWqi5RJnuVbmVY](https://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/minerals-and-trace-elements.html?showall=1&limitstart&fbclid=IwAR1MglGxyNOV5tew_R_ShJGIzn2ZQNaf1QwZAEDegqSEAdWqi5RJnuVbmVY)

MP;, Y. J. (n.d.). Chemical and physiological effects of *Candida albicans* toxin on tissues. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/8020249/>

Pure Body Extra: Nano Zeolite (Clinoptilolite) Detox Spray. (n.d.). Retrieved from <https://thegoodinside.com/shop/product/pure-body-extra-strength>

Silver, L., & Silver, L. (2021, March 01). Are Everyday Toxins Causing ADHD? Retrieved from <https://www.additudemag.com/toxins-causing-adhd/>

What Are The 90 Essential Nutrients. (n.d.). Retrieved from [https://venngage.net/p/56633/what-are-the-90-essential-nutrients?fbclid=IwAR2TL4p-xb5\\_cVRyMHxqVcxYpYebcFpx5lCI8P8\\_w4HxyrH1y-0c98Bvi7Q](https://venngage.net/p/56633/what-are-the-90-essential-nutrients?fbclid=IwAR2TL4p-xb5_cVRyMHxqVcxYpYebcFpx5lCI8P8_w4HxyrH1y-0c98Bvi7Q)

## About the Author



Anna Victoria Rodgers is a bestselling author, producer and advocate of holistic living and conscious parenting. Her book '[Toxic World Toxic People – The Essential Guide to Health, Happiness, Parenting and Conscious Living](#)' became a bestseller in the Kindle Top Ten list, and has been featured in OK! Magazine, Body Fit Magazine, The Sun Newspaper, Natural Health Magazine, Network Review and Yoga Magazine. It has also been adapted into a ten-part detox and wellness TV series by the award-winning streaming channel, Ickonic Media Group.

Anna has since authored further books on how to improve your life through healthy and conscious living, including '*Change Your Mindset, Change Your Life: Simple and Effective Solutions to Enrich Your Life, Be Your Own Happiness Guru - Say goodbye to bad habits and hello to the new you, 'Simply the Best - Over 100 Food Recipes by 22 of the Worlds Most Talented Raw Chefs, and 'The Complete Crystal Guide for Beginners: How To Use Crystals To Heal, For Reiki, Meditation and Beauty.'* Anna has also recently published a



shorter updated version of *Toxic World Toxic People* which is called ‘*The Detox Lifestyle – Your Guide To Cleaner Living: Cleanse, Heal, Be Happy and Thrive*’. She has also written a detox course to inspire people to help heal others.

Anna has written for Collective Evolution, a fearless alternative news media site, and her article ‘[Breast Implants: The Ticking Time Bomb In Millions of Women’s Bodies](#)’ went viral after receiving over one million views. This article inspired Anna to start a Facebook group for women who have been made ill by their implants.

Anna has also appeared in the online series, ‘*Mind The Matrix,*’ as well as appeared on popular YouTube shows and international radio stations, including The Robert Scott Bell Radio Show. Anna recorded a ten part video series about her book *Toxic World Toxic People* with Ickonic media.

In 2020 Anna became the executive film producer of the documentary, ‘*Breathe,*’ a true story of hope and inspiration about one mother’s determination to defy her son’s dismal cerebral palsy prognosis and how she went on to not only teach Doran how to walk, talk, create incredible art, but also to run marathons. Linda’s method which involves diaphragm exercises has now helped thousands of children and adults in the United Kingdom and around the world.

Anna remains constantly committed to helping others take charge of their health and blowing the lid off the industries that profit from our ill-health.

Anna was originally born in Australia, however, she currently resides in Central America with her husband and daughter. After battling depression and chronic illness for twenty years, Anna embarked on a journey of intense research during which she discovered the many dangers of the toxins we expose ourselves to daily. Anna changed not only her diet incorporated the use of the miracle mineral Zeolite, she also changed her lifestyle and mindset. This enabled Anna to heal where she has since lived a life free of disease, and depression.

In the last few years, Anna has also helped open a school for orphans in Uganda and supports the Divine Hearts Africa charity which has helped over 60 children to have a better life, 3 meals a day and receive a wonderful education.

To find out more about Anna and how to live a conscious, abundant and healthy life, follow her on her website [annarodgers.health](http://annarodgers.health) where she shares updates on her work as well as the latest in health and wellness. To purchase her books, including the bestseller '[Toxic World Toxic People – The Essential Guide to Health, Happiness, Parenting and Conscious Living](#),' simply visit [her store](#) on Amazon. If you liked this book please consider leaving a review on amazon.