

DIATOMACEOUS EARTH

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for Pets & Home — Part 3

A Positive Life
Changes Guide
to Natural Living



“It is perfectly safe for your dog and cats, as long as you keep it out of their eyes and they don’t inhale it.”

DIATOMACEOUS EARTH FOR PETS

Many pet owners incorporate food grade diatomaceous earth into their home routines because it’s gentle, mineral based, and easy to

Dogs 50–100 lbs:

1 tablespoon daily

Dogs over 100 lbs:

2 tablespoons daily

COMMONLY USED AMOUNTS FOR CATS

Kittens: ½ teaspoon daily

Small cats (2–6 lbs):

½ teaspoon daily

Adult cats (7–13 lbs):

1 teaspoon daily

Large cats: 1½ teaspoons daily

Over the course of our diatomaceous earth (DE) series, we’ve explored how this remarkable mineral supports a cleaner, more natural lifestyle from every angle—nurturing the body, protecting the garden, refreshing the home, and even supporting pet-care routines. Each article has highlighted a different facet of DE’s versatility, from its role in personal wellness to its ability to condition soil, deter garden pests, polish fixtures, absorb odors, and maintain a healthier environment for animals we love.

In this final installment, we bring all of those threads together with a focused look at two areas where DE continues to shine: **Pet care and everyday household use.** Whether you’re freshening your living space, tackling tough stains, or exploring natural options for your pets, DE offers a simple, low-toxicity solution that aligns beautifully with the natural-living philosophy.

use. While DE is commonly used for environmental flea control and odor management, some pet owners also choose to mix small amounts into their pets’ food as part of their personal wellness practices.

Because every animal is unique, any internal use should be discussed with a veterinarian. The following charts reflect commonly referenced household amounts shared by DE users and are provided strictly for educational purposes.

“Every pet is different—always check with your veterinarian before adding anything new to their diet.”

COMMONLY USED AMOUNTS FOR DOGS

Puppies (on solid food):

½ teaspoon daily

Small dogs: ½ teaspoon daily

Dogs under 50 lbs:

1 teaspoon daily



HOW PET OWNERS COMMONLY MIX DE INTO FOOD

Pet owners who choose to use DE internally often rely on one of these simple methods:

- Mixing the daily amount into wet food
- Shaking the total amount needed for a full bag of dry food directly into the bag, then mixing well
- Stirring DE into a small amount of water and pouring it over dry food

(Not medical instructions)

DIATOMACEOUS EARTH USES AROUND THE HOUSE

Diatomaceous earth isn't just a pet care staple—it's a powerhouse for everyday home care. Its natural abrasiveness, absorbency, and odor neutralizing properties make it a go to for cleaning, polishing, deodorizing, and even filtration.

“DE is one of the most underrated natural cleaning tools—gentle, effective, and incredibly versatile.”

WATER FILTRATION

DE is widely used in commercial and household filtration systems because its microscopic particles trap extremely fine debris. It's commonly found in filters for:

- Water purification
- Beer and wine production
- Fish tanks
- Swimming pools

Its ability to capture particles that would clog paper filters makes it a valuable component in many filtration products.



ABRASIVE CLEANSER & NATURAL POLISH

Diatomaceous earth is a gentle abrasive—strong enough to scrub, but mild enough to

protect surfaces. Homeowners often use it to:

- Remove burned on food from pots and pans
- Add extra cleaning power to a toilet brush
- Polish sinks, showers, and metal fixtures

Mixed with vinegar or lemon juice, DE becomes a natural polishing paste that leaves faucets and stainless steel shining.

ABSORBENT FOR SPILLS

DE excels at soaking up both oil based and water-based spills. It's commonly used to:

- Absorb cooking oil on countertops
- Clean up motor oil in garages
- Freshen homemade kitty litter
- Dry out damp areas before cleaning

Its high absorbency makes it a practical alternative to commercial spill cleanup products.

ODOR CONTROL

Diatomaceous earth naturally neutralizes odors, making it a favorite for:

- Garbage cans
- Gym shoes
- Refrigerators
- Litter boxes
- Musty corners or closets



Sprinkle a small amount, let it sit, and vacuum or wipe away.

STAIN REMOVAL FOR CLOTHING

Because DE absorbs oils, it can help lift greasy stains from fabrics. Simply:

- 1) Work a small amount into the stain.
- 2) Allow it to sit and absorb the oil.
- 3) Wash as usual.

This method is especially helpful for cooking splatters or automotive stains.



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CARPET STAIN REMOVAL & DEODORIZING

DE is a natural carpet refresher. **To remove stains:**

- 1) Rub DE into the affected area.
- 2) Let it sit for several hours.
- 3) Vacuum thoroughly.

For deodorizing:

- Dust the carpet lightly
- Brush it in
- Leave for 24 hours
- Vacuum

Pet odors, mustiness, general household smells—even fleas—disappear quickly.

POLISHING FIXTURES & PROTECTING SILVER

DE mixed with vinegar or lemon juice creates a gentle polishing paste for:

- Faucets
- Showerheads
- Stainless steel
- Sinks

To protect silver from tarnishing, dust items lightly with DE, wrap in cotton or muslin, and store in a sealed container.

THERMAL BARRIER & INSULATION

DE's thermal properties make it useful in certain DIY projects. It's used

commercially in cryogenic insulation and vacuum sealed thermal spaces. Homeowners sometimes incorporate it into small scale insulation projects where a natural filler is desired.

FINAL WRAP UP: THE MANY GIFTS OF DIATOMACEOUS EARTH

Diatomaceous earth is one of those rare natural tools that quietly supports nearly every corner of daily life. From the body to the garden, from the home to the pets we love, DE offers a simple, mineral-based approach to cleaner living. Many people appreciate how food grade DE fits into their personal wellness routines, while others rely on it to freshen carpets, polish fixtures, absorb spills, or neutralize odors. Gardeners value its ability to support healthy soil and discourage unwanted pests without disrupting the ecosystem. Pet owners turn to DE for environmental flea control, odor management, and—with veterinary guidance—as part of their pet care practices.

In every setting, DE brings the same dependable qualities:

purity, versatility, and a gentle effectiveness rooted in nature rather than chemicals. It's a reminder that sometimes the most powerful solutions are also the simplest—a single mineral powder that can help maintain a cleaner home, support a more natural lifestyle, and contribute to the well-being of the spaces and beings we care for most.

“From pets to polishing, from spills to silver—diatomaceous earth proves that simple solutions are often the most powerful.”

At **Positive Life Changes**, we're committed to offering natural tools that empower you to live with intention and confidence. Our high-quality, food-grade diatomaceous earth is available directly through our website: PositiveLifeChange.info—and as a thank-you for being part of this journey, you will receive a **10% discount (use code DE10)** on your purchase. Here's to embracing the everyday magic of DE and continuing to create a healthier, more harmonious life—one small choice at a time. ■

Good Health to You!
—Crystal

POSITIVE LIFE CHANGES!

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IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: Bowenwork, Pregnancy Massage and Sports Massage. *Quiet home studio.*

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