In recent years, the topic of Diatomaceous Earth (DE) has increased in mainstream consciousness. This unique compound is derived from fossilized phytoplankton, and its uses range from killing parasites in chickens to promoting healthier teeth and bones. If you're curious regarding the use of this ancient fossil for modern healing and health, then continue on to discover the 5 incredibly useful and innovative uses for this ancient compound.

Update: You could now say there are 6 uses for diatomaceous earth as our new post: 5 home remedies for fleas details how to use DE to combat fleas around the home
5 Incredible Uses for Diatomaceous Earth

#1 | Natural and Effective Toothpaste

Due to the unique composition of DE, it's among one of the greatest all-natural products to strengthen, whiten and protect your teeth. While it does feature slight abrasive qualities, its gentle enough to safely scrape away plaque and food particles from between teeth without damaging its enamel. Simply sprinkle a little DE over your favorite toothpaste and experience a natural way to brighten your smile.

#2 | All Natural Deodorant

The list of negative studies regarding the use of commercially-produced deodorants as it blocks your body's natural ability to sweat and release toxins. Because of this, many are turning to all-natural alternatives; however, those with sensitive skin may develop rashes or irritation after using such products. DE is an excellent alternative as it inhibits the formation of bacteria that causes body odor without hindering with your sweat glands.

#3 | Exfoliating Facial Scrub

Because DE features a slight abrasive nature, it makes the perfect natural alternative to an exfoliating facial scrub. Due to its mineral concentration, such as calcium, zinc, copper and selenium, your skin is treated on the cellular level while dirt and debris is thoroughly lifted away. To utilize this remedy, mix one tablespoon of diatomaceous earth with aloe vera juice or coconut oil until a thick paste is created. Simply rub this solution on your face for one to two minutes and rinse clean with warm water.

#4 | Nourishing Shampoo

DE features a high silica concentration, which makes it an excellent product to nourish and treat your hair. To utilize this remedy, simply add 1 to 2 tablespoons of DE powder with a quarter-size amount of shampoo and thoroughly scrub. The unique composition of DE treats your hair by removing dirt and debris while injecting a large amount of nourishing minerals directly into hair follicles.

#5 | Eliminate Bed Bugs

Should you be suffering from a bed bug infestation, the use of DE is just as powerful - if not more - than the leasing chemical pesticide. Did you know many bed bugs have mutated to become immune to the active compounds in popular pesticide products, which renders them useless against an infestation. DE is a powerful option as it is capable of penetrating through the shell of bed bugs and literally drying them out. Simply sprinkle DE powder along your mattress and
anywhere else bed bugs may rest to effective eradicate these pests from your home.

Amazon has a great range of Diatomaceous Earth, here is the one we use.

#6 | Bonuses

For even more incredible uses for Diatomaceous Earth, check out our other posts: Spiders, Roaches, Ants & More: Get Them Out Of Your Home With A 100% Natural/Safe Product and 5 Home Remedies For Fleas & A Flea Trap That Really Work!