

What Happens When You Take Zeolite Powder?

Zeolite captures and removes a wide range of heavy metal ions so when you take zeolite powder internally, it travels through the gastrointestinal tract collecting and binding these heavy metal ions and other toxins on the way.

At the same time zeolite can also bind bacteria onto its surface while bacterial spores, viruses and some microbial toxins are bound within its structure. The bound toxic matter will be eliminated in the faeces with the zeolite powder.

As it passes through the gastrointestinal tract, zeolite exchanges cations. According to Dr David Tomlinson BA BSc (Hons 1) PhD CChem MRACI MAIAST MAIFST, the Scientific Advisor at CMZ*:

“CMZ is a sodium zeolite. In the gastrointestinal tract CMZ binds to positively charged molecules including some toxins, and exchanges a sodium ion for each molecule bound. If the zeolite has been in the stomach at acid pH of 1 for any period of time the sodium ion would have already exchanged with an Hydrogen ion. After it has passed through into the alkaline part of the small intestine, the zeolite most likely would have reverted to the sodium form or may be binding an ammonium ion say, after digesting a meal.”

From this it can be seen that heavy metals do not pass into the body from zeolite, as some people suggest, as Australian zeolite exchanges a sodium ion, not a heavy metal ion, for each molecule bound. I don't know which ions are exchanged by American, Asian and European zeolites but they wouldn't be heavy metal ions because that's not the way zeolite works.

I've often wondered how zeolite can remove heavy metals which have already accumulated in the body if it only travels through the gastrointestinal tract. The answer to this question puzzled me for a long time. I've read many times online that finely micronised zeolite powder and liquid zeolite can both cross the blood brain barrier but I have also read the opposite, that this is impossible.

After asking very knowledgeable people like my brother who is a retired GP and my sister-in-law who is a retired biochemist, I found out that *zeolite definitely cannot cross the blood brain barrier and doesn't travel through the blood.*

One of the people I asked, David Stevens, who worked with zeolite in the air filtration industry for many years and who is now doing a post graduate course in Medical Physics at the Australian National University in Canberra, described the process to me in a way I could understand. David says:

“Most transportation in the body is the result of diffusion, where materials pass through membranes in the direction from higher concentration to lower concentration. Large particles can't travel through cell walls, however atoms and molecules can. Heavy metals will pass from higher concentration to lower concentration (for example from bone into blood) until the concentration reaches an equilibrium (same concentration in the blood as in the bone).

The same thing happens between the blood and the gastrointestinal tract. A high concentration of heavy metals in the blood will pass through the blood vessel walls into the gastrointestinal tract as long as the concentration is lower in the gastrointestinal tract. Now, if the zeolite in the gastrointestinal tract adsorbs the heavy metals (which it does), the heavy metals are removed from the tract, leaving a low concentration there (in fact zero concentration), so more heavy metals pass into the gastrointestinal tract from the blood, thus removing them from the blood stream, so then the heavy metals pass from the bone (higher concentration) into the blood-stream (lower concentration).

That's how the zeolite works, the zeolite itself does not pass into the bloodstream, nor into any cells. Even the finest of the zeolite powder would contain hundreds if not thousands of atoms in a crystal lattice, whereas the biological molecules that pass through capillary walls and cell walls are made up of either single atoms or molecules of up to 10 or so atoms only.”

Zeolite has proven to be safe to take over a long period of time. My husband and I and many of our friends, family and business associates have been taking Australian zeolite for up to 15 years. I had occasional breaks from taking it in the early years but have been taking it every day for the last few years and I have excellent health, same with my husband.

There are cautions, though, like keeping well hydrated because zeolite can be very dehydrating. Make sure you are well hydrated before starting on a zeolite regime and stay hydrated every day. Eat a high fibre diet. Take lecithin if you are over detoxing. Talk to your health practitioner before taking zeolite if you have a life threatening illness or have any concerns about zeolite but please make sure that your health practitioner is well informed on the subject and not supplying liquid zeolite.

Taken from Living with Australian Zeolite by Brenda White

CMZ* The natural zeolite clinoptilolite supplied to the health and beauty industry by Zeo Natural and Nikita Naturals.

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