

Zeolite Book

written by:

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About The Author

Shelley Penney is a registered nurse by profession. She started her nursing career working in an active treatment psychiatric facility (back when there still was such a thing). She then transferred to a small military community, and worked in the last military/civilian mixed hospital in Canada. Her nursing career took her from medical-surgical nursing, to the emergency room, and over to the administrative side where she also did hospital supervision. The bulk of her career was spent in an active critical care unit. After many years of tending heart attack, and trauma victims, her final 2 years in the hospital were spent as Resource Nurse in a new, very busy Day Surgery Post Anesthetic Recovery Unit.

By the time Shelley was in her early thirties she was ready for a change. Raising 2 small children, and working shift work in an emotionally and physically demanding job was pushing her towards the brink of burn out. She started a home business, and now works from home sharing wellness tips, articles and products with the world.

Contact Shelley when you are ready to make a change in your personal health.

Ebooks by Shelley

[Cancer Can Be Beaten](#)
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What is Zeolite?

Zeolite minerals form when molten lava meets sea water and cools rapidly, forming crystallized 'rock' that resembles tiny little honeycombs. They have a negative charge of (minus) 2 and therefore attract particles with a positive charge, kind of like a magnet. There are many different KINDS of zeolite. This is important to remember as you read about zeolite on the internet, or in literature.

Zeolites actually attract odors & gases and trap them in its crystalline structure. Zeolites also attract positively charged ions, because the zeolite maintains a negative two (-2) charge. This means that, like a magnet, when zeolite meets something it is attracted to it pulls it close.

Clinoptilolite, which is the kind of zeolite used in nutritional supplements, has GRAS status from the FDA as a food additive. (Generally Regarded As Safe) [Here](#) is the page on the FDA site that talks about the GRAS status of zeolite when used as a food additive.

There are many many different types of zeolite. Zeolite has over 50 different natural species, and over 100 synthetic kinds. We only use one type of zeolite in our supplements, as of the writing of this ebook.

Liquid Zeolite

You will see the terms "liquid zeolite" and "zeolite powder" when you do zeolite research on the internet. There is a lot of misinformation regarding both. The zeolite is **not** actually turned into a liquid to make liquid zeolite. There isn't any way to "liquefy" this solid zeolite crystal. The particles are micronized (made very small) and suspended (caused to float) in a liquid, thus the name "Liquid and Zeolite" might be more appropriate.

Take powdered zeolite, mix it in water and you have 'liquid zeolite'.

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Of course, there are ways to provide a better product, and we will get into that a little later on, but for now, ignore anything you might have heard otherwise.

In the zeolite supplement arena, there has been a lot of misinformation put out. If you read the information to get to the source, you will find that most of it was put out by distributors of particular brands in an attempt to sell their product. Unfortunately this causes confusion. Hopefully you will have a more clear understanding that you can pass along to consumers.

Zeolite Processing

Important Points About Cleaning Zeolite

As mentioned earlier, zeolite cages have already absorbed a lot of toxins before being mined. However, it is important to know that the studies done using zeolite were done using the mined zeolite, using no particular process to empty the zeolite cages. Zeolite was found to be quite effective despite this.

The gentleman that owns the original zeolite powder company (Micah Portney) actually pioneered zeolite supplementation in North America. He has been developing zeolite supplementation products for consumers since the 1990's, and is one of the only manufacturers in the WORLD that uses a mine specifically for human consumption. Micah is considered an expert on zeolite, and was overseeing the manufacture of zeolite products LONG before any others came on the scene.

The zeolite is cleaned using a cation exchange process in which heavy metals and toxins in the cage are exchanged for health neutral ions such as calcium and magnesium.

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What Does Zeolite Do?

Zeolite has been called “Nature's Detoxifier”. It absorbs toxins like a sponge. It attracts the opposite charged molecules (like a weak magnet) and then pulls the toxins deep in to it's honeycomb-like cage. When you ingest the zeolite particles, they grab the poisons in your body that shouldn't be there, and exit the body through the urine and stool.

The zeolite, along with all of the positively charged (+) heavy metals, toxins, and harmful chemicals that have bonded with the zeolite, are flushed out through the urine within 6-8 hours.

In the medical community, the removal of heavy metals from the body is called “chelation”. Zeolite does not remove things like potassium and magnesium and calcium, like chelation medications do. The zeolite has a stronger attraction to things like mercury, lead, cadmium, and other types of heavy metal particles.

Any time a zeolite particle has a calcium or potassium ion, and it meets one of the toxins it has a stronger attraction to, it will drop the ion it has a weaker attraction to, to pick up the other one. There is no need to supplement with potassium or calcium just because you are taking zeolite.

What do Heavy Metals Do In Your Body?

Let's talk for a moment just about heavy metals. You would be shocked if you realized how many times just in one day you are exposed to them. So what are the consequences of heavy metal toxicity?

Psychiatric Disturbances:

Social Deficits, Social withdrawal

Mercury

Repetitive stereotyped behaviors; OCD-typical behaviors

Mercury

Depression, mood swings, flat affect; impaired facial

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recognition

Arsenic, Copper, Lead, Mercury

Schizoid tendencies; hallucinations; delirium

Mercury

Irritability, aggressive behaviors, temper tantrums

Lead, Mercury

Suicidal Behaviors

Copper, Mercury

Sleep difficulties/ disturbances

Lead, Mercury, Thallium

Chronic fatigue (CFS); weakness, malaise

Aluminum, Arsenic, Cadmium, Copper, Lead, Mercury, Thallium

Anorexia; symptoms reflecting eating disorders, loss of appetite/weight

Arsenic, Lead, Mercury

Anxiety; nervous tendencies

Thallium

Attentional problems (ADHD), lacks eye contact, impaired visual fixation

Lead, Mercury

Speech and Language Deficits:

Speech disorders

Aluminum, Mercury

Loss of speech, developmental problems with language

Mercury

Speech comprehension deficits

Mercury

Dysarthria; articulation problems; slurred speech, unintelligible speech

Mercury

Cognitive Impairments:

Mental retardation, borderline intelligence

Arsenic, Lead, Mercury

Uneven performance on IQ scores, low IQ scores

Copper, Lead

Poor concentration, attention deficits (ADHD), response inhibition

Aluminum, Lead

Poor memory (short term, verbal, and auditory)

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Aluminum, Lead

Difficulties understanding abstract ideas; difficulty carrying out complex commands

X Metals

Dementia; pre-senile and senile dementia

Aluminum

Stupor

Aluminum, Arsenic

Impaired reaction time; lower performance on timed tests

Lead

Sensory Abnormalities:

Abnormal Sensations in the mouth and extremities

Arsenic

Hearing loss, difficulty hearing

Arsenic, Lead, Mercury

Abnormal touch sensations; diminished touch sensations, aversion to touch

Arsenic

Blurred vision; sensitivity to light

Arsenic, Mercury

Motor Disorders:

Choreiform movements, myoclonal jerks, unusual postures

Copper, Mercury

Difficulty walking, swallowing, talking

Copper, Mercury

Flapping, circling, rocking, toe walking

Mercury

Problems with intentional movements or imitation

Mercury

Abnormal gait/posture; loss of balance; problems sitting, lying, crawling, and walking

Mercury

Decreased locomotor activity

Aluminum, Arsenic

Convulsions; seizure

Aluminum, Arsenic, Copper, Lead, Mercury, Thallium

Physiological Impairment

Brain and Central Nervous System:

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Neurofibrillary tangles

Aluminum

Neuritis, retrobulbar neuritis; neuropathy

Aluminum, Arsenic, Thallium

Encephalopathy

Aluminum, Arsenic, Lead, Thallium

Cerebrovascular disease

X Metals

Alterations in nerve conduction velocity

Lead

Alterations in the spinal chord

Thallium

Accumulates in CNS structures

Aluminum, Mercury

Abnormal EEGs

Arsenic, Lead

Autonomic disturbances

Copper, Lead, Mercury, Thallium

Peripheral Nervous System:

Peripheral neuropathy

Arsenic, Mercury

Alterations in peripheral nerves

Arsenic

**Loss of feeling/ numbness in the extremities;
paresthesia**

Arsenic, Mercury, Thallium

Gastrointestinal Tract:

Nausea, vomiting, diarrhea; loss of appetite

Arsenic, Copper, Mercury, Thallium

**Abdominal pain, stomach cramps; burning of the throat
and mouth**

Arsenic, Copper, Lead, Mercury, Thallium

Esophagitis; gastroenteritis; colitis

Arsenic, Mercury, Thallium

Cancers (colon, pancreatic, stomach, or rectal)

Arsenic

Renal and Hepatic Impairment:

Hepatotoxicity; Liver dysfunction, damage

Arsenic, Copper, Thallium

Cirrhosis of the liver; hepatitis

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Copper

Kidney disease ; kidney failure

Arsenic, Lead, Mercury

Renal toxicity; tubular proteinosis

Arsenic, Copper, Lead

Kidney Damage, histological alterations

Arsenic, Lead

Cardiovascular System:

Blood vessel damage

Arsenic

Anemia; decreased red blood cell count

Arsenic, Copper, Lead

Hypertension; increased heart rate (tachycardia)

Arsenic, Copper, Lead, Thallium

Electrocardiac disorders, Peripheral vascular disease; cardiovascular disease; vascular collapse

Arsenic, Lead

Respiratory System:

Pulmonary Fibrosis

Aluminum, Arsenic

Pneumonia, laryngitis, pharyngitis, bronchitis

Aluminum, Arsenic, Mercury

Restrictive airway disorders, asthmatic conditions, pneumoconiosis

Arsenic, Aluminum

Respiratory tract cancers

Arsenic

Nasal ulcers, perforation of the nasal septum

X Metals

Immune System

Increased incidences of asthma, autoimmune-like symptoms, allergies & inhibition of lymphocytes, T-cells, monocytes

X metals

Immunosuppression

Lead

Decreased white blood cell count

Arsenic, Thallium

Reproductive System:

Genital abnormalities

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Aluminum, Thallium

Disturbances in menstrual cycle; menstrual pains

Copper, Mercury

Birth defects; premature births; Spontaneous abortion

Arsenic, Lead, Mercury

Reproductive dysfunction

Arsenic, Aluminum, Cadmium, Lead

Other Physical Disturbances:

Hypotonia or hypertonia; decreased muscular strength

X Metals

Rashes, contact dermatitis, eczema, itchy/irritating skin

Aluminum, Arsenic, Copper, Mercury

Muscle pain; headache; acrodynia; colic

Arsenic, Copper, Lead, Thallium

Alopecia (hair loss)

Thallium

PHEW! Are you still with me???

Every day there is another news story about toxins in our environment and our exposure to them. Toys are recalled because of lead, baby bottles are recalled because they leach toxins into the milk, people who live healthy lives have been tested with an incredible number of toxins in their bloodstream. One study showed that many people still have levels of DDT in their blood, a substance that was banned many years ago.

Another study of new born babies showed nearly 300 different chemicals in the umbilical cord blood! The umbilical cord is a baby's lifeline, bringing nourishment from the mother and removing waste. The amniotic fluid bathes the growing embryo, and the umbilical cord brings the embryo oxygen, nutrients—and a startling array of toxic industrial chemicals, according to a recent study, "Body Burden: The Pollution in Newborns."

In a first-of-its-kind study, researchers from two major laboratories looked for the presence of toxic chemicals in umbilical cord blood of 10 newborn babies born in U.S.

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hospitals in August and September 2004. A collaboration of the Environmental Working Group and Commonweal brought about the study.

Of the more than 400 chemicals tested for, 287 were detected in umbilical cord blood. Of these, 180 cause cancer in humans or animals, 217 are toxic to the brain or nervous system, and 208 cause birth defects or abnormal development in animals. Scientists refer to the presence of such toxins in the newborn as “body burden.” According to the studies' authors, the scope of testing was limited because chemical companies are not required to divulge methods for detecting the presence of their chemicals in the human body. “Had we tested for a broader array of chemicals,” they wrote, “we would almost certainly have detected far more than 287.”

Top Five Zeolite Benefits:

According to Zeolite Supplement Manufacturers

- 1) **Safe and non-toxic:** Clinoptilolite zeolite is a natural mineral that is non-toxic. It has been used in Eastern medicine for hundreds of years.
- 2) **You could feel better:** Many illnesses are thought to be caused or aggravated by toxins. It is theorized that by ingesting zeolite, the effects of these metals and toxins could be lessened. Testimonials seem to support this.
- 3) **Removes heavy metals:** Zeolite has the perfect molecular structure for capturing and removing heavy metals. It has been used in industrial applications, and there have been several studies that show that it encourages excretion of metals from the body. Many people report feeling increased energy, clarity and vitality after removing heavy metal build-up.
- 4) **Helps buffer body pH levels to a healthy slightly alkaline state:** Many people believe that disease does not

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thrive in an alkaline environment. Zeolite could help buffer pH to a slightly alkaline state.

5) **Zeolite is very easy to take:** Most detox products are difficult to take... many must be injected into the blood or administered other awkward ways, such as in an enema. Zeolite is simply mixed with water or put into capsules, it has no taste or odor, and it can be taken on an empty stomach or with food.

Who needs to take zeolite?

Everyone is exposed to heavy metal toxins on a daily basis in the air they breathe, the food they eat and the water they drink. In order to remove these toxins and maintain a clean and healthy body, everyone could take zeolite on a daily basis.

Zeolite is a dietary supplement and is not regulated by governing agencies such as the United States' FDA. Therefore it has not undergone the same kind of clinical studies that prescription drugs are required to undergo. It is recommended for persons 18 years of age or older. People under the age of 18, pregnant women and children should consult their physicians prior to use if they are unsure. Everyone should always approach supplementation with dietary products cautiously.

What Does Zeolite Cure?

Zeolite does not cure anything, nor is intended to treat anything. It is said to simply remove toxins and metals. Theoretically, when you remove metals and chemicals from the body you allow an environment in the body such that the immune system may take over and do what it was meant to do.

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Zeolite and Cancer

If you search for zeolite and cancer on the internet, you are going to find a number of different websites with a number of different claims. “Zeolite cures cancer”, many of them say. Please allow me to be clear... zeolite does not cure anything. Zeolite appears to remove heavy metals and toxins.

Zeolite is not intended to treat cancer. It is said to remove heavy metals and toxins from the body. Often when the toxic body burden is relieved the body can recover. Some websites claim that the zeolite appears to activate a gene which kills cancer cells. This is not a claim that should be repeated.

The statement comes from [this study](#) that found that there was some anti-tumor effect that MAY be the result of expression of certain genes.

Here is the conclusion of this report:

Abstract: Natural silicate materials, including zeolite clinoptilolite, have been shown to exhibit diverse biological activities and have been used successfully as a vaccine adjuvant and for the treatment of diarrhea. We report a novel use of finely ground clinoptilolite as a potential adjuvant in anticancer therapy. Clinoptilolite treatment of mice and dogs suffering from a variety of tumor types led to improvement in the overall health status, prolongation of life-span, and decrease in tumors size. Local application of clinoptilolite to skin cancers of dogs effectively reduced tumor formation and growth. In addition, toxicology studies on mice and rats demonstrated that the treatment does not have negative effects. In vitro tissue culture studies showed that finely ground clinoptilolite inhibits protein kinase B (c-Akt), induces expression of p21WAF1/CIP1 and p27KIP1 tumor suppressor proteins, and blocks cell growth in several cancer cell lines.

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These data indicate that clinoptilolite treatment might affect cancer growth by attenuating survival signals and inducing tumor suppressor genes in treated cells.

“In vitro culture studies” means that this particular finding was in the lab, not in animals and humans. It is important to understand that even if this were found to be true with many other studies, we would not be able to state that zeolite cures cancer. These kinds of medical claims are forbidden by the FDA, and most regulatory bodies around the globe, and making them could get the company in trouble.

Having said that, there have been many people who claim to have improved their health status. We believe that when you remove the toxic body burden, it could be possible to also relieve the potential causes of many illnesses and provide relief for the immune system, and other body systems, so they can begin to perform optimally.

Ultimately this is a decision you must make yourself, but **we do not EVER recommend doing something that is against the advice of your physician.** In fact, we do not make any recommendation at all. If you are sick, please consult with a doctor.

Zeolite and Other Uses

As already mentioned, I believe that anybody could benefit by taking zeolite to remove the toxins we carry in our bodies, but of course there are always going to be people who NOTICE the most benefit.

People call me all the time and ask... “I have ****insert illness name****. Do you think zeolite will help me?” My answer is always the same. It doesn't matter what you are dealing with from a health perspective. Zeolite removes heavy metals and toxins, and that could help anyone.

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Can it help you? It is amazing what happens when you remove the toxic sludge that is circulating in your body. Once the burden on the immune system is relieved, the body often has an environment in which it can reduce enjoy reduced susceptibility to disease and/or heal. Your body is MEANT to heal itself, and if it isn't bogged down then it often WILL heal itself. To be clear though, I have no idea whether your body can get better. There are many other things that are important too... the quality of food you eat, the exercise you get, and so many other factors. You need to do everything you can do to give your body the right environment for healing.

From a human perspective, aside from taking zeolite as a nutritional supplement, zeolite powders have been used in skin care products as an exfoliant, and they have been used to help promote healing of wounds, and to stop bleeding of wounds.

It has also been added to foods as an anti-caking agent, and it is often found in those little sachets in your supplements bottles, because zeolite also absorbs water.

Zeolite for pets.

Even your beloved animals can have toxin related illnesses, and zeolite has been used quite safely and with wonderful results for the animals that grace our lives. You can easily mix zeolite powder with wet food if you choose to use a zeolite supplement, and your cherished pet won't even know it is in there.

Side Effects and Contra-indications:

The only side effect that I am aware of when taking zeolite is dehydration, which is easily remedied by drinking lots of pure water, and other fluids.

Zeolite does not interact with any medications except those derived from metals (that we know of). If someone is taking Lithium (often prescribed for manic depressive illness) then

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the zeolite can potentially remove the lithium from the body, as it is a metal. If you are taking chemotherapy agents such as carboplatin, cisplatin, or any other platinum based medicine, then you may wish to not take the zeolite on the day before, day of, and day after your chemotherapy treatment.

Zeolite only circulates in the body for a maximum of 7 or so hours, so keep that in mind when deciding when to take or not take your supplement.

Other than those 2 specific situations, zeolite appears safe, and has no reported side effects that we know of. As a mineral, it has been in use for hundreds of years, and has been on the market in the U.S with millions of jars sold, for 15 years+.

Again, I must reiterate, I am not a doctor, and I am not able to give you medical advice. If you are unsure about any supplement, including zeolite, please ask a physician who is familiar with your case.

Which Zeolite Brand is the Best?

I know there are a lot of choices, and more zeolite products are entering the market every day. That is because the original zeolite product (powder), developed by the same gentleman who founded Regal Supplements, has shown itself to be very safe, and there are many testimonials of its efficacy circulating. The zeolite powder has been sold for 15 years.

There are a lot of good products on the market. In these economic times, people often need to make a decision on price, as much as they make a decision on delivery forms.

Zeolites, in their rawest form are created equal, but not all zeolites are equal when they are delivered in the final product. In their natural form, zeolites do what nature intended – they soak up toxins from the environment around

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them. This means that raw mined zeolite is already full of toxins. Now all of the studies done on zeolite were done using the raw form, so these zeolites seem to be still effective. They will not release toxins into the body because they hold so tightly to the ions that they have a strong attraction to. It makes sense, though, that if the cages are less full, they will be able to pick up more toxins when you take them.

In order to clean the zeolite cages a “cation exchange” takes place where the heavy metals and toxins already in the cages are swapped out for ions such as sodium.

It is not as difficult as some of the liquid zeolite companies would have you believe. Consider the sheer numbers of zeolite products on the market today. If there was a magical cleaning process, then there would be a lot of people getting sick consuming these other products.

At one time, I only recommended a certain type of liquid (the liquid product turned out to not be what I thought), but here is what I have come to realize...there are a lot of good products on the market. In these economic times, people often need to make a decision on price, as much as they make a decision on delivery forms.

Liquids are convenient. If you are someone who prefers a liquid product, I like the Zetox product sold at www.BuyZetox.com. Zetox has more zeolite in it per dose than any other liquid zeolite product currently on the market.

If you prefer powder, anyone can save a lot of money by purchasing the powdered form and mix it in water or juice at home, or buying it in capsule form.

The zeolite powder I prefer can be found at www.buy-zeolite.com

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Why I No Longer Recommend The MLM Brand of Liquid Zeolite

People need a good product that works, and they need to be able to afford to buy it every month as well. Many of the zeolite companies out there charge \$50 or more for their product, and you usually need multiple bottles for one month supply. The zeolite powder that I recommend is priced for the average consumer, who wants to stay healthy, but has limited funds to spare.

The zeolite liquid by the mlm company claims that activation means that their product is cleaned. As long as you are getting a good product that IS NOT commercial grade zeolite, that it is cleaned and micronized, then you are getting a good product.

In the spring of 2011 I had a test done on the liquid zeolite. What it showed shocked me enough that I stopped selling it! If you want to know more about the MLM liquid zeolite visit "<http://www.theliquidzeolitebook.com/zeolite-information/liquid-zeolite-why-i-no-longer-promote-it-by-shelley-penney/>"

Conclusion

Despite the fact that many companies claim to have the best product, I haven't found any evidence that proves that liquids are any better, safer, or cleaner. I have found that all of the studies done using zeolite were done using the powdered zeolite. I've discovered that the zeolite powder that I favor is developed by the gentleman who pioneered zeolite supplementation, bringing this product to market in the 1990's!

I have been using zeolite and sharing it with others for many years now. I believe it is a valuable natural supplement that can be added to most any health regime.

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If you live in Canada please don't call or email about zeolite. I can not respond. Zeolite products are not approved for sale in Canada at the moment, and Health Canada states I am not permitted to tell Canadians about product brands or how to get them. This company is in the process of getting the products registered in Canada, and when they do, I will be able to share what I know.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

If you found this ebook on the internet, and did not subscribe, please take a moment to register for my **newsletter**. I try to find interesting articles and research on natural health and healing that may interest you. You can fill out the form at www.ShelleyPenney.com

FREE ZEOLITE GIVEAWAY

Once a month I give away a bottle of zeolite powder capsules absolutely FREE! To be considered you need to do 2 things.

1. Visit www.theliquidzeolitebook.com/zeolite-ebook-reviews/ Leave a comment there about the information you received.
2. Log in with your Facebook account and "like" the zeolite powder facebook page. You can do that RIGHT at the above link, OR you can take an extra step and go to facebook <http://www.facebook.com/pages/Zeolite-Powder/263793823663125>

That's it! There will be one recipient each month of a bottle of zeolite capsules. The person will be selected from the facebook page on the FIRST day of each month. Don't wait though, do it right away!

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Are you looking for a supplemental income?

There are people just like you that are looking for these products and don't know where to get them. There are many thousands more who need to hear about these products, but no one has told them yet. **We need help** spreading the word about Zeolite.

How often does it happen that people are looking for something they feel they HAVE to have for themselves or a loved one, and have to go to the internet just to find it? You have the opportunity now to help those people get what they want, making a difference in their lives, impacting their health, and at the same time earn a 'from home' income that could pay an extra bill OR retire you from that corporate job.

As an affiliate, you don't have any quotas or inventory, and you get to work at your own pace around your other activities. In fact most people are only working 5 to 15 hours or so a week. With the economy on a down slide the way it has been, many people are looking for a way to bring in some extra income, or indeed are looking for a new career. There are more people looking for these products, all over the world, than I can help on my own.

If you wish to know more, I recommend you visit www.buy-zeolite.com and click on the 'zeolite affiliates' link picture in the left menu.

Wishing you peace, health and prosperity,
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506-357-0099

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