

DE for toddlers

Start with 1/8th of a teaspoon a day and stay there for two weeks and increase by as much every two weeks. Keep in mind the maintenance dose is a tablespoon per hundred pounds body weight and in order to address what you want and reach your goals you have to go to a therapeutic dose which is twice the maintenance dose. Make sure that they are well hydrated and remember that they have more and better hydration than the rest of us because of their collagen and silica stores. So they won't need as much water as the rest of us. High collagen levels keeps you highly hydrated. High silica stores means you don't have the same die off, herxing or detox effects in toddlers as you do with older children or adults.