

## Wetiko

Dirt not only don't hurt - it helps. The earth is life. I grew up as did every kid I know playing outside. In the dirt, in the sandbox, climbing trees, getting scraped knees all the time. I still play in the dirt - I garden and rarely use gloves. I clean out chicken coops full of poo, and pig pens. If I drop a pork chop on the kitchen floor, I don't throw it away. That is silly. A little dog hair and dirt? So what.

I know people who are down right anal about being clean, vacuuming daily, white gloves all around. I could never live like that. All that energy wasted and for what? To have the perfectly clean environment. Seems a bit much to me. Filth and squalor is one thing, but a little dirt and a homey relaxed lifestyle? Yep. Life is good here, dirt and all.

Posted On 07/31/2017

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## Acroyali

2 or 3 years ago we had a new dog that was tentative and shy. He was unwilling to play or use the yard as a restroom. I took him to the sand to see if it would put a bounce in his step (some dogs go ape when they feel that sand under their feet) and he wouldn't walk through it, so I stooped down and started weeding some dandelions that were growing in it. Within a few moments his interest was piqued, and I was seen by a friend digging side by side with a dog in the sand. We still laugh about it. The sand probably harbors pee, poop, germs, bacteria, and is probably used as a litterbox by free roaming cats. That's been a few years ago and I'm still waiting to die a painful death from all that scary stuff getting under my fingernails. If you want to make someone who insists on sterile living pass out, make sure they see you cracking an egg in the skillet that is still warm from the chicken and has a bit of poop on it. Oh, I'm so mean...

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## doubly.blessed

Reading today's article instantly reminded me of Pig Pen of Peanuts fame. Below is copied from Wikipedia. Though "Pig-Pen" is proud of his uncleanliness, Charlie Brown is the only other Peanuts character to unconditionally accept "Pig-Pen" for who he is, even defending "Pig-Pen's" uncleanliness in one strip (which was re-used in A Charlie Brown Christmas): Don't think of it as dust. Just think of it as the dirt and dust of far-off lands blowing over here and settling on "Pig-Pen!" It staggers the imagination! He may be carrying the soil that was trod upon by Solomon or Nebuchadnezzar or Genghis Khan! Shalom from California

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## tre55745

It would have been good, if from the outset of this article you re-framed "DIRT" which is associated with dirty, and started referring to it as soil. Phrases such as "most of the good bacteria found in plain old dirt are very hardy," do soil a great injustice by perpetuating a synonym that isn't. One of the problems with city life is that all too often our soil is sterile - no organic horizon, soil profiles obliterated, macro- and micro-pores compacted to the point where the soil starts to resemble concrete instead of the vital living organism it needs to be. If we would begin there - demanding that soils that are used in public city plantings, have the structure, porosity and organic content that supports the microbial community, commonly known as the Soil Food Web, we would all be healthier by living in such an environment. Everything begins with the soil.

Posted On 07/31/2017

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## Jennycat24

I completely agree with this - soil is soil and is good for you and for plants. Dirt is something to be removed. We should start a campaign, and refer to 'dirt' only once at the beginning of any article/discussion with a phrase like 'dirt, or as it is better named, soil,...'.

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## **iamblessediam**

Well...everyone eats some form of "dirt" when consuming fresh whole foods like fruits/veggies - it's called fulvic minerals - the best of which comes from SOIL! If a person can eat straight from their garden and DON'T wash the "item(s)" before eating RAW, they preserve the associated "unique" bacteria [probiotics] each item contains. Be well! LBP!

Posted On 07/31/2017

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## **Almond**

I actually went to a beauty salon about a month ago. The beautician marveled at how lovely my (wild woman) hair is, with no split ends. (I quit fighting with my thick naturally-curlies and let them do whatever they want. I could not have a hairdo if I wanted one, so I no longer fight nature--I just let it grow. It was tough when straight hair was the fashion. I joked with the beautician and said, "It must be the mud packs." Almost every other day, I have been doing major garden work and come in at night covered with dust and dirt. However, it is probably like applying a mineral pack to my hair and skin. I scrub up well, though. ; - )

Posted On 07/31/2017

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## **Acroyali**

After two days of work (one outside, one inside) my own hair is dirty to the touch but doesn't look it. It's gotten much thicker since I decided to stop fussing with it so much and it's gotten long. If you're anything like me, deep down you don't really care what the current fashion is ;) The regular side of me is happy that I no longer care to spend too much time messing around with my hair and pitching a fit if it's just "just so", and the frugal side of me is loving the fact I no longer spend bunches of money on texturizers, mousses, conditioners, spritzes, sprays, and all that other stuff. I've also got more time to play with my dogs!

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## **Krofter**

I had quite good health until doctors prescribed back to back (four weeks) courses of flagyl, a broad spectrum antibiotic for what they thought was giardia - although numerous stool tests never turned up any giardia. My health plummeted and I've spent the last 30 years trying to get it back. I've found that exposing myself to all the 'dubious sources of contamination' that exist on my farm has been one of the best things for my immune system. George Carlin said it best - [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/31/2017

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## **iamblessediam**

George Carlin -- You Are ALL Diseased - me thinks one of his best shows! Be well my friend! LBP!

Posted On 07/31/2017

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## **onebiglake**

AGAIN , SHEER 'GOLDEN' WISDOM ; IF I MAY ADD; DR. BRUCE LIPTON'S FAVORITE SAYING , " WE ARE RESPONSIBLE FOR EVERYTHING IN OUR LIVES; ONCE WE LEARN WE ARE RESPONSIBLE FOR EVERYTHING IN OUR LIVES! BE WELL ; BE HAPPY : ED

Posted On 07/31/2017

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## **veritasoreventus**

Greetings onebiglake - Love the posting of the quote from Dr Bruce Lipton....excellent food for thought. By the way, don't know if you're aware of it but printing comments in all capital letters is construed by most Dr. Mercola readers as SHOUTING. It's ok though, cause some of us don't hear so well...LOL

P.S. In the Dr. Mercola comment format the reply sent to drbrhm is probably best sent to the Doctor by clicking on the reply directly below the Dr's comment and posting it in the box that pops open. Great posts.....Hope you can keep 'em coming.

Posted On 07/31/2017

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## **davidle**

Dirt is what you swipe out of your house. Soil is what you have in your garden or yard. When I was in elementary school all of our playgrounds were dirt. We were dirty from playing all the time. Didn't hurt us one bit. Some people even eat dirt and say it helps their system build up their good bacteria. Whatever floats your boat.

Posted On 07/31/2017

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## **grulla**

Erde, nicht schmutz, :-). "Some people even eat dirt and say it helps their system build up their good bacteria. Whatever floats your boat." You are referring to geophagia:

[www.berkeleywellness.com/healthy-eating/nutrition/article/geophagia-wh..](http://www.berkeleywellness.com/healthy-eating/nutrition/article/geophagia-wh..)

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## vampireslayer

Are those the clay eaters? Red dirt is my favorite

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## stoneharbor

But as to grulla's article on geophagia: that article didn't mention at all the benefits of the bacteria in the dirt. What an omission! Especially since here we are talking precisely about the bacteria. So that article is to be taken with a grain of sand. But it's still a valuable addition to the discussion here.

Posted On 08/01/2017

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## seg

Dirt don't hurt, that's kool right gang.. now get down on it [www.youtube.com/watch](http://www.youtube.com/watch) ... Kroft wadda you say, thumbs up huh ...

Posted On 07/31/2017

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## veritasoreventus

Yeah seg - Dirt don't hurt. Remember when moms usedta hang out shirts in the dirty breeze?

[www.youtube.com/watch?v=\\_\\_Ro3eGuznl&list=PLNbZpcQsSI30vGEBLyTBWwtX..](http://www.youtube.com/watch?v=__Ro3eGuznl&list=PLNbZpcQsSI30vGEBLyTBWwtX..)

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## **iamblessediam**

This was me as a young lad - kinda still resemble it - I'm still around to give you a hard time stoic-co-co-co-cho: [[www.youtube.com/watch](http://www.youtube.com/watch)]. Ain't none of deem "thought-prions" in mud - only in the "mud" of someone else's imagination - it's called vicarious living. Really NEET you helped out your neighbor with the "hydro" issue: [[www.youtube.com/watch](http://www.youtube.com/watch)]. Be well! LBP!

Posted On 07/31/2017

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## **seg**

I was going to respond to all ya'll individually, but two issues, 1) short on time and 2) ya'll a bunch a good but dirty fellas.Ciao...LOL...[www.youtube.com/watch](http://www.youtube.com/watch)

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## **iamblessediam**

Well stoic-co-co-co-cho...no generalizations comprehensive in my reading capabilities...with that "typed" out of the way, two things...your former flame's "situation" is rather unique - not unheard of - but unique. Me wonder wonders what your former flames immunity development picture was like in the early years...and the second thingy...does your sense of humor exit the opposite side of the bed you roll out on - I mean: [[www.google.com/search?q=sense+of+humor+images&site=webhp&tbm=i...](http://www.google.com/search?q=sense+of+humor+images&site=webhp&tbm=i...)]. About the donut holes notion: [[www.google.com/search?q=donut+hole+humor+images&site=webhp&tbm...](http://www.google.com/search?q=donut+hole+humor+images&site=webhp&tbm...)]. Be well! LBP!

Posted On 07/31/2017

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## **iamblessediam**

Yo seg...your link don't work in the USA...you know...them bugging copyright "colour of law" buggerboooooos and all that! Be well my friend! LBP!

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## **Krofter**

seg - Pretty kool but it's hard to beat the original - [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/31/2017

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## **veritasoreventus**

BTW seg - Just the mention of Kool and the Gang brings back fond memories to me of this classic that was shared by 15 million plus viewers:

[www.youtube.com/watch](http://www.youtube.com/watch)

Love that tune....just dripping and overflowing with nostalgia.....

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## **onebiglake**

FOR drbrhm ; THERE ARE A LOT OF CAVIAT'S HERE ; IN 1942 WE ALL ATE 'ORGANIC' BE CAREFUL TODAY IT IS NOT THE SAME WORLD.....BUG WISE.....LEARN.....

Posted On 07/31/2017

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## juststeve

I know a couple of bird's who are class A germ-a-phobes, so bad that one of them has actually sat at the dinner table with a spray bottle of disinfectant and used it while eating dinner. One of their favorite gripes is kids who run around, summer and winter in tee shirts, snotty noses and "filthy" yet never have to go to the doctor. Well, proof in the dirty pudding pies the little ones played in, eh?

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## veritasoreventus

Hey stevie - Nice photo you got there. Sorta reminds me of someone else, but I can't put my dirty finger on who that might be. lol

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## iamblessediam

Maybe it's your long lost "twiner" - you know - doppelganger: [[stephenking.wikia.com/.../Twiner](http://stephenking.wikia.com/.../Twiner)]. Either way...yah both be well! LBP!

Posted On 07/31/2017

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## Acroyali

For even the most finicky and fastidious of housekeepers, do the white glove test on any surface (especially floors) of your house. Dirt is everywhere. Trying to maintain a sterile environment is not only unhealthy but will drive you bat-crap insane. I enjoy a clean house and don't mind cleaning, but the idea of the home being sterile is laughable as if such a thing could even be accomplished. This goes double for anyone who has children or pets.

My great grandparents had a plaque that read "my house is clean enough to be healthy and dirty enough to be happy." I'm re-reading an old favorite book that talks a lot about the main characters as kids and how they played outside, got dirty, walked into the creek and got muddy doing so, etc. One of the kids has a mother who is so paranoid of sickness, germs, and other things of the sort that her kid is chronically ill and is kept overly sheltered. His asthma flares up a lot. When he's out with his friends, getting dirty and working along side them to build things in the woods, his asthma doesn't bother him one bit. Mind over matter? :)

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## ChrisColes

Another missed opportunity is the so called dirty pacifier. When I was a child, (born UK 1944), I sucked my thumb and still have the very feint marks to prove it. NEVER, has that childhood experience in any way inconvenienced me. We need a new campaign; dump the pacifier and let the child suck their thumb.

Posted On 07/31/2017

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**kpk0765**

SBOs aren't all the same and should be treated differently depending on one's condition. I haven't seen Mercola discuss any of the risks/potential side effects/concerns for any of these species. I would greatly appreciate if someone could point me to an article where he discusses this. Otherwise, he should do so in an upcoming article. John Brisson has wrote a number of articles about the concerns of SBOs. It's not clear to me which are safe which is why I've been steering clear from all but small amount of subtilis. I know subtilis is used to make various asian foods like Natto but there's a lot of foods that are seemingly beneficial for healthier people but more harmful for those with leaky gut. If only more health professionals thoroughly explained the CONS and not just the pros...

Posted On 07/25/2021

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**stoneharbor**

A great article, and a great discussion. i'm enjoying it immensely!

So yes, I agree with others here that eating some dirt is a positive encouragement of diversity in our gut microbiome. Eating excess of any particular species is the only mistake.

How do you get excess? Well, not from eating just a little more dirt, say licking a dirty finger instead of just some dust on a carrot.

Excess is a boat load. Like when food that has become a veritable culture of, say salmonella, or ptomaine producing germs, due to incubation over a number of hours. Like food left on the stove or counter after being cooked and then cooled over 4-5 hours time. That dose of bacteria is obviously not going to be good for us. It's not the particular species of microbe, it's the overwhelming numbers that upset the balance maintained in our gut by a few dominant species of commensal bacteria. A few hundred salmonella bacteria don't do this. They are probably on our skin or in our mouth or in our gut all the time already.

It's only the huge quantities that threaten the maintained balance in our gut that are a threat. Don't eat from your freshly enriched compost pile. Eat from your garden soil that has been a survival medium for your plants for the last few months. There you also have a maintained balance that is never too rich in any one organism. Return a bit of this kind of health to the health of your gut and you'll have an agreeable mix.

Posted On 08/01/2017

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## Wile\_E\_Coyote

When I was a kid, I would wade waist-deep in a swamp to try and catch frogs, turtles, salamanders, and just about any other living thing I could get my hands on. Other than the usual childhood malaise of the time (early 70's) such as mumps, chicken pox, and German measles, I rarely got sick. It seems that, starting in the 80's, there was--and still is--an obsession with cleanliness and bacteria amongst american parents. Just watch the plethora of TV commercials for cleaning products and antibacterial products nowadays. Kids are not allowed to play outside, and as soon as a newborn baby boy crawls out of the womb, he is sexually mutilated (oops, I mean circumcised), purportedly to keep his little "pee-pee" clean. Methinks the trauma associated with that assault is far greater than any supposed cleanliness benefit.

Posted On 08/01/2017

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## Almond

This has long been known. During epidemics in England, children of the wealthy city dwellers sent their children to live in the countryside. We used to spend more time opening windows and airing rooms out during a weekly cleaning, even in winter. Our parents used to tell us to "go outside"--they knew we would get dirty. Only in recent history have people had the luxury of sitting indoors for most of their lives. That's "good clean country dirt", not the kind of "city dirt" that makes you sick. At least it used to be that way.

Posted On 07/31/2017

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## Acroyali

NOTHING wakes me up more in the winter than opening those windows for 10-15 minutes and letting that icy breeze fly through the house. It sounds insane (and maybe it is) but it seems to keep the winter blues down, keep the house from smelling like "winter funk", and I've found over the past few years of doing this that, along with a weekly clean up like you mention, the need for that dreaded week-long "spring cleaning" drops. I've said it many times that walking into a home that's shut up like a fortress and heated artificially to 70+ degrees in the winter makes me want to leap out of my skin and go somewhere cool. Cozy is cozy.

A friend from Canada once said she keeps her house at about 55 degrees and heat one room in the house with a fireplace during the winter; she then said "you probably think I'm nuts." I do not. Her dogs seemed to go out of their way to avoid the heated room for the most part (and her dogs didn't suffer from dry skin, dry coats, or any of that "winter dryness"). When our bedroom is at 55 degrees, even in the winter, I am happy slappy and sleep very well. This time of year when I forget to bump the AC up, the room is 78-80 degrees and I know I'm in for tossing and turning :/

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## veritasoreventus

Another GREAT article with a lot of salient points. There's a lot to be said for the benefits of working (or playing) in the dirt or soil (whichever you prefer to call it). But before we go running off willy nilly, with a head in the sand (or soil) care free attitude, our education on the topic should also maybe include a couple of caveats. People, I ask you....Do we still live in the Garden of Eden? Here's an interesting article I recently ran across that I believe might be worth considering in this discussion: "Why is it that animals can eat rotten meat and drink filthy water, but people can't?"

[www.reddit.com/r/askscience/comments/19ztos/why\\_is\\_it\\_that\\_animals\\_can..](http://www.reddit.com/r/askscience/comments/19ztos/why_is_it_that_animals_can..)

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## Guillermou

Animal instinct is looking for better solutions than man to positively regulate his immune system. The healing properties of mud are known even by animals, who use it to apply it to their wounds. Injured animals know how to look for lakes of water or mud impregnated with mineral salts, guided by the smell. That smell that we perceive after it rains and that smells so good to us is that of actinomycetes, soil microbes, great producers of antibiotics. Wherever there are healing waters, animals make use of them. Various therapeutic muds called peloids are known, but clay with advantage is the most popular.

Where peloids are used the most in Spain is in La Manga del Mar Menor. The collection of medical data on the cures that occur there would hold many surprises. An entire second generation of antibiotics has been obtained from mud. The protagonists of this action are bacteria, which to protect themselves from water currents secrete a mucus similar to that which forms on cloths. In clay, this mucus improves its viscosity, elasticity and manageability, but also its therapeutic possibilities. The Chinese potters knew this and said that a clay, to have properties, had to be matured in water: time must be given for bacteria to proliferate and biofilms to secrete.

Clay bacteria feed on iron, silica, sulfur and other inorganic materials, which they convert to organic when processing gelatin. Thus, the clay in contact with water comes to life and begins a maturation process that in hours or days prepares it to be used. Marie-France Muller, author of "How Clay Heals," believes that clay could play a protective role in an organism weakened by ionizing radiation. For naturopath Michel Abehsera, all clay particles retain a considerable amount of energy from the powerful earth's magnetic field.

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## Guillermou

The reasons for the biological activity of clays respond to numerous mechanisms: adsorption, oxidation-reduction, hydration, catalysis, ionic exchanges and electron release phenomena. Lynda Williams, a clay chemist at Arizona State University, has been researching the antibacterial properties of clay for more than a decade. Williams explains that people have studied how clay heals wounds for a long time; clay is antibacterial, she said. Williams. [eos.org/articles/healing-power-of-clay-not-as-off-the-wall-as-you-might](https://eos.org/articles/healing-power-of-clay-not-as-off-the-wall-as-you-might). --- [www.theclaycure.co.uk/.../13-healing-properties-of-clay](http://www.theclaycure.co.uk/.../13-healing-properties-of-clay) --- Clay widely used in art therapy practice, working with clay has been shown to improve emotional regulation and release tension, among other benefits.

A 2018 study showed that after six sessions of clay work, people with disabilities scored higher on happiness assessments than their peers who did not participate in the sessions. Along the same lines, PTSD UK, a British organization dedicated to raising awareness about post-traumatic stress disorder, found that making pottery helps heal people with post-traumatic stress disorder.

Danielle Rossi, a painter and art director at North Philly's Cristo Rey High School, has folded studio ceramics classes into her curriculum for eight years. "Working with both hands puts you in the present moment, and that's healing," Rossi says. "Many of our students deal with hard things, but making pots provides a moment free of worry. "I can't change their lives, but clay can give them that respite." [gridphilly.com/blog-home/2023/12/01/ceramics-studio-brings-the-healing..](https://gridphilly.com/blog-home/2023/12/01/ceramics-studio-brings-the-healing..) (2023).--

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Spot on Gui. If able to witness animal behavior, natural instinct will have them search out mud sources to pack their wound. They don't trot into town looking for Rockefeller Solutions. This not to say we should pack a wound with mud. We have become so disconnected from such things long ago. Also, while growing up and to this day, much has been made about the country people being dirty, unclean, especially here in the States. Made the butt of jokes as being big, overgrown muscle-bound, muscle headed. When the truth is, while not book smart they are often geniuses about their area for growing food. (This also has been disrupted by Chemical and heavy mechanical Farming.) A larger case could be made we are weak with a inferior, undeveloped immune system.

Have seen so many extreme Germaphobes complaining about the Unwashed who don't use soap, unclean and how can they be so healthy, never seem to get sick, all while slathering one antibiotic potion after another on themselves. Good old soap and water, keep up the laundry goes a long way. At the same time expanded Microbe Health from Biodynamic Regenerative Organic methods for plants and livestock ramp up Soil Health, they also strengthen and improve our health as individuals for all the reasons touched on in the article and this in turn has the potential to create Healthy Societies.

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Nowadays, our soil also contains particles of vehicle exhaust, jet engine exhaust, chemical lawn treatments, farm pesticide residues, particles from annual over burning of our forests in forest fires and deforestation to get more farmland to feed the world, and off gassing and washing off by rain of plastics and other chemicals used to build roads and buildings. Since the original creation of the earth, our soils have lost certain minerals like magnesium from constant flushing out of our soils by rain and snow. The air is also kept highly polluted from chemical dumping by burning off, that if it were dumped on land or water, would destroy and pollute our land and water.

What is disposed into the air settles as dust on land and water all over the earth. We make many, many man-made chemicals that don't occur naturally, and those chemicals add to the toxic load of our air, soil, and water. Soil based organisms are being killed by all of this pollution and farm soil is becoming more and more toxic. There is a limit of how much toxins our oceans can absorb as the earth is 70% covered with water averaging over 2 miles deep. Soil based organisms of a few thousand years ago is much different than what exists today as weaker SBO are dying off and some that we require in our guts may already be extinct from all of the pollution and also from natural corruption as occurs due to the second law of thermodynamics.

Evolution to overcome this is an unproven or false idea, the first and second laws of thermodynamics are proven over and over every day and all valid science is based on these two laws. We can slow down the speed of the corruption, but we can't stop or reverse it. I think reality is that we are speeding up the rate of corruption as we keep boosting our economy with borrowed and printing of new money.

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