



Calcium Bentonite Clay and What it Means to You.

By the Foundation for Natural Health Concerns

We have prepared this user friendly booklet for two reasons. First, to better inform you about a unique Calcium Bentonite Clay and in doing so to make the distinction between different clays now on the market. No products are sold by our foundation but we can provide information on where to find this clay.

As you read you will learn more about specifically about 100% naturally pure Calcium Bentonite and what makes this clay unique and why it is considered the most sought after clay in the world today. This source for the clay comes from a mine producing 100% pure Calcium Bentonite Clay, straight from the earth. Again, more about the importance of the purity as you read and learn...

If this is your first exposure to our Clay products and Cosmeceuticals, we welcome you. If you are a Clay connoisseur we hope you enjoy what we have to say.

Have a clay day today

While there are lots of companies selling products containing clay, it's important you know that ALL CLAYS ARE NOT CREATED EQUAL! It is important to make sure you use 100% pure pharmaceutical grade Calcium Bentonite Clay. To date there is only one known source for 100% naturally pure, and some sources for 97% pure clay. For this book of information we have chosen to focus on the clay with the highest quality available.

Don't be fooled by clays claiming to be 100% natural or organic. There is a vast difference between something that is natural or organic, and something that is pure. The spectrum of "natural" products is huge, and "organic" simply means a living thing. If you think about it, you'll realize that a rotting compost heap would easily fall into either category, as would many other "natural" and "organic" items that we would never consider putting into or onto our bodies. Use clay that is 100% PURE Calcium Bentonite Clay. Do yourself a big favor, and take the time to read product labels. Some other clays claim to be 100% pure Calcium Bentonite (after purification or cleaning), while in fact, many of these products are adulterated, lack product consistency and are therefore labeled "not suggested for internal use." In contrast, use only Calcium Bentonite Clays that have been certified by an independent testing agency, using a gas mass spectrometer, to Clay, and it has earned the FDA G.R.A.S. certification (the FDA Seal of Approval of an item that is safe for human consumption).

The information contained in this booklet is the result of research done by researchers such as Ran Knishinsky, Raymond Dextreit and Michel Abeshera and others.

We highly recommend reading the book by Ran Knishinsky "The Clay Cure" for more information for clay uses. Calcium Bentonite clay is also recommended in "Natural cures they don't want you to know about" by Kevin Trudeau

Important Disclaimer: The information in this booklet is not intended to diagnose, treat, cure, prevent any disease or give medical advice of any kind. The statements contained herein have not been evaluated by the FDA. Always consult your family health practitioner before starting, changing or altering your personal health regimen.

This Calcium Bentonite Clay is obtained from the last remaining sub-surface mine in California (near Death Valley). It is a rare desert healing clay that has been protected from leaching by the climate. This clay deposit was sealed away and isolated from the natural elements by a cap of zeolite minerals for forty-three million years. Because its adsorptive properties have not been compromised by air or ground water contaminants, this highly charged, 100% pure, pharmaceutical grade Calcium Bentonite Clay has drawing power that is unsurpassed by any other known clay. Its extremely strong adsorptive and absorptive properties make it ideal for use in deep cleansing and clarifying of the skin, treatment of skin conditions, rashes, burns and other external injuries, and total body detoxification. You can't buy purer or more potent healing clay from any other source in the world and it is the ONLY clay we will use in our products. We settle for nothing less than the Best for our customers.



The pH of this source for Calcium Bentonite Clay is 9.7 and thus it acts as an alkalizing agent in the body. The pH scale goes from 0 to 14, with 7 being neutral. Below 7 is acid and above 7 is alkaline. The body's pH level plays a critical role in its ability to remain healthy and resist disease. Tissues in the body that are poorly oxygenated, or devoid of oxygen, are acidic and prone to disease. Cancerous tissues are acidic, whereas healthy tissues are alkaline. Blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4. At a pH level of 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live. As most disease occurs when pH falls into the acid range, it is essential to alkalize the body, to a pH of 7.4 or slightly above, by every means available. On a molecular level, Robert T. Martin, a mineralogist at MIT, points to Bentonite's minute particle size that creates a large surface area in proportion to the volume used. "The greater the surface area, the greater its power to pick up positively charged particles of toxins." Bentonite's minute molecular particle size is related to the number of minerals comprising its molecule. The smaller the number of minerals in its molecule, the greater is the adsorptive power of the clay. This Calcium Bentonite Clay is pure Calcium Bentonite Clay and is comprised of only 17 minerals in its molecule, whereas other clays contain as many as 73 minerals. This gives it unparalleled adsorptive properties as compared to other Calcium Bentonite Clays.

How Healing Clay Works – Adsorption and Absorption

The two words are similar but their differences are fundamental to understanding how clay minerals function and how healing clay works. Adsorption describes the process by which the charged particles of other substances combine with the charged particles on the outer surface of the clay molecule. First imagine the structure of the clay molecule to be similar to a stack of business cards with spaces in between the cards. The clay molecule has unsatisfied ionic bonds around its edges and naturally seeks to satisfy those bonds. For this to happen it must come into contact with a molecule of another substance with unsatisfied bonds that carry an opposite electrical (ionic) charge. When the two molecules meet, the ions held on the outer surface of the clay molecule are exchanged with the ions held on the outside surface of the molecule of the other substance.

Clay molecules carry a negative electrical charge while toxins, bacteria and other impurities carry a positive charge. When the clay is taken into the human body, the positively charged toxins are attracted to the negatively charged surfaces of the clay molecule. An exchange reaction occurs in which the clay mineral ions are swapped for the ions of the toxic substance. The clay molecule is now electrically satisfied and holds onto the toxin until our bodies can eliminate both.

Absorption is a slower and more complex process. Acting like a sponge, the clay molecule draws other substances into its internal structure. Absorption can only occur when the foreign substance has undergone a chemical change and is then allowed to enter the clay's molecular inner structure. Once the foreign substance has undergone the chemical change, it enters into the spaces between the clay's inner structures. So the toxins that were formerly only sticking to the surface of the clay's outer structure through ionic bonding, are now pulled inside the clay molecule. This is the primary reason why absorptive clays are labeled as mobile layered or expandable clays. The more substances that are pulled into the clay's inner structure, the more the clay expands and its layers swell.

All absorbent clays have a charge on their inner layers. This means that charged ions sit between the layers of the clay molecule surrounded by water molecules. The clay expands as foreign substances are absorbed and fill the spaces between the clay molecule's stacked layers. Absorbent clay will absorb positively charged toxins and impurities and ignore negatively charged nutrients.

This clay is 100% pure Calcium Bentonite Clay and is edible. It can be applied externally (topically) or dissolved in water and taken internally. Clay has many beneficial effects. It eliminates unhealthy positively charged cells and promotes the building of healthy ones. It also cleanses the system by eliminating all positively charged toxins, bacteria, and other unhealthy noxious substances.

To sum it all up, this Calcium Bentonite Clay supplies the best, purest, most effective healing clay available today. We are very pleased to have found a pure source of clay which potency in our opinion out ways all other clays.

The History of Healing Clay

The names Bentonite, Montmorillonite, and Pascalite are sometimes used interchangeably to refer to edible Calcium Bentonite Clays belonging to the smectite family of clays. These clays were formed from volcanic activity millions of years ago and are

principally volcanic ash. Many sodium-based clays are marketed as edible Bentonite Clays but require mixing with an acid beverage, like apple cider vinegar, to offset the high sodium content prior to consumption. As our bodies cannot tolerate the ingestion of large amounts of sodium, the amount of sodium-based clay that can be consumed in a day is restricted to small dosages. There are no such consumption requirements or restrictions placed on 100% pure Calcium Bentonite Clay. Sodium-based clays are more typically used for industrial purposes, including: plaster; oil well drilling mud; cat litter; matches; cement tiles; lubricating grease; paints; copy paper; dynamite; shoe polish; concrete; cleaning agents; wall boards, crayons; and bleaching agents.

Calcium-based clays are referred to as “living clays” as they principally consist of minerals that contribute to the production of enzymes in all living organisms. They are the preferred clays to be ingested by humans, animals, and plants and for incorporating into soil. Always check your product label for 100% pure pharmaceutical grade Calcium Bentonite Clay.

Healing clay may be a new concept to some of us, but it has been used for thousands of years. Long before recorded history, humans have used healing clays externally and internally to cure illnesses, sustain life and promote general health. Ancient tribes of the high Andes, central Africa and the Aborigines of Australia used clay as a dietary staple, a supplement and for healing purposes.

In the second century A.D., Galen, the famous Greek philosopher and physician, was the first to record the use of clay by sick or injured animals. He later recorded numerous cases of the internal and external uses of clay in his treatise on clay therapy. In ancient Arabia, Avicenna, the “Prince of Doctors”, taught hundreds of his students about clay therapy.

Dioscorides, a Greek who was considered the engineer of medicine for the Roman Empire, attributed “God-like Intelligence” to the properties exhibited by clay used for therapeutic purposes.



Dioscorides

The Essenes (authors of the dead Sea Scrolls) used clay for the natural healing of a wide variety of illnesses and injuries, and there are numerous Biblical references to the healing powers of clay.

The many benefits of clay were recognized by the Amargosians (who preceded the Aztecs) and the natives of Mexico and South America. North American Indians used clay for food, body purification, healing, in ceremonial events and for trading with other tribes.

Early French cultures used clay for nutrition and medicinal purposes and also as a trading medium. They touted the clay's healing effect on gum diseases, ulcers, rashes, dysentery, hemorrhoids, infected wounds and bites.

The 19th century German naturopath, Sebastian Kneipp, and fellow naturalist Adolph Just, accorded clay therapy a prominent position in their arsenal of holistic medicine due to the tremendous results they achieved using it.

Early in the 20th century, Julius Stump, a renowned Berlin Physician, successfully used clay therapy to treat Asiatic cholera. A contemporary, Dr. Meyer Camberg, used green clay to neutralize arsenic poisoning. During the 1st World War, German physicians offered clay therapy as a solution to the food poisoning, dysentery, diarrhea, and wound infection that was rampant among troops on both sides, greatly reducing mortality rates.

Modern man is also beginning to appreciate the miraculous healing properties of Calcium Bentonite Clay. Russian scientists used clay to protect their bodies from radiation when working with nuclear material. Because it adsorbs radiation so well, Bentonite Clay was the material chosen to dump into the Chernobyl reactors after the nuclear meltdown there. Today, osteopaths, and other health professionals that include alternative medicine as a part of their practice, are increasingly recommending clay to their patients for detoxification and to address other illnesses and injuries.

How To Use This Living Clay

Clay is used in a multitude of ways to promote health in humans, animals and plants. It is used in its powder form, in gelled form (hydrated approximately 1 part clay to 3 parts filtered or distilled water) or in liquefied form (approximately 1 part clay to 10 parts filtered or distilled water).

Note: This research information is for informational and educational purposes only. Please consult a health care professional regarding the applicability of any opinion or recommendations with respect to your symptoms or medical condition. No statement on this information site should be construed as a claim for cure, treatment or prevention of any disease.



For a **relaxing, cleansing and detoxifying bath** dissolve one to two cups of powdered Calcium Bentonite Clay in a tub full of very warm water. You can pour the powdered clay into the stream of running water, and swish it around a bit with your hands. Lie back and relax in the tub until the water becomes too cool for comfort. The bath will stimulate circulation and draw out toxic chemicals and heavy metals through the pores of you skin.

To treat **Gingivitis** and sore or bleeding gums, use a toothbrush to apply powdered Calcium Bentonite Clay directly to gums. Do this by loading the toothbrush with powdered clay and gently sweeping it over your gums. Retain it in your mouth (don't rinse your mouth after applying the powdered clay). A practical time to do this would be at bedtime. The powdered clay will slowly dissolve on your gums, under your gums and between your teeth. Make sure to gently press some of the powdered clay below your gums at the gum line. As a preventative measure, brush your teeth daily with powdered clay in the morning and before bed.

Using Hydrated Clay



Facial Masks and Full Body Wraps

Rinse your face or body with warm water and pat dry. Apply a thin layer, from the thickness of a film to not more than 1/16 inch thick, of hydrated Clay over your skin. Cover your entire face and neck. Allow the mask to dry (15 to 20 minutes). Many people enjoy placing a hot, moist towel over the clay mask and face before they wash it off. Use The clay as a mask or full body wrap once or twice a week for wrinkles and improving blood circulation. The hydrated clay attracts positively charged bacteria, and detoxifies, rejuvenates and revitalizes the skin. The clay is effective in removing dead skin cells as well as old make-up from pores, and will benefit skin conditions such as roseacea, acne, psoriasis, eczema, blackheads, blotches, blemishes, dry patches and facial oil imbalances.

Burns, Sunburns, Blisters, Spider & Insect Bites, and Skin Irritants (Poison Ivy, Poison Oak & Poison Sumac)

For all of the above, apply to the affected area as you would a facial treatment. It is important to allow the hydrated clay to dry on the treatment area. Then gently remove the dried clay by re-hydrating with a wet washcloth or use a shower. Do not risk

irritating or infecting the wound by trying to scrub away particles of clay that stick to the wound. In this case, remove the clay that comes off easily and cover the remaining small bits with fresh clay. Apply a thick layer of hydrated clay immediately to a fresh **burn** or **sunburn**. Do not allow clay covering a burn to completely dry. Keep it moist. Due to its natural analgesic properties, and the fact that it remains 3 degrees cooler than the ambient air temperature, the clay cools the burned area, stops the stinging pain within minutes, and seals the injury from air borne contaminants that could cause infection. Many people have reported that, with repeated applications of fresh clay, first and second-degree burns have virtually healed within 24 hours.

Conventional strategy for treating a **blister** might call for washing the blister with alcohol, sterilizing a needle, penetrating the blister at the edge to drain the fluid, and then keeping it clean. This is extremely dangerous as infection can easily develop in a blister wound. Instead, cover the blister with a thick layer of hydrated clay and cover with a BandAid. Continue to apply the clay on a daily basis until the area is completely healed and a fresh layer of skin has grown over the injured area. Normally, one or two applications completely heals a blister. Again, the clay stops the pain, prevents infection and promotes rapid healing. Small blisters can completely heal within a day.

The first response to all **spider, insect and animal bites** is to immediately apply hydrated Calcium Bentonite Clay to the wound. This includes all types of spider and insect bites including the following: mosquito, chigger, fire ant, scorpion, wasp, hornet, brown recluse, and bee stings. It also works fantastic on dog and cat scratches and bites... The immediate application of hydrated clay stops the pain and itching almost instantly, absorbs and/or neutralizes the foreign toxic enzymes, prevents infection, and stops tissue necrosis (as with the bite of a Brown Recluse spider). Frequent repeat applications of clay ensure drawing off or neutralizing all of the toxic enzymes and promote rapid healing of the affected area.

The treatment for the **itching rash** that results from contact with poison ivy, poison oak and poison sumac is the same as for burns, blisters and spider, insect and animal bites. The immediate application of hydrated clay stops the itching almost instantly, absorbs and/or neutralizes the irritating plant oils (and the histamines released by the body's immune system as part of an allergic reaction), prevents infection, and promotes rapid healing of the affected area. Frequent repeat applications of clay ensure drawing off or neutralizing all of the irritants and promote rapid healing of the affected area.

Psoriasis, Acne, Rosacea, Boils, Cysts, Eczema

Applications of clay, both external and internal ingestion, are the best treatment known for **Psoriasis**. The healing action begins through the electromagnetic process of adsorbing the inflammation in the lesions, along with the deformed cells and dead scales. Pain and itching stop almost instantly following the application of the clay. The clay then assists the body in building new tissue. Smother the affected area with a thick layer of hydrated clay, and then prevent the clay from drying for several hours by wrapping the area with plastic food wrap. Glad Press and Seal works great for this purpose. After several hours, repeat the process with fresh clay and plastic wrap.

Combine this treatment with ingestion of liquefied clay twice a day. Drink 2 to 3 ounces of liquefied clay twice a day. Drink it in the morning and in the evening or at bedtime. Also bathe daily in bathwater in which a cup of powdered clay has been dissolved. People report that this simultaneous external and internal treatment regimen produces the best results.

To help with **acne**, apply a full facial mask of hydrated clay weekly or as needed. To help with acne, apply the hydrated clay twice a day to specific affected spots until all traces of acne are gone. During the day, use our Miracle Rejuvenation Face Cream on the affected areas. Apply a thick layer of hydrated clay on boils and cysts and if possible cover with plastic wrap to prevent the clay from drying out. After several hours, repeat the process with fresh clay and plastic wrap.

Scientists suspect that H pylori bacteria may cause **Rosacea**. The good news is that clay kills the H pylori bacterium and may therefore help to control or heal flare ups of Rosacea. Upon the slightest indication of an impending episode of Rosacea, immediately apply hydrated clay to the affected area. As with acne, apply the hydrated clay twice a day until the Rosacea is under control or gone.

Help **Eczema** (Atopic Dermatitis) in the same fashion as Psoriasis. Smother the affected area with a thick layer of hydrated clay, and then prevent the clay from drying for several hours by wrapping the area with plastic food wrap. Again, Glad Press and Seal works great for this purpose. After several hours, repeat the process with fresh clay and plastic wrap. Drink 1 to 2 ounces of liquefied clay twice daily. Also bathe daily in bathwater in which a cup of powdered clay has been dissolved. As with Psoriasis, people report that this simultaneous external and internal treatment regimen produces the best results.

Hemorrhoids, Athlete's Foot and Toenail Fungus

If external **hemorrhoids** are not bleeding, you can quickly stop pain and itching, reduce swelling, and cure external hemorrhoids by applying hydrated clay to the area. Gently massage the anus with the hydrated clay and insert a clay suppository. A clay suppository can be made by molding a tablespoon of hydrated Calcium Bentonite Clay into a cylinder about half the size of your little finger. Make several and let them dry. They will shrink considerably and be easy to insert into the anus after it has been lubricated with hydrated clay. If symptoms remain after a week, discontinue use and see your physician. Do not treat bleeding hemorrhoids with topical applications of hydrated clay. See your physician instead.

To help with **athlete's foot** and **toenail fungus**, apply hydrated clay twice daily to the affected area and allow the clay to dry. Every other day, soak the area in a solution of powdered clay and water for 30 to 45 minutes before allowing feet to dry. Periodically saturate the fungus by applying hydrated clay and covering with a plastic wrap to prevent the clay from drying for several hours. Glad Press and Seal works great for this purpose. Practice good foot hygiene on a daily basis. After showering, dry feet carefully, especially between the toes. Keep toenails trimmed. Keep feet dry by dusting shoes and feet with powdered clay. Alternate footwear and don't wear the same shoes day after day. Although toenail fungus is by all reports quite difficult to effectively treat, the clay works wonderfully and quick results can be noticed.

Wounds, Abrasions, Cuts etc.

For slow healing or ulcerated **wounds, abrasions, crushed fingers and cuts**, cover the entire wound area with hydrated Calcium Bentonite Clay. Cover with a bandage and allow clay to dry slowly. Soak off the dried clay, allowing any clay sticking to the wound to remain in place, and reapply fresh clay and bandages. Repeat the process 3 times daily. For a laceration or a cut (minor and severe), first pour dry powdered Calcium Bentonite Clay into the wound to rapidly stop bleeding and prevent infection. U.S. military forces are using this procedure in Afghanistan and battlefield mortality from severe wounds, infection and blood loss has been reduced by 50%. Then cover the entire wound (including the powdered clay) with hydrated Calcium Bentonite Clay.

Cover the wound with a bandage and allow the clay to dry slowly. Soak off the dried clay, allowing any clay sticking to the wound to remain in place, and reapply fresh clay and bandages. Repeat the process 3 times daily. This process cuts healing time in one-half.

Using Liquefied Clay

Internal Cleansing

In this day and age, we ALL need to cleanse!

"In a world where dietary choices are poor, environmental pollution is heavy, stress levels are high, and exercise is often a last priority, **internal cleansing is more important than ever** for optimum health." ~ Dr. Bernard Jensen

Understanding the basics of how our digestive system works is vital to understanding personal health. Before we can fully grasp the extreme importance of internal cleansing, we must first know what's going on in there. So, let's start with a quick primer on the digestive system.

Dr. Lindsey Duncan, CN, ND, provides the following succinct tutorial:

We live and die by what foods we put in our mouth and how our bodies assimilate these foods. Digestion starts in our mouths, when we bite into our food and begin chewing it and mixing it with saliva, a powerful digestive enzyme. As our food travels down to the stomach, it mixes with hydrochloric acid, a powerful digestive acid that liquefies the food and prepares it for further digestion in the small intestines with help from the pancreas and liver.

Our intestinal systems are connected to a network of blood vessels and veins which wrap around the stomach, small intestine, and bowel. Our blood receives nutrients from our digested food through this network of blood vessels, which look and function much like the roots of a tree, drawing dissolved nutrients out of the intestines and transporting them to the liver, where they undergo further breakdown, recombination, and storage. Later, the heart pumps these nutrients, stored in the liver, to nourish the various living cells that make up the tissues of the human body. By-products of the digestive process are passed into the bowel, where they solidify, and "in a perfect world", are completely excreted from the rectum.

This is basically how our body gets nourishment and energy. After it delivers nutrients throughout the body, the blood also collects cellular waste materials (by-products of metabolism) and "drops them off" at appropriate eliminative stations (lung, kidneys, skin, lymphatic system, colon) where, also, "in a perfect world" they are quickly excreted from the body.

Unfortunately, our "modern day society" is NOT a perfect world. Pollutants, toxins, chemicals, fertilizers, growth hormones, pesticides and other hazards to our health bombard and infiltrate our air, water and food on a daily basis. Our diets, no longer wholesome and fresh, consist of fast foods, junk foods, pre-prepared foods, fatty foods, and devitalized foods. There is no way our digestive systems can function optimally with the heavy burdens placed on

them on a day-to-day basis. Digestion becomes sluggish, assimilation becomes inefficient, mal-absorption of nutrients begins, the metabolism slows down (weight gain!) and elimination becomes poor.

A clean, properly functioning bowel is paramount to our well-being. Dr. Bernard Jensen, nutritionist, lecturer and author of over 30 books on natural health care, states this best:

"Every cell and tissue in the body is fed by the bloodstream, which is supplied by the bowel. When the bowel is dirty, the blood is dirty and so are the organs and tissues. It is the bowel that must be cared for first before any effective healing can take place."

So, how do you know the state of your bowels? How do you know if you need to do an internal cleanse? Dr. Duncan writes:

"Many of my seminar topics focus on internal cleansing and bowel management. Repeatedly, I am asked the same question by seminar attendees: "How do I know if I need to cleanse?" My answer is quite simple... After consulting with over 20,000 patients, I can honestly state that I have never worked with an individual that did not directly benefit from detoxifying his or her body. **In this day and age, we ALL need to cleanse!** In a world where dietary choices are poor, environmental pollution is heavy, stress levels are high, and exercise is often a last priority, **internal cleansing is more important than ever** for optimum health."

Okay, I get it. I need to cleanse, you need to cleanse, EVERYBODY needs to cleanse! How is it done, and what should be used? According to Ran Knishinsky, author of *The Clay Cure*, the best, most natural way to internally cleanse is with clay. The following is an excerpt from his book:

If the system fails to get rid of poisons through the bowels, a constipated condition arises in which the toxins never leave the body. They sit inside and putrefy. What's worse, the body doesn't know the difference between live food and dead food in the colon. It will still try to get nourishment out of waste you would never want to set your eyes upon. Naturally, this puts a strain on every functioning cell in the body.

THE CLAY AT WORK

The clay's immediate action upon the body is directly on the digestive channel. This involves the clay actually binding with the toxic substances and removing them from the body with the stool. It performs this job with every kind of toxin, including those from the environment, such as heavy metals, and those that occur naturally as by-products of the body's own health processes, such as metabolic toxins. It's hard to believe that the body produces its own toxins, but that may happen as a result of stress, inefficient metabolism, or the proliferation of free radicals.

The body has no problem ridding itself of the clay. Don't worry about a tiny brick house being built in the middle of your colon. The clay assists the body's eliminatory process by acting as a bulking agent, similar to psyllium fiber, sweeping out the old matter that doesn't need to be there. It is not digested in the same manner as food as it passes through the alimentary canal. Instead, it stimulates intestinal peristalsis, the muscular contractions that move food and stool through the bowels. The clay and the adsorbed toxins are both eliminated together; this keeps the toxins from being reabsorbed into the bloodstream.

Clay works on the entire organism. No one part of the body is left untouched by its healing energies. I don't know of another supplement that is quite as capable as clay of producing such a wide range of positive reactions."

Recommendations for Internal Cleansing

First and foremost, always remember to **READ THE LABELS** of any clay before you ingest it. You want a clay that is pure - NOT PURIFIED. If your clay has been "purified" that implies there was something impure there to begin with, and who knows what sort of procedure was used to "purify" it? **It is better to use Calcium Bentonite Clay that is PURE** right out of the ground. Also, make sure you're using **Calcium Bentonite Clay**. Sodium Bentonite Clay must be mixed with apple cider vinegar before using, and is not recommended (by its own distributors!) for internal use. Remember, your objective is optimal health. Use the optimal clay to achieve it!

For internal cleansing, you must ingest clay. You have two options for doing so: you can eat hydrated clay or drink liquefied clay. If you choose to eat clay, we highly recommend hydrated clay. It has a thick, smooth consistency. Generally, it is suggested that one to two tablespoons of hydrated clay daily is the proper amount for an adult. For those who prefer to take their clay in liquid form, we recommend one to two ounces of liquid clay daily. If you've never tasted liquid clay, you should know that it has a very creamy smooth consistency, and is virtually tasteless.

It is recommended to take the clay on an empty stomach for best results. And if you're taking any medication, it is recommended to wait 1-3 hours before ingesting clay, but please check with your physician, as medications vary in time release and content.

People who have made this a part of their daily routine have been astounded with the outcome. According to Knishinsky, benefits reported by people using liquid clay for a period of two to four weeks include: improved intestinal regularity; relief from chronic constipation, diarrhea, indigestion, and ulcers; a surge in physical energy; clearer complexion; brighter, whiter eyes; enhanced alertness; emotional uplift; improved tissue and gum repair; and increased resistance to infections. Clay works on the entire organism. No part of the body is left untouched by its healing energies.

Detox With Clay

The great majority of articles on detox and colon cleansing should be classified as colon cleansers themselves, because they will most certainly scare the poo right out of you! They explain how substances that are toxic to our bodies come at us from all directions: the air we breathe, the food we eat, the water we drink, the cleaning products we use, and the metabolic waste produced inside us. Studies have discovered various chemicals from our foods and environment that indicate man contributes 700,000 tons of pollutants into the air every day, ranging from everyday household cleaners to cosmetics and hair dyes. That's just the air! Add in the pesticides and toxins that are found in our water. Don't forget the chemicals that are routinely fed to the animals we eat, and the sprayed, preserved, and genetically altered plants we consume. And that doesn't even factor in the heavy metal poisoning that's occurring at a truly alarming rate - from the lead in our paint to the mercury in the fish we eat and the fillings in our teeth and everything in between. It's truly frightening. The reports are everywhere. You can spend weeks reading article after article, complete with pictures that will keep you awake at night. We, however, want you to rest easy. We have chosen, therefore, to concentrate on **the benefits of detox - to emphasize the positive** instead of beating you over the head with the all too prevalent negative. Granted, what we've done to our bodies and our environment is truly frightening, and the state of our digestive systems - and consequently our health in general - is nightmarish because of it. Enough said. Now, here's the good stuff!

The Benefits of Detoxification

Science has shown that the effects of detoxification on our body's cells is nothing short of **miraculous**. The following is an excerpt from Natasha Lee's article "Could Detoxification be the Fountain of Youth?"

"Dr. Alexis Carrel, of the Rockefeller Institute for Medical Research performed an amazing experiment in the early 1900's. He managed to sustain the life of cells from a chicken embryo by immersing it in a solution containing all the nutrients necessary for life and changing the solution daily. The cells took up nutrients from the nutrient-rich broth and excreted their wastes into the same solution. The only thing Dr. Carrel did each day was discard the old solution and replace it with fresh nutrient solution. The chicken cells lived for **29 years** until one night Dr. Carrel's assistant forgot to change the polluted solution! We do not know how much longer the cell's life could have been maintained.

Dr. Carrel concluded at the end of his experiment that **the cell is actually immortal. It is merely the fluid in which it floats which degenerates**. He is quoted saying "The cell is immortal, renew this fluid at intervals, give the cell something on which to feed and, so far as we know, the pulsation of life may go on forever." The average chicken lives about 7 years. His detoxified, properly nourished chicken cell lived for 29 years.

It may be hard to believe that the a body could live indefinitely, however, a similar level of vibrant health and life extension can be created in humans by following the obvious similar principal.

Every cell in our body excretes waste material which becomes toxic, and poisonous to our bodies if we allow it to build up faster than we renew the fluid in which it floats. According to the above experiment, **this is the cause of aging and degeneration**. Factors such as "time" and ideas such as "that's just life" fade from the picture, with new data in view. The fact is, **every 7 years we have a completely new set of bones, teeth, skin and hair**. Logically, a person should be able to look and feel better than they did 7 years ago by changing and improving the way they take care of their own body as Dr. Carrel took care of his chicken cell.

Time alone is not a disease or poison, it is the toxins that accumulate with time that the body cannot withstand and so deteriorates from. In other words, time alone is not the cause of death. Poisons are the cause of death of life forms.

So, logically and from the above data **by detoxifying your cells a person can freshen up and grow healthier and younger than they once were** by practicing this principle. Periodically detoxifying the body, drinking lots of fresh water and staying smart on nutrition can appear to work miracles. Dr. Carrel however proved these amazing results are not miracles, just good science."

Kathryn Alexander, one of the leading experts in detoxification and dietary healing states it succinctly, "The legacy of 50 years exposure to persistent man-made chemicals combined with the denigration of the food chain has increased our susceptibility to chronic degenerative disease and cancer. Reversal can only come about by resolving these primary causes of disease. **By releasing the toxic burden of the body and restoring its nutritional status, we can change our internal environment and achieve good health.**"

The most common symptom of auto-intoxication (self-poisoning caused by endogenous microorganisms, metabolic wastes, or other toxins produced within the body) is mental dullness and fatigue. Other common symptoms are headache, constipation, diarrhea, colds, general aches and pains, particularly up and down the spine and especially in the low back, skin problems, common infections (due to lowered immuno-competence), morning sluggishness, gas, bad breath, foul-smelling stool, allergies, intolerance to fatty foods, premenstrual tension, breast soreness and tendency to repeated vaginal infections. The good news? Detoxification can relieve these symptoms!

Using CLAY to Detox

So, how do we go about this detox business? The answer is simple - **CLAY!** But not just any clay. **Our source for Calcium Bentonite Clay is 100% pure, 350 screen mesh Calcium Bentonite Clay.** A recognized detoxifying agent, it is in the smectite group of clays. **Only those clays within the smectite group have the ability to absorb as well as adsorb.** This means that as the clay passes through your body, its negative ionic charge will draw to it anything with a positive charge (bacteria, viruses, toxins, etc.) and will remove them from your body. The clay adsorbs (positively charged particles are drawn to, and stick to its surface) and also absorbs these particles. The clay passes through your body, and the toxins are removed as waste.

Ran Knishinsky, author of *The Clay Cure*, is an advocate of eating or drinking clay daily. In his book, he states some of the benefits reported by people using liquid clay for a period of two to four weeks include: improved intestinal regularity; relief from chronic constipation, diarrhea, indigestion, and ulcers; a surge in physical energy; clearer complexion; brighter, whiter eyes; enhanced alertness; emotional uplift; improved tissue and gum repair; and increased resistance to infections. Clay works on the entire organism. No part of the body is left untouched by its healing energies.

It is recommended taking clay daily to maintain a good, clean digestive system. Normal amounts for adults to take are as follows: Liquid Clay - 1 to 2 Ounces daily, Hydrated Clay - 1 to 2 Tablespoons daily. So, choose your method (liquid or hydrated) and stick with it! When taking clay internally, it is very important to keep the body hydrated by drinking 8 to 10 glasses of water daily. The water helps to soften and loosen impacted fecal material lining the walls of the small intestine and colon. This material is then absorbed by the clay and removed from the body through normal elimination.

To do a detox, however, higher doses are recommended. We suggest doubling the standard, maintenance doses listed above, by taking the clay in the morning and in the evening, preferably on an empty stomach. And if you're taking any medication, it is recommended to wait 1-3 hours before ingesting clay, but please check with your physician, as medications vary in time release and content. Also, Clay Baths are highly beneficial for detoxification, especially for cases of heavy metal poisoning.

Parasitic Infestation

Dr. Bernard Jensen, the father of iridology in the United States and a foremost expert in colon research and therapy, and other naturopaths, have recommended Calcium Bentonite Clay for years as a vermifuge (parasite cleanser). He states that the average person over 40 years of age has between 5 and 25 pounds of build-up in their colon. Parasites of all sizes thrive in this undisposed residue of fecal matter, slowly but surely toxifying the whole body. Parasites indulge in the most nutritious parts of a person's diet, leaving the remainder for the host. This may be why people's health doesn't seem to improve despite a healthy lifestyle and vitamin supplementation.

According to Dr. Donald Kelley, a leading expert in weight management, parasites are a major cause of obesity since they deprive the body of the proper nutrients and leave us only empty calories as leftovers. The body starts craving more and more food as it is starved for needed vitamins and minerals.

Dr. Ross Anderson, one of America's foremost parasitic infection specialists, states, "I believe the single most undiagnosed health challenge in the history of the human race is parasites. I realize that is a pretty brave statement, but it is based on my 20 years of experience with more than 20,000 patients. A parasite is an organism that lives off the host, the host being you or me. The parasite lives a parallel life inside our bodies, feeding off our own energy, our own cells, or food we eat. Parasites are even feeding off the health supplements we use, thus greatly diminishing their effectiveness. In recent medical studies it has been estimated that 85% of the North American adult population has at least one form of parasites living in their bodies. Some authorities feel that this figure may be as high as 95%."

How can parasites enter our bodies and thrive without our knowledge? Dr. Anderson writes, "The answer to this is simple. The purpose of a parasite is not to make itself known...they are highly intelligent organisms...they are intelligent in their ability to survive and reproduce, which is of course the purpose of any organism on this planet..."

Dr. Zoltan Rona, author of many books and newspaper columns, writes "The incidence of parasitic disease in North America is skyrocketing because of increased international travel, contamination of the water and food supply and overuse of chemicals, mercury and prescription antibiotics...Tapeworms, hookworms, and a long list of amoebae are far more common in the North American population than conventional medical experts have led the population to believe...Parasites are found in highest concentration in commercial pork products (bacon, ham, hot dogs, cold cuts, pork chops, etc.). Beef, chicken, lamb and even fish are contaminated."

According to Joseph Sterling, editor of health newsletter *Secrets of Robust Health*, "Humans can play host to over 100 different kinds of parasites, ranging from microscopic to several feet long tapeworms. Contrary to popular belief, parasites are not restricted to our colon alone, but can be found in other parts of the body; the lungs, the liver, in the muscles and joints, in the esophagus, the brain, the blood, the skin and even in the eyes."

Dr. Frank Nova, Chief of the Laboratory for Parasitic Diseases of the National Institute of Health, states, "In terms of numbers, there are more parasitic infections acquired in this country than in Africa."

Dr. Peter Wina, Chief of Patho-Biology in the Walter Reed Army institute of Research echoes these same thoughts "We have a tremendous parasitic problem right here in the U.S., it is just not being addressed."

In his article for the monthly health newsletter *Secrets of Robust Health*, Joseph Sterling lists the following as common symptoms of parasitic infection:

- . • Constipation
- . • Gas and bloating
- . • Diarrhea
- . • Pains or aches in the back, joints or muscles
- . • Irritable bowel syndrome
- . • Allergies
- . • Eating more than normal but still being hungry
- . • Itchy ears, nose or anus
- . • Unpleasant sensations in the stomach
- . • Nervousness or grumpiness
- . • Chronic fatigue, lethargy or apathy
- . • Various skin problems
- . • Problems sleeping
- . • Nutritional deficiencies or anemia
- . • Immune system problems
- . • Tooth grinding or clenching
- . • Excess weight, forgetfulness, blurry vision

These symptoms could have a variety of other causes, but why take the chance when the remedy is at hand? As Dr. Bernard Jensen and countless others have recommended for years, use Calcium Bentonite Clay to detoxify your body and rid it of parasites.

According to Dr. Frederic Damrau, M.D., in 1961 (*Medical Annals of the District of Columbia*), Calcium Bentonite Clay is safe and highly effective in treating acute diarrhea. To treat diarrhea, drink 2 to 4 ounces of liquefied Calcium Bentonite Clay daily until symptoms disappear. If diarrhea persists for more than four days, see a physician.

In 1980 Dr. Barry Marshall proved that H pylori bacteria cause many **ulcers**. Calcium Bentonite Clay not only kills this bacterium, but also contains magnesium, and calcium. These are the active ingredients in most over-the-counter medications used to treat heartburn by neutralizing stomach acid and coating sensitive ulcers in the stomach and upper regions of the small intestine. In addition to changes in diet and lifestyle, treat ulcers by drinking 1 to 2 ounces of liquefied clay three times daily for 21 days. The clay should be taken first thing in the morning, at mid-day and as the last thing consumed at night. After three weeks, continue with a daily maintenance program of consuming one ounce of the liquefied clay at night before bedtime. To relieve heartburn, drink 1 ounce of liquefied clay as needed. Repeat if necessary.

To treat **Irritable Bowel Syndrome**, drink 1 ounce of liquefied Calcium Bentonite Clay at night and the first thing in the morning. Gradually increase the dosage to 2 ounces in the morning and at night. In addition, 2 hours after the evening meal cover the entire abdomen with a 1/16th inch thick poultice of hydrated clay. Maintain this regimen for 30 days.

Weight Loss

Obesity has become a major health concern for a majority of us. Recent studies indicate that **two-thirds of American adults are either overweight or obese**. Dr. David Ludwig, director of the Obesity Program at Children's Hospital in Boston states that body weight is affected by many genetic, psychological and environmental factors that influence diet and activity levels. He also says fast food, sugar-sweetened drinks and low-quality junk food have been major contributors to obesity, as have cutbacks in funding for regular, mandatory physical education in schools and limited health coverage for obesity prevention and treatment.

We understand there's a problem, and we understand the health risks. What most people don't understand however, is how to win the weight loss war. Billions are spent each year on fad diets and "miracle" pills that often do more harm than good. We need to understand WHY obesity is on the rise.

What is Causing This Alarming Rise in Obesity?

One of the major contributing factors to obesity is **toxins in our bodies**. Substances that are toxic to our bodies come at us from all directions: the air we breathe, the food we eat, the water we drink, the cleaning products we use, and the metabolic waste produced inside us. Toxin build-up in the body contributes to premature aging and chronic and degenerative diseases. Studies have discovered various chemicals from our foods and environment that indicate man contributes 700,000 tons of pollutants into the air every day, ranging from everyday household cleaners to cosmetics and hair dyes. **Chemicals and toxins accumulate in fat tissue. The more chemicals and toxins, the more fat the body manufactures.**

Another study indicates weight gain and depression are just two common manifestations of a **congested, overworked liver**. Following are the most common symptoms and conditions: Being on edge (easily stressed), elevated cholesterol, skin conditions, skin irritation, depression, sleep difficulties, indigestion, kidney damage, heart damage, brain damage, Hypothyroidism, chronic fatigue, **weight gain**, poor memory, PMS, mental fog, blood sugar disorders, allergies, **obesity**. If you have tried many ways to improve your health and energy level and nothing seemed to adequately help, it is very possible that your overworked liver underlies your difficulties. Restoring liver function is one of the most important and vital actions you could ever do for your health. When the liver gets congested and toxic, it will remain that way and get worse until it gets detoxified and rejuvenated.

How Can CLAY Help Me Lose Weight?

To lose weight, **it's imperative to get rid of the toxins in your body**. Nothing is better for this than clay. According to Ran Knishinsky, author of *The Clay Cure*, the best, most natural way to internally cleanse and detoxify is with **clay**. The following is an excerpt from his book:

"If the system fails to get rid of poisons through the bowels, a constipated condition arises in which the toxins never leave the body. They sit inside and putrefy. What's worse, the body doesn't know the difference between live food and dead food in the colon. It will still try to get nourishment out of waste you would never want to set your eyes upon. Naturally, this puts a strain on every functioning cell in the body.

THE CLAY AT WORK

The clay's immediate action upon the body is directly on the digestive channel. This involves the clay actually binding with the toxic substances and removing them from the body with the stool. It performs this job with every kind of toxin, including those from the environment, such as heavy metals, and those that occur naturally as by-products of the body's own health processes, such as metabolic toxins. It's hard to believe that the body produces its own toxins, but that may happen as a result of stress, inefficient metabolism, or the proliferation of free radicals.

The body has no problem ridding itself of the clay. Don't worry about a tiny brick house being built in the middle of your colon. The clay assists the body's eliminatory process by acting as a bulking agent, similar to psyllium fiber, sweeping out the old matter that doesn't need to be there. It is not digested in the same manner as food as it passes through the alimentary canal. Instead, it stimulates intestinal peristalsis, the muscular contractions that move food and stool through the bowels. The clay and the adsorbed toxins are both eliminated together; this keeps the toxins from being reabsorbed into the bloodstream.

Clay works on the entire organism. No one part of the body is left untouched by its healing energies. I don't know of another supplement that is quite as capable as clay of producing such a wide range of positive reactions."

He goes on to discuss dieting with clay:

"When dieting with clay, the important thing to watch out for is that you don't skip meals or skip out on good nutrition. While the clay helps to satisfy hunger, it doesn't work the same as a "fat burner." It's not going to blast you with a caffeine high and enable you to drop pounds quickly.

The recommended dosage of clay is one heaping teaspoon taken an hour before meals in an eight-ounce glass of water or juice. Try mixing it with a green drink like Green Plus or Kyo-Green for improved results."

Ran Knishinsky recommends ingesting clay on a daily basis to maintain optimal health. We agree, and we offer

Pet and Livestock Care

Calcium Bentonite Clay has been used successfully on cats and dogs for skin disorders such as mange, cuts and abrasions, removal of parasites and heavy metal poisoning and other toxins. Add powdered Calcium Bentonite Clay to water bowls or feed dishes. Horse breeders have used the clay on horse's legs for cuts. They reported the wounds stopped festering and the clay assisted the healing process in the faster formation of new healthy skin. The hydrated clay also draws out toxins and bacteria when used as a poultice on infections.

Koi fish breeders also report that the addition of powdered Calcium Bentonite Clay to the pond or tank water produces healthier fish with brighter colors. It also improves the Koi's immune system through nutrition and detoxification, and is effective for removing waste products, bacteria and decomposed organic matter in the water.

Studies at leading universities have demonstrated the growth promoting properties of Calcium Bentonite Clay minerals when fed to cattle. Clay has also been shown to have beneficial effects when fed to horses, pigs and chickens.

How to Mix Dry Powder for Use

Dry powder Calcium Bentonite Clay can be mixed at a 1 to 3 parts ratio with water in a Tupperware type bowl or dish. In the bottom of the tub spread one part of Calcium Bentonite Clay evenly. Pour in 3 parts that amount of water. Using this ratio, one pound of powder will yield approximately four pounds of hydrated clay. Mix well with a plastic or wooden spoon. Let the mix stand for about 24 hours. Clay will appear very liquidy.

The next day, again using a wooden or plastic spoon, or your hands, stir or knead any remaining clumps of dry clay into a creamy paste. Once the clay is a smooth consistency let it stand another 12 to 24 hours.

When Calcium Bentonite Clay has been properly prepared, it will form a cohesive whole, and will actually resemble a creamy consistency similar to that of Sour Cream. It will also have a noticeable bounce or vibration to it when the bowl is thumped on the side. This effect is hard to describe with words but is easily tested by holding a container filled with clay with one hand, and tapping it with the other. If the mixture lacks water, it will be too dense to have this effect. If there is too much water, a separation between the water and clay will prevent it from occurring. In order to harness the maximum potential of clay for use with healing for external applications, it is necessary that this effect is present; it indicates that clay is acting as a single substance with a uniform electromagnetic field. At this point the Calcium Bentonite Clay is ready for external application.

For internal use – drinking – mix in a bottle such as a sports bottle one part dry powder and 10 parts water. Shake vigorously until the clay is a smooth, fluid consistency. Let stand overnight. Shake again before each use. The consistency can be further thinned or thickened a bit to suit to your liking.

As a final note, you really can't mix Calcium Bentonite Clay wrong. Work with it, get messy, and remember to have fun doing so.

Important Disclaimer: The information in this book is not intended to diagnose, treat, cure, prevent any disease or give medical advice of any kind. The statements contained herein have not been evaluated by the FDA. Always consult your family health practitioner before starting, changing or altering your personal health regimen.

Cautionary Note: Due to its highly absorbent properties, clay may reduce the effectiveness of life supporting medications. Please consult with your Physician before using this product if you take prescription medications.

Recommended Reading on Clay:

"The Clay Cure" by Ran Knishinsky "Our Earth Our Cure" by Raymond Dextreit "Dirt as Medicine" by Dr. Cindy Engels "Earth Cures: A Handbook of Natural Medicine for Today" by Raymond Dextreit.

Testimonies

"I read in Ran Knishinsky's book that taking liquefied clay can help with weight loss. I was a bit skeptical, but I figured I'd give it a try, since I'd already tried everything else. I am pleasantly surprised to say that it has helped me tremendously. I've lost 41 pounds in 5 months, and my energy is higher than it's ever been."
Sherry Lee, Decatur, Georgia

"When my son, Ryan, hit puberty his face erupted with acne. The poor kid had it so bad that you could hardly see his face underneath all the zits. I took him to a dermatologist who wanted to prescribe an oral medication. Because I know the havoc taking medication can have on the body I was against that. Next the doctor prescribed a topical ointment of retin A, this caused his skin to turn bright red and it became extremely painful in the sunshine. Imagine an active teenage boy who loves to ski, play in the pool with his brothers and soccer with his friends, hiding inside all day because even to walk outside was too painful. To occupy his time inside he spent a lot of time in front of the TV or the computer, this started to cause a little chubbiness around his middle. Now not only was his face literally peeling off and bright red – it looked worse than just the acne, he was becoming an introverted couch potato. We were introduced to the clay last year and after just a few weeks of using just the clay daily as a mask, Ryan's acne has for the most part cleared up, he is back outside enjoying his life and we are not paying an arm and a leg for prescriptions."
Angie Fink, Denver, CO

"My daughter has fought with acne for two years. We'd tried every over-the-counter remedy on the market, and nothing worked. A friend told us about the clay, and we decided to give it a try. My daughter began applying the clay once a day, letting it dry, and then washing it off. At first, she experienced some redness, but we were told to expect that, so she kept using it. Within 1 week, her face was clear of pimples, and within two weeks, there weren't even any red marks left! I've never seen her so happy! Thank you!"
Martha Bethels, Goodland, Florida

"Let me tell you what it has done for me...For the past 24 years, I've had acne along with scarring...it is so embarrassing and humiliating to be in your 40's and still break out. And when I say I've tried everything, for the control of the acne as well as for scar removal, I have tried most of the truly legitimate products that have come on the market and NOTHING has given me the results that Calcium Bentonite Clay has! I have used everything from Retin-A to professional Dermabrasion and everything in between, and just cannot bring myself to doing a chemical peel or laser surgery. I take the clay by liquid or capsule once daily and I use the skin lightening cream as a scrub to wash my face, then I apply a thin layer of it and use the miracle wrinkle release cream on top of that and once a week I use the hydrated clay as a mask. I absolutely LOVE this stuff and hope to never be without it! My skin looks better than it has in years and though I still break out occasionally, it is not near with the severity as before and the scarring is beginning to minimize gently and I guess the best part is my skin is not blotchy or ruddy, I don't even wear make-up anymore because I have a natural glow! I also have to say that I think it is the combination of taking the clay internally as well as using it externally the way I do that has brought such wonderful results. To know that I am using a product that is so good for me and beneficial is an awesome feeling! One last thing...the liquid clay is second to none for helping people with any kind of digestive problems, but especially Acid Reflux, I am a Nurse and have given it to several people with this problem and they all beg me for more. Thanks again....I just wanted you to know that you have helped yet another person in a most magnificent way!" Lori Hubbs, "Clay Lover for Life"

"I started taking your clay internally a little over 2 months ago. I used 1 teaspoonful, in water, with a little lemon juice, once a day, in the morning on an empty stomach. I did this for approximately 2 weeks to see how I would react to it, there were no negative results. Then I increased the amount to 1 rounded tablespoon in water with the lemon juice and this is what I am currently doing. Since I started taking it, I immediately noticed an increase in energy. After a few weeks I noticed that I was less conscious of my whole digestive tract, in other words, I was experiencing less gas and any kind of gastric problems (indigestion, etc.). Foods seem to digest easier and quicker, without hardly noticing. Throughout the last 8 years I have been bothered with major sinus problems. These include, constant congestion and weekly bouts with sinus pressure and headaches. The daily use of clay has helped tremendously with these and my condition continues to improve. The headaches have almost entirely been eliminated at this point. Also my health, overall has improved, my immune system seems stronger as I have not had a cold or the flu this winter. I plan on using the clay as a permanent part of my daily health program, along with eating right, supplements when necessary, and enough water and exercise. Thank-you for providing the information and safe, pure clay. I will be using it PERMANENTLY."
Tom Martens, Appleton, WI

"I have been using Clay for about a month now. In that month I have noticed an increase in my energy. I feel better. I also have noticed that all my psoriasis has disappeared completely. I tried cortisone creams for years. My friends and husband have noticed a brighter appearance in my face. I am so thankful for your clay and plan on keep using it the rest of my life. Thank you!" Linda Reynolds

"Andrea my main assistant was the first to mention that the Clay helped her with her period pains, and I thought interesting, at the time she was taking the liquid Clay. Andrea has worked with me for 14 years and bad period pains has been her main health problem. I can now testify that The Clay really works wonders for your period pains, last month I had no pain I couldn't

believe it. I kept waiting for the pain to start it never did. So far 3 of us have experienced this. we all take the Clay internally."
Angela Gregory, Antigua

The following testimonies were sent to us since October 1, 2005.

In reference to 1 women, I will reiterate testimonies she has shared with us. She had cancer previously and recently discovered a growing mole on her body. This frightened her due to the past cancer. She began applying hydrated Living Clay to this mole, hoping it might help. She continued applying the clay daily for 4 days. On the 4th day she examined the mole and saw it had turned BLACK. Upon discovering the condition of the mole she panicked and touched the black mole. Upon touching it, it fell off. Needless to say, she was amazed. Her skin under that area was normal. She uses the clay internally also and has reported more clarity and energy that she previously did not have. She reports after using on her face as a mask that her skin appears much more youthful w/lines and crows feet disappearing along with a more radiant glow. She also reported using the clay as a body mask and say's her skin is soft and hydrated after the treatment. She claimed there was no need to moisturize.

She has tested the clay on her adult daughter which had three moles on her body. Her daughters results were different but conclusive to the power of the clay. All three moles became lighter in color and began getting smaller. Daughter reported all moles are getting whiter and smaller daily. We have not heard the final testimony on her moles as of yet due to this test is ongoing in the past few days.

A salon in Oklahoma City sampled clay on some customers: A man with severe burn on his lips: applied clay, immediately puss poured out. The man called salon next morning said "the swelling down by that night and next morning burn was completely gone".

A woman with severe acne: The salon applied clay, the next day the woman called saying acne was gone.. wanted to buy and sell clay... The salon owner did a face mask on a woman: she said it was the best mask ever tried. Her skin absolutely glowed. He wants clay for the salon, said every time he tests on his clients there was amazing results.

A women bought clay: The son was stung by a hornet: They applied clay, the pain was immediately gone, never noticed any injury afterward, the client uses internally and as face mask also and said after 1st application dry scaly spots on skin gone.

Another Women : daughter very ill and in severe pain w/ kidney infection. drank 2 oz clay at bedtime, woke up feeling great and went to work. The same client gave liquid clay to cat suffering from severe respiratory illness. The cat after 2 days breathes normal and has resumed eating food and drinking..

A Gentleman took clay over to the neighbor and applied it to their daughter's leg where there was an infected bug bite that she had been digging on. The next morning it was half healed and by the morning after that almost totally healed (about 36 hours).

Every Person that we have spoke to that has tried this Living Clay has called excited and amazed giving testimony of the things it is doing. The calls just keep coming in.

*This booklet was produced for educational information by the Foundation for Natural Health Concerns.
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