

# How to **KICK-START** Your Day with Living Clay

**An Instructional Manual**

“Everything in Nature contains all the powers of Nature.  
Everything is made of one hidden stuff.”

~ Ralph Waldo Emerson

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## **Introduction to Calcium Bentonite Clay**

Welcome to a brief introduction to learning about 'living clay,' a Calcium Bentonite Clay, as a support for balancing, cleansing, detoxing and speeding the healing process of the body. The information is taken from the book, *Living Clay, Nature's Own Miracle Cure*, a definitive guide to understanding and using a pure, natural, therapeutic clay.

The Smectite family of clays, which include Bentonites, are called 'living clays' because of their ability to make chemical changes. And they are the only clays that are capable of both adsorption and absorption.

A weathered volcanic ash, clay is a compound of 60-70 pure trace minerals in natural oxide forms. Its negative electro-magnetic charge gives it a strong vacuum-like ability to capture and discharge the positively charged viruses, bacteria, molds, yeasts, infections and poisons, from the body.\*

It has the ability to cleanse and detox internally and externally, while at the same time bringing balance and equilibrium to the body through its 9.7 pH and its homeostatic ability. Reference *Living Clay, Nature's Own Miracle Cure* for a more detailed explanation.

That being said, know that all clays are different in their mineral percentages, their actions and purity. It is very important to know your clays. For more detailed information read 'Criteria for Selecting a Quality Healing Calcium Bentonite Clay' on [www.AboutClay.com](http://www.AboutClay.com).

Simply put, living clay is a catalyst that supports healing without dangerous side effects. It is used by naturopaths, chiropractors, dentists, massage therapists, holistic healers, and medical doctors for its amazing healing abilities. Protocols suggested in this booklet are those most frequently recommended by practitioners.\*

## **History of Clay Use**

Clays have been used by indigenous tribes since before recorded history. Their medicine men used it for healing and drawing out poisons from snake and insect bites, healing wounds, and as an aid to pregnancy. The Christian Bible also makes reference of clay's ability to heal.

## **Primary Functions of Living Clay**

Detoxes – It pulls and holds toxins and carries them out of the body.\*

Balances – Clay is homeostatic, bringing the body into balance.\*

Alkalizes – It has a pH of 9.7.

Stimulates – It draws blood flow, oxygen and circulation for cellular repair.\*

Never underestimate what clay can do, directly or indirectly, to support good health.

## **Suggestions for Using Liquid Clay - Internally**

A clean, properly functioning digestive tract is paramount to our well-being. For internal cleansing and daily detoxing you ingest clay. Doing so on a daily basis will get your intestines clean and keep them that way.\* Liquefied Calcium Bentonite may be purchased or made from clay powder.

## How to Make Your Own Liquid Clay

### For a Single Serving:

- Mix a rounded teaspoon of clay powder in 2 ounces of water.

### For Multiple Servings:

- Add clay powder to water at a ratio of 1 part clay to 8 parts water.

### How to Mix Liquid Clay:

- Combine in a glass or food grade plastic bottle with a plastic or non-metal lid; shake vigorously until all lumps are gone.
- Allow the mixture to stand 5 minutes with lid slightly loosened to vent and allow for expansion, re-tighten the lid, and shake again.

If mixing it yourself, personal preference will dictate how much, or how little, liquid clay to prepare at a time. Liquid clay does not need to be refrigerated and will keep for many months.

## Common Measurements and Conversions

When deciding the amount of liquid clay to make, keep in mind the following:

1 ounce (oz.) = 2 Tablespoons (Tbsp.)

1 Tbsp. = 3 teaspoons (tsp.)

1 cup (C) = 8 oz.

## Protocols for Internal Use

### A Single Serving = 2 oz. of Liquid Clay

#### General Detox:

The protocol most frequently suggested by practitioners is: Drink **a single serving** in the morning and **a single serving** in the evening, preferably on an empty stomach, for 14 days.

#### Advanced Detox:

To remove parasites, heavy metals and for more serious issues, a slightly higher dose is recommended:\* Drink **a single serving** in the morning, at mid-day and again in the evening, preferably on an empty stomach, for 21 days.

#### Maintenance Regimen:

To support the body's immune system, staying toxin free, and to balance your pH level \*, **a single serving** once daily is suggested thereafter. More may be taken if desired.

## Precaution If Taking Medications

Check with your pharmacist to determine if clay will interfere with any medications. Ask how long it takes for the body to absorb the medication, allow that time to pass between taking your medication and the clay.

## Suggestions for Using Clay - Externally

The skin is the largest organ of our body and can be considered the outward reflection of what's happening inside. Used topically, Calcium Bentonite Clay pulls out excess oils and impurities and stimulates circulation and cellular revitalization.\* Whichever method you select, your skin will thank you for it!

### Benefits of Clay Baths

Because the body detoxifies through the skin, clay baths are becoming more and more popular for drawing out toxins and cleansing the skin. Clay baths are beneficial in removing toxic build-up of heavy metals stored in the body.\* They also relieve sore muscles, body aches, stimulate lymphatic action and circulation, are very relaxing, and can promote a good night's sleep.\* Children with Autism are reported to be calmer, to maintain longer eye contact, and exhibit improved communication skills after a clay bath.\*

#### How to prepare a Clay Bath:

- Lightly sprinkle desired amount of clay powder into the water as it is running, mix until fully dissolved. A whisk may be used to assist in mixing.
- To make mixing easy, start by mixing the clay powder with 5 cups water in a lidded container or in a 5 cup blender then add to bath.
- Take care, if a blender or metal whisk is used, to immediately wash any clay residue off of the metal blades or wire hoops after mixing the bath.

Soak for 15-20 minutes. Submerge as much of your body as possible during the bath and stir the water to circulate the clay. The more clay that is used in the therapy, the more powerful the response. Drink water during and after the bath to avoid dehydration.

If the clay is dissolved adequately, it is safe for drains and septic tanks.

#### Protocol for Clay Baths:

- To **detox** from heavy metals, chemicals or radiation add **2 cups of clay powder** per bath 2 times a week for 5 weeks, or longer depending on the degree of toxicity.\*
- For a **maintenance bath** to relieve sore muscles and for total relaxation use **1 cup of dry clay powder** as needed.\*

## Suggestions for Using Topical Clay Mask

In addition to facials and full body wraps, a clay mask can also be applied topically to help relieve acne, arthritis, eczema, psoriasis, poison oak and ivy, shingles, broken bones, burns, cuts, pressure wounds, scrapes, blisters, insect bites, warts, and toenail fungus, just to name a few.\* Bentonite clay for topical application may be purchased pre-mixed or made from clay powder.

#### How to Make Your Own Clay Mask:

- Combine clay powder to water at a ratio of **1 part clay to 3 parts water** in a glass, ceramic, or food grade plastic container with a non-metal, air-tight lid.

- Cover and shake vigorously for about a minute or until all lumps are gone. Larger batches may also be prepared using an electric mixer or blender; however, take care to immediately wash any clay residue off of the beaters.
- Allow the mixture to stand for 15 minutes with lid slightly loosened to vent and allow for expansion.

### **Suggestions for Using a Clay Poultice (Clay Pack)**

A clay poultice is simply a thicker application of clay mask, intended to be held against the skin for prolonged periods of time for the purpose of concentrating the clay's curative and revitalizing action on the affected area. Poultices are good for broken bones, inflamed body organs, sinuses, infected wounds, eye irritations, etc.

#### **How to Prepare a Clay Poultice:**

- Use the topical clay mask mixture.
- Apply a ¼ to ¾ inch thick layer of clay mask over the desired area and cover with piece of gauze, a bandage, or plastic wrap to keep the wet clay in place.

The timing and repetition of any application will vary from 30 minutes to an hour to all day, according to need. More specifics can be found in the book, *Living Clay, Nature's Own Miracle Cure*.

### **Proper Handling and Storage of Clay**

Follow these simple rules to keep your clay clean, effective, and active:

- Store away from extreme heat and direct sunlight.
- Liquid clay should be stored in a food grade plastic or glass bottle with a non-metallic lid and does not require refrigeration.
- Always use a clean utensil when scooping the clay out of the container.
- Never leave the clay in direct contact with metals for long periods of time. For example don't leave the clay in a metal bowl. The clay's electromagnetic charge will act on the metal severely limiting the clays ability to draw when applied to the skin and will cause the metal to prematurely rust.
- Keep out of close proximity to chemicals and strong odors.

More articles, testimonials, videos and educational information about Calcium Bentonite Clay can be found on [www.AboutClay.com](http://www.AboutClay.com) and/or get the book *Living Clay, Nature's Own Miracle Cure*.

Now, go "Kick-Start Your Day" with Calcium Bentonite Clay!

\*Disclaimer: This educational information is meant to supplement and not to be a substitute for professional medical care or treatment. This information has not been evaluated by the FDA.