

# DETOX with CLAY THERAPY

## What is clay?

Clay is a natural live medium which helps generate and maintain life. What is meant here by "clay" is a greasy sort of earth, found in many different places all over the world. There are multiple varieties of many different colors of clay, known by many different names, each with its own properties. I personally prefer the bentonite montmorillonite clays like from [www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com) for \$5/lb dry clay powder

## Why clay?

Clay, when used in moderation, is completely safe and has been used successfully for improving health naturally. Clay is inexpensive, effective and readily available world wide. Furthermore, there doesn't seem to be any adverse side effects or overdosing possibilities so it's safe.

## What does clay do and how does it do it?

Simply stated, clay draws. The natural tendency of clay is to absorb toxins. It sucks poison from its environment. Clay has the power to attract and stimulate the evacuation of toxic and non-useful elements. It is known that clay possesses both *absorbent* and *adsorbent* powers: absorption of the impurities in the tissues, adsorption by pulling out the impurities in body liquids and eliminating them. Clay acts with wisdom; no matter in what manner absorbed, clay goes to the unhealthy place, where it lodges, perhaps for several days, until it draws out the impurities (or pus, black blood, etc.) with its evacuation. Clay appears to have the ability to know where to center itself to provide the best benefit.

Though clay has been used for years, no one has been able to exactly pin down what makes clay a healer.

## How is clay used?

For maintaining good health, as well as healing and therapeutic purposes, clay may be used both externally and internally. For external use, clay may be mixed with water or other mediums to form a paste for soothing and drawing. Internally/orally clay powder can be added to water, juice, etc. or sprinkled on food. It can also be taken in capsule or tablet form. In all cases, clay should be accompanied by sensible and healthy eating habits including lots of water.

## Who uses clay?

- Clay has been used world wide for thousands of years and is gaining popularity daily.
- Ancient Egyptians used clays for mummification purposes because of clay's purifying powers.
- Pedanius Dioscorides, a pharmacologist, botanist and physician in the Roman emperor Nero's army, attributed an "extraordinary strength" to the vital properties of clay.
- The Roman naturalist Pliny the Elder devoted an entire chapter of his Natural History to clay.
- Scientists world wide are working with various types of clays, excited by their healing potential.
- Today, many chiropractors, homeopathic doctors and nutritionists are well aware of clay's beneficial qualities.

## From Our Earth, Our Cure by Raymond Dextreit, French naturopath:

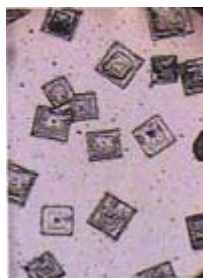
"It is not possible to foresee exactly what will happen with clay applications, especially at first, but in every case, there is a remarkable improvement, if not complete healing. As there are no dangers to fear (from using clay) there is no reason to oppose giving it a try."

## How to Make Clay WATER for oral consumption

Take a 2 quart ball jar and fill with clean (filtered and ionized water if available) water then add 1 heaping tablespoon of the dry clay powder. Put top on the jar and shake it up to mix. It can take a little time for the clay to fully hydrate so I recommend letting it sit with the water for at least 30 minutes before I shake it again to completely mix together and then I drink 8oz (1 cup) of clay water every morning upon arising. I drink the clay water before my usual 1<sup>st</sup> quart of filtered, ionized water to start my daily hydration. WATER is the most important nutrient you can get after sleeping, so drink it up and feel the power of water.

# Crystalline Comparison of Salt

What do these magnified pictures of salt crystals tell us?



## Common Table Salt

The unnatural crystals are totally isolated from each other and dead. In order for the body to try to metabolize these crystals, it must sacrifice tremendous amounts of energy with very little results, **resulting in a damaging loss and zero gain.** The salt deposits in our bodies look similar to this photo, isolated and dead.



## Sea Salt

Irregular and isolated crystalline structures disconnected from the natural elements surrounding them. Because of this, the vital minerals, however many it may contain, cannot be absorbed by the body unless the body expends tremendous energy to vitalize them. **The net gain is small with an even greater loss of energy.**



## Original Himalayan Crystal Salt®

The balanced crystalline structure reveals fine branching, no shadows or rough edges. The crystal is not isolated from the inherent mineral elements but is connected to them in a harmonious state. This tells us that the energy content, in the form of minerals, is balanced and can be easily metabolized by the body. This crystal is full of life. When taken as food, it will have a vital energetic effect on the body. **The result is only a net gain for the body with zero energy loss.**

## Comprehensive Scientific Study Reveals Profound Life-Giving Properties of Original Himalayan Crystal Salt®

Results of a comprehensive clinical study to evaluate the effectiveness of our all-natural mineral salt on a myriad of body functions revealed some impressive indicators about the affect that drinking water and taking Original Himalayan Crystal Salt can have on the human body.

A 30-day double-blind, placebo clinical study undertaken in 2008 at Fenestra research Labs, examined the effects of taking one teaspoon of sole made from sea salt vs. one teaspoppn of sole made from Original Himalayan Crystal Salt on mineralization, hydration, and oxygenation..

In the study, patients who drank sole made with Original Himalayan Crystal Salt came within 5-15% of normal range of health while those who drank sole made from sea salt, were at least 35% out of normal range of wellness.

- Re-mineralizes the body with minerals and trace elements essential to health.
- Ionic/colloidal form assists in cellular absorption of minerals (angstrom size) Replenishes electrolytes and helps to balance the body's pH.
- Significant positive changes in respiratory, circulatory, organ connective tissue and nervous system functions.
- Hand-mined with respect for Nature, the environment, the bio-energetic properties and the workers.