

# **How to KICK-START Your Day with a Triple Swelling Calcium Bentonite Clay**

**An Instructional Manual**

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*Calcium Bentonite Clay*  
*Nature's Pathway to Healing*  
*Balance♦Detox♦Stimulate♦Alkalize*  
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**"Everything in Nature contains all the powers of Nature. Everything is made of one hidden stuff."**

**~ Ralph Waldo Emerson**

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of  
*Calcium Bentonite Clay Nature's Pathway to Healing Balance Detox Stimulate  
Alkalize*

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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, *Calcium Bentonite Clay, Nature's Pathway to Healing*, 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. A Living Clay is one capable of change through balancing, transforming, stimulating and the interactive exchanging of elements and energy. Smectites are capable of both adsorption and absorption, demonstrating the highest Cation Exchange Capacity and the largest surface area of all Clay families. This Cation Exchange takes place in the adsorption layer of the clay molecule.

A weathered volcanic ash, clay is a compound of 70-90 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 *Calcium Bentonite Clay, Nature's Pathway to Healing* 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, Calcium Bentonite Clays are catalysts 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

Balance – It is homeostatic and strives to return the body to a state of wellness.

Detoxify – Whether used internally or externally, its strong negatively charged ions pull, hold, and capture positively charged toxins.

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Stimulate – It draws blood flow, oxygen and circulation for cellular repair.

Alkalize – It has a pH of 9.7.

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

## **HOW TO MIX AND USE A TRIPLE SWELLING CALCIUM BENTONITE CLAY FOR MULTIPLE USES**

### **Common Measurements and Conversions**

When mixing, keep in mind the following: 1

Tbsp. = 3 teaspoons (tsp.)

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

1 cup (C) = 8 oz.

### **DRY POWDER APPLICATION**

The dry powder Calcium Bentonite Clay application is the most basic. Simply apply dry powder by hand in the amount indicated by the treatment modality. Dry powder clay is excellent for open, bleeding wounds and oozing rashes. Packing a wound with the dry powder will help stop the bleeding and keep it from becoming infected. It is also beneficial for treating gums, tooth problems and for brushing teeth.

### **TEETH AND GUMS**

The first line of action involves brushing the teeth daily with Calcium Bentonite Clay. Use clay powder. The clay is absorbent, and it helps harden the enamel while it aids in gum tissue repair. Furthermore, if used regularly, it helps to prevent gum recession.

At bedtime pack your gums with clay powder. Do this by loading the toothbrush handle or a popsicle stick with powdered clay and gently depositing it between the teeth and gums.

Your saliva will stick the clay to your teeth and gums. Leave overnight. As a preventative measure, swish liquid clay in your mouth 2 times a day. These actions will pull out bacteria lodged in your gums and tighten the gum pockets to your teeth.

Drink 2 ounces of liquid clay twice daily, away from oral medications as needed.

### **HOW TO MIX FOR CLAY DETOX BATHS**

- In a blender to 3 cups of water, add 1-2 cups of dry clay cover with more water until within an inch of the top. Blend on high for 30 seconds.
- Pour the mixture into the bathtub and rinse the blender with water. Before getting into the bath wash the blades of your blender.
- Soak for 20-30 minutes submerging as much of the body as possible. Keep the water circulating by stirring. Relax and enjoy.
- No need to rinse off, just dry off and notice how soft your skin feels. Baths in the evenings are preferred for a good night's sleep.

## **DETOX CLAY FOOT BATHS**

When clay baths are not possible, prepare a foot soak.

- Mix the clay at a ratio of 1 cup clay powder sandwiched with 6 cups of water in a blender and blend well until it is lump free.
- Pour the mix into a plastic food grade container with warm water and soak your feet for 1 hour intervals. The mix may be used several times.
- Cover it with an air-tight lid between uses.

## **HOW TO MAKE LIQUID CLAY**

- In a blender: put 4 cups of water and add ½ of cup of Detox Powder Clay
- Blend on high for 30 seconds
- Pour into a quart glass or food grade plastic bottle with a plastic lid
- Keep on Kitchen Cabinet and take the amount for your needs

## **GENERAL DETOX**

The protocol most frequently suggested by practitioners is:

- Drink 2 oz. of liquid clay 3 times a day for 21 days, preferably on an empty stomach if you want the best cleansing effects.
- After 21 days find your maintenance level.
- After the initial cleanse the clay may be taken any time with or without food. One size does not fit all.
- If you have serious digestive issues you can gradually increase your amounts up to as much as 8 oz 3 times a day if needed. Always consult professional medical advice for specific conditions.

## **TAKING CLAY INTERNALLY**

A clean, properly functioning digestive tract is paramount to our well-being. For internal cleansing and daily detoxing, take clay daily. Doing so will get your intestines clean and keep them that way.

It is important to take it in a liquid form rather than in a tablet or capsule. In a liquid or fully hydrated form, it is activated and ready to work immediately. Liquified Calcium Bentonite may be purchased or made from the clay powder. Clay begins working in the mouth and the life force energy of the clay will resonate with all the cells of the body immediately.

By taking it in capsule or pill form, you negate the benefits to the mouth, gums and esophagus. In addition, it will take fluids from the body to fully hydrate.

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## **PRECAUTIONS IF TAKING MEDICATIONS**

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

## **SHOULD CONSTIPATION OCCUR**

It is not understood what gives most people three good bowel movements a day while others get constipated and some even have diarrhea.

If constipation occurs, you need to keep drinking the clay and take whatever you use to keep your janitorial services working until the colon is cleaned out. Taking over-the-counter magnesium tablets of 250 mg is a gentle solution. For diarrhea you may need to bulk up with fiber or psyllium husk. After being on the psyllium for a week, take a good probiotic to rebuild the gut flora.

## **HOW TO MAKE A CLAY MASK**

- In a blender add 3 cups of water to 1 cup of clay. It will make three cups.
- Blend on high 30 seconds. Be sure to wash the metal blades soon after mixing.
- Pour into an airtight food grade plastic or glass container with a plastic lid.
- Allow the mix to stand for 15 minutes with lid slightly loosened to vent and allow for expansion.
- Use for topical applications.

## **TOPICAL APPLICATIONS**

The clay mask is excellent for the following issues:

- facials
- pulling out infections
- deep cleaning pores
- reducing inflammation and swelling
- pulling out irritating venom from insect bites
- stimulating circulation
- alkalizing the skin (it also softens and exfoliates it)

## **CLAY POULTICES**

A poultice is a thick application of topical clay mask to an area for the following:

- open wounds
  - burns
  - rashes
  - broken bones
  - arthritic joints
  - back pain
  - pinched nerves
  - toenail fungus
  - eye irritations
  - boils
-

- sprains
- migraine headaches and other bodily organ problems

Clay poultices should be ½ to ¾ of an inch thick. In most cases a poultice can be left on for 2 to 4 hours or all night. Use plastic wraps to keep in moist and in place.

If used to stimulate a body organ: Apply to one body organ at a time and leave on for 30 minutes to an hour the first time. Then leave overnight.

In some cases such as sinus infections, toenail fungus, sprains or bruises, apply the clay and leave it uncovered to dry.

Some areas of the body are difficult to wrap. Glad Press'n Seal wraps must be used in most cases.

Directions: Cut a square or strip of Glad Press'n Seal larger than the area you want to put it on. On the sticky side put on an ample amount of the clay mask.

Apply the clay directly over the problem area and press the dry edges of the sticky side to the skin to hold in place.

### **FOR AN EYE POULTICE**

- Apply the clay mask thickly over a circular cotton pad and apply to the closed eyelid.
- Leave in place for 15 to 20 minutes. Gently wash off.
- For minor irritations, pour the liquid clay on the cotton pad and apply to eyes.

(This is very soothing and will relieve itching and reduce swelling from allergic reactions--an excellent treatment for a black eye).

### **EYEWASH SOLUTION**

To make a clay eyewash solution:

- In a glass jar add 1/2 teaspoon of powder clay with 4-6 ounces of eyewash solution and let stand overnight.
- Pour the clear solution into a clean bottle to use in an eye cup or as eye drops daily as needed.
- Be sure to get eyewash and not lens cleaner.

A. Some preferred eyewashes are:

- I. Bausch & Lomb Advanced Eye Relief Eyewash
- II. Collyrium for Fresh Eyes- Eyewash
- III. Walgreen's Soothing Eyewash

### **CLAY APPLICATIONS FOR SINUSITIS**

- If you suffer from sinusitis, make a compress by saturating a hot wash rag with a hydrated clay mask. Lie down and cover your sinuses with the hot, wet compress for 15 to 20 minutes.
- At bedtime cover sinuses with a thin layer of clay mask, allow to dry and leave on all night.
- Repeat the above as often as needed.



- Drink 2 ounces of liquid clay twice daily, away from oral medications.
- In a Netti Pot make the saline solution and add 1/2 teaspoon of liquid clay. Swirl and use as directed as needed.
- For blocked Sinuses heat 1 cup of water in a small pan to a light boil then add 2 Tablespoons of liquid clay add to the water. Carefully cover with a towel and breathe in the steam. Discard remain liquid after heating.

### **CLAY PACKING FOR NOSE INJURY OR NOSE BLEED**

- Soak a strip of gauze in liquid clay.
- Roll to a size to fit the nostril and pack into the nostril for as long as needed.

### **CLAY FOR ENEMAS AND DOUCHES**

- Add 2 ounces of the liquid clay to a pint of water. Use as needed.

### **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 clay's ability to draw when applied to the skin and will cause deteriorating metals to prematurely rust.
- Keep out of close proximity to chemicals and strong odors.

### **TAKING CLAY OVER TIME**

Most clays work best when taken over a long period. Clay does not offer instant cures for all ailments, but history shows it can encourage the body to put up a better fight when taken over time. Avoid high-sodium clays and acidic clays for internal use, especially over a prolonged time. Follow directions from the clay source supplier regarding its particular brand of clay.

When clay is taken for indefinite periods, it has no addictive qualities. One can quit taking clay at any time. There are no withdrawal symptoms, and you will never need to enter a withdrawal program. Many people ask whether clay is something they have to take for the rest of their lives. The answer to the question of course is, no, they don't have to; there is no danger in discontinuing its use. However, why not take something that is beneficial and will help cleanse and support the immune system? Especially in today's highly polluted world, the liver and kidneys are so overworked they never have a chance to rest. Taking Calcium Bentonite Clay every day helps keep the body functioning in tip-top condition. To maintain a healthy system, take clay daily.

However, remember all clays are not created equal. Again, avoid high-sodium clays, acidic clays and impure clays. Generally speaking, quality-tested, pure clays are the dependable safe clays. Pure means clean with nothing added and not processed. The regular intake of liquid clay can produce other benefits including parasite removal from the intestines, allergy and hay fever relief, and elimination of anemia and acne. For example, it reduces discomfort from allergies by quickly neutralizing allergens that would otherwise produce allergic reactions, and it reduces heartburn and indigestion by absorbing excess stomach acids.

More articles, testimonials, videos and educational information about Calcium Bentonite Clay can be found on [www.BentoniteClayInfo.com](http://www.BentoniteClayInfo.com) and/or to order the book *Calcium Bentonite Clay Nature's Pathway to Healing* go to [www.TheClaybook.com](http://www.TheClaybook.com) 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.

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