

## **External Use of Montmorillonite Clay - Benefits**

1. Ulcers and infected wounds will benefit most from clay applications. Clay is the greatest natural healer available to us. They were used during wars to heal badly infected wounds. Our ancestors used clays successfully for the same purpose. Now that scientists have proved antibacterial properties of clays, what has been known to man for thousands of years has at last been proved scientifically.
2. Clays are a First Aid remedy against concussions, ulcers, bruises.
3. Used as a mouthwash or toothpaste, clays promote healthy gums and teeth.
4. Used over burns /sunburn, cold clay compresses are the fastest healing and pain relieving remedy which helps regeneration of tissue and prevents formation of scars.
5. Used over a diseased organ, clays draw toxicity out of the area, relieve pain and promote healing.
6. Used on a tense, overworked muscle, clay compresses/ poultices will help draw out lactic acid, relax the muscle and bring it back to working order.
7. Used in a general bath or a foot bath, clays act as a very effective detoxifying remedy. For best results, internal clay use is recommended at the same time.
8. Used in an enema/colonic irrigation procedures, it is simply the best colon cleanser available to us.
9. Used as a vaginal douche, it can help with many problems including candida.
10. Used over hemorrhoids, clay helps heal them quickly.
11. Spots, acne, blemishes, oily skin, rashes.
12. Used on eczema, psoriasis, dermatitis, it helps promote healing.
13. Cold sores - apply frequently to speed up recovery.

## **Directions of external use**

For external applications clays can be used in compresses, poultices, baths, face masks, body wraps, powder applications to weeping ulcers, nappy rash, weeping eczema, fungal infections. They can also be used as tooth powders - calcium bentonite clays are excellent at removing plaque and whitening teeth, due to their bleaching properties (be careful not to over-use it for this purpose, since it can be abrasive and can wear down the

enamel). In the cosmetics industry bentonites are used in soaps, toothpastes, face/body packs, and other clay-based products which are beginning to win the consumer over.

### Compress

To make a compress, mix some clay with warm water to make it quite runny. Spread over a piece of cloth. Apply on an affected area. Cover with a compress paper, wrap up in a warm cloth. Leave on until the clay dries out. Apply on aching joints, muscles, in the area of organs affected by an illness.

### Poultice

A poultice has a much more powerful effect than a compress, since it requires a lot more clay per application - 0,5-2cm thick, and it works as a mass, drawing up toxic waste into itself. The electromagnetic charge is stronger too. So the overall effect is more powerful. It is especially good for applications on an affected area, or simply where a stronger action is required. Apply a warm poultice over the area, cover with grease-proof paper and a warm cloth. If an area is hot and inflamed, a cold poultice application is recommended to relieve the heat and reduce the inflammation.

### Bath

A bath has a more general, less concentrated effect than a poultice or a compress. For a bath, take 500g-1kg of clay, mix it in warm bath water and stay in it for up to 30 minutes, or until the water starts cooling down. Never re-use clays/ clay water, since the point of using clay is to remove toxins, and re-using it would mean bringing the toxins back.

### Face Mask

Basic face mask recipe: 1 tsp of clay + water to form a spreadable paste. Apply and leave to dry. Wash off, apply moisturizer. Clay masks can have other ingredients added, depending on the skin type and purpose of the mask. Green clays are excellent at restoring the natural pH of the skin and cleansing it. Acne/spots is another skin condition which benefits from clay applications - the French Illite is the best for it. Since green clays are great detoxifiers, they leave the skin cleansed, pink, fresh and revitalized, generally looking younger.

### Body Wrap

Body wrap is another very useful application for green clays. It is a luxurious and thoroughly therapeutic treatment, especially with powdered seaweed added to it. Mix the clay with seaweed powder (50/50), add water to form a spreadable mass. To do it at home, prepare a place to lie on first, and a warm room. Lay down 1 or 2 warm blankets, with a plastic sheet on top. Cover yourself with the mixture of clay and water, or clay,

seaweed and water, lie down on the plastic sheet, and cover yourself with the remaining half of the blanket. Make sure you remain warm throughout. Stay under the blanket for 15-30 minutes. Wash off in a shower or a bath. For a salon application, follow the normal procedure for a body wrap.

### Body Powder

Use dry clay powder on weeping eczema, ulcers, Athlete's foot, any sores and wounds which need disinfection and healing.

### Tooth Powder/ Mouth infections

Green clays are great for gums, preventing formation of plaque and treating mouth ulcers. If an inflammation of the gums or a mouth ulcer occurs, take some clay into your mouth and keep it there for a while (10-15 minutes). Do not swallow - rinse the mouth with warm water. Repeat the procedure frequently, until the inflammation goes away.

*Note:* All information on this website is for informative purposes only. With all respect for everyone's right to choose methods of treatment and remedies, you are strongly advised not to resort to self-diagnosis or self-treatment. **Do consult a doctor if you have an undiagnosed condition. If you are on a life-saving medication, please consult your doctor before using clays or any other alternatives.**

### **Clay Therapy combined with the Far Infrared Mineral Lamp**

For certain conditions, we use clay compresses in combination with the Far Infrared Mineral Lamp, currently approved by the FDA. The TDP (TDP stands for "Special Electromagnetic Spectrum" in Chinese) was invented by a group of scientists in China, headed by Dr. Gou Wenbin. The Far Infrared Mineral Lamp has been proven effective in treating numerous ailments such as muscular aches and pains, soft tissue injuries, arthritis and various skin conditions.

The critical component of the TDP lamp is the heat-treated black clay. The ceramic plate emits electromagnetic waves in the infrared range of between 2 and 25 microns. The absorbed energy promotes microcirculation and strengthens the immune system as well as relieves pain in the body. It also stimulates the acupuncture points at the treatment location, and stimulates microcirculation which results in the delivery of higher levels of oxygen and nutrients to injured tissues. The emitted FIM energy penetrates up to 3½ inches.

This effect is greater in injured tissues, since there is less resistance to electrical current and electromagnetic force at locations of damage in the body.

Since far infrared promotes blood circulation, it causes the expansion of capillary vessels. Therefore, it assists in tissue detoxification and improved efficiency in the lymphatic system.

The Far Infrared Mineral Lamp has successfully treated up to 60 million patients in China, Hong Kong, South Asia, Japan, Europe, and Australia.

In some situations, such as with wound management, a gentle and warm clay pack is more advantageous to therapy than cool clay packs. A gentle warmth will prevent wound chilling which can slow down healing, and the heat provides comfort and relief.

Since the TPD lamp alone has been used successfully to treat localized infections, the mineral lamp and clay application is a perfect marriage. One receives the benefit of the mineral lamp, the heating advantage of far infrared, and the amazing benefits of local clay treatment.

The combination of the TDP mineral lamp and local clay therapy is ideal for soft tissue damage, muscle, tendon and ligament injuries, stimulation of acupuncture locations to the point we would call the combined therapy true "Qi Gong" therapy, skin conditions, general injuries, relief from localized arthritic conditions, as part of a support system for trauma healing ( spinal cord, bone damage etc.), reduction of localized inflammation. The treatment time for application of the lamp with clay is no more than 30 minutes, no more than twice daily. The TDP lamp can be used with clay compresses as well, as long as one considers that the added heat will cause the clay to dry very quickly.