

Internal Use of Montmorillonite Clay - Benefits

1. **Helps remove heavy/radioactive metals out of the system.** Very useful for smokers whose systems will contain excessive cadmium. Effective for other types of radiation and toxicity (including mercury). **Sources of radiation include:** computers, microwaves, cell phones, most electronics, industrial pollution, nuclear plants, x-rays, chemotherapy, irradiated foods, nuclear warfare, military grade weapons (depleted uranium shells, etc...). This silent killer is present everywhere and we are exposed daily to it in our technical world and in our atmosphere.

2. **Antibacterial properties** - Clays have been given as rations to Russian and German soldiers during both wars to help prevent and treat diarrhea and any other stomach upsets. Particularly useful in detoxifying the digestive system. Clays help to free the digestive tract of harmful toxins released by bacteria, parasites, fungi. It is the first remedy for food poisoning. First natural remedy against food/toxic poisoning. Large amounts of clay water are taken as soon as the first symptoms of poisoning are experienced - straight after the stomach flush.

3. **Promotes regular bowel movement when used properly** (see Directions)

4. **Works effectively against fungi, namely candida** - the most abundant fungus in our bodies which can lead to a number of illnesses if left untreated.

5. **Clays are used to neutralize free radicals.** Clays have been and are being used by the military and at sites of radioactive exposure. The most well-known use of clays for this purpose has been Chernobyl, where clays were used to help reduce effects of radiation in the personnel and the population.

6. **Used in liver detox protocols.**

7. **Increases the body pH level, reducing acidity.**

8. **Being extremely rich in minerals, they remineralise the body in the best possible way.**

9. **Clays are used to relieve food intolerances.** However, care must be taken where there is an exacerbated condition of the digestive system - clays need to be introduced very slowly into the diet.

10. **Helps to eliminate intestinal parasites.**

Directions for internal use.

French Green Clays can be taken internally mixed with water (don't let it get into contact with metal - it will upset clay's electromagnetic balance essential for healing). Start with 1/2 a teaspoonful or one small walnut size mixed with 200ml (7oz) of water. The clay needs to sit in water for at least three hours, but for best results soak it overnight. Start by taking it three times/day, 1 hour before each meal. The therapeutic course is for three weeks. During the first week just drink the water without mixing it with clay, then for the remaining time mix the water with clay using a wood stick (you could use plastic, but never use metal). Increase the dosage gradually over a period of 4 weeks, first to 1/2 tsp in the morning, 1/2 in the evening, and then gradually increase it to 1 teaspoonful. After three weeks take a two weeks break. For maintenance, use the same treatment for 10 days/month.

The intake of clay is likely to be accompanied by symptoms of detoxification. It is advisable, before starting the regime of regular clay intake, to go on a detox regime for at least a week.