

## **Mineral Clay - The Mud that Heals**

Montmorillonite in its natural state with no additives, chemicals or preservatives. Creamy Montmorillonite is a 100% natural combination of colloidal silicate minerals. It is mined in Nevada from layers of an ancient volcanic seabed formation and crushed into a powder as its only form of processing. It is an exceptional source of minerals and has been traditionally ingested as a supplement and detoxifier for centuries by over 200 cultures all around the world.

This Montmorillonite derives its names from the city of Montmorillon in the center of France whereby it was discovered by modern medicine. However, cultures throughout the ages have known about clay has amazing powers of regeneration. The ancient Greeks and Romans used it to heal fractures. The great Greek doctor Dioscoride praised its extraordinary strength for healing. The Native Americans call it Ee-Wah-Kee - meaning The-Mud-That-Heals. Natives of Mexico and South America all recognized the benefit of clay. Tribes in Africa have used clay as a purgative and for relief of diarrhea. While studying diets of tribes of Central Africa and Aboriginal tribes of Australia, Dr. Weston A. Price examined their food knapsacks and found some contained balls of clay, with embedded morsels of food, a little of which was dissolved in water. The explanation was that this was to prevent a sick stomach.

Montmorillonite Mineral Clay was made popular in Europe in the 1800s as an all-purpose and simple healing agent by Dr. Kneipp and other revered naturopaths such as Kuhn, Just, and Felke. Dr. Kneipp advised applying a mixture of mineral clay and vinegar for all fractures. During World War II, Russian and French soldiers were given mandatory rations of mineral clay in their diet every day in order to avoid the spread of diarrhea which was ravaging other neighboring troops. Mahatma Ghandi used clay for constipation.

Mineral Clay is volcanic ash which was deposited in seawater into what was, long ago, a shallow inland sea. The sea water filtration through the ash resulted in the formation of a layer of highly mineralized clay, retaining many of the pure minerals from the sea.

### **Internal Benefits of Liquid Mineral Clay**

Montmorillonite clay is included in the FDA's list of elements Generally Recognized as Safe. As a natural and gentle dietary supplement, liquid mineral clay is the most effective intestinal detoxifying agent known. It also boasts a high nutritional value due to its large mineral count.

For maximum internal efficacy, Montmorillonite clay must be prepared into a liquid gel by mixing the clay with a liquid and letting it sit until the clay expands into this consistency. In this hydrated form, each clay particle expands and acquires radioactive abilities. It develops a large surface which enables it to pick up many times its own weight in various body toxins. This wide surface is made of a great number of tiny

platelets, each with a brilliant negative electrical attraction for positively charged particles. The clay's negative charge is responsible for its amazing detoxifying properties: it is a magnet for many toxic elements present in the human body (heavy metals, pesticides, and free radicals) which are positively charged. This physical pulling power also has an absorbent action (like sticky paper) as toxins are drawn into the porous surface of the clay and bound in suspension. Since liquid clay passes through the body undigested, clay particles are eliminated with the toxins bound to its multiple surfaces.

Montmorillonite Mineral clay's powerful healing properties are made apparent through the positive domino effect such a cleansing has on the body. Dextreit, a French naturopath, writes that clay is a powerful agent for stimulation, healing, and transmission (of minerals). It stimulates deficient organs, helping in the restoration of the failing function. According to Knishinsky, through its blood purification actions, the regular intake of liquid clay can treat ailments of circulation, menstruation, prostate, of the liver, and of various skin conditions such as acne. Additionally, a clay cure can remedy symptoms of arthritis, chronic fatigue syndrome, gum diseases, migraines, allergies, hay fever, and help in the treatment of anemia (through its high content of dietary iron). Knishinsky and Dextreit suggest that clay is effective in treating a wide range of illnesses related to the stomach, small intestine, and colon. It activates the immune system to defend itself against illness caused by exposure to harmful poisons that accumulate in the bowel. Such conditions include acid indigestion, heartburn, ulcers, diarrhea, constipation, intestinal irregularity, and parasites. A cleaner colon stimulates the normal mechanism of the intestinal tract by increasing the absorption of minerals and nutrients, thus causing a surge in the body's energy level, emotional upliftment, and enhanced alertness.

Montmorillonite Mineral Clay provides an impressive assortment of minerals, including calcium, iron, magnesium, potassium, sulfur, manganese, and silica in addition to an assortment of rare trace minerals. Trace minerals are essential to good health as they enable the body to absorb nutrients. Montmorillonite Mineral Clay contains 71 trace and ultra-trace minerals. Normally, metallic minerals are hard to digest and assimilate; however the metallic minerals in bentonite which have been exposed to the sea, have already been digested by sea plants and are thus water soluble and readily assimilated by the body.

**Directions:** The best way to drink clay is on an empty stomach or at least an hour before or after a meal. For best results, Mineral Clay should be taken before going to bed.

Mix two parts water with one part Montmorillonite Mineral Clay to make a gel. You can use a blender or mixer to speed up the process or you can just shake or stir by hand and then wait 3-4 hours for the clay to activate (the water becomes ionized). It should make a gel the consistency of mustard. You can add either water or clay until the right consistency is attained. Keep this gel in a covered, non-metallic container and it will not

dry out or separate. It stores with or without refrigeration for an indefinite period. If it does dry out over prolonged storage, just add water and remix

It is advisable to start with one tablespoon of this gel daily. Observe the results for a week then gradually increase the dosage to no more than four tablespoons daily in separate doses. The cure generally lasts for three weeks, but can possibly be repeated after a month's pause.

Drinking clay can be an annual cleaning event for your gastrointestinal tract. It is important to remember to drink lots of water while you are using the clay in order to help your body rid itself of the toxins that are being stirred up by the clay. External Uses of Mineral Clay.

Montmorillonite Mineral Clay is used externally in drawing poultices and compresses and has antibiotic and antiseptic properties. By actually pulling contaminants through the skin (due to its electromagnetic properties), Montmorillonite clay absorbs toxins and reduces swelling and inflammation. It can be used for acne and all skin problems, bee stings, bug bites, burns, pain, swellings, tumors and varicose veins. It can heal sores and ulcers and aid in the rebuilding of healthy tissues and cells, and even of fractured bones and vertebrae. It is useful in neutralizing various poisonous mushrooms and chemical acids

**Directions for external application:** Mix Montmorillonite Mineral Clay with water to make a gel the consistency of mustard. Apply the gel directly on the skin for a drawing effect, as in the case of a bees sting, mosquito bite, boil, spider bite, stinging nettle, etc. If the clay is not covered it will dry out, and as it dries, you will feel it draw and pull. If you want a tightening effect, as in the case of a facial for acne, pimples, or minor cuts, leave it on until it is almost, but not totally dry, then remove. If you want a more cooling and soothing effect for burns or scrapes and bruises, cover the gel with a plastic covering or wet cloth so it won't dry out. To remove the clay pack, simply wash it off with water and a gentle rubbing motion. After clay has been used, throw it away. It is full of toxins and devitalized.