

Clay

Clay is a sediment of earth that is putty-like when wet and hardens when baked. It has amazing healing qualities and is used medicinally for its extraordinary absorbent and energizing properties that can cleanse the body of noxious toxins, promote cell growth and accelerate healing.

Influence on the Body	
<i>Blood and Circulatory System</i>	Anemia • Blood Building • Blood Cleansing • Heart • High Blood Pressure • Arteriosclerosis • Varicose Veins • Hemorrhages
<i>Blood Sugar</i>	Diabetes
<i>Body System</i>	Alkalosis (acute acidity) • Internal Cysts • Deficiencies • Demineralization • Fatigue • Swellings • Odor Absorbent
<i>Bones</i>	Bone Tissue Regeneration • Bone Fractures
<i>Cancer</i>	Tumors
<i>Digestive Tract</i>	Gastritis • Ulcers • Intestinal Tract Cleansing • Hemorrhoids • Parasites • Expels Worms • Hernia
<i>Ears and Eyes</i>	Ear Infections • Eye Revitalization
<i>First Aid</i>	Bumps • Bruises • Wounds • Cuts • Splinter • Insect Stings • Burns • Absorbs Radiation
<i>Infections and Immune System</i>	Allergies • Absorbs Allergens • Fever
<i>Inflammation</i>	Inflammation • Arthritis • Rheumatism
<i>Liver</i>	Liver Detoxification • Gallbladder
<i>Lungs and Respiratory System</i>	Sinusitis • Asthma • Bronchitis • Lung Problems
<i>Mouth and Throat</i>	Tonsillitis
<i>Muscles</i>	Flat Feet • Hernia (abdominal cavity rupture due to muscular weakness)

<i>Nervous System</i>	Headaches • Spine
<i>Pain</i>	Pain of all kinds
<i>Reproductive System</i>	<i>Female:</i> Fetal Positioning • Uterine Fibrous Tumors • Menstruation Discomfort
<i>Skin, Tissues & Hair</i>	Cleanse • Soften • Baths • Facial Masks (cleansing) • Abscess • Boils • External Cyst • Acne • Skin Irritations • Impetigo (highly contagious disease of the skin) • Shingles • Eczema • Psoriasis
<i>Urinary Tract</i>	Kidneys
<i>Other Uses</i>	Post-Operative Complications • Baby Powder (talcum substitute) • Water Filter • Transplanting Aid for Plants • Tree Wound Pack • Bricks • Pottery • Ceramics

Key Properties:

- Absorbs and eliminates toxins, allergens and wastes, cleanses the body
- Relieves pain • Accelerates healing and cell regeneration
- Contains minerals and nutrients that energize the body

Types of Clay	<p>There are several varieties of clay in different colors. They have similar healing qualities, yet each contain their own unique properties. Some of the better known healing and beautifying clays are green, red, yellow, gray, white, and rose.</p> <p><i>Green and Gray Clays</i> In general, green and certain gray clays are used for drinking clay medicinally. They are also excellent when used for poultices, plasters, masks, cuts and wounds, etc.</p> <p><i>Rose Colored Clay</i> Rose clay is smooth and often used for cleansing masks, body packs, smoothing roughened skin and healing acne.</p> <p><i>White Clay</i> White clay is a very fine powder, often used in talcs and talcum products. It is an excellent deodorant and particularly good for stinky feet and hands. It is ideal for babies and diaper rash.</p>
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Attributes	<i>Key Components: (including, but not limited to)</i>
	<p><u>Minerals</u> - The kinds of minerals present in clay varies depending on the type of clay and location where it is found. In addition, clay has the ability to pull nutrients from other sources that weak or damaged areas of the body can then use to heal itself. Properly prepared clay brings the vital energy from the sun, air and water to promote cleansing and growth of new cells. The healing properties of clay go beyond the sum of its parts and continue to amaze naturalists and scientists alike.</p>
<i>Absorbs and Eliminates Toxins</i>	<p>Clay draws toxins from inflamed areas, relieves pain and discomfort, and reduces swelling. When taken orally, clay destroys and cleanses the body of unhealthy cells, then activates the regeneration of healthy ones. It works on the deeper organs as well.</p>
	<p>Anything unhealthy and emitting negative radiation is irresistibly attracted to clay (a positive pole) and becomes subject to cleansing evacuation. Clay absorbs radioactive substances, helps eat away and absorb the plaque of arteriosclerosis, and absorbs and rids the body of odors.</p>
<i>Anti-Bacterial Filter Anti-Microbial</i>	<p>Clay is used to filter contaminated water and render it innocuous. It destroys bacteria. Parasitic organisms cannot thrive in a clay-medium. Clay draws out parasites and toxins from the bowels (and other organs where they are lodged) and eliminates them through the digestive tract and defecation. It cleanses the body of noxious wastes, toxins and parasites.</p>
<i>Promotes Healing</i>	<p>Clay has sedating, relaxing, absorbing, and healing actions on inflammation of the intestines and other areas of the body. For best results, take clay prior to eating a large meal to quiet the anticipated stomach discomfort of over-eating.</p>
<i>Nutritive</i>	<p>Clay purifies the blood, cleansing out toxins and building blood components. It does not contain enough iron to explain its ability to rebuild red blood cells, yet red blood cell counts increase with its use. Clay is rich in minerals and enzymes and has the ability to 'fix' free oxygen that purifies and enriches the blood. A powerful stimulant, clay awakens dormant energy resources in the body.</p>

Clay Preparation and Remedies	<p>You might find clay in your garden (about one yard deep), but clay is more often obtained in quarries where clay is then used for bricks, pottery, ceramics, and therapeutically, to heal and beautify. When clay is to be used for medicinal purposes, be sure to use pure clay that:</p> <ul style="list-style-type: none"> • has not been previously baked • has not been mixed with synthetic additives • has not been previously used to draw out toxins or disease <p>Activated clay is fresh, unused powdered clay mixed with distilled water and set in the sun in a closed jar. The more clay is exposed to sun, air and rainwater, the more active it will become. The best time for exposing clay to the sun's rays is just prior to an immediate need. When possible, the clay should be prepared several hours prior to use. Dry clay may be stored in darkness indefinitely (a condition similar to the earth it came from). Even without exposure to light, clay already possesses most of its wonderful healing properties.</p>
<i>Use Proper Containers</i>	<p>Enamel, earthenware, porcelain, wood or glass containers may be used to hold clay as it is prepared. Never use metal or plastic. Metal spoons may be used in the process, but do not leave them in contact with prepared clay.</p>
<i>Internal Use</i>	<p>Put a teaspoon of powdered clay into half a glass of distilled water. For cleansing and invigoration, it is best to drink clay in the morning after waking, at night before going to bed, and 15-60 minutes before eating.</p> <p>For eating away at arterial plaque, absorbing toxins and eliminating parasites, take one teaspoon of clay a day, a half-hour or more before meals,.</p> <p>When taken with lemon, clay even acts on capillaries, dissolving crystals and 'flakes' of impurities.</p>
<i>External Use</i>	<p>To activate clay for use as a poultice or compress, add distilled water to clay in a proper container until it initially reaches a half-inch, or so, above the level of the clay. Different clays absorb water at different rates. It is easier to add powdered clay to a mixture that is too thin than to add more water when it is too thick. DO NOT STIR. Let clay rest for several hours without touching. It is not necessary to touch it before use, it dilutes itself quite well without stirring.</p>

Handle clay as little as possible when placing on the supporting cloth. Do not smooth its surface, it will settle naturally when put into place. When clay is stirred, it becomes sticky and difficult to handle. It loses its porosity, becomes smooth and impermeable, and its ability to absorb efficiently is reduced. Prepared clay has to be a smooth, homogenous paste and not very concentrated (just enough to avoid falling apart).

When possible, place the container in the sunshine, covering it with a gauze to avoid impurities. To take full advantage of drawing effects, place prepared clay next to the skin, or use a thin cloth, if needed. Clay is usually placed closest to the unhealthy area to be acted upon. Yet, it is interesting to note that clay can show activity at a point in the body far removed from the application site, as clay moves throughout the whole body. Some believe clay is alive and acts with wisdom, seeking out the unhealthy spot it then works upon.

After use:

Throw the clay away where it won't be used again. It will be devitalized and impregnated with the toxins it absorbs. The cloth may be washed and used again.

Clay Poultice

For a clay poultice, use a thick paste of clay, spread with a wooden spoon onto the center of a diaper (or any natural fiber cloth) in an area approximately six by eight inches and one inch thick (adapt amount of clay to a larger or smaller area as needed). Apply the clay directly to the area to be treated, pressing it into the flesh so that it adheres. Cover with a dry cloth and leave it on until the clay pulls away on its own accord. This indicates the application is complete. Pull off any clumps of clay and discard them. Cleanse the area with water and thoroughly dry the skin surface.

Quick and Easy Poultice (for small areas):

It is possible to use unprepared clay when in a hurry and only a small amount of clay is needed. To do this, add a few drops of water to a small amount of dry clay to make a paste. Apply this to a pimple before going to bed to draw out impurities, cleanse and heal acne, or to use on a bee sting or mosquito bite. Always use activated clay when available.