

The Healing Clay



Though they have been largely forgotten in recent times clay has been used by cultures throughout history.



In recent times, healing clays like Bentonite clay have once again been gaining popularity for internal and external detoxification, and with good reason.



The use of medicinal clay in folk medicine goes back to prehistoric times. Indigenous peoples around the world still use clay widely, which is related to geography.



The first recorded use of medicinal clay is on Mesopotamian clay tablets around 2500 B.C.

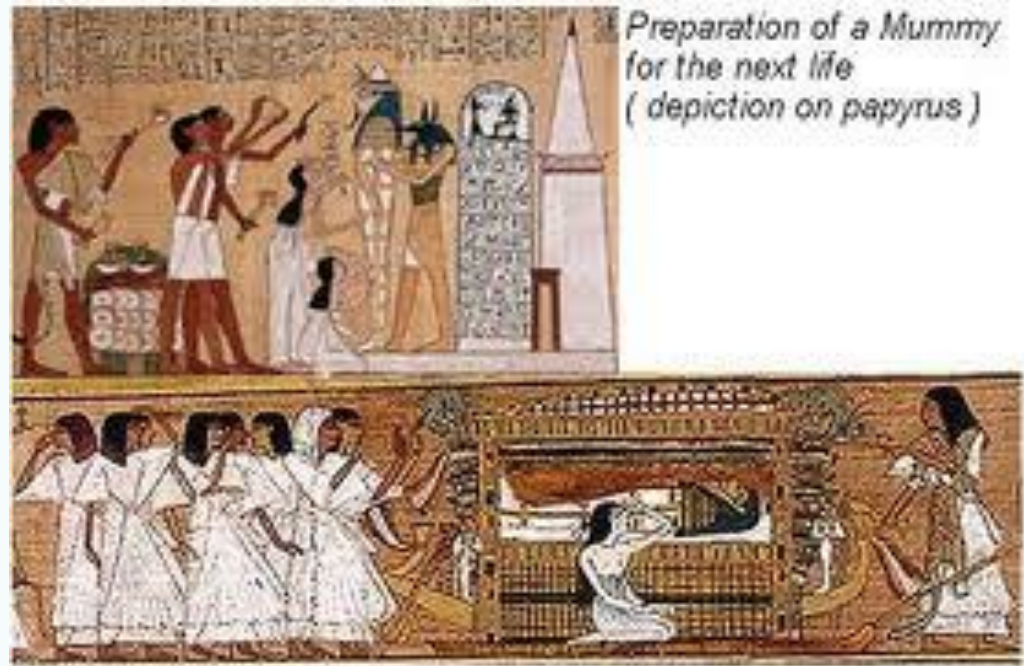
This tablet is one of the oldest written medical instructions on how to make and apply a poultice.



- **Also, ancient Egyptians used clay for healing.**
- **The Pharaohs' physicians used the material as anti-inflammatory agents and antiseptics.**



- **It was also an ingredient used for making mummies.**
- **It is also reported that Cleopatra used clays to preserve her complexion**



*Preparation of a Mummy
for the next life
(depiction on papyrus)*



A wide variety of clays is being used for medicinal purposes primarily for external applications, such as the clay baths in health spas.



Among the clays most commonly used for medicinal purposes are:

Kaolin



Bentonite



Montmorillonite

Fullers earth



“Bentonite” also referred to as Montmorillonite, is one of the most effective and powerful healing clays.

Bentonite can be used externally as a clay poultice, mud pack or in the bath and, in skin care recipes.

A good quality Bentonite should be a grey/cream color and anything bordering “pure white” is suspect. It has a very fine, velveteen feel and is odorless and non-staining.

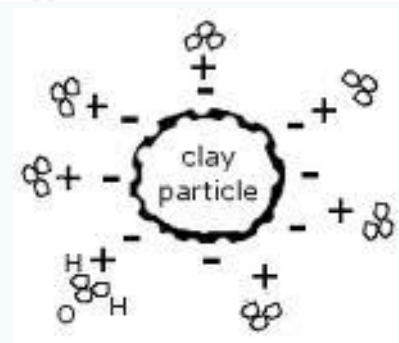
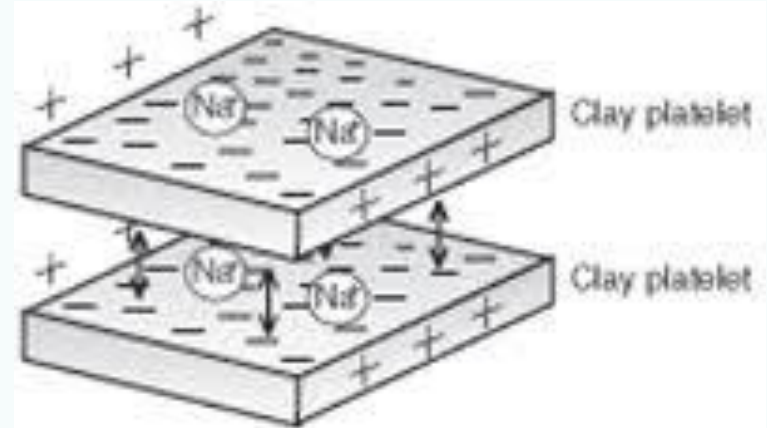




Bentonite Clay is composed of aged volcanic ash. The name comes from the largest known deposit of Bentonite Clay located in Fort Benton, Wyoming.

Bentonite Clay is a unique clay due to its ability to produce an “electrical charge” when hydrated. Upon contact with fluid, its electrical components change, giving it the ability to absorb toxins.

Bentonite is known for its ability to absorb and remove toxins, heavy metals, impurities and chemicals.



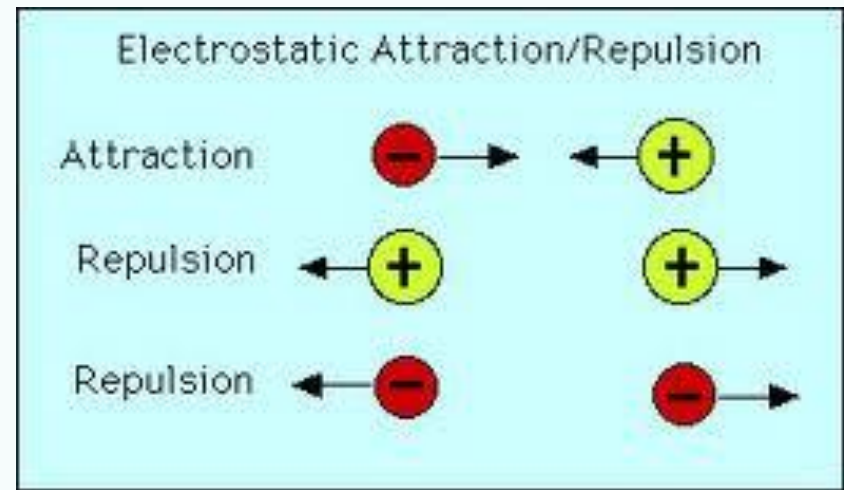
Clays contain massive amounts of trace minerals. This may explain many of the healing properties of clay. Specific trace minerals that various clays possess vary very widely.

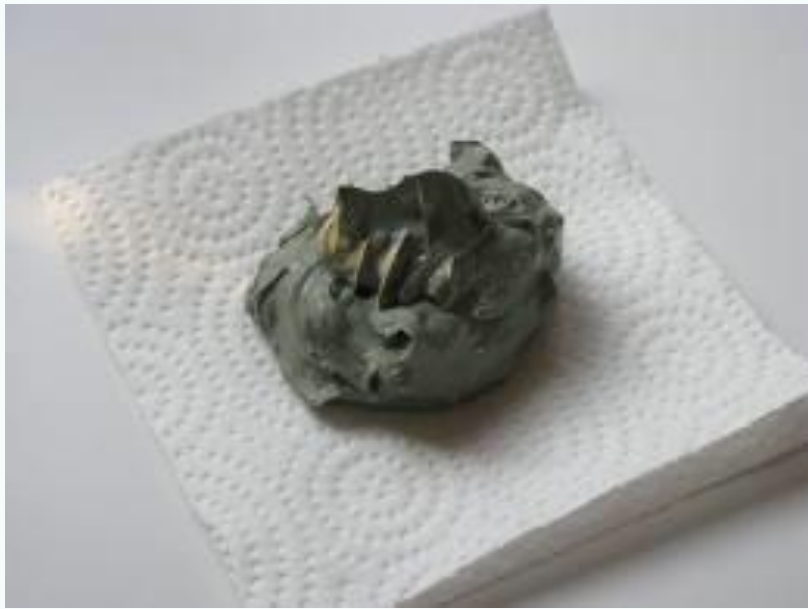
Also, the amount of any particular trace mineral in any specific clay varies a lot among clays from different locations.



Properly prepared healing clay is colloidal, consisting of negatively charged particles.

For our purposes, clay should be considered a substance with crystalline properties, which, unless not hydrated correctly, forms and maintains its own electromagnetic field, which can interact with the body.



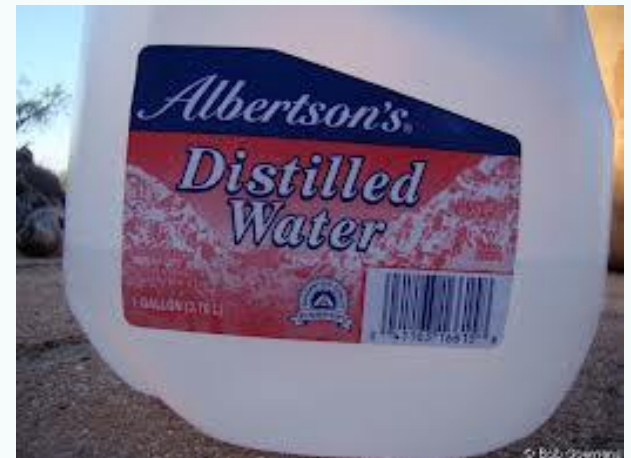


The properties of clay are not completely understood from a healing standpoint, but the operative principle is that the **possible effects increase in direct proportion to the amount of clay used** in a concentrated area.



Water quality is equally important when utilizing clay for healing purposes. One should not assume offhand that every water will produce the same results.

Distilled water is advantageous to use because it does not interfere with the absorptive properties of clay.



Summarize

- Throughout history clay has been recognized and used for its healing properties.
- It is important to recognize the type of clay utilized.
- Clay is an electrically charged living organism
- Clay absorbs and draws positive ions.
- The amount of clay used has a direct effect on its healing ability.
- The type of water used to hydrate the clay is important.

Review

