

Suggestions for Using Clay - Internally

A clean, properly functioning digestive tract is paramount to our well-being. For internal cleansing and daily detoxing, you can ingest clay. Liquefied Calcium Bentonite may be purchased or made from clay powder.

How to Make Your Own Liquid Clay

For a Single Serving:

Mix a rounded teaspoon of clay powder in 2 ounces of water.

For Multiple Servings:

Add clay powder to water at a ratio of 1 part clay to 8 parts water. For example: ½ cup (4 oz.) of clay powder to 32 ounces of water

How to Mix Liquid Clay:

Combine in a glass or food grade plastic bottle with a plastic or non-metal lid; shake vigorously until all lumps are gone.

Allow the mixture to stand for 5 minutes with the lid slightly loosened to vent and allow for expansion, re-tighten the lid, and shake again.

Common Measurements and Conversions

When deciding the amount of liquid clay to make, keep in mind the following:

1 ounce (oz.) = 2 Tablespoons (Tbsp.)

1 Tbsp. = 3 teaspoons (tsp.)

1 cup (C) = 8 oz.

Precaution If Taking Medications:

Check with your pharmacist or licensed healthcare provider to determine if clay will interfere with any medications. Ask how long it takes for the body to absorb the medication, allow that time to pass between taking your medication and the clay.*

Suggestions for Using Clay - Externally

The skin is the largest organ of our body and can be considered the outward reflection of what's happening inside. Used topically, Calcium Bentonite Clay can help you feel and look your best! Whichever method you select, your skin will thank you for it!

Benefits of Clay Baths

Because the body detoxifies through the skin, clay baths are becoming more and more popular.

How to prepare a Clay Bath:

To make mixing easy, start by mixing 1-2 cups (8-16 oz.) of clay powder with 5 cups of water in a lidded container or in a blender, then add to the bath.

An alternative method is to lightly sprinkle 1-2 cups (8-16 oz.) of clay powder into the water as it is running, mix until fully dissolved. A whisk may be used to assist in mixing.

Take care, if a blender or metal whisk is used, to immediately wash any clay residue off of the metal blades or wire hoops after mixing the bath.

Soak for 15-20 minutes. Submerge as much of your body as possible during the bath and stir the water to circulate the clay. Drink water during and after the bath to avoid dehydration. If the clay is dissolved adequately, it is safe for drains and septic tanks.

Suggestions for Using Topical Clay Mask

Cleansing Clay Mask can help draw out skin's impurities and excess oils, leaving it feeling refreshed and purified. Bentonite clay for topical application may be purchased pre-mixed or made from Detox Clay Powder.

How to Make Your Own Clay Mask:

Combine clay powder to water at a ratio of 1 part clay to 3 parts water in a glass, ceramic, or food grade plastic container with a non-metal, air-tight lid. For example: ½ cup (4 oz.) of clay powder to 12 ounces of water

Cover and shake vigorously for about a minute or until all lumps are gone. Larger batches may also be prepared using an electric mixer or blender; however, take care to immediately wash any clay residue off of the beaters.

Allow the mixture to stand for 15 minutes with the lid slightly loosened to vent and allow for expansion.

Suggestions for Using a Clay Poultice (Clay Pack)

A clay poultice is simply a thicker application of clay mask, intended to be held against the skin for prolonged periods of time for the purpose of concentrating the clay's action on the affected area.

How to Prepare a Clay Poultice:

Use the topical clay mask mixture.

Apply a ¼ to ¾ inch thick layer of clay mask over the desired area and cover with plastic wrap or an elastic bandage to keep the wet clay in place.

The timing and repetition of any application will vary from 30 minutes to an hour to all day, according to need. More specifics can be found in the book, Living Clay, Nature's Own Miracle Cure.

Proper Handling and Storage of Clay

Follow these simple rules to keep your clay clean, effective, and active:

Store away from extreme heat and direct sunlight.

Liquid clay should be stored in a food grade plastic or glass bottle with a non-metallic lid and does not require refrigeration.

Always use a clean utensil when scooping the clay out of the container.

Never leave the clay in direct contact with metals for long periods of time. For example don't leave the clay in a metal bowl. The clay's electromagnetic charge will act on the metal severely limiting the clay's ability to draw when applied to the skin and may cause the metal to prematurely rust.

Keep out of close proximity to chemicals and strong odors.

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