CLAY THERAPY

FACTS:

- **PH factor of clay is 6.5 - 7.3 so it is naturally balanced and perfect for skin and hair.**
- **it has a negative electrical charge while toxins have a positive charge so poisons are drawn to and held by clay.**
- **can attract and hold up to 40 times its own weight in toxic poisons, thus cleansing and detoxifying**

What Kind to Use: Green clay for internal or external use. Buy it at health food stores.

Precautions:

- **Do not take internally if on medication. It is usually inhibited by medicines. Sometimes you can use it externally while taking medicine.**

- **For best results precede clay treatment with 10 or more days of purifying teas and mostly raw fruits and vegetables, no meat, sugar, alcohol or chemicals in order to reduce amount of harmful toxins in body.**

Internal Use:

Put teaspoon of clay into half a glass of unboiled water. Don't leave metal spoon in contact with clay. It is best to drink in the morning after waking or at night on going to bed. It can be made several hours in advance.

If you want to sedate stomach pains after eating then you have to take the clay immediately before eating.

The first treatment lasts three weeks, then after a rest of a week, treatment can be resumed for the next few months at the rate of a week of treatment, alternating with a week of rest.

It is unnecessary to absorb large quantities. A teaspoon daily is sufficient. For children under 10 years old use only a half a teaspoon.

If ingestion is poorly tolerated, accustom the organ to it slowly. Begin by drinking only the clayish water, introduce clay gradually until daily dose of a teaspoon is acceptable.

In the case of rheumatism or sore throat, suck clay pieces or balls or simply take a teaspoon of powdered clay.

If clay causes constipation, dissolve it in a little more water and take it several times during the day between meals. If the constipation persists replace clay temporarily with a laxative tea.

External Use:

It is advisable to precede the treatment with laxative teas a fruit or lemon treatment, vegetarian nourishment and the absorption of clay by oral route in order to greatly reduce the amount of toxins. It is only after 10 days of this preparation that clay treatment should begin. Once begun, a chain reaction begins, do not interrupt a clay treatment.

Prepare in a deep enamel, glass, porcelain or wooden bowl (not metal or plastic)

Add unboiled water to the clay until it reaches a half inch or so over the clay. Let the clay rest for some hours without touching it. When it is stirred up it becomes sticky and difficult to handle. It loses its porosity becoming smooth and impermeable. Its possibilities of absorption are then very much reduced. It is not necessary to touch it before use. It dilutes itself alone quite well. Handle it as little as possible when placing it on the supporting cloth. Do not smooth its surface, it will settle naturally when put into place.

The prepared clay should be made into a smooth, very homogeneous paste, not very concentrated but just enough to avoid falling apart. When possible, place the container in the sunshine, covering it with a gauze in order to avoid impurities.

Clay can be any temperature. It depends on the problem.

Cold Preparations:
Each time it is used on a feverish or overactive or naturally warmed organ (eg lower abdomen) it must be cold. The cold treatment must bring about an overheating of the body due to the stimulation of organic functions such as oxidation and circulation. This means the body's temperature must rise slowly; only when it produces this effect is the cold treatment beneficial. A few minutes after applying the poultice it should feel tepid. If the cold sensation persists it is not advisable to continue the cold poultice. On the other hand, if the poultice starts to feel very hot, it is necessary to change it after 5-10 minutes.

Warm Preparations:
When the clay is used for revitalization purposes, for osseous rebuilding, for kidneys, for gallbladder, liver etc. it must be warm, or at least tepid.

The guide is that every action is followed by a reaction. Using on feverish, angry or congested parts, we need to refresh it. Using it to revitalize and strengthen requires it to be warm. Apply it to a weak or feeble organism or organ, it is possible to make cold applications of cold water, air or mud, but the overheating, which is the goal of this application, must follow rapidly.

Exceptions:
Weak or feeble people might maintain poultices longer than necessary or remove it before the clay has had a chance to dry.

Clay then might produce a disagreeable feeling of cooling or even when it does not warm on contact with flesh, it is advisable to place a bag of boiling water near the poultice or beside the patient's bed. There cannot be a good defense without heat.

Because the first action of clay is to drain abnormal particles towards the treated part and to cleanse ulcers, sometimes its immediate effect is to extend the ulcer. Therefore it might be best to begin with a mild action, applying a very small thin poultice less than 1/2" thick. After a few days, increase the size until the thickness desired.

Sometimes revitalization produces an immediate, temporary reaction reflecting latent reserves. Do not force things; apply small poultices in several places until a favourable position is found where clay can be easily supported. Gradually increase the dose and duration of the applications until reaching the desired zone of treatment.

Heating Clay:
Avoid placing clay in direct contact with a powerful source of warmth. A double-boiler is good to use. Place container with clay paste within another larger container filled with water to at least half the height of the clay container. Place everything on a fire, leave it there until desired temperature is reached.

Do Not Reheat Clay:
If you have prepared enough clay in advance for several poultices, do not heat the entire poultice because clay cannot be warmed twice. In this case, place poultice fully prepared on the covered lid of a pan of hot water.

Another method is to apply very hot wet compresses on the area of application in advance or simply use a bag of boiling water. The slight problem with heating the poultice initially is that this sometimes does not avoid cooling, but only prevents the patient from feeling the disagreeable sensation of cold clay in contact with the skin.

To Prepare:
Place large cloth folded in two or four parts on a table. Spread an even layer of clay onto the cloth (1/4" - 1" thick). Do not apply as if an ointment. Except when it is for a boil or similar treatment, clay can easily cover a surface 4" X 8" with a thickness of 1" and often covers a surface of 8" X 12". Do not mix the clay with bran, flour or leaves as some do.

For best effect press poultice directly onto body. The action is finished when it detaches itself or falls away. On an abscess boil it takes about 20-30 minutes before the clay detaches itself. It is not important to remove it immediately, especially if it is at night. It is important to bear in mind the minimum time of application. Clay should be nearly dry or dry on removal. If it does not detach easily, pour a little water between the clay and the skin. The remaining particles of clay on skin can be washed off with tepid or cold water without soap. Do not use alcohol or cologne water.

Hairy Areas:
If applying clay to a particularly hair area, you may need to put a piece of gauze between the skin and the clay.

Using Compresses:
Using a weaker compress is sometimes better. Make a clearer paste by combining less clay and more water than for a poultice. Just before using, stir it up in order to get a good mixture. It should adhere to a piece of cloth upon contact. Dip the piece of cloth into clay, wring it out a little, place it on the part to be treated using an intermediate cloth if necessary.

Once the poultice or compress is in place, cover it with dry cloth and fix it with a bandage of light cloth or small band of flannel or another warm fabric if the application is on the kidneys, liver, abdomen or lungs, or a sticky bandage if area is not accessible for a simple bandage or if very small. Use a 't' bandage if application is perineal or rectal. If at nape of neck, bandage it to forehead, not the neck.

When working with inflamed organ, abscess or other purulent sore, use a cabbage leaf instead of a cloth for covering clay which helps slow down the drying process.

Deep Organs:
Leave poultice for minimum of 2 hours, sometimes 3-4 hours. They should be spaced well before and after meals. One poultice a day is usually enough. Two poultices a day may be applied if the person is in bed or inactive and can withstand them without fatigue or excessive reactions.

Revitalizing an Organ:
Or rebuilding an osseous decalcified tissue (vertebrae etc.). You can leave on overnight, but it should be removed during the night if it disturbs or if it becomes cold. If on the spinal column the poultice produces a cool feeling, even when applied hot, then take it off immediately and do not leave it overnight.

Abscess or Purulent Ulcer:
Change poultices every hour whenever possible, night and day until the end or put cheese cloth between clay and skin. At night, apply compresses of clayish water renewing them once or twice. Finally when tissues begin to be rebuilt, apply poultices every two hours with dry dressings during the night.

Congested Liver:
Responds well to cold clay.

Blocked up gall bladder:
Needs a hot application.

Lower abdomen:
Apply long after eating. Wait at least 2 hr. after eating before applying a cold poultice. A hot one can be applied after one hour. Both must be removed at least one hour before eating in order to prevent clay reactions at the moment of beginning the first digestive phenomena. In general, the lower abdomen is where clay treatment must begin before any other application. However, do not put clay on the abdomen during menstruation except if there is fever.

Red Patches or Eruptions:
The appearance of red patches or eruptions accompanied by unbearable itching. Perhaps acid substances flowing from internal regions pass through the tissues attracted by clay. If itching stops after clay applications, it will confirm this. You can calm the itching by applying a soupspoon of tepid water stirred progressively into clay to pomade density, and applied after the poultice.

Nausea:
Some people are unable to swallow clay and water and prefer to drink only the water after most of the clay has settled. If clay absorption produces nausea, mix it with a little water in order to form a kind of paste, make small balls like peas and let them dry. Swallow these instead of clay powder.

After Use:
Throw away. It will be deviltalized and impregnated with toxins. Wash the cloths which can be used again when dry.

Some other suggested Uses:

- **spread as thick paste over sores or burns to provide relief and healing**
- **a wet pack applied daily to a boil brought it to a head in 3 days**
- **corns and calluses on the toes and feet have been relieved in 3-6 days**
- **poultice on the body greatly increases circulation**
- **helps to clear acne and eczema, diaper rash**
- **helps to heal sprains and helps rheumatic pain**
- **wonderful as facial for your face**