CALCIUM BENTONITE CLAY
All of this info was taken from the book Living Clay, by Perry A. All clay is volcanic ash. “Bentonite” is a “rock formed of highly colloidal and pliable clays composed mainly of Montmorillonite, a clay mineral of the Smectite group.” The transformation of ash into Bentonite apparently takes place only in water (certainly seawater, probably alkaline lakes, and possibly other fresh water), during or after deposition.” Living Clay, p.2 “Clays capable of exchanging ions are called Living Clays or Active Clays. Clays’ ability to absorb and adsorb directly affect their efficacy rate. Green swelling clays from the Montmorillonite/Smectite group are known as healing clays because of this trait.” P.7

“The most effective form of Calcium Bentonite Clay consists of 3 primary minerals:
Silica  40%
Calcium  28%
Magnesium  12%
It is no coincidence that in the human body the three most common minerals are as follows:
Silica 42%
Calcium  28%
Magnesium  12%

Living Clay virtually replicates the Living Body in its mineral composition.
When we look at the human brain we find that it is silica that acts as the organic carrier of electrical impulses causing the brain to function, to compute, to cause action, thought, emotion, etc.” Living Clay p.146

“When clay is taken internally, because of its large surface area and negative charge, it dominates positive charged particles (toxins and bacteria) drawing them to it and carrying them out of the body.” P.10 “According to Dr. Robert T. Martin, Ph.D. Cornell University, and Mineralogist, MIT, one gram of Calcium Bentonite Clay has a surface area of over 800 square meters. The greater the surface area, the greater the adsorption and in turn the greater its power to attract positively charged particles/molecules. Dr. Martin further reports in the same study that Calcium Bentonite Clay gives no evidence that it has any chemical effect on the body. Its action is purely physical. Due to its huge surface area and negative charge, it maintains its molecular whole and does not break down or assimilate with the body.” Living Clay p.167

“The ionic charge of pure, natural Calcium Bentonite Clay is 100% negative. This unique clay adsorbs and absorbs positive charged ions….Most everything that attacks our bodies – bacteria, viruses, fungi, diseases, toxic chemicals etc – is of a positive ionic charge.”

“As we apply hydrated Calcium Bentonite Clay topically to our bodies or drink liquid Calcium Bentonite Clay, its only function is to draw to itself positive charged molecules, which it holds like a magnet, both internally and externally, until we wash them from our bodies or pass them through our bodies.” P.3
“According to Michael Abehsara, author of The Healing Clay, Calcium Bentonite Clay is rich in diastases (enzymes), which account for its ability to fix free oxygen and purify and enrich the blood.” P.77 Clay is a powerful antioxidant.

“When the immune system does not function at its best, the clay stimulates the body’s inner resources to awaken the stagnant energy. It supplies the body with the available magnetism to run well.” P.11

“Clay works best when taken over a long period of time. ....Clay does not offer instant cures for all ailments, but history shows it can encourage the body to put up a better fight when taken over a long period of time.” P.25 “To remain healthy, eat clay daily.” Regular intake of liquid clay can produce other benefits including parasite removal from the intestines, allergy and hay fever relief, and elimination of anemia and acne.” P.26

“As part of the healing process, the body will begin to discard toxic residues which have built up in the body over the years. During the initial phase of healing, as your body begins to clean house (detoxify) and your vital energy begins to repair and rebuild internal organs, you may experience a healing crisis.” P.26 You may experience an increase in urination, or you may feel more nervous.

“The clay’s immediate action upon the body is directly on the digestive channel. This involves the clay actually binding with the toxic substances and removing them from the body with the stool. It performs this job with every kind of toxin, including those from the environment, such as heavy metals, and those that occur naturally as by-products of the body’s own health processes, such as metabolic toxins. It’s hard to believe that the body produces its own toxins, but that may happen as a result of stress, inefficient metabolism, or the proliferation of free radicals.

The body has no problem ridding itself of the clay........The clay assists the body’s eliminatory process by acting as a bulking agent, similar to psyllium fiber, sweeping out the old matter that doesn’t need to be there. It is not digested in the same manner as food as it passes through the alimentary canal. Instead, it stimulates peristalsis, the muscular contractions that move food and stool through the bowels.” From The Clay Cure, by Ray Knishinsky.

“Calcium Bentonite Clay transmits a remarkable life energy to the organism, helping to rebuild vital potential through the liberation of latent energy. When the immune system is under attack and not functioning at its best, Calcium Bentonite Clay stimulates the body’s inner resources to awaken the stagnant energy. It supplies the body with the necessary negative ionic charge to run well. Calcium Bentonite Clay propels the immune system to a healthy balance and strengthens the body to its point of highest resistance. Calcium Bentonite Clay restores and rejuvenates the body on a cellular energetic level, essentially reversing the traditional dying process to one of a living rejuvenation process. Calcium Bentonite Clay literally turns the dying and aging process upside down and turns back the hands of time in life’s time continuum.” Robert Whittaker, M.D. from Living Clay p.168
PARASITES

“In recent medical studies, it has been estimated that 85% of the North American adult population has at least one form of parasite living in their bodies. Some authorities feel that this figure may be as high as 95%.” P.87 “If waste is not eliminated within 24 hours (the average elimination time in America today is 96 hours) it begins a toxic buildup that provides a breeding ground for parasitic infection. …..a clogged intestine with putrid fecal matter and plenty of sugar provides the ideal environment for parasites to thrive. It is now common knowledge that the average American adult has between ten to twenty pounds of putrefying waste material lodged in their intestines.” P.90 According to a French naturopath, taking Calcium Bentonite Clay will stimulate the gall bladder to increase the flow of bile and no parasite can live too long when we have adequate bile flow. P. 91

Common Symptoms of Parasitic Infections  Living Clay p.92

Constipation
Gas and bloating
Diarrhea
Pains or aches in the back, joints or muscles
Irritable bowel syndrome
Allergies
Eating more than normal and still feeling hungry
Itchy ears, nose or anus
Unpleasant sensations in the stomach
Nervousness or grumpiness
Chronic fatigue, lethargy or apathy
Various skin problems
Nutritional deficiencies or anemia
Immune system problems
Tooth grinding or clenching
Excess weight
Forgetfulness
Blurry vision

TAKE CLAY TO BALANCE YOUR pH  p.93

A healthy body maintains around a 7.4 pH. When our bodies are acidic (less than 7.4) disease flourishes. Most people are too acidic. Calcium Bentonite Clay has a pH as high as 9.7. To balance your pH, drink 1-2 ounces liquid Calcium Bentonite Clay daily. Take 2 – 3 clay baths weekly. Do one full body wrap weekly.
CLAY AND YOUR LIVER
“Weight gain and depression are just two common manifestations of a congested, overworked liver.” P.108 “Restoring liver function is one of the most important and vital actions you could ever do for your health. When the liver gets congested and toxic, it will remain that way and get worse until it gets detoxified and rejuvenated.” P.109

Common Symptoms of a Congested, Overworked Liver from p.108-9
Easily stressed
Elevated cholesterol
Skin conditions
Skin irritation
Depression
Sleep difficulties
Indigestion
Kidney damage
Heart damage
Brain damage
Hypothyroidism
Chronic fatigue
Weight gain
Poor memory
PMS
Mental fog
Blood sugar disorders
Allergies
Obesity

TAKING CLAY FOR WEIGHT LOSS
Drink 2 ounces liquid Calcium Bentonite Clay 3 times a day and drink plenty of water (minimum 10 cups). Take 1 – 2 clay baths a week. Do 1 full body clay wrap weekly. Continue this treatment until you reach your desired weight.

DON’T BUY JUST ANY CLAY
If you are going to use clay topically or internally you should ask 10 questions:
Is it a Calcium based Bentonite?
Is it milled to at least a 325-screen mesh particle?
Is the pH at least 9.5?
Is it a Living Clay capable of adsorbing and absorbing positive charged ions?
Is it a green swelling clay of the Montmorillonite/Smectite group?
Is it tasteless and odorless?
Is its efficacy, its ionic ratio at least 20 to1? (Drawing power)
Is it an all-natural, clean clay, direct from the mine source which has not been processed or purified in any fashion?
Is it a clay from a mine protected from the elements?
Is it a clay that expands and absorbs to a 1 to 3 ratio in volume?
HOW TO USE CALCIUM BENTONITE CLAY

• In order to keep the clay’s electrical charge intact, it is important not to mix the clay with metal utensils or in metal containers or to measure it with metal spoons or cups (stainless steel is OK).
• When hydrating clay (adding water to powdered clay) it is important that the clay has room to breathe as it swells and expands.
• Use pure (filtered) water, not distilled water, when hydrating/liquefying clay.

LIQUID CLAY FOR DRINKING

• Mix 8 parts water to 1 part clay. For example,
  2 cups of water, you would use 1/4 cup powdered clay
  4 cups of pure, filtered water – ½ cup calcium bentonite clay
  Initially, I tried mixing almost 8 cups of water with clay and found that it was very hard to get all of the clay to dissolve. So it really works better to mix smaller batches. If you have a Cuisinart with a plastic pastry blade that will work perfectly for getting the clay mixed with the water, or you can use an electric mixer with stainless steel beaters. You can use plastic or wooden spoons to mix the clay, or you can get a wooden whisk from [www.fantes.com](http://www.fantes.com) (a kitchen supply store in Philadelphia.)
• You can use a glass jar with a plastic lid for mixing the clay and water (remember, try to avoid having the clay come in contact with metal). It can be tricky to put the powdered clay into a narrow necked bottle or container, so try mixing the clay and water in a wide mouthed jar or bottle or even a glass or plastic bowl or pitcher and then transfer it into a glass bottle or jar. Best to avoid putting liquid clay in a plastic drinking bottle, as the clay will draw chemicals out of the plastic!
• No need to refrigerate the liquid clay. It can sit on the counter. People have reported that leaving their clay in the sun further energizes it – but the sun will also dry it out over time.
• Shake or stir (plastic or wooden spoon) the clay and water vigorously for 3-5 minutes or until the clay remains suspended in the water.
• Let it stand for 1 hour and then shake/stir again vigorously a second time.
• SHAKE THE LIQUID CLAY BEFORE EACH USE. It is milky looking and tasteless.

Alternative to pre-mixing the clay -

• Sprinkle 1 heaping (plastic) teaspoon to 1 tablespoon of dry clay powder into an 8 oz. glass of water and stir it and drink it! (Clay tends to clump up if you dump it into water with one plop.)

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HYDRATED POWDERED CLAY - this is thicker than the liquid clay and is usually used for Face and Body applications, but can be eaten!

- Using a ratio of 1 part clay powder to 3 parts water, 1 pound of powdered clay will yield 4 pounds of hydrated clay
- Mix 1 part clay powder with 3 parts water in a plastic or glass bowl or in the stainless steel bowl of a mixer. Regardless of what method you use to mix the clay and water, let the hydrated clay sit for 1 hour (remove the beaters!), lightly covered (clean dish towel) allowing the clay to breathe. (You can let it “breathe” up to 12 hours if you wish.)
- Mix clay again thoroughly until it has a creamy consistency, like sour cream or pudding.
- Allow the clay to sit 10 more minutes before bottling.
- Store in a glass or plastic jar.

This can be used anywhere on the body, from a facial mask to a full body wrap. Hydrated clay can also be ingested. (See “How to Take” for amounts). We also use hydrated clay for “spot” work. We put small amounts on blemishes, scars etc., let it dry and go to bed with it on and rinse it off in the morning. If you want to treat a spot on your body that may rub off while you sleep, you can cover it with a Band-Aid after it dries.

FULL BODY WRAP (covering your body with hydrated clay)
Full Body Wraps increase circulation, exfoliate, firm and deep cleanse your skin.
- It helps to slightly warm the hydrated clay. Put the hydrated clay in a zip lock bag and put the bag in a sink of warm water for a few minutes.
- Spread a medium to light coating of the hydrated clay all over your dry body (even your hair if you wish) – from head to toe – avoid getting clay in your eyes and ear canals.
- You can stand in a warm room in the open air like a clay statue until it dries (or outside in the sun) and then shower it off, or you can wrap yourself gently in plastic wrap or towels or a sheet to slow the drying process and extend the treatment to an hour or more and then shower off and towel dry.
- You don’t always have to do your entire body – you could do your feet and legs, or face and neck, or your upper body.
- Depending on skin sensitivity, hydrated clay can be used 2-3 times a week or as needed. Once a week is good maintenance if you have no skin problems and just want to firm and soften your skin.

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CLAY BATH
Clay baths stimulate the lymphatic system and detox it. Clay baths also pull toxic metals out through the pores of your skin and are great for sore muscles.

There are two methods for preparing a clay bath –

- Pour 1 quart of liquid clay directly into hot running bath water and stir by hand.
- OR, you can put dry powdered clay directly into the tub. Using a plastic measuring cup, slowly sprinkle 2 cups of clay under the tap with hot water fully running. Stir by hand (or use your wooden whisk or wooden spoon.) When you get in the tub you can continue stirring with your hands and feet until it fully dissolves. The water temperature should be as warm as comfortable.
- ONLY STAY IN FOR 20 MINUTES! If you stay in longer you could have a cleansing reaction and experience fatigue, headaches, muscle soreness etc.
- A clay bath can be very stimulating so you may not want to take it before bed.
- According to Perry A~, an expert on clay, a clay bath will not clog your drain pipes, it will clean them!
- You can take the “used” clay bath water and use it to water your plants!

FOOT BATH
Clay foot baths are great for treating corns and calluses. In a dishpan or suitable container, dilute 1 - 2 cups of hydrated clay with one cup of warm water. Soak the foot/feet for 30 minutes to an hour. Repeat daily. Corns and calluses tend to peel off in as little as 3 – 4 days.

CLAY POULTICE (CLAY PACK)
- Mix the dry powder into a heavy paste. Use approximately 1 part clay to 1 or 1 ½ parts water. Stir thoroughly with a wooden or plastic spoon.
- Allow to sit for several hours until the water and clay are completely blended.
- Spread a thick layer of the clay paste onto a piece of cloth or gauze. Apply to the affected area.
- See the book LIVING CLAY by Perry A. for details on using poultices for everything from liver detoxing to spider bites.

CLAY SUPPOSITORY
- Take a small amount of hydrated clay and mix a little clay powder into it to firm it into a workable consistency. Shape the clay into bullet shaped suppositories and allow to dry in open air until very firm or completely dry. Moisten the outside of the suppository to lubricate it for insertion.
- If used vaginally, douche with filtered water mixed with a little bit of vinegar when the suppository is removed, to wash out the residue.
- Clay suppositories can be used for hemorrhoids and anal fistulas, for vaginal fistulas and for Candida. See the book LIVING CLAY by Perry A. for details.

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HOW MUCH CALCIUM BENTONITE CLAY TO TAKE

- WHEN TAKING CLAY INTERNALLY IT IS VERY IMPORTANT TO KEEP YOUR BODY HYDRATED BY DRINKING A MINIMUM OF 10 GLASSES OF WATER DAILY. The water helps to soften and loosen impacted fecal material lining the walls of the small intestine and colon. The clay absorbs it and removes it. If you tend to be constipated, it is a good idea to take 1 – 3 T. virgin coconut oil and/or 1-2 T. extra virgin olive oil every day, in addition to your doses of clay and 10 glasses of water, until the clay regulates you.

- DAILY MAINTENANCE DOSES – You can take clay every day for the rest of your life! Taking clay daily will help you maintain a clean digestive system and will help to keep removing the pollutants and toxins you encounter every day. Clay works best when taken over a long period of time.

- It is preferable, but not critical, that you take clay on an empty stomach.

- If you are taking medication, wait 1 – 3 hours after taking the drug before taking the clay. If you are taking life-supporting pharmaceutical medications or medications containing metals, please consult with your doctor before using clay. The clay can pull the metals from your body and reduce the efficacy of these pharmaceutical medications.

- Liquid Clay – 1 Tablespoon up to 6 ounces a day (be sure and drink lots of water)
- Hydrated Clay - 1 – 2 Tablespoons a day (be sure and drink lots of water)

DETOX DOSES –
Before taking the detox doses, you might want to take 1 – 2 ounces of clay daily for several weeks to see how your body reacts. Then you’ll have a sense of how much to take for detoxing.

For detoxing the body, take double the maintenance doses –
- Liquid clay – 2 to 12 ounces a day
- Hydrated clay – 2 to 4 Tablespoons a day
- Drink a minimum of 10 glasses of water daily to assist the body in detoxing.
- Take the clay on an empty stomach whenever possible.
- Divide up the amount you are going to take so you are taking the clay three times a day (For example, if you are going to take 6 ounces of liquid clay every day as a detox, drink 2 ounces in the morning, 2 ounces in the afternoon and 2 ounces before bed).
- It helps to take 2-3 clay baths a week as well while detoxing.

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AT A GLANCE - CALCIUM BENTONITE CLAY

- Calcium Bentonite Clay, also known as Therapeutic Living Clay, is volcanic ash
- has the same mineral composition as the human body! Clay is 40% Silica, 28% Calcium and 12% Magnesium
- has a large surface area and a negative charge, enabling it to draw positive charged particles (toxins, bacteria, viruses, chemicals etc.) to it (draws 32 times its molecular weight!)
- does not break down in the body. It’s action in the body is purely physical – it attracts toxins, holds them like a magnet and carries them out of the body
- is a powerful antioxidant
- removes parasites from the intestines
- stimulates the immune system
- stimulates the lymph system (the janitorial system in the body)
- increases circulation and blood flow
- rejuvenates the body on a cellular energetic level
- neutralizes and balances acidic conditions – clay is very alkaline with a pH of 9.7
- can be used to assist in weight loss
- can be used to detox the body
- can be used daily (internally and/or externally) to help maintain a clean digestive system and to remove toxins
- can be used topically (facial masks, body wraps, “spot” work) and in baths
- has been called “Botox in a jar” – hydrated clay used for facial treatments removes wrinkles, blemishes, sun damaged skin and “age” or “liver” spots!
- like all natural substances, clay works best when used for a long period of time
- is a healing substance that has been used for millennia

The clay we sell is unprocessed, clean, uncontaminated, tasteless and odorless. It is laboratory tested to insure purity. We sell clay in a powdered form from which you can make liquid and hydrated clay – this is the most economical way to use calcium bentonite clay. One pound of clay powder creates 3 pounds of hydrated clay. We also sell hydrated clay (clay powder that has been mixed with water and put in jars).

For specifics on how to use clay for 101 ailments – from abrasions to yeast infections, please see the book Living Clay by Perry A~, which we have in the office and for sale.

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DO IT YOURSELF SPA TREATMENTS!!

HOW TO DO A CLAY FACIAL
1) Wash your face
2) Apply hydrated clay – approximately ¼ inch thick over your entire face (and neck if you wish). Avoid your eyes!
3) Allow the clay to dry for 20 – 30 minutes – it will tighten tremendously
4) Rinse the clay off with warm water
5) Apply a moisturizing lotion or emu oil
Your face may become red for a little while after the facial – do not be alarmed – this is caused by the clay drawing blood to your face, which is good for your skin

GIVE YOUR FEET A ‘FACIAL’
1) Wash your feet with a natural soap and pat dry.
2) You can put a drop of essential oil of peppermint into the hydrated clay for extra “zing”! Apply hydrated clay to your feet, covering everything from your soles up to your ankles and lower calves. Put your feet up, lie back, relax and let the clay dry for 20 minutes.
3) Rinse off the clay and remove dead skins cells by gently scrubbing with a pumice stone. Pat your skin dry.
4) Massage MSM lotion, oil or any natural moisturizer into your feet and legs.

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