

**How to  
KICK-START  
Your Day  
with a Triple Swelling  
Calcium Bentonite Clay**

**An Instructional Manual**

“Everything in Nature contains all the powers of Nature.  
Everything is made of one hidden stuff.”

~ Ralph Waldo Emerson

*Written by  
Perry A~*

Published by  
Perry A~ & Enterprises  
Kyle, Texas  
www.TheClayBook.com  
1-512-262-7187

© 2015 Perry A~

All rights reserved. No part of this book may be reproduced without the written permission from the publisher, except by a reviewer who may quote brief passages or reproduce illustrations in a review; nor may any part of this booklet be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage retrieval system, without permission in writing from the publisher.

Printing History  
First Printing – November 2015

Information in this booklet is © Copyrighted and permission granted by the author of  
*Calcium Bentonite Clay Nature's Pathway to Healing*  
*Balance Detox Stimulate Alkalize*

## Table of Contents

Introduction to Calcium Bentonite Clay .....	4
History of Clay Use .....	4
Primary Functions of Living Clay.....	4
Suggestions for Using Liquid Clay – Internally .....	5
Taking Clay Internally .....	5
Common Measurements and Conversions .....	5
How to Mix Liquid Clay for Internal Use .....	5
Protocols for Internal Use .....	5
General Internal Detox.....	5
Advanced Internal Detox .....	6
Maintenance Regimen.....	6
Protocol for Children .....	6
Precaution If Taking Medications .....	6
Should Constipation Occur .....	6
Benefits of Clay Baths.....	7
How to Prepare a Clay Detox Bath .....	7
Protocol for Clay Baths .....	7
How to Prepare for Detox Clay Foot Baths .....	8
Suggestions for Using a Clay Mask.....	8
How to Make a Clay Mask .....	8
Suggestions for Using a Clay Poultice (Clay Pack) .....	8
How to Prepare a Clay Poultice .....	8
How to Prepare an Eye Poultice .....	9
How to Prepare an Eye Wash Solution.....	9
How to Prepare Clay Suppositories .....	9
How to Prepare Clay for Enemas and Douches.....	9
Proper Handling and Storage of Clay.....	9
Taking Clay Over Time.....	10

## Introduction to Calcium Bentonite Clay

Welcome to a brief introduction to learning about 'living clay,' a Calcium Bentonite Clay, as a support for balancing, cleansing, detoxing and speeding the healing process of the body. The information is taken from the book, *Calcium Bentonite Clay, Nature's Pathway to Healing*, a definitive guide to understanding and using a pure, natural, therapeutic clay.

The Smectite family of clays, which include Bentonites, are called 'living clays' because of their ability to make chemical changes. A Living Clay is one capable of change through balancing, transforming, stimulating and the interactive exchanging of elements and energy. Smectites are capable of both adsorption and absorption, demonstrating the highest Cation Exchange Capacity and the largest surface area of all Clay families. This Cation Exchange takes place in the adsorption layer of the clay molecule.

A weathered volcanic ash, clay is a compound of 60-70 pure trace minerals in natural oxide forms. Its negative electro-magnetic charge gives it a strong vacuum-like ability to capture and discharge the positively charged viruses, bacteria, molds, yeasts, infections and poisons, from the body.\*

It has the ability to cleanse and detox internally and externally, while at the same time bringing balance and equilibrium to the body through its 9.7 pH and its homeostatic ability. Reference *Calcium Bentonite Clay, Nature's Pathway to Healing* for a more detailed explanation.

That being said, know that all clays are different in their mineral percentages, their actions and purity. It is very important to know your clays. For more detailed information read 'Criteria for Selecting a Quality Healing Calcium Bentonite Clay' on [www.AboutClay.com](http://www.AboutClay.com).

Simply put, Calcium Bentonite Clays are catalysts that supports healing without dangerous side effects. It is used by naturopaths, chiropractors, dentists, massage therapists, holistic healers, and medical doctors for its amazing healing abilities. Protocols suggested in this booklet are those most frequently recommended by practitioners.\*

## History of Clay Use

Clays have been used by indigenous tribes since before recorded history. Their medicine men used it for healing and drawing out poisons from snake and insect bites, healing wounds, and as an aid to pregnancy. The Christian Bible also makes reference of clay's ability to heal.

## Primary Functions of Living Clay

Balance – It is homeostatic and strives to return the body to a state of wellness.

Detoxify – Whether used internally or externally, its strong negatively charged ions pull, hold, and capture positively charged toxins.\*

Stimulate – It draws blood flow, oxygen and circulation for cellular repair.\*

Alkalize – It has a pH of 9.7.

Never underestimate what clay can do, directly or indirectly, to support good health.

The Directions Below are for a Triple Swelling Calcium Bentonite Clay.

## Suggestions for Using Liquid Clay – Internally

### Taking Clay Internally

A clean, properly functioning digestive tract is paramount to our well-being. For internal cleansing and daily detoxing, take clay daily. Doing so will get your intestines clean and keep them that way. It is important to take it in a liquid form rather than in a tablet or capsule. Liquefied Calcium Bentonite may be purchased or made from the clay powder. Clay begins working in the mouth, and the life force energy of the clay will resonate with all the cells of the body immediately. By taking it in capsule or pill form, you will miss the benefits to the mouth, gums and esophagus. In addition, it will take fluids from the body to fully hydrate. In a liquid or fully hydrated form, it is activated and ready to work immediately.

### Common Measurements and Conversions

When mixing, keep in mind the following:

- 1 Tbsp. = 3 teaspoons (tsp.)
- 1 ounce (oz.) = 2 Tablespoons (Tbsp.)
- 1 cup (C) = 8 oz.

### How to Mix Liquid Clay for Internal Use

The proper ratio for mixing liquid clay is **1 part dry powder clay to 8 parts water**. BLEND or shake but never STIR clay and water.

- In a blender put 4 cups of water and add 1/2 cup Detox Powder Clay
- Blend on high for 30 seconds
- Pour into a quart (32oz) a glass or food grade plastic bottle with a plastic lid
- Wash blender blades of clay residue.

Liquid clay does not need to be refrigerated and will keep for many months. Take the suggest amount for your needs.

### Protocols for Internal Use

#### General Internal Detox

The protocol most frequently suggested by practitioners is:

- Drink 2 oz. of liquid clay 3 times a day for 21 days, preferably on an empty stomach for the best cleansing effects.
- After 21 days find your maintenance level.
- After the initial cleanse the clay may be taken any time with or without food. One size does not fit all.

### **Advanced Internal Detox**

- To remove parasites, heavy metals and toxins drink 2 ounces of liquid clay 3 times a day, increasing by 1 ounce daily, to 4-8 ounces 3 times a day, away from oral medications as needed, preferably on an empty stomach, until better.
- For more serious issues such as Crohn's Disease, Ulcerative Colitis, Diverticulitis, Polyps and Candida, 8 oz 3 times a day is recommended: 3 ounces once daily is suggested thereafter. Always consult professional medical advice for specific conditions.

### **Maintenance Regimen**

- To support the body's immune system, staying toxin free, and to balance your pH level \*, 2 ounces once daily is suggested thereafter. More may be taken if needed.

### **Protocol for Children**

- Infants ¼ to ½ teaspoon of the pre mixed liquid clay added to juice or water.
- Toddlers to 5 years 2 teaspoons of the pre mixed liquid clay added to juice or water.
- 6-12 years 1 tablespoon of the pre mixed liquid clay added to juice or water.

### **Precaution If Taking Medications**

Check with your pharmacist 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.

### **Should Constipation Occur**

It is not understood what gives most people three good bowel movements a day and others get constipated and some even have diarrhea. If constipation occurs, you need to keep drinking the clay and take whatever you use to keep your janitorial services working until the colon is cleaned out. Taking over-the-counter magnesium tablets of 250 mg is a gentle solution. For diarrhea you may need to bulk up with fiber or psyllium husk. After being on the psyllium for a week, take a good probiotic to rebuild the gut flora.

## 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 pulls out excess oils and impurities, toxins, radiation and stimulates circulation and cellular revitalization.\* Clay baths are very effective in drawing out toxins and radiation lodged in the soft tissues and joints of the body.

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 for drawing out toxins and cleansing the skin. Clay baths are beneficial in removing toxic buildup of heavy metals, chemicals, radiation and toxins stored in the body. They also relieve sore muscles and body aches, and stimulate lymphatic action and circulation. They are very relaxing and can promote a good night's sleep. Children with autism are reported to be calmer, to maintain longer eye contact and exhibit improved communication skills after a single clay bath. However, please don't overdo it! If you stay too long in a very hot bath, you could dehydrate and experience what is known as a cleansing reaction and feel fatigue or headaches, or a burst of energy and an increase in pulse rate. Be aware of your body's response to the first detox bath. Be sure to drink water or an electrolyte drink to keep from getting dehydrated.

### How to Prepare a Clay Detox Bath

- In a blender to 3 cups of water, add 1-2 cups of dry clay cover with more water until within an inch of the top. Blend on high for 30 seconds.
- Pour the mixture into the bath tub and rinse the blender with water. Before getting into the bath wash the blades of your blender.
- Soak for 20-30 minutes submerging as much of the body as possible. Keep the water circulating by stirring. Relax and enjoy.
- No need to rinse off, just dry off and notice how soft your skin feels. Baths in the evening are preferred for a good night's sleep.
- If the clay is dissolved adequately (no lumps), it is safe for drains and septic tanks.

### Protocol for Clay Baths

- To detox from heavy metals, chemicals or radiation, use 2 cups of clay powder per bath mixed per directions and soak in a hot bath for 15-20 minutes, 2 times a week for 6 weeks or longer, depending on the degree of toxicity. Can be done more often if preferred.
- Drink water or an electrolyte drink during bath so as not to dehydrate.
- For a maintenance bath to relieve sore muscles and for total relaxation, use 1 cup of clay powder as needed.

- For infants, add ½ cup of liquid clay to bath water.
- For small children, ¾ to 1 cup of clay per bath mixed per directions is suggested.
- Another detox method is to cover yourself in the clay mask and get in an infrared sauna and allow the dry heat to open the skin pores.

## How to Prepare for Detox Clay Foot Baths

When clay baths are not possible, prepare a foot soak.

- Mix the clay at a ratio of 1 cup clay powder sandwiched with 6 cups of water in a blender and blend well until it is lump free.
- Pour the mix into a plastic food grade container with warm water and soak your feet for 1 hour intervals. The mix may be used several times.
- Cover it with an air-tight lid between uses.

## Suggestions for Using a Clay Mask

In addition to facials and full body wraps, a clay mask can also be applied topically to help relieve acne, arthritis, eczema, psoriasis, poison oak and ivy, shingles, broken bones, burns, cuts, pressure wounds, scrapes, blisters, infections, open wounds, insect bites, warts, and toenail fungus, just to name a few.\* Bentonite clay for topical application may be purchased pre-mixed or made from clay powder.

## How to Make a Clay Mask

- Combine clay powder to water at a ratio of **1 part clay to 3 parts water**
- In a blender put 3 cups of water and add 1 cup of dry powder clay. Blend on high for 30 seconds.
- Pour into a glass, ceramic, or food grade plastic container with a non-metal, air-tight lid. Take care to immediately wash any clay residue off of the beaters.
- Allow the mixture to stand for 15 minutes with 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 curative and revitalizing action on the affected area. Poultices are good for broken bones, inflamed body organs, sinuses, infected wounds, eye irritations, etc.

## 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 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, *Calcium Bentonite Clay Nature's Pathway to Healing*.

### How to Prepare an Eye Poultice

- Apply the clay mask thickly over a circular cotton pad and apply to the closed eyelid. Leave in place for 15 to 20 minutes.
- For minor irritations pour the liquid clay on the pad and apply. This is very soothing and will relieve itching and reduce swelling from allergic reactions. This is an excellent treatment for a black eye.

### How to Prepare an Eye Wash Solution

- To make a clay eye wash solution: In a glass jar add 1-2 tablespoons of liquid clay with 4 ounces of Eye Wash Solution and blend.
- Pour the solution into a clean bottle to use in an eye cup, or as eye drops daily as needed. Generally once or twice a day.

Be sure to get Eye Wash and not Lens Cleaner. Some references are:

Bausch & Lomb Advanced Eye Relief Eye Wash  
Collyrium for Fresh Eyes- Eye Wash  
Walgreen's Soothing Eye Wash

### How to Prepare Clay Suppositories

- Clay suppositories are made from thick clay; for example, one part clay to one part water or less. You want to be able to mold it like sculpting clay.
- Take little balls of the clay and roll them one at a time in your hands into a bullet shape. Set them on wax paper to dry.
- When you are ready to use them, lubricate the pointed end and insert and leave it in the rectum. It will work its magic, dissolve and come out on its own.

Suppositories are beneficial for hemorrhoids, colon inflammation, for prostrate conditions as well as vaginally for women with Fibroid tumors, inflammation and yeast infections.

### How to Prepare Clay for Enemas and Douches

- Add two ounces of the liquid clay to a pint of water.

### 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 clays ability to draw when applied to the skin and will cause the metal to prematurely rust.
- Keep out of close proximity to chemicals and strong odors.

## Taking Clay Over Time

Most clays work best when taken over a long period. 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 time. Avoid high-sodium clays and acidic clays for internal use, especially over a prolonged time. Follow directions from the clay source supplier regarding its particular brand of clay.

When clay is taken for indefinite periods, it has no addictive qualities. One can quit taking clay at any time. There are no withdrawal symptoms, and you will never need to enter a withdrawal program. Many people ask whether clay is something they have to take for the rest of their lives. The answer to the question of course is, no, they don't have to; there is no danger in discontinuing its use. However, why not take something that is beneficial and will help cleanse and support the immune system? Especially in today's highly polluted world, the liver and kidneys are so overworked they never have a chance to rest. Taking Calcium Bentonite Clay every day helps keep the body functioning in tip-top condition. To maintain a healthy system, take clay daily.

However, remember all clays are not created equal. Again, avoid high-sodium clays, acidic clays and impure clays. Generally speaking, quality-tested, pure clays are the dependable safe clays. Pure means clean with nothing added and not processed.

The 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. For example, it reduces discomfort from allergies by quickly neutralizing allergens that would otherwise produce allergic reactions, and it reduces heartburn and indigestion by absorbing excess stomach acids.

More articles, testimonials, videos and educational information about Calcium Bentonite Clay can be found on [www.BentoniteClayInfo.com](http://www.BentoniteClayInfo.com) and/or to order the book *Calcium Bentonite Clay Nature's Pathway to Healing* go to [www.TheClaybook.com](http://www.TheClaybook.com)

Now, go “Kick-Start Your Day” with Calcium Bentonite Clay!

\*Disclaimer: This educational information is meant to supplement and not to be a substitute for professional medical care or treatment. This information has not been evaluated by the FDA.