

# Additional Uses of Healing Clays

By: Alexandra Carr

This article is meant to introduce the reader to a few additional uses of therapeutic healing clays. Most people are familiar with the use of clay as a facial masque or may be familiar with the practice of therapeutic clay baths in natural settings. If you've done some research on the topic, you will already know that there are certain health clays which can be used internally as a detoxifying agent and mineral supplement source.

But, the use of calcium bentonite clays in health is practically inexhaustible.

The following list includes a brief description, along with an explanation of benefits for each use. For further details, such as method of application and duration period, you should reference product manuals or other reading material on the subject.

## Body "Mud" Wraps

The use of clay with high mineral content is presently very common in health spas and resorts. Clay wrap treatments provide many physical and biological benefits. The clay is made into a paste and applied to the body. After it has dried, it is rinsed off. The clay will absorb impurities from the skin, softening and improving its balance. Mud wraps stimulate the absorption of fat secretion, sweat and other fluids, providing deep cleansing and purification of the skin pores. Their tightening action stimulates blood circulation.

## Clay Baths

Because of its powerful drawing effect, a clay bath has the power to literally pull out toxins through the pores of the skin.

Clay Baths are recommended for the treatment of rheumatism and arthritis. They are also beneficial in treating certain skin afflictions and blood illnesses, as well as certain types of paralysis. Bathing specific parts of the body can be very effective; especially foot and hand baths in cases of rheumatism.

## Clay Powdering

Use finely ground clay for powdering babies, instead of talcum powder. Talcum is closely related to the potent carcinogen asbestos and is considered toxic. It has been linked with ovarian and lung cancer!

Finely ground clay can also be used in place of harmful anti-perspirants. Their natural absorbent properties help to absorb moisture and neutralize odors without clogging the skin pores.

Powdered clay performs an antiseptic action, favoring the rebuilding of harmed tissues. Powdering can be used effectively on skin ulcers, sores, scars, inflammations, eczema and other skin rashes.

## Agricultural Uses

Clay can replace all chemical fertilizers. Montmorillonite clay can add decades of trace minerals back to depleted soils. It is a sustained release delivery source which continues to buffer the humus nutrients to prevent runoff. Clay helps to balance pH and regenerates the soils cation exchange capacity which helps to purify and revitalize the soil.

-A thick paste application of hydrated clay is the best pack for tree wounds.

-*Composting*; added to organic debris, clay increases the production of humus and also the amount of carbon fixation in the soil.

## **Tips and little known facts**

### *Before Using Clay*

The more clay is exposed to sun, air and rainwater, the more active it will become. This allows clay to exercise its property of absorbing and storing a remarkable part of the energy of other elements, above all, the sun.

Assuming the revitalizing action of clay, it may be possible to say it has the property of attracting the sun's magnetism upon initial exposure to light. It is this energy which it reconstitutes and gives out upon use. Perhaps it is this revitalizing action which accounts for its ability to fix the oxygen in water added to it.

The time for exposing clay to sunrays is just prior to immediate use. To store clay in its initial condition, darkness is better; it can be kept indefinitely. It will grow no older in a dark container than it would have in the quarry from where it was taken out.

At this point, it is necessary to add that even taken out and applied without the intermediary exposure period to sunlight, clay already possesses most of its wonderful properties!

### *Internal Use*

Your daily clay-water drink should be prepared, if possible, several hours or even a night in advance. When clay is properly hydrated, the water molecules link-up between each clay particle platelet. This serves in expanding the surface area making each platelet more active. The hydrated structure creates an enormous surface area that traps and binds potentially harmful substances. This practice results in a more effective and efficient use of the clays powerful detoxification properties.

To learn more about medicinal health clays visit:

[http://www.clayremedies.com/Clay\\_Therapy\\_Resources.php](http://www.clayremedies.com/Clay_Therapy_Resources.php)

**Resources: Our Earth, Our Cure By: Raymond Dextreit and The Clay Cure By: Ran Knishinsky**