

Bentonite Clay; A Natural and Effective Radiation Detox

By: Alexandra Carr

The Japanese nuclear disaster has everyone concerned about the effects of radiation. Many are wondering what can be done to help rid themselves of the radiation which they are being exposed to on a daily basis. Well, it's not a hopeless situation...

Did you know that mineral healing clays can absorb toxins, detoxify your body, and rid you of the harmful effects of exposure to radiation?

That's right, natural clays can help and they are safe for all ages and even safe for your family pets.

In nature, all animals that eat a rancid kill or a toxic berry, rush to a streambed and eat clay to absorb and remove the toxins quickly.

Using clay internally and externally will assist in removing radioactive isotopes from your body.

How Clay Removes Radiation:

Clay is a negatively charged ion, whereas radioactive material carries a positive ionic charge.

Bentonite Clay adsorbs and absorbs, by capturing positively charged ions, which you eliminate by washing them off or passing them through your body.

Clay has many healing abilities due to its alkaline pH and high negative ionic charge. Calcium Bentonite Clay is one of the safest, easiest, and least expensive detoxing substances available. Clay is a non-invasive treatment, and when properly used, causes no harm. Rapid healing often results, such as a noticeable reduction in pain, irritation, and inflammation.

The clay particles naturally work to absorb heavy metals and other toxins in the gut. Thus, clay taken internally can help improve intestinal health and keep the toxins from being absorbed into the body. It has also been found useful to add fiber such as; Psyllium husks (when using clay internally) to help move the clay along through the digestive tract.

Clay baths, poultices and topical applications, through clay's strong drawing powers, will also help your body detox through your skin pores. Through a pulsing action, clay will draw out infections, gangrene, heavy metals and toxins.

Natural clays possess healing qualities that assist in attaching themselves to and remove toxic substances and radiation from the body. Natural clays also activate the body's own immune system through their chemical make-up. The composition of any healing clay should replenish the body's nutritional needs naturally while removing toxins, especially radiation.

As an added bonus, most clays are naturally alkaline and as a result, balance the body's pH and reduce over-acidity.

Which Clays Work Best:

Unlike other clays, only Smectites (Bentonites) can adsorb (attract) and absorb (draw in) and are characterized by its expandable properties.

Best Choices: Calcium Montmorillonite, Calcium Bentonite, French Green Clay (Montmorillonite).

How to Use:

Bentonite clays can be used internally and externally. If you are using a clay internally be sure that the product states that it is safe for internal use. Due to metals and other impurities that may be found in clays, not all of them can be taken internally. Check with the manufacturer for available lab analysis, certificates and purity statements.

A simple clay bath can help rid you of toxins because the hot water opens up your pores to release toxins that have bonded to the clay.

Historical Accounts:

The former Soviets have been using clay to remove radiation from the Russian population for the past sixty years. When the Soviet nuclear power plant in Chernobyl melted down in 1986, the (then) Soviet government put French Green Clay in chocolate bars. They dispensed them to the masses so any radiation they were exposed to would be immediately removed from their bodies.

Most of the clean-up at Chernobyl was accomplished with Bentonite Clay.

The use of clay in absorbing and removing toxins and radiation from the environment is common knowledge to an Environmental Engineer because they use clays to remove toxins from the soil and groundwater.

As they did at Chernobyl, one of the best things the Japanese government could do is "raze" their nuclear power plants damaged by the earthquake under a layer of natural clay to absorb the radiation.

Symptoms of Radiation Exposure:

Insomnia, fatigue or complete exhaustion, anxiety and depression, as well as muscular pain, rheumatic pains, gas, indigestion and gastric distress, irritable bowels, achy joint and "flu-like" symptoms. Other symptoms of radiation poisoning are sore throat, extreme headaches, a feeling of unreality, memory loss, hysteria, insatiable hunger, dizziness and vertigo, hearing problems, mood swings, and loss of will power. In advance stages, radiation poisoning creates vomiting.

Sources of Radiation Exposure:

Computers, cellular phones, micro-wave ovens (especially strong), radiation therapy for cancer, electric blankets, exposure to nuclear radiation from the atmosphere, x-rays, industrial pollution, televisions, airplane flights, solar flares, living near nuclear plants and of course, nuclear bombs!

Did You Know?

-Because of their dangers, Micro-wave ovens have been banned in the Soviet Union since 1976.

-Microwave ovens change the molecular structure of food with radiation!

Other Recommended Radiation Detox Remedies:

-Kelp is a good source of natural iodine and has been known to help reduce radiation poisoning. Be sure you know where your kelp has been sourced from. Many suppliers are currently sourcing from the China coastal waters. It would be best if you can find a kelp which has been sourced from the Atlantic Shores, such as; Norwegian Sea Kelp.

-Other common foods that contain iodine are yogurt, eggs and strawberries.

-Activated charcoal is known to assist in neutralizing toxic poisons and gases in the body and is especially useful in radiation exposure.

-Drinking plenty of water and simple sweating helps to flush your system of toxins.

-Drink thyme or rosemary tea- 2 cups per day.

-Miso soup and seaweeds are good anti-radiation measures that you can also take. The survivors of the bombing of Hiroshima and Nagasaki were the "seaweed eaters."

To learn more about healing clays or product application details, please visit www.clayremedies.com