

### **WHAT IS REDMOND CLAY™?**

Millions of years ago, long before the earth knew pollutants of any kind, a range of volcanoes erupted—sending volcanic ash into the water of the ancient Sundance Sea. The water in this sea evaporated, leaving behind a bed of mineral-rich bentonite clay. Near the small town of Redmond, Utah, we extract this ancient volcanic ash resting within the earth and bring it to you in its pure, natural state. Redmond Clay contains more than 50 natural trace minerals essential to human health.

### **HOW LONG HAS CLAY BEEN AROUND?**

For thousands of years, primitive people carried a ball of clay with them in their packs. Some of this clay was dissolved in water and ingested with their meals. Clay was the natural remedy used by the natives for fighting many stomach ailments, dysentery, and food infections. Native Americans called the clay “Ee-Wah-Kee,” meaning, *The Mud that Heals*.

### **WHAT IS CLAY USED FOR?**

Clay has been used for generations to help support digestive health. For many years, people have taken clay when they've had occasional diarrhea, constipation, heartburn, stomachache, acid indigestion, acid reflux, and other digestive problems. Redmond Clay has also been mixed into a poultice and applied to cuts, bruises, insect bites, bee stings, boils, rashes, acne, burns, severe dry skin, and achy joints.

### **WHERE DOES BENTONITE COME FROM?**

According to geologists, bentonite clay, of the montmorillonite family, is volcanic ash that fell into a prehistoric body of water. Bentonite clay is generally recognized as safe (GRAS) by the FDA.

### **HOW DOES CLAY WORK?**

Bentonite clay is naturally absorbent and extremely gentle on the system. Redmond Clay acts like a sponge, drawing substances, including toxins, into its internal structure. Bentonite clay can absorb virtually anything. One gram of clay has a surface area of 800 square meters. The greater the surface area, the greater the power to absorb. Due to its absorption capability, it is recommended to stay hydrated while using bentonite clay.

### **CAN I TAKE CLAY WHILE TAKING MEDICATIONS?**

We recommend you consult with your doctor when using clay while taking medications. Because of clay's tremendous absorption capability, it will absorb just about anything, including medications. Clay experts recommend taking clay at least an hour apart from medications.

### **HOW OFTEN DO I NEED TO TAKE CLAY INTERNALLY?**

Some sources recommend drinking clay once a day. However, many people have had success drinking it multiple times a day. While many have used clay every day for years as a mineral supplement or preventative measure, others just take it when they feel they have a need. What works for one person, may not produce the same results for another.

### **CAN I TAKE REDMOND CLAY AS A MINERAL SUPPLEMENT?**

According to Ran Knishinsky (*The Clay Cure*), clay provides an impressive assortment of minerals, including calcium, iron, magnesium, potassium, and silica, as well as many other trace elements. Without basic minerals, life cannot exist; without trace minerals, deficiencies will develop. Lacking either will make it impossible for the body to maintain optimal health. Many people take Redmond Clay daily for the trace minerals.

### **HOW DO I PREPARE REDMOND CLAY?**

To prepare Redmond Clay for either internal or external use, mix it with enough water to make a gel the consistency of mustard. Once mixed it will never dry out, separate, or go bad as long as you keep a tight lid on it. If it does dry out, simply add more water and stir up the contents. It is recommended to store the clay gel in an earthen jar, such as glass, wood, or porcelain. The Redmond Clay gel can be kept in the refrigerator, the cupboard, or car; heat and cold do not seem to affect it.

### **INTERNAL USE:**

There are various ways to prepare Redmond Clay for internal use.

#### **Clay Powder**

Mix 1-2 teaspoons of Redmond Clay powder with a glass of water or juice.

#### **Pre-made Gel**

Stir 1 tablespoon of the pre-made clay gel in a glass of water.

#### **“Off the Top”**

The most convenient way to have Redmond Clay available to take internally on a regular basis is to add ¼ cup of clay powder to a two to three quart glass pitcher of water, stir it up and put it in the refrigerator. Within a few hours, the clay will begin to settle to the bottom and most of the water will be almost clear. The clear water can be poured off a glass at a time. When you start getting more sediment off the bottom than you want to drink, throw out the sediment, wash the pitcher, and start over with a new batch. This seems to be the most palatable way to drink Redmond Clay. According to Raymond Dextreit (*Our Earth, Our Cure*) drinking the water off the top gives basically the same results as drinking the clay itself.

### **EXTERNAL USE:**

Redmond Clay has been used externally as a poultice, for facials, and in baths.

#### **Clay as a Poultice**

Mix the clay with water to make a gel about the consistency of mustard. The gel can be applied externally as a poultice on cuts, bruises, insect bites, bee stings, boils, rashes, achy joints, acne, and burns. Place a thick layer (¼ to 1 inch thick) over the affected area. Many times the clay can be left on overnight. Covering the clay gel with a cheese cloth or plastic wrap will help keep the clay moist and will prevent it from drying out, which is especially important when applying to burns. Because Redmond Clay has tremendous pulling power, when using it on sensitive areas, such as the face, it is recommended to wash it off before it dries.

#### **Redmond Clay Baths**

The skin is an effective avenue for detoxification. Putting Redmond Clay in the bath seems to increase the drawing effect, which helps people detoxify. Add 1 to 2 cups of Redmond Clay to the tub of hot water and soak for about 30 minutes.

Many people find that a foot bath with Redmond Clay also aids in pulling toxins out of the body. For a foot bath, add about 3 tablespoons of Redmond Clay to a pot of hot water and soak your feet for about 30 minutes.



\*These statements have not been evaluated by the Food & Drug Administration. Redmond Clay is not intended to diagnose, treat, cure, or prevent any disease. This information is in no way intended as a substitute for medical counseling. Anyone suffering from any disease, illness, or injury should consult a healthcare professional.

# THE AMAZING BENEFITS OF REDMOND CLAY

## TESTIMONIALS

*"Years ago I had severe dry skin on my hands. I had been to dermatologists and nothing they prescribed helped me. A friend told me about Redmond Clay and I decided to try it. I mixed a teaspoon of the clay in a glass of water; after the clay settled out, I drank the clear water, and then I put the wet clay in the bottom of the glass on my hands and let it dry. I noticed it started helping immediately and within a week, the dry skin was totally gone...and has never come back."* M.T. – Aurora, UT



*"I was operating a chain saw and put an 8-inch long gash in my thigh above my knee, which required several stitches. A few days later it developed a bright red streak going up my leg to the groin area. I packed the wound in a poultice made of Redmond Clay and wrapped it with plastic... then I covered that with a towel to hold it in place during the night. The next morning I removed it all and the red streak was gone."* T. Alquist – Murray, UT



*"I have been drinking a teaspoon of Redmond Clay daily. I also put it in my water when I am working hard and sweating. It seems that I can work almost without stopping for hours. It keeps my energy level up."* B. Jenkins – UT

*"I am 45 years old and have suffered from digestive problems for the past ten years...Three years ago I went to see a colon specialist and contemplated having part of my colon removed. I have been on every medication presently prescribed for this condition with little or no help...I began taking Redmond Clay in liquid form two years ago. I stirred one tablespoon of clay into a glass of water and then let the majority of the clay particles settle to the bottom and then drank the clear water. I did this religiously for three months. At the end of three months everything was normal. Last January I went in for my annual exam...my doctor told me there was no need to come back for three years due to the health of my colon. I have had no relapses in the last three years and I feel wonderful."* B. Reynolds – Aurora, UT



*"My son...suffered from reflux at a very early age. At 14 months he was taking adult doses of reflux medicine. My friend gave me a bottle of Redmond Clay and told me of its healing properties. I have been amazed and so pleased with the results. My son is doing great. He is no longer taking any of the medicines and shows no sign of any reflux complications. He sleeps better through the night, there are no more circles under his eyes, he is more active and he eats when he is hungry. Thank you very much for...Redmond Clay. Now that my son is doing better, I feel like I have my life back. When he sleeps, I sleep."* K. Kingcaid – Milwaukee, WI

*"This summer I was working at our family ranch on a backhoe. As I got off from the machine, I grabbed the hot vertical exhaust pipe and burned my right hand badly. The Redmond Clay was applied and I was back on the machine in 5 minutes (hand wrapped in clay, a plastic bag, and a cloth glove) with zero pain. It never blistered and was as if nothing had happened when I took the bandage off the next morning."* R. Brimhall – Provo, UT

*"Your Redmond Clay is great for taking the itch out of tick bites! We live in tick country here in Oklahoma and we get more tick bites than mosquito bites. Your clay takes the itch away better than anything there is."* J. Chappell – Pittsburg, OK



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# REDMOND

# CLAY

TM

**Helps Support Healthy Digestion**

**Helps Support Healthy Skin**

**Aids in Detoxification**

**Helps Improve Circulation**

**Helps Support Healthy Joints**

