

Redmond Clay is a type of bentonite clay, but instead of being a sodium bentonite or a calcium bentonite, it is both! Because of this it seems to be more effective than most bentonite clays and what I have used for years with nothing but great results!

Clay has the ability to bind toxins due to a negative electrical charge of the clay particles. Most toxins including heavy metals are positively charged so they are drawn to the clay like a magnet and then flushed from the body. It also has a high ph. which helps the body be more alkaline and it is filled with many natural minerals. All these properties can help bring balance to the body and correct many issues such as the following.

External	Internal
Acne/Facials	Acid Indigestion
Athletes Foot	Acid Reflux
Bruises/Black Eyes	Allergies/Hay Fever
Boils	Celiac Disease
Burns/Sunburns (cover with plastic)	Colitis
Cellulitis	Constipation
Cold Sores/Fever Blisters	Crohn's Disease
Cramps	Diarrhea/Dysentery
Diaper Rash	Diverticulitis
Earache	Detox
Eczema	Food Poisoning
Hemorrhoids	Gout
Infections	H-pylori
Ingrown Toenails	Hiatal Hernia
Insect Bites	Irritable Bowel Syndrome (IBS)
Joint Pain & Inflammation	Menstrual Cramps
Nail Fungus	Parasites
Poison Ivy/Poison Oak	Roto Virus
Scrapes/Road Rash	Stomachache
Shingles	Sugar Diabetes
Sores that won't heal	Toothache
Sprains	Ulcer
Sties	Electrolyte Replacement

How to Use

- Best stored in glass but plastic can be used. Just keep in mind that some chemicals in the plastic may leach into the clay.
- Do not leave metal in contact with the wet clay, it will rust.
- Once mixed into a gel it will not go bad. If it dries out, add more water.
- Can be stored anywhere but direct sunlight.

Internal Use

- Mix 1 Tbsp of powder in a quart jar and fill with purified water. Stir well and let it sit for 4-6 hours or overnight. Drink the liquid off the top or stir it up and drink.
- If drinking liquid off the top (which should give the same results as the clay itself), you can make one more drink with the clay solids from the bottom by filling the jar with water one more time.

External Use

- Prepare a gel by mixing enough water with the clay to the consistency of ketchup. Usually two parts water to one part clay.
- Apply the gel generously in a ½ inch to ¼ inch layer directly on the skin. Choose to keep uncovered, covered, or covered with plastic.
    - Uncovered: Apply gel and leave it on until it starts to dry (usually about an hour). Wash the clay off before it completely dries.
    - Covered: Covering with a cloth or band aid holds the gel in place and causes the clay to dry slower so it can go overnight or allow for moving around without getting it all over. Remove the clay pack before it is completely dry.
    - Covered with Plastic: Covering the gel with plastic wrap or a plastic bag keeps the clay from drying out at all. This method is crucial if applied to a burn. Wash the clay off and replace once or twice a day. Continue applying until the burn wound is “just pink skin”.
- Dry Powder: Sprinkle powder on diaper rash, wet conditions, or an open infected wound to cause more drawing/healing power.
- Baths: Detox using body or foot baths.
    - Body: ½ cup of powder in a hot as you can handle bathtub. Soak for 30-45 minutes. Keep the water hot and get out while the water is hot.
    - Foot: Fill a basin with hot as you can stand water, add 2-3Tbsp of clay. Soak 30-45 minutes, keeping it hot, remove feet while the water is hot.
- Toothpaste: The gel makes an effective toothpaste. Cleansing, while pulling bacteria and toxins from the teeth, gums, and mouth.