

ETERNAL BENTONITE CLAY

Clay provide us with the earliest example of using the earth's resources to solve medical problems. When placed on the skin, clay draws out toxins to the outside surface of the clay (adsorption). These toxins then enter into the clay and sit in between its layers (absorption).

ETERNAL BENTONITE CLAY belongs to the therapeutic smectite series; it is a type of clay that swells in water. One of the clays in this series is called Montmorillonite, a type of clay named after the Montmorillon region in France. Montmorillonite clay is extremely fine-grained and thin layered and contains a large surface area. Colors range from white to pale green to yellow-brown or red. For maximum effect, therapeutic clay should be virgin and untreated.

Many Gerson patients use clay to help alleviate symptoms they experience while detoxifying or during healing reactions. Clay can also be used by non-patients to address a variety of conditions. Clay can also be very helpful for skin irritation.

Internal use

For diarrhea, a patient can take ¼ tsp. of clay with 1/8 tsp. of potassium gluconate in peppermint tea every 4 hours. Clay can also be taken internally for food poisoning, viral gastroenteritis or stomach pains.

External Use

ETERNAL BENTONITE CLAY can be mixed with water into a paste and placed onto cloth to make a "clay pack" (poultice). The pack is then placed on the skin. Clay can be placed over a tumor, but not on top of an open lesion. The following herbs can be added into the clay too. Example: catnip, milk thistle, chamomile etc.

See instructions below.

ETERNAL BENTONITE CLAY packs can be administered twice a day for 2-3 hours (until the pack is dried out) to:

- Calm hot inflammatory pain in joints
- Reduce swelling and fluid retention
- Reduce tumor inflammation
- Alleviate congestion or spasms in the liver and gallbladder
- Draw out toxicity, when placed over the liver

ETERNAL BENTONITE CLAY applied topically, can also:

- Alleviate headaches
- Draw out toxins from spider/insect bites
- Heal boils, pimples, warts and skin rashes
- Remove glass or splinters embedded in the skin
- Soothe sprained ankles
- Stimulate peristalsis in the colon
- Alleviate toothaches
- Soothe infected gums

HOW TO PREPARE AND APPLY ETERNAL BENTONITE CLAY PACK

1. Put the powdered clay in a glass dish, then mix in a little warm water at a time, until the mixture has formed a paste with a consistency similar to peanut butter, usually require 3 to 4 parts water to one part clay, by volume. Use a wooden spoon, not a metal instrument. The amount of clay you will need will vary according to the size of the area of skin you plan to apply it to. You will want to prepare enough to apply the clay in a thickness of about 1/8 inch.
2. Spread out a piece of gauze, use a wooden spoon to spread the warm clay onto the piece of gauze. Muslin, cotton, flannel or wool make good cloths for clay packs. If you are applying the clay pack to a large area of the body (e.g., the abdomen), you can cut up and use a disposable “incontinent” pad for this purpose.
3. Lay the prepared clay poultice directly on top of the skin, with the clay touching the skin. If you are worried about the clay making a mess of your clothes or bedding, you can apply plastic wrap over top of the fabric.
4. Tape the cloth in place; a light bandaging tape works well.
5. Leave the pack on until the clay is dry, approximately 4 hours. If you apply the pack in the evening, you can leave it on overnight. If the clay is very moist or well-sealed, it may not dry completely.
6. Peel the cloth and dry clay off of the skin. Wash off any extra clay residue on the skin with sodium bicarbonate and water.
7. Discard the used clay. You may wish to wear gloves while removing the clay, as it will be full of toxins and this can minimize the possibility of reabsorbing any toxins.