

# **We Eat Clay**

(And Wear it, too.)

By

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Disclaimer: This booklet is to provide information to inform readers in regard to users' experiences with Redmond Clay. This booklet describes the opinions and experiences *of* the author. The author is not liable for the misconception or misuse of the information provided. It is not provided in order to diagnose, prescribe, or treat any injury or disease. The author shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused directly or indirectly by the information contained herein. This information is in no way intended as a substitute for medical counseling. Anyone suffering from any disease, illness, or injury should consult a health care professional.

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## **1.Introduction:**

My goal in writing this booklet is not to produce a highly technical document explaining all the intricate details of the geological aspects of clay; there are books that do that and some are listed in the appendix. Nor is it to explain in detail everything about all the healing qualities that I have seen come from clay; I do not believe that such explanations are even possible.

The goal of this book is simply to give the reader enough information to enable him to benefit from the wonders of this natural product. I have kept this booklet small on purpose so that no one would miss or delay the benefits of clay while waiting to finish a lengthy book. For the person who does want to read volumes on the clay, those volumes are available. My desire is to give an overview so brief that people will read it, so simple that anyone can understand it, and so down to earth that everyone can relate to it.

I don't fault anyone for questioning how this natural clay can produce such miraculous results; there was no one more skeptical than I was <sup>thi</sup> ° years ago. But now after experiencing the healing effects of clay, I would like to apologize to Raymond Dextreit, the French homeopath who wrote OUR EARTH, OUR CURE, for my skeptical attitude. He was years and years ahead of his time.

Nothing in this book should be taken as medical advice. REDMOND CLAY is NOT approved by the American Medical Association (AMA) for any medical use and does not replace competent medical attention.

## **Chapter 2: How Did we Start “Eating Clay”?**

The white, mineral deposit that came to be known as REDMOND CLAY was here as a white outcropping on the farm property my grandfather purchased in the early 1930’s. A few people had been using it medicinally even before we owned it. One fellow, Joe Blix, used it so much treating animals that it was called Blix’s Mud and he was called Dr. Blix, although he had had no training in medical practices at all.

Our family used it externally for medicinal applications for bee stings and infections. My father says when he was a small boy, he had an infection in his hand with a red streak going up his arm to the armpit. My grandparents packed the wound in a poultice made of the clay and overnight the red streak was drawn out. However in those days, no one ever considered using the clay internally.

In 1974 a book entitled OUR EARTH. OUR CURE was translated from French into English. Written by Raymond Dextreit, a French homeopath, it told of the wonderful healing properties of clay. He said that the right kind of clay would bring the body into balance. He said the right kind of clay was a ‘living’ substance because of how it would respond to the organism. He made such miraculous claims for natural clay that we laughed and laughed. It was too much like ‘snake oil’ to believe.

But the health food stores carrying the French clay that Mr. Dextreit was recommending asked if our clay would do what the French clay would do. We told them we didn’t know. They wanted to buy some and try it, so we selected a white vein in our deposit, and pulverized it to the consistency of a fine powder.

We had it analyzed to make sure it was not going to harm anyone and we checked with the FDA for their opinion. We found it contained nothing harmful and that by FDA standards, since it was basically a bentonite clay, it was considered G.R.A.S. (generally recognized as safe). We were told we could sell it as long as we made no medical claims. So we began to sell it under the name

## **REDMOND CLAY.**

Over the next few months as we encountered medical conditions which traditional medicine couldn't fix, in desperation *we* tried our

Redmond Clay. In every case it worked just like Mr. Dextreit had said it would. Over the past 30 years, we have used it for diarrhea, constipation, heartburn, stomachache, acid indigestion, hiatal hernias, acid reflux, diverticulitis, colitis, roto-virus, and h-pylori bacteria. We have used it externally for cuts, bruises, insect bites, bee stings, boils, infections, rashes, eczema, arthritis, acne, and burns just to name a few of the things it has helped.

Because it has worked so well for so many things, it is now generally what we use first for relief rather than after traditional medicine has failed. Consequently we *keep* it mixed up ready to use; we keep it in the kitchen cupboard, the bathroom cupboard, the trunk of the car, under the seat in the truck, and in the first aid kit.

Though we have seen it do many amazing things, we do not feel we have used it to its maximum capacity. Just as the computer on my desk is capable of doing more than I actually use it for, according to Mr. Dextreit, the clay could do much more for us. It doesn't benefit us more because we have not chosen to use it for more, but for what we have used it for, we have been totally impressed and grateful. It is not a cure-all, and there have been a few times when people have said it hasn't helped. But of this we can assure you: in 30 years of using it, we have never seen anyone have an allergic reaction and we have never seen anyone who was worse off from using the clay.

## Chapter 3: What is Clay?

There are dozens of volumes that describe the details of the hundreds of different types of clay in terms of geological formation, mineral composition, and physical characteristics. If the reader wants those facts, they are available in other works. My goal is simply to give you an overview sufficient to enable you to benefit from the product. Be aware that not all scientists agree on many of the details regarding clays, especially in terms of medical benefits. You will find many differing opinions, so any attempt to completely understand the how and why of clay's healing properties will not be resolved quickly.

In the most simple general terms, a clay is a natural earthy material. which becomes plastic when wet. I would suggest that you think of clay as a large family of minerals, and within that family, there are sub families, one of which is montmorillonite. In the montmorillonite family, there are sub families, one of which is bentonite. In the bentonite family, there is sodium bentonite and calcium bentonite, each having different properties. According to geologists sodium bentonite is volcanic ash that fell in seawater; calcium bentonite is volcanic ash, which fell in fresh water. Even in the sodium bentonites, there are differences in properties and qualities.

Our product, REDMOND CLAY, is a sodium type bentonite, but we don't like to call it bentonite because of the number of people who have used 'bentonite' with minimal results. Why is REDMOND CLAY so much more effective than other 'bentonite'? We don't know. Is it the best clay available? Again, we don't know, but based on our experiences over the past 30 years and the experiences of our customers, REDMOND CLAY has healing properties that make it worth considering,

## **Chapter 4: Historical Uses of Medicinal Clay**

Volumes have been written detailing how clay has been used for medicinal purposes over centuries of time without anyone ever being able to explain fully what makes *it* such a great healer. Those who have benefited from this natural product are those who were willing to *leave* scientific explanations aside and gratefully receive the *benefits* of the product.

That is not to say we don't want anyone to examine the clay or to try to learn how it works, We would welcome any efforts to further expand the world's knowledge of, and use of, clay as a healer, But we do not believe that discovering the keys to clay's healing secrets will be easy. The analysis of its composition is not sufficient to explain its ability to achieve good results. Knowledge of its physical properties does little as far as explaining the results people receive from it.

Dr. Meyer-Camberg, a European doctor, stated in his work that clay takes care of any bad poisoning such as arsenic. Many doctors of antiquity, such as the Greek Dioscorides, the Arab Avicenna, the Roman Pliny the Elder, and the Greek Galen told of the wonders of clay. Several German naturopaths, including Kneipp, Kuhn, Just, and Felke used clay in their treatments. *In* the First World War, both Russian and French soldiers were issued clay as part of their rations. Mahatma Gandhi advised the use of clay.

Raymond Dextreit, author of **OUR EARTH OUR CURE**, details countless cases of clay accomplishing amazing healing results. He states "that clay acts symbiotically in the body; since *it is* impossible to *see* and control what happens with living organisms, we are limited to hypotheses. Nevertheless, clay's action and the results obtained permit a rather precise idea of its properties. *In this way, it* is remarkable for its organo-therapeutic value".

Many reports have been documented of animals going to natural clay deposits to self- medicate themselves when sick. People studying *the* habits of animals in the wild have found indeed many

beneficial clay deposits. We know of livestock producers who will make bentonite available to their animals because often *they will eat it free choice*, especially when sick.

The question logically comes up: if clay is so good for healing, why does the world's medical community not promote it? Why haven't extensive tests been done proving the validity of the many claims made for clay? The answer can be given in one word: MONEY and I will show an example.

A fellow who had been taking an ulcer medication for three years at four pills a day @ \$.5[ ] each heard about the clay and decided to *try* it because his ulcer had not gotten any better after spending \$2190.00 during those three years. He bought a container of Redmond Clay (retail value \$8.00) and took it for three weeks, then quit because he couldn't tell he had an ulcer anymore. Six months later he made the comment "Redmond Clay did more in three weeks than the other medication had done in three years". When asked if *he* still takes the Redmond Clay, he said, "No, unless I am going to eat something that I haven't been able to eat for years; then I take it just as a precaution." The bottom line is this: How much research on an ulcer medicine can a company do for \$8.00 per patient versus \$2190.00 per patient? There is no economic future in promoting a natural, inexpensive product that can't be patented.

## Chapter 5: How to Prepare REDMOND CLAY.

Here *we* will tell *in* general terms how to prepare the REDMOND CLAY for use in both internal and external applications. More details will be given in later chapters dealing with specific applications. Some of our instructions are taken from OUR EARTH, OUR CURE, and indeed we are indebted to that book for getting us to even consider attempting to use this natural product for healing. We have followed many of its suggestions, but many others we have ignored or changed based on our own findings of working with the clay.

We have found that there are very few hard, fast rules when working with the clay. In fact we have broken most of the ‘rules’ outlined by Mr. Dextreit and still find the clay accomplishing everything that we hoped for. Maybe other clays are not so forgiving and Mr. Dextreit’s instructions would need to be followed if using them; but when using the REDMOND CLAY, we take great liberties and see no decrease in its effectiveness.

Mr. Dextreit says not to store the clay in plastic; we store both the dry clay as well as the wet clay in plastic and have not seen any problems. Mr. Dextreit *says* not to use clay while taking conventional medicine, but we have customers who have taken both at the same time without any problems. Maybe there are medications that would react against the REDMOND CLAY, and we just haven’t used any of them yet.

Mr. Dextreit says that because the clay draws toxins to itself, some conditions may appear worse before they get better when using REDMOND CLAY, It makes sense, but we have never seen any of those. One thing Mr. Dextreit is right about is do not leave metal in contact with the wet clay, as it will quickly rust.

To prepare the REDMOND CLAY for either internal or external use, mix it with enough water to make a gel about the consistency of mustard or ketchup. We prefer to use filtered water, but *some use* distilled water, some use tap water; it does not seem to matter. 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 because the lid gets left off, simply add more water and stir up again. The REDMOND CLAY gel can be stored in the fridge, the cupboard, or car; heat and cold do not affect it.

### **To use the REDMOND CLAY internally:**

The book OUR EARTH, OUR CURE says to mix 1 teaspoon of the dry powder clay in a half glass of water, stir it up, and let it sit 6 to 8 hours. Then drink either the clear liquid off the top, or stir it up and drink the whole thing. It says some people find better results if they drink it first thing in the morning, some if they drink it last thing at night and others throughout the day. If you use cold water, there is no noticeable taste.

Some people prefer to use the REDMOND CLAY in a gel form rather than the dry powder. If using the gel, mix 1 heaping teaspoon of the gel in the glass of water and drink either the clear liquid, or the whole thing as described above. Using the gel simply eliminates the six hour wait, and some people say the taste is less noticeable.

The most convenient way to have the REDMOND CLAY available to take internally on a regular basis without drinking any/much of the solids is to add ¼ cup of the dry powder REDMOND CLAY to a two/three quart glass pitcher of water, stir it up and put it in the refrigerator. Within a few hours, the clay will settle to the bottom and most of the water will be clear. Then drink the clear water on an as desired basis pouring 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. Again, the OUR EARTH, OUR CURE says that drinking the clear water off the top gives basically the same results as drinking the clay itself.

Although the book suggests taking the clay once a day, some

people have taken the clay two or three times a day. Some people have taken the clay every day for over a year as a mineral supplement *or* preventative measure; *other* people just *take it* as a first aid item when they feel they have a need.

### **To use the REDMOND CLAY externally: \_**

There are many different ways of using the clay externally, but most all start out preparing the gel. Apply generously in a  $\frac{1}{2}$  inch to  $\frac{3}{4}$  inch layer directly on the skin. An alternative that allows for more mobility is to apply the gel to a piece of cheese cloth, fold the cloth as if making a ‘burrito’, and secure to the skin with an ace bandage. After applying there are several options:

**UNCOVERED:** Some people put on the clay and leave it uncovered so that it dries out within the hour. As it dries, it will draw or pull. Wash the clay off before it is totally dry.

**COVERED WITH CLOTH:** Covering the REDMOND CLAY with a cloth will hold it in place and cause the clay to dry slower. Doing this enables you to leave the clay on overnight or to walk around the house without getting wet clay all over the furniture. Wetting the cloth with water will slow the drying rate and cause more of a cooling sensation. Again, remove the clay pack before it is totally dry and replace with new REDMOND CLAY GEL if desired.

**COVERED WITH PLASTIC:** Coverin<sup>g</sup> the REDMOND CLAY GEL with plastic wrap or a plastic bag keeps the clay from drying out at all which is important if you are applying to a burn. Even though the clay doesn’t dry out, some people will wash the clay off and replace it once or twice a day. Other people have left the same pack on a burn for a couple of days until the burn was ‘just pink

skin’.

**USING THE DRY REDMOND CLAY:** People say using it as baby powder causes diaper rash to disappear by the next diaper change. Some people feel that sprinkling the dry REDMOND CLAY on an open, infected wound causes more of a drawing / healing action than using the gel.

**CLAY BATHS:** Many people in the health food industry feel that the skin is a primary avenue for detoxification. Putting REDMOND CLAY in the bath seems to increase the drawing effect which helps people detoxify. To use the clay for a clay bath, simply put a cupped handful of the dry REDMOND CLAY under the faucet as you fill the tub of hot water. Soak in it for 30 to 45 minutes.

An alternate technique is to do a foot bath. To do this simply put 3 tablespoons of the REDMOND CLAY in a pan of water and soak the feet for 30 to 45 minutes. Users say it does the same thing as the entire clay bath.

If these directions leave *you* feeling uncomfortable because they are so vague, we are sorry, but we don’t apologize. As Dextreit said in his book, the clay responds to each individual organism, so depending on the patient, the illness, and many other factors, there may not be a ‘best’ way to use the clay. Try different ways and find out which works best for your situation. With one exception there does not seem to be any ‘wrong’ way of using it, so don’t be afraid to experiment a little. That one exception is **DO NOT LET CLAY DRY ON A BURN.**

Keep it moist until it is time to wash it off.

## **Chapter 6: Case Histories**

The actual experiences are not told here as guarantees that everyone will have the same results. They are told merely to relate what other people have experienced with the REDMOND CLAY. We have many more testimonials and some are more impressive than those listed here. We have chosen these because they are more simple and can be told quickly. Some applications that are so common and routine, we have left without details. To help the reader, *we* have listed the applications in alphabetical order with internal uses listed first and external uses second.

### **INTERNAL APPLICATIONS:**

**ACID INDIGESTION:** (See acid reflux)

#### **Acid Reflux:**

A co-worker says that drinking a glass of Redmond Clay water relieves acid reflux faster and more completely than anything else he has ever tried.

#### **COLITIS:**

A woman from Canada called begging me to tell her that our Redmond Clay would help her colitis. It was so bad she had confined herself to her house rather than risk embarrassment in public. After a week of drinking the Redmond Clay water, she called us again in tears, but now it was tears of joy. She said she was having normal controlled bowel movements and was free to travel again.

A man with ulcerative colitis so bad that he was considering having part of his colon removed drank the clear water off the top of the Redmond Clay *for a* month and felt so much better than he had when he was taking up to 30 pills a day (including steroids which had some nasty side effects) that he quit taking all medications and just

continued to drink the Redmond Clay water. After 6 months of being symptom free, he had another colonoscopy and they found his colon looked better than it had for 10 years. The doctor said “It is as if he had never had the disease”.

### **CONSTIPATION:**

A woman taking prenatal vitamins with iron was so constipated she was having one bowel movement every week or ten days. After drinking the *clear water off the* Redmond Clay for three days, she began having natural, easy, regular bowel movements on a daily basis and continued to do so during the rest of the pregnancy as long as she drank the clay water.

### **DIARRHEA:**

A woman whose bowels had been injured was having up to 17 bowel movements each day so uncontrolled that she had become homebound. After a week of drinking Redmond Clay water, her bowels were totally controlled and normal. She came *to our office to thank us for giving* her the ability to go out in public again without fear of embarrassment

### **HEARTBURN:** (See acid reflux)

### **HIATAL HERNIA:**

A woman who suffered from Hiatal hernia found that drinking the Redmond Clay water brought more relief than anything else she had done.

### **ROTO-VIRUS:**

A nurse whose 18<sup>th</sup> month old daughter experienced vomiting and diarrhea for a week figured the problem was viral, so she took appropriate measures to keep her from becoming dehydrated. But after a week, she took her to the doctor since the little girl was no better. The doctor confirmed it was ‘rota-virus’ and said to just keep doing what she was doing and that it should be over in another week. Upon the advice of the grandmother, the mother gave her daughter Redmond Clay in her bottle. The girl fell asleep drinking it, slept for an hour, which was the longest she had slept all week, and woke up with the appetite of a horse. She ate 2 bowls of cereal and two slices of bread. She never threw up again and within a couple of days her diapers were back to normal.

### **STOMACHACHE:**

Whenever our children complained of stomachache, we simply gave them a glass of Redmond Clay water. It always relieved the discomfort immediately and it was never necessary to give a second glass.

### **ULCERS:**

A man who had taken ulcer medicine for three years, drank the Redmond Clay water for three weeks. Then he quit because he couldn’t tell he had an ulcer anymore. He told everyone “The Redmond Clay did more in three weeks than the other medicine had done in *three years*”. A year later when asked if he still took the Redmond Clay, he said “Only as a precaution when I am going to eat something I haven’t been able to eat in years!”

Another fellow who was supposed to be scheduled for surgery for his bleeding ulcers decided to try the Redmond Clay first. To begin with he drank a glass of the Redmond Clay water twice a day because he was taking his regular ulcer medicine twice a day. After three days he felt so much relief that he quit taking the prescription

medicine. After a month he went in for an examination and all the bleeding ulcers had quit bleeding and all the small ulcers *had* disappeared. *Six* months later they couldn't find any trace of any ulcer.

#### EXTERNAL APPLICATIONS:

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**ACNE:** To use the Redmond Clay for acne, you simply apply a thin layer on the face, and wash it off before it is totally dry.

Many local teenagers have called it 'zit killer'. An insurance agent from Brigham City got some Redmond Clay for his teenage daughters. They loved it because it worked better than any of the drug store medications.

A 15 year old boy had been using the Redmond Clay on a regular basis for his complexion and had no blemishes at all. Then he went on vacation and camping trips for three weeks. After three weeks without using it, his face was full of blemishes especially along the hairline of the forehead. He used the Redmond Clay for two weeks and was completely blemish free.

A 16 year old boy who had a very bad complexion used the Redmond Clay for 6 weeks. His complexion had cleared up and looked so good that people thought he was taking the medicine acutane.

#### **ARTHRITIS:**

A man who was spending up to \$70 per month for arthritis medication for his injured knee that had required several surgeries packed his knee in Redmond Clay for one day. He covered the knee with a % thick layer of the gel, covered it with plastic wrap held in place with an ace bandage. He kept it on for 10 hours then removed it and washed the clay *off*. *His knee was pain free* for the first time in several **years** and remained *free* until cold weather set **in**.

### **ATFLLETE'S FOOT:**

Several people have said how much it reduces or eliminates the burning and itching and redness of athlete's foot.

### **BEE STINGS:**

A man pushed his hand into a wasp's nest. He was stung so many times his hand just throbbled. He put on Redmond Clay gel, covered *it* with a towel, and within 20 minutes the intense pain was gone; before nightfall it was as if he hadn't even been stung.

### **BRUISES:**

A young man broke his nose in a wrestling accident. He was told at the hospital that he would have two black *eyes for a* week and he was given a prescription for pain pills. He packed his face in a 1/2 inch thick layer of Redmond Clay gel and as long as the clay was on his face, he could breathe without difficulty and he was not troubled with pain. He left the clay on overnight. He had no swelling and *his eyes* never discolored at all.

A lady playing softball was hit in the shin by a hard hit ball. Judging from the pain of the injury, she figured she would have a bruise for a week. She packed the injured area with Redmond Clay gel covered with a towel for two days. It took away the pain and her leg never discolored at all.

### **BURNS:**

A mother, whose 4 year old daughter put her hand on the hot plate of a stove right after it had been turned off, covered the hand with Redmond Clay gel then sat down in a rocking chair with the crying infant. The child fell asleep within 10 to 15 minutes. The mother covered the clay with a plastic bag to keep it from drying out and put

the child to bed where she slept through the night. The next day they kept the hand covered as best they could, but the child was so active and had no pain so it was difficult to keep the clay on the hand. Two days later the only visible sign on the hand was a pink ‘smiley face’ line where the skin had actually been *peeled* off and stuck to the stove.

A man who burnt himself with an acetylene torch put Redmond Clay gel on it and noticed the pain was gone within minutes. Two days later it looked like a sunburn that had peeled.

### **CUTS:**

A lady was working at a sewing machine and got her finger under the needle. The needle hit the bone, shattered, and tore a hole in the side of her finger. She put a tablespoon of the Redmond Clay gel in the corner of a sandwich bag and put her finger into it. Within twenty minutes she had no sensation of pain. She left the clay in place for twenty-four hours and the finger was basically healed.

A man working on a sewer pipe tore a large piece of skin from his finger on a jagged piece of broken plastic pipe. He put his finger in Redmond Clay gel in a sandwich bag and within 15 minutes the pain, was gone.

During the next twelve hours with the clay in place, he experienced no sensation of pain so he removed the clay. Within two hours the finger was throbbing so much he replaced the clay gel and was pain free thereafter.

### **DIAPER RASH:**

Our daughter grew up seeing how the dry Redmond Clay used as baby powder eliminated diaper rash on her younger siblings. Now, as a young mother, she uses it on her own children. When her friends comment that they are having a struggle keeping diaper rash

under control, she will give them a sample and within a day, all the redness and discomfort are gone.

### **ECZEMA:**

A lady who had been treated with ‘everything in the book’ was finally told that she would just have to learn to live with her eczema. She put the Redmond Clay gel on the affected area, let it dry, and within a week, the eczema was gone from her hands and almost gone from her feet. Six months later she reported that it had totally gone away the next week, and never came back.

### **FACIALS (See Acne)**

### ***INFECTIONS:***

A man who cut his thigh with a chain saw had the wound stitched back together, but a couple of days later he had a bright red streak going up his leg to the groin. He packed the wound in Redmond Clay gel, covered it with plastic wrap and a towel, and left it in place overnight. The next morning the red streak was gone.

My father had a red streak going up his arm from an infection in his hand. His parents packed it in Redmond Clay gel, covered it with a towel to hold it *in* place, and the red streak was gone by morning.

### **MOSQUITO BITES (See spider bites)**

### **SHINGLES:**

A man from Phoenix had a case of shingles so painful he said it felt like a red hot poker was being stuck through the small of his back. He packed his back in Redmond Clay gel for three days and the shingles were gone.

### **SORES THAT WON'T HEAL:**

A lady fell in a parking lot and badly skinned her knee. She went to the doctor and had it cleaned up, but three weeks later it was still sore and oozing fluid. She put a poultice of Redmond Clay on it, covered it with a towel, and left it on overnight. The next morning the clay was stuck to the towel; as she took off the towel and turned it over to look at the clay, she saw embedded in the clay a piece of glass that the clay had drawn out of the wound. The knee healed quickly with the glass out of it.

### **SPIDER BITES:**

A lady in Arizona kneeled down in her garden and felt a bite from a spider. She caught the spider and took it to the hospital with her where it was identified as a Brown Recluse. They treated the bite but told her there would be an extensive recovery period. She packed the bite in Redmond Clay gel, covered it with a towel, and two days later, she said you couldn't find the bite.

### **SPRAINS:**

A lady fell down stairs and badly twisted her ankle. She thought it was broken so she went to the hospital where x-rays showed a bad sprain. By packing her ankle in Redmond Clay gel for the next two days, her pain was minimal and there was no swelling. Several years later she twisted the same ankle worse than before. Thinking it was broken, she went to the hospital where x-rays again showed a bad sprain. Again, by packing it in Redmond Clay, the pain was minimal. A week later the hospital called and said they had read the x-rays again, and they said, "You really did break your ankle, and it is broken right next to where you had broken it before".

## **Chapter 7: Conclusion:**

I hope this has been useful and that those people out there who have problems that the clay can help will have the courage to try it. I would love to hear from users detailing their experiences with the Redmond Clay so that I can add such stories to our files. If you have specific questions you would like to discuss, please contact me at the address below.

If you would like to read more details on clay, we would suggest the following books:

**EARTH CURES** (formerly published as Our Earth, Our Cure) by Raymond Dextreit (out of print as of March 2004)

**THE HEALING POWER** OF CLAY by Michel Abehsera

**THE CLAY** C u b y Ran Knishinsky