

MIRACLE CLAY

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The following article an adaptation of one appearing on
www.alternativemedicine.com

The notion of eating clay to produce internal healing will no doubt strike many as farfetched if not a little primitive. But natural clay, especially the form known as *bentonite*, has not only been used medicinally for centuries by indigenous peoples around the world, but has, in recent years, been increasingly prescribed by practitioners of alternative medicine as a simple but effective internal cleanser to assist in reversing numerous health problems. Clay is a great healer, according to clay expert Ran Knishinsky in The Clay Cure (Healing Arts Press, 1998), who quips “*I have been eating dirt every day for the past six years.*” Indeed, in over 200 cultures worldwide, every day people eat or drink clay (dirt) as both a nutritional supplement and detoxifying agent, he observes.

It is not ordinary “dirt” of course. The name *bentonite* refers to a clay first identified (or named) in cretaceous rocks in Fort Benton, Wyoming. Although *bentonite* deposits occur worldwide, many of the largest concentrations are found in the Great Plains area of North America. *Bentonite* is not a mineral but a commercial name for *montmorillonite*, the active mineral in many medicinal clays and which comes from weathered volcanic ash. This name derives from Montmorillon, France, where the medicinal mineral was first identified. Sometimes mineralogists use the term *smectite* instead to describe the same substance.

Whatever the name, liquid clay contains minerals that, once inside the gastrointestinal tract, are able to absorb toxins and deliver mineral nutrients to an impressive degree, says Knishinsky. Liquid clay is inert which means it passes through the body undigested. Technically, the clay first adsorbs toxins (heavy metals, free radicals, pesticides), attracting them to its extensive surface area where they adhere like flies to sticky paper; then it absorbs the toxins, taking them in the way a sponge mops up a kitchen counter mess.

There also is an electrical aspect to *ben-*

tonite's ability to bind and absorb toxins. *Bentonite* is made of a great number of tiny platelets, with negative electrical charges on their flat surfaces and positive charges on their edges. When *bentonite* absorbs water and swells, it is stretched open like a highly porous sponge; the positively charged toxins are drawn into these spaces by electrical attraction and bound fast. In fact, according to the Canadian Journal of Microbiology (31 [1985], 50-53), *bentonite* can absorb **pathogenic viruses**, **aflatoxin** (a mold), and **pesticides** and **herbicides** including *Paraquat* and *Roundup*. The clay is eventually eliminated from the body with the toxins bound to its multiple surfaces.

A medical study by Frederic Damrau, M.D., in 1961 (Medical Annals of the District of Columbia) established clearly that *bentonite* can end bouts of diarrhea. When 35 individuals (average age 51) suffering from diarrhea took two tablespoons of bentonite in distilled water daily, the diarrhea was relieved in 97% (34 of the 35 patients) in 3.8 days, regardless of the original cause of the problem (allergies, virus infection, spastic colitis, or food poisoning). According to Dr. Damrau, *bentonite* is “*safe and highly effective*” in treating **acute diarrhea**.

According to Knishinsky, **benefits** reported by people using liquid clay for a period of two to four weeks include: **improved intestinal regularity**; **relief from chronic constipation, diarrhea, indigestion, and ulcers**; **a surge in physical energy**; **clearer complexion**; brighter, whiter eyes; **enhanced alertness**; **emotional uplift**; **improved tissue and gum repair**; and **increased resistance to infections**.

“*Clay works on the entire organism. No part of the body is left untouched by its healing energies,*” he notes. Knishinsky's research suggests that the regular intake of liquid clay (typically one to three tablespoons daily, in divided doses) can produce other benefits including parasite removal from the intestines, allergy and hay fever relief, and elimination of anemia and acne. For example, clay helps anemia because it contains both types of dietary iron (ferrous and ferric) in an easily assimilated form; it reduces discomfort from allergies by quickly neutralizing allergens that would otherwise produce allergic reactions; and it reduces heartburn and indi-

gestion by absorbing excess stomach acids. Also, as the colon becomes cleaner, its ability to absorb minerals and other nutrients increases, making the minerals even more bioavailable, thus giving more energy.

The best way to drink clay is on an empty stomach, or at least an hour before or after a meal or immediately before sleeping at night, says Knishinsky. Generally, it is advisable to start with one tablespoon daily of clay gel, mixed with a small amount of juice; observe the results for a week, then gradually increase the dosage to no more than four tablespoons daily, in divided doses. Drinking clay can be an annual spring cleaning of your gastrointestinal tract or it can be a symptom-focused, self-care method.

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-and just think that **DYNAMITE®** has **Miracle Clay** which John Lyons' magazine has also voted as the best non-medicated poultice!
 - We try to keep a jar of **Miracle Clay** gel mixed up and ready to go any time it is needed; it is this gel of which the author speaks in the article above
 - **Miracle Clay** is a part of many **DYNAMITE®** formulas including **1:1** and **2:1** for horses, **Plus** and the **PGR**. Since it helps neutralize *propionic acid*, a side effect of grain digestion for animals not designed to really eat grain, it helps equine digestion tremendously.
 - Many people use one scoop **Miracle Clay** per day in their horse's grain ration and say the internal parasites just don't like it; we think it is far safer than daily deworming with a chemical.
 - 1 tablespoon **Miracle Clay** activated with ½ cup water and poured right onto the grain is a great ulcer preventive (or treatment) for performance horses so prone to ulcers.
 - One orphaned foal we worked with had such severe bleeding from kidneys (urine was rust color) and colon (black stool) from overworming toxicity and ulcers, the vet was not giving him much chance of survival since he could no longer stand up. Within hours of receiving **Miracle Clay** drenches, he was able to stand and drink his mash down. It took months to finally heal him, but heal he did.
 - This was the second youngster with ulcers we successfully treated. Also at risk of ulcers are foals on moms shipped to stallions and back again; her stress goes into baby and the baby, with its immature gut, can become ulcerous very quickly. Try daily **Miracle Clay** as a preventive.
 - **Miracle Clay** is also wonderful for foundered or just plain sore feet. Sort of pack the gel on the soles and cut a brown paper bag in a hoof-size circle to cover; it will stay on as long as it needs to.
 - It is also handy if you suspect an abscess in an area; apply the **Miracle Clay** gel liberally and it will help draw the toxins out. In fact it has been used since Roman times to help diagnose "hot" areas as the clay will dry all around except right over inflammation.
 - Humans with ulcers or acid guts (of course the diet needs to be addressed with this, too) have also had tremendous results by taking the **Miracle Clay** internally—some even being able to wean off of *Prilosec*, an acid blocker.
 - **Miracle Clay** can also help detox from mercury tattooing in gums where amalgam fillings have leached into the tissue; go slowly or risk a "healing crisis." Sometimes only drinking the "top water" is sufficient for detoxing or headache easing; this is the water floating on top after mixing **Miracle Clay**—remember "less is more."
 - One experience we had with a nasty spider bite was with our adult daughter who sat on a brown recluse. Her backside and thigh swelled about an inch deep into a very hard, discolored mass which was quite painful. We slathered it with a **Miracle Clay** poultice, somehow wrapped it awkwardly with plastic wrap and, by the next day, it was down almost to normal. One more **Miracle Clay** round did the trick.
 - Another incident involved a friend deathly allergic to bee stings who was stung on her big toe. She knew of our daughter's experience and decided to try it on her toe although we recommended she get herself to the ER. The **Miracle Clay** worked and she never had to get her normal injection.
 - One **DYNAMITE®** Senior Director, a friend in TX, also says it's great for sunburn: "*When you are talking sunburn, you are talking **Miracle Clay** - takes away the pain almost instantly. And for most people, unless they got really fried, the next day the red is usually gone and you don't know you had a sunburn.*"
 - Daub **Miracle Clay** gel on pimples, etc. either by itself or mixed with a drop of **DYNAMITE® Tea Tree Oil**; it also makes a superb facial mask!
- WITH THIS PRODUCT, the name says it all! ■