



Hosted by Deanna Minich, PhD, in collaboration with



Detox from the Inside and Out with Bentonite Clay By Sarah Murphy

Bentonite clay is a powerful tool that can be used both internally and externally to remove toxins and improve health. Clay, when used properly, is safe, easy, and inexpensive. It can provide rapid relief from pain, irritation, inflammation, and other signs of toxicity.

Bentonite clay is the product of volcanic ash falling into prehistoric bodies of water. Over time, the evaporation of these bodies of water has revealed beds of mineral-rich clay. A good quality Bentonite clay should have a grey/cream color and should never be too white, the texture should be very fine and it should be odorless.

This clay has more than 50 trace minerals. They include calcium, iron, magnesium, potassium and silica. Clay has a large surface area, a high negative ionic charge and an alkaline pH. The alkalinity, surface area, mineral content and negative charge are the factors that make Bentonite clay such a valuable tool.

The alkalinity of Bentonite clay is helpful for restoring a balanced pH within the body, while the high mineral content provides essential cofactors for many chemical reactions within the body. Many of these chemical reactions are involved in the rebuilding and revitalization of cells and tissues and are important in the healing process. The detoxification powers of clay come from a combination of the large amount of surface area and the highly negative electromagnetic charge. Clay acts like a magnet, it uses its negative ionic charge to capture and absorb positively charged toxins. This process can be completed quickly because a single gram of

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Bentonite clay taken internally has a surface area of 900 square yards; this provides a tremendous amount of area for toxin absorption.

Bentonite clay can be used both internally and externally with great success. To take clay internally, it is recommended that one drink 1-2 teaspoons of clay mixed with 8 ounces water, follow with 8 ounces of pure water. There are several external applications for Bentonite clay. The first is in the form of a bath. Simply add 1-2 cups

of clay to hot bath water and soak for 30 minutes. Similarly, a footbath can be used by adding 3-4 tablespoons of clay to a tub of hot water, then soak the feet for 30 minutes. A facial mask can be made by adding 1-2 teaspoons of Bentonite clay to a bowl and mixing with some water and apple cider vinegar until it forms a paste. Apply the mask to the face and allow it to dry for 15-20 minutes, then rinse. Another option is a poultice. This is useful when treating cuts, bruises, rashes, achy joints, insect bites, and more. Mix clay with water to form a paste, apply a ¼ inch – 1 inch thick layer of the paste over the affected area, and remove paste before the clay has completely dried.

Bentonite clay is all natural, safe and effective. It can be used to effectively detoxify from the body from the inside as well as the outside. Try Bentonite clay for yourself and see what it can do for you!

Sources:

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Sarah Murphy holds a Master of Science in Human Nutrition from the University of Bridgeport and is currently working towards becoming a Certified Nutrition Specialist. Sarah lives in Portland, Maine and is working with a team of local holistic practitioners to produce Essential Living Maine magazine, which features content on a variety of natural health and wellness topics. In her free time, Sarah enjoys experimenting with new, healthy recipes, taking yoga classes, and developing homemade, natural beauty and skincare products. Sarah is excited to be working with The Detox Summit to help spread the word about toxin-free living!

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