

How to Use 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 the clay while taking traditional 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. 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 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.

Internal Uses of REDMOND CLAY:

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.

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 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 solids off the bottom than you want to drink, wash the pitcher out 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.

External Uses of Redmond Clay

There are many different ways of using the clay externally, but most all start out preparing the gel. Apply generously in a 1/2 inch to 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 and 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: Covering the REDMOND CLAY GEL with plastic wrap or 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'.

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.

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