

2024 Edition

We Eat Clay (*& Wear It, Too!*)

Personal Stories of the Healing Results of Natural Clay



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Table of Contents

	Introduction
01	Why Did We Start Eating Clay?
02	What is Clay?
03	Historical Uses of Clay
04	How to Use Natural Clay
05	Case Histories
06	Sources and Types of Clay
07	The Glory Thief Poem
08	Conclusion
	Appendix

Disclaimer: This booklet is to provide information regarding users' experiences with natural clay. This booklet describes the opinions and experiences of the author. It is not provided in order to diagnose, prescribe, or treat any injury or disease. The author is not liable for the misconception or misuse of the information provided. 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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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 how clay is able to produce all the healing results 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 readers enough information to enable them to benefit from the wonders of this natural product. I have kept this booklet small on purpose so that no one would delay receiving the benefits of using clay while waiting to finish a lengthy book. For the person who wants to read volumes on clay, those volumes are available. The internet is full of information on clay, however, much of that information may not be correct. 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 natural clay can produce such miraculous results; there was no one more skeptical than I was in 1975 when I was introduced to the concept of eating clay. 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 ahead of his time.

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

Chapter 1

Why Did We Start “Eating Clay?”

My grandfather purchased a farm in south central Utah in the early 1930's. On the north side of the farm, there was an outcropping of a unique mineral that the locals found would swell and form a gel whenever it rained. Geologically speaking it was a montmorillonite or bentonite clay. Grandfather sold truckloads of this material to line ponds so they wouldn't leak. One local fellow, Joe Blix, found that by making a mud of this clay and using it to pack the wounds of horses and cows, they would heal so well that he gained the reputation of being “Dr. Blix” even though he had never had any medical training whatsoever. People who knew Joe Blix called the mud he made from this natural clay “Blix's Mud”.

My father told the story of when he was a small boy, he had an infection in his hand with a red streak going up his arm to the armpit. His parents packed the wound in a poultice made of the clay and overnight the red streak was drawn out.

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 certain types of clay. Dextreit said that the right type 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. The health food stores carrying the French clay that Mr. Dextreit was recommending had brought us a copy of his book asking if the clay from our deposit would do what the French clay was said to do. We told them we didn't know. They wanted to 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 to those people looking for a natural clay.

Over the next few months, as our family encountered medical conditions which conventional medicine couldn't fix, in desperation we tried our clay. In every case it worked just like Mr. Dextreit had said it would. Our first experience of seeing the clay help was with a lady with constipation so bad she was having only one bowel movement a week. After three days of drinking the clay water, she was having normal, daily bowel movements. Next was with a guy who had diarrhea so bad he was having up to twenty uncontrollable bowel movements a day. Within hours of taking the clay, his bowels were back to normal. For over 40 years, we have seen it used for heartburn, stomachache, acid indigestion, hiatal hernias, Celiac's Disease, acid reflux, diverticulitis, colitis, rotavirus, and h-pylori bacteria. We have used it externally for cuts, bruises, insect bites, bee stings, boils, infections, rashes, eczema, arthritis, acne, Brown Recluse spider bites, and burns just to name a few of the things it has helped.

Because it has worked so well, now we use it first for relief rather than after conventional medicine has failed. Consequently, we keep both the dry clay powder and the wet clay gel mixed up ready to use at all times. We keep a bottle in the kitchen cupboard, the bathroom cupboard, the trunk of the car, under the seat in the truck, and in the first aid kit.

Although I have seen the clay do many amazing things, according to Mr. Dextreit, we have not used the clay to its full potential. It could do much more for us. Just as the computer on my desk is capable of doing more than I actually use it for, the clay could do more for us as well. It doesn't benefit us more because we have not chosen to do more with it, but for what we have used it for, we have been very impressed and grateful.

It is not a cure-all, and there have been a few times when people have said it hasn't seemed to help. But of this I can assure you: in over 40 years of using it, we have never seen anyone have an allergic reaction, we have never seen a negative side effect, and we have never seen anyone who was worse off from using the clay. The worst thing we have seen happen is nothing.

Chapter 2

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 easily.

In the simplest terms, clay is a natural earthy material, which becomes gooey when wet. I would suggest that you think of clay as a large family of minerals, and within that family, there are sub families. Within the clay family are montmorillonites and bentonites (montmorillonite is the French name and bentonite is the American name for the same mineral). Although these two names are often used interchangeably, there can be differences in properties and qualities of various deposits.

What is the same is that they are both smectites, meaning they have layers that are stacked on top of each other and when hydrated, the colloid presents a zeta potential with a negative charge. Some people make a big deal over whether a bentonite is a sodium bentonite or a calcium bentonite. Dextreit never made an issue as to whether a clay is a calcium bentonite or a sodium bentonite. The people who do make a big deal about the importance of a clay being a 'calcium bentonite' are the people who own a calcium bentonite deposit and are trying to sell their product. Dextreit simply said to try a clay and if it works, stick with it. If it doesn't work, try a different one until you do find one that does work.

Why is clay able to do what it does, and why do some clays work better than others? I don't know. There are lots of theories, but few answers. Some say clay's

healing qualities are due to its ability to bind toxins. This is due to the negative electrical charge of the clay particles. Most of the toxic poisons, free radicals, heavy metals, etc. are positively charged, so these toxins are drawn to the clay and flushed from the body, but the clay does not draw out the beneficial vitamins and nutrients.

Some say the benefits from clay are due to its high pH level which enables those who take it internally to be more alkaline. This is a good thing and makes sense. Some say the benefits come from the broad spectrum of natural minerals in clay. All of these theories are helpful, but they are not sufficient to explain all the good we have seen come from clay. Indeed, clay has been used as a healer for centuries without anyone ever being able to explain fully what enables it to work so well. Those people 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.

Dextreit said don't worry about how it works; just be glad it does. He goes on to say:

“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”.

I am not advocating that people not examine the clay or try to learn how it works. I would welcome any efforts to further expand the world's knowledge of, and use of, clay as a healer. However, discovering the keys to clay's healing secrets will not be easy. The analysis of its composition is not sufficient to explain its ability to achieve such amazing results. Knowledge of its physical properties does little as far as explaining the results people receive from it. One very good resource on clay is the book 'Upon a Clay Tablet' by Jason R. Eaton. I can assure you that based on my experiences and the experiences of other people over the past 40 plus years, certain natural clays have healing properties that are amazing.

Chapter 3

Historical Uses of Medicinal Clay

Natural clay has been used since the beginning of time by nearly every civilization for medicinal purposes. Volumes have been written detailing how clay has been used for centuries for both internal and external medical issues. 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 all told of the wonders of clay. Dioscorides attributed an extraordinary strength to the vital properties 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. Dextreit states in his book “Soldiers would receive 200 grams of it along with their rations and it was added to mustard in several French regiments, who remained free of the dysentery which ravaged nearby regiments”. Gandhi advised the use of clay saying it could be used as mud poultices on the head for both headaches and fevers. It is said he used clay for everything from insect bites to typhoid fever. A Berlin doctor, Professor Julius Stumpf, used it successfully in the treatment of Asiatic cholera.

In his book, Dextreit says “a person who observes nature can witness the fact that animals instinctively use earth to cure themselves. Animals seem to know the usefulness of contact with clay when they are ill or wounded. Animals locate clay-mud deposits where they find a remedy for their disease”.

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 many beneficial clay deposits that have been used by animals. I know of livestock producers who make bentonite available to their animals because they will eat it free of choice when sick.

There has been some modern medicinal use of clay and some results have been published in medical journals. NASA did a study involving the use of clay. My father arranged for a university trial testing the clay and they found it very effective in absorbing both Aflatoxin and Cholera toxins. It is very easy to find lots of information on the internet regarding medicinal uses of clay.

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 give a couple of examples.

A fellow who had been taking four pills a day of some ulcer medication for three years @ \$.50 per pill heard about natural clay. He decided to try it because his ulcer had not gotten any better even though he had spent \$2190.00 on those pills. He bought one container of natural clay for \$8.00 and took it once a day for three weeks. Then he quit taking the clay because he couldn't tell he had an ulcer anymore. Six months later he made the comment "the natural clay did more in three weeks than the other medication had done in three years". When asked if he was still taking the 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.

I have a friend who spent a week in a burn center due to second degree burns from gasoline. After a week he was sent home because he didn't have insurance. His family learned of natural clay and used it instead of the Silvadene and gauze. His pain level dropped 80% overnight, he was never debrided again, and he never wore the compression socks again. They used the clay for a month and he healed without a scar. His total cost to heal himself with clay was less than \$200.

We need burn centers to deal with life threatening burns, but a burn center can't be profitable with a product as effective and inexpensive as natural clay.

Chapter 4

How to Use Natural Clay?

Some of my suggestions are taken from the book, OUR EARTH, OUR CURE; some are things I have discovered by using clay. We are indebted to that book for persuading us to use this natural product for healing. We have followed many of its suggestions, but many others we have changed based on our own experiences of working with the clay.

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

Mr. Dextreit says to use glass where practical and avoid the use of plastic. We do use glass when practical, but we store both the dry clay as well as the wet clay in plastic and have not seen any problems as long as we use clean, high quality plastic containers, preferably ones that have not previously had other materials stored in them. In our kitchen cupboard, we keep the wet clay gel in a wide mouth quart “Mason” jar with a plastic lid ready to use immediately if there is a need for external applications. In our vehicles, to avoid the possibility of broken glass, we store the wet clay gel in plastic containers and have never had it go bad or not work when we needed it. The gel may dry out over time and if it does, just add more water and shake it back up.

Natural clay has an electronic charge which is why it can pull out toxins, poisons, heavy metals, etc. Do not let the clay come in contact with metal because that can affect the electronic charge that the clay has. Also wet clay will cause metal to rust very quickly.

Mr. Dextreit says not to use clay while taking conventional medications, but I know people who have had no problems taking both as long as they took them a

few hours apart. However, there are some medications such as Coumadin (the blood thinner) that the clay recognizes as toxic, so it pulls it from the body whenever it is taken. If you are taking a medication to prevent a life threatening situation, don't take clay. Finish your medication then try clay.

Mr. Dextreit says that because the clay draws toxins out, some conditions may become worse when using clay (a healing crisis or cleanse) before they get better. It makes sense, but we have rarely seen that happen. If it does, just slow down or reduce the amount of clay. Occasionally we have seen acne get worse before it gets better.

Using Clay Internally:

The Book OUR EARTH, OUR CURE suggests taking one teaspoon of clay in a glass of water. Powdered clay does not mix easily with water. When you try to stir it, it goes lumpy, it sticks to the spoon, it sticks to the glass. So a very useful trick that makes it much easier (if you have the time) is to dump the clay on the water and walk away. Let the clay sink to the bottom and hydrate for several hours or even overnight. Then when you stir it, it stirs as smooth as a glass of milk with no lumps at all.

At that point you can stir it up and drink it all without detecting any sediment. If you don't like drinking murky water, after you stir it, let it set a few more hours and 50% to 80% of the water will be almost crystal clear unless you are using reverse osmosis water. You can drink that clear water and throw the sediment away and get the same benefits as drinking the entire thing, because the minerals will have dissolved into the water and the water will have taken on the electronic charge of the clay.

You can also use the clay in a gel form for drinking by using one tablespoon of gel rather than one teaspoon of the dry powder. (See instructions for making the gel on page 13.)

The most convenient way to have the clay available to take internally on a regular basis without having to mix it up each time is to add 1 tablespoon to a quart of

water, or 1/4 cup to a gallon glass pitcher of water, stir it up, cover with a tight lid, and put it on the kitchen counter or in the refrigerator. Within a few hours, the clay will settle to the bottom and some of the water will be almost clear. You can choose to drink the clear water off the top, or you can re-stir the water every time you pour some out. If you re-stir the water each time you drink some, by the time the water is gone, the sediment will also be gone. If you only drink the clear water off the top, when you start getting more solids off the bottom than you want to drink, wash the container out and start over with a whole new batch. Remember, Our Earth, Our Cure says that drinking the water off the top gives the same results as drinking the clay itself. We have generally found this to be true, but people are different and situations are different, so maybe for some people it is better to drink just the clear liquid, and for others it is better to drink all the sediment. Try both ways and see which is best for you.

Another way to take natural clay internally is to fill your own gelatin capsules. If taking capsules, be sure to increase how much water you drink as the clay will absorb water and can increase dehydration issues.

Dextreit's book suggests taking the clay once a day, but you can take it two or three times a day if needed. Some people have taken the clay every day for several years as a mineral supplement, or to detoxify the body, or as a preventative measure; other people just take it as a first aid item when they feel they have a need. If you take more natural clay than your body wants, it can make you constipated, especially if you are not drinking enough water. This is ironic because people who are constipated take the natural clay to get their bowels to move.

Using Clay Externally:

There are many different ways of using the clay externally, but most start out by making a gel using the dry clay and water. The ratio of how much water to how much clay depends on what clay you are using and what water you have. Since different water reacts differently with different clays, determining the correct amount of each is more of an art than a science, but with a little practice, it is very easy to make a gel that is just right. I used to say use two parts water with one part

clay, but as I have traveled around the country teaching classes, I find it often takes up to three parts water with one part clay.

The mistake most people make is having the clay gel too stiff/dry. You want a gel about the consistency of mayonnaise or mustard---thin enough to spread easily, but not so thin it drips when being applied. Once mixed the clay will never dry out, separate, or go bad as long as you keep a tight lid on it. Remember it can't be a metal lid or it will rust. The only time we have seen wet clay go 'bad' is when it was stored in a plastic container that previously had other food stored in it. If the clay gel does dry out over time, simply add more water and stir up again. The clay gel is not affected by heat or cold so it can be stored in the cupboard, the car, or the fridge. Keep the gel out of direct sunlight since some clay gels have been known to grow blue/green algae in direct sunlight.

Apply the gel generously in a ½ inch to ¾ inch layer directly on the skin. An alternative that allows for more mobility is to apply the gel to a piece of cheese cloth or one thin layer of gauze and fold the cloth as if making a 'burrito'. You can then pick up the clay wrapped in the cloth, place it anywhere on the body it is needed, and secure it to the skin with plastic wrap, a towel, or an ace bandage. After applying there are several options:

Uncovered: Some people put on the clay gel and leave it uncovered so that it dries out faster. DO NOT USE THIS METHOD FOR A BURN. YOU NEVER WANT CLAY TO DRY ON A BURN. As clay dries, it will draw or pull. Wash the clay off before it is totally dry so that it is not hard to remove. We usually cover the clay with something so that it does not end up getting all over our clothes, the walls, or on other people.

Covered with fabric: Covering the clay gel 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. Re-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 layer of clay gel if desired.

If you have left the clay on for the right amount of time, it should come off the skin easily in a patty about like putty or play dough. If you leave it on too long, it will be stuck to the skin making it hard to remove and it will be painful. If this happens, getting it wet again will make it easier to remove. The clay absorbs toxins, infections, and byproducts of the healing process through the skin, so you need to change it once or twice a day. If there is a foul odor when you change it, you need to change it more often.

Covered with plastic: Covering the clay gel with plastic wrap or a plastic bag keeps the clay from drying out at all. THIS IS CRITICAL IF YOU ARE APPLYING IT TO A BURN. By being covered with plastic, the clay will come off after several hours just as wet as it went on. You should wash the clay off and replace it once or twice a day. Continue applying wet clay until the wound is 'just pink skin'. When removing the clay gel from a wound, if you are going to immediately apply a new clay pack, it is not necessary to remove all the clay. If a little bit of clay sticks to the wound, it can be left in place and simply covered with new clay. Do not disturb any new skin. If the body does not like being covered with plastic, you can use a wet towel to keep the clay from drying, but keep the towel damp with a spray bottle of water.

Using the dry clay powder: We have found using it as baby powder helps prevent diaper rash better than any other product. Some people feel that sprinkling the dry clay powder on an open, infected wound causes more of a drawing/healing action than using the gel. Some people use the dry powder for foot powder in shoes.

Clay Baths: To make a clay bath for detoxifying, simply put 3/4 cup of the dry clay powder in a tub of water and soak for 30 to 35 minutes. Use water as hot as you can stand. Put the clay in the tub directly under the faucet when you first turn on the water and most of the clay will be mixed up within a few minutes. The few lumps that remain will be broken up by your swishing the water around during the bath.

If you don't have access to a tub, you can achieve the same results by simply soaking your feet in a bucket of clay water deep enough to cover the ankles. Use a

bucket/basin of water as hot as you can stand and add 2 tablespoons of the dry clay. Soak for 30 to 35 minutes as with a bath. **DO NOT RE-USE THE WATER FOR ANYTHING.** One lady thought she could use the water to water her plants and she killed every plant in her house because of the toxins and heavy metals the clay had drawn out. We usually throw the water out in a patch of weeds or across a gravel driveway, or pour it down the drain. We have never seen it cause a problem with the plumbing if you use the proper amount of clay. There are some books on clay that say to use two pounds of dry clay for a clay bath. In our experience that is way too much clay; and if you use that much clay in a tub, you can't let it go down the drain. You have to scoop it out by hand and throw it away. If you have the right kind of clay, you don't need two pounds for an effective bath.

If these directions leave you feeling uncomfortable because they are so vague, I am sorry, but I don't apologize. As Dextreit said in his book, the clay responds to each individual differently so depending on the patient, the illness, the type of clay, and many other factors, there may not be a 'best' way to use the clay. Try different ways of using the clay to find out which works best for your situation. If the clay you have doesn't seem to work, find a different clay. Once you have a good clay, don't be afraid to experiment a little to find the best way to use it for each situation.

Chapter 5

Case Histories

I have often been asked how, and for what reasons, I have used natural clays. Before I tell you, let me emphasize that natural clays are not 'wonder drugs'. In fact they are NOT EVEN DRUGS AT ALL.

They are simply used as old home remedies that people have practiced since time began for various medical problems. Since 1975 I have personally used natural clays or have seen them used, for the following problems with beneficial results.

However, since natural clays are natural products, the same results are not guaranteed for everyone. These are simply MY experiences or experiences with which my family has been personally involved.

These actual experiences are not shared here as guarantees that everyone will have the same results. They are told merely to share what other people have experienced with clay. I have many more stories from actual users and some are more impressive than those listed here.

For some applications that are common and routine, I have left out the details. I have listed the applications in alphabetical order with internal uses listed first and external uses second. The names of the people involved are not listed to protect privacy, but I have them. Contact me if you want to visit with any of them.

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External Uses

- Acne
- Athlete's Foot
- Bruises
- Boils
- Burns/Sunburns
- Cellulitis
- Cold sores/Fever blisters
- Cuts
- Diaper rash
- Ear aches
- Eczema/Psoriasis
- Fever
- Hemorrhoids
- Infections (incl.red streak)
- Ingrown toe nails
- Insect bites and stings
- Mentrual cramps
- Nail fungus
- Poison ivy/Stinging nettle
- Scrapes/Road rash
- Shingles
- Slivers
- Sores that won't heal
- Sprains
- Sties
- Wounds

Internal Uses

- Arthritis
- Acid indigestion
- Acid reflux
- Allergies
- Celiac diseas
- Colitis
- Constipation
- Crohn's disease
- De-toxify
- Diarrhea/Dysentery
- Diabetes
- Diverticulitis
- Food Poisoning
- Gas
- Gout
- Hay fever
- Hiatal Hernia
- Irritable Bowel Syndrome (IBS)
- Overeating Late at Night
- Parasites
- Rotavirus
- Stomachache
- Ulcers

Internal Applications:

ACID INDIGESTION/ACID REFLUX:

One of my co-workers says that drinking a glass of clay water (with one teaspoon of clay powder) relieves his acid reflux faster and more completely than anything else he has ever tried.

ALLERGIES:

A fellow had an allergic reaction to some almond ice cream and was having trouble breathing as his throat began to choke off. He drank some clay water and the crisis was over in minutes.

A friend who had seasonal allergies found that if he drank a glass of clay water every day beginning three months before allergy season, the allergy season never came.

COLIC:

A mother said her little girl had colic so bad that it was destroying their home life. Nothing she did seemed to help the problem. One day when it was especially bad, as she was holding her little girl who was crying, and the mother was crying, she prayed for guidance as to what to do. She felt impressed to dip her baby's wet pacifier in the dry clay powder and put it in the child's mouth. Her baby sucked the clay off the pacifier and fell asleep. She woke up with no signs of colic. From that point on, she used that technique whenever there was a problem. She said she just wishes she had learned that technique three children sooner.

COLITIS:

A woman from Canada called in tears asking if I thought clay would help her colitis. It was causing diarrhea so bad she had confined herself to her house rather than risk embarrassment in public. She decided to try the clay. After a week of drinking the clay water, she called me again in tears, but now they were 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 one to two quarts of clay water every day for a month. He felt so much better than he had been when he was taking up to 30 pills a day that he quit taking all medications and just continued to drink the clay water. After 6 months of being symptom free, he had a colonoscopy; they said his colon looked better than it had for ten years. The doctor said, "It is as if you have never had the disease".

CONSTIPATION:

A woman taking prenatal vitamins with iron was so constipated she was having only one bowel movement every week or ten days. After drinking the water off the 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.

A couple whose month old baby was constipated due to the formula that was supplementing their breast feeding, began making the formula with clay water. All constipation went away and the baby had normal bowel movements.

DIARRHEA:

A elderly woman was having up to 17 bowel movements each day, so uncontrolled that she had become homebound. After a week of drinking a glass of clay water every day, her bowels were totally controlled and normal. She told me the clay had given her the ability to go out in public again without fear of embarrassment.

ELECTROLYTE REPLACEMENT:

A cross country ski instructor uses natural clay routinely whenever he has students experiencing any signs of dehydration, nausea, or altitude sickness. He says it is the best remedy he has ever used.

GLUTEN INTOLERANCE:

A lady who was so gluten intolerant that, in spite of living gluten free, she was sick so much of the time she lost so much weight she looked like a prisoner of war from a refugee camp. Her husband said she had all the shape of a fence post. By drinking clay water every day for a year, she healed herself so completely she was able to eat bread, pie, cake, donuts, cookies, etc. again with no problems. Her husband said, "she looks like a female again rather than like a fence post."

HEARTBURN: (See acid reflux)

HIATEL HERNIA:

My high school wrestling coach, who suffered from a Hiatal hernia, found that drinking a glass of clay water every day helped more than anything he had gotten at the drug store.

ROTO-VIRUS:

A mother whose 18-month-old daughter experienced vomiting and diarrhea for a week figured the problem was viral. She took appropriate measures to keep her from becoming dehydrated, but after a week, the little girl was no better so she took her to the doctor. The doctor confirmed it was 'roto-virus' and said to 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 clay water 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 two bowls of cereal and two slices of bread. She never threw up again and within a couple of days her diapers were normal.

STOMACHACHE:

Whenever our children complained of stomachache, we gave them a glass of clay water. It always relieved the discomfort immediately.

ULCERS:

A man who had taken ulcer medicine daily for three years drank one glass of the clay water a day for three weeks. Then he quit because he couldn't tell he had an ulcer anymore. He told everyone "The clay did more in three weeks than the prescription medicine had done in three years".

Another fellow who was supposed to be scheduled for surgery for his bleeding ulcers decided to try clay first. He drank one glass of clay water twice a day, and also kept taking his regular ulcer medicine. After three days he felt so much better that he quit taking the prescription medicine, and just kept drinking the clay water twice a day. After a month, he went in for an examination; all the bleeding ulcers had quit bleeding and all the small ulcers had disappeared. Six months later they couldn't find a trace of any ulcer.

External Applications:

ACHES, CHILLS, COLDS:

Whenever we feel a cold coming on, we simply do a clay bath as described on page 15. It is amazing how quickly a cold goes away (or never really comes) when we catch it early and do a clay bath.

ACNE:

To use for acne, cover the entire face with a layer of the gel about the thickness of icing on a cake. Leave on for about 20 to 40 minutes; wash it off before it is totally dry. If it leaves your face red, you left it on too long. Wash it off sooner next time. Repeat this application every night.

Many local teenagers have called the clay 'zit killer'. One 15 year old boy had been using the clay gel on a regular basis for his complexion and had no blemishes at all. Then he went on vacation and camping trips for three weeks in a row. After three weeks without using it, his face was full of blemishes especially along the hairline of the forehead. He used the clay every night for two weeks and was completely blemish free.

A 16 year old boy who had a very bad complexion applied the clay gel to his face every night for 6 weeks. He would put it on about ¼ inch thick and leave it for 30 to 40 minutes while he did his homework. He would wash it off before it was totally dry. His complexion cleared up so well that people thought he was using the acne 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 a ½ to ¾ inch thick layer of clay gel. He wrapped it in plastic wrap and applied an ace bandage above and below the knee to hold it in place. He kept it packed like that for one day. By the end of the day, his knee was pain free for the first time in several years and remained pain free for several weeks until cold weather set in. (Note: some people say drinking the clay helps arthritis.)

ATHLETE'S FOOT:

Several people have said that packing the feet in the gel overnight or soaking the feet in a clay foot bath reduces or eliminates the burning, 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 he couldn't count them. He put on a thick layer of clay gel and covered the hand with a towel to hold it in place. Within 20 minutes the intense pain was gone; within two hours it was as if he hadn't even been stung.

BRUISES:

Our son 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 entire face in clay gel about ½ inch thick covering the nose, sinus area, cheeks, and forehead. As long as his face was packed in the clay, he could breathe without difficulty and his pain was so minimal he never had to take a pain pill. He had no swelling and his eyes never discolored at all.

BURNS (INCLUDING SUNBURNS):

Cool the burn first with water before applying clay. When using clay gel on burns, use a 1/2 to 3/4 inch thick layer and keep it moist by covering with plastic wrap or a wet towel. **DO NOT LET THE CLAY DRY ON A BURN!** See page 15 for more details.

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 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 left the bag on all day and the child was completely pain free. That night, 24 hours after the accident, they removed the bag and washed the hand. It looked so good they never did another thing to it. Two days later the only visible sign on the hand was a pink ‘smiley face’ line where the skin had actually peeled off and was stuck on the stove.

A man who had burned himself with an acetylene torch put a ¾ inch layer of clay gel on it and covered it with plastic wrap. He said the pain was gone within ten minutes. He changed the clay every night by washing it off and replacing with a new layer of clay. Three days later he quit applying clay because it looked like a sunburn that had peeled.

CUTS:

A lady was sewing clothes and got her finger under the needle. The needle broke when it hit the bone and it tore a hole in the side of her finger. She put a tablespoon of the clay gel in the corner of a plastic 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 wet clay 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. He removed the clay. Within two hours the finger was throbbing so much, he replaced the clay and kept it in place for another twenty-four hours. As long as the clay was on the wound, he was pain free. After that second day of being in wet clay, the wound was totally healed.

DETOXING:

A lady who was experiencing a lot of pain from nerve damage left by a case of shingles earlier in her life soaked her feet every night in foot baths using clay. (See page 15) Within three days she was so pain free she was sleeping through the night and felt better than she had for ten years. She told her friends of the result and several of them soaked their feet and had similar results. (Note: she was also the one who killed her house plants with the water from the foot baths.)

Our son had laparoscopic abdominal surgery and the doctor told him that in two or three days his shoulders would hurt from the CO2 gas that was used during the operation. Three days after the surgery, his shoulders were really hurting just as the doctor had said. We had him do a clay foot bath using two tablespoons of the clay. His feet had not been in the water 15 minutes when he said “Hey, my shoulders don’t hurt anymore”.

DIAPER RASH:

Our daughter grew up seeing how the dry clay powder eliminated diaper rash on her younger siblings. Now as a young mother, she uses it for baby powder on her own children. When her friends comment that they are having a struggle keeping diaper rash under control, she will give them some of the dry powder clay and within a day, they report back saying all the redness and discomfort are gone.

A mother left her infant son in the care of his grandparents for a few hours. They forgot the child was lactose intolerant and gave him some milk. When she returned home a few hours later, the child was crying, so she changed his diaper. She said the entire diaper area was inflamed and covered with large watery blisters. She covered the entire area with the clay gel and applied a new diaper. The child stopped crying immediately. Two hours later she changed that diaper and the blisters were gone; it was as if there had never been a problem.

A mother reported that when her son was put on a strong antibiotic for an ear infection, she was told the diaper rash would be terrible. It was far worse than she had expected and her child was in constant pain especially during diaper changes. She packed the diaper area in clay gel and immediately the child was out of pain. Two hours later she changed that diaper and the bright redness was gone. She used the clay gel for every diaper change and within two days the skin was back to normal.

EAR ACHES:

A mother said that whenever a child had an earache, she would simply cover the ear with a thick poultice of clay gel held in place with plastic wrap and a towel. She said she used this technique for all eight of her children and none of them ever had an ear ache that lasted longer than 5 minutes.

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 drank the clay water every day and also applied the gel topically to the affected area every day for about an hour. Within a week the eczema was gone from her hands and almost gone from her feet. It totally went away in the next two weeks and never came back.

FACIALS: (See Acne)

GOUT:

I experienced a seriously painful case of gout due to eating a lot of rich foods and not drinking enough water. Thanks to drinking clay water and applying a generous clay poultice overnight, the intense pain in my toe was gone in 24 hours.

When a friend suspected a case of gout was coming on because of what he had eaten, he would mix up a 1/4 cup of clay in a gallon of water. Over the next 24 hours, he would re-stir it and drink a glass every few hours. Doing it this way, by the time the water was gone, the clay was also gone and the pain from his gout never became unbearable.

INFECTIONS:

A man who cut his thigh with a chainsaw had the wound stitched back together, but a couple of days later the wound was inflamed and he had a bright red streak going up his leg to the groin. He packed the wound in clay gel, covered it with a towel, and left it in place overnight. The next morning the red streak was gone. He changed the clay and packed it again overnight and the next day all the inflammation was gone.

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

MOSQUITO BITES: (See spider bites)

SHINGLES:

When dealing with shingles, we have found that the longer one has had the shingles before using clay, the longer it will take to get rid of them. The rule seems to be if you have had the shingles for three days, it will take three days of clay to get rid of them. If you have had them for a week, then it will take a week. If it has been longer than a month before using clay, the success is questionable. So the guideline is "sooner the better". With shingles some people find the greatest relief from soaking in a clay bath. When doing external poultices of clay, some people find that covered with fabric works the best while others prefer to cover the clay with plastic wrap. Using the clay is more of an art than a science, so experiment and see which works best for you.

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 clay gel each night for three nights and the shingles were gone.

A lady had had shingles for a week before packing the affected area in clay gel. She packed them in clay covered with plastic wrap every day for a couple of hours. The shingles were gone in a week.

SLIVERS:

A twenty year old man got a large sliver under his fingernail. They attempted to dig it out with a needle with no success. He begged them to stop saying he would rather have the sliver than endure the pain of the needle. So they packed it in a golf ball size clump of clay gel, wrapped it with a handkerchief and the pain was gone in 15 minutes. He went to bed with the clay on his finger. When he got up the next morning and removed the handkerchief and the clay, the sliver had been pulled out of the finger and was embedded in the clay.

SORES THAT WON'T HEAL:

A man stepped on a nail out in his barnyard and the wound developed into lock jaw. He spent 6 weeks in the hospital and was released because the wound had

healed over. He called a friend who uses clay and asked him to pack his foot in clay because it was still very painful. They packed it in a heavy clay poultice covered with fabric and changed it every day. The wound opened back up and the clay pulled all kinds of infections out including a piece of black rubber.

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 clay gel on it, covered it with a towel, and left it on overnight. The next day as she took off the poultice and turned the towel over, she saw a piece of glass embedded in the clay that the clay had drawn out of the wound. With the glass out of the knee, it healed within a day or two.

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. After keeping the bite packed in clay gel for two days, she said it was totally healed.

A fellow was bitten on the forearm by a Brown Recluse spider and in spite of being treated by a doctor, the wound continued to get worse. After two weeks, a large part of the center of the wound looked like a crater full of raw hamburger. A friend applied clay gel to the wound and covered it with gauze. The clay gel was washed off daily and replaced with new clay gel and wrapped again. One week later it was 90% healed. A week after that it was totally healed.

SPRAINS:

A lady fell down some 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 clay gel for the next two days, her pain was minimal and there was no swelling. A few years later she twisted the same ankle worse than before. Thinking it was broken, she went to the hospital where x-rays showed a bad sprain. Again,

by packing it in a thick layer of clay gel, the pain was minimal. A week later the hospital called saying they had looked at the x-rays again and said “You really did break your ankle last week right next to where you broke it before”.

STIES:

A lady had spent two weeks and \$300 trying to heal her daughter’s sty and it was not getting any better. She decided to try using clay. They covered it with a poultice of clay gel for a few hours each day and it was healed within a couple of days.

A family sent me this comment: “What we do for eyes is make clay water, let it sit till there is clear water on the top and pour that clear water off into a dropper. We use that as eye drops as needed. We have used it on allergy eyes, pink eye, sties, and red eyes from eye strain. When the drops are put in the eye, there is a slight burning just like with other eye drops. All but the worst cases of red eyes are cleared up in one or two doses; sties are gone within two days at the most; pink eye takes two to three days.”

WOUNDS:

A doctor told me that the key to healing a wound is to prevent infection and to keep it moist. The clay does that. It prevents infection because every time you change the clay, which is usually once or twice a day, any infection is taken away with the clay. And because of the high moisture content of the clay, and because you keep it covered so that it can’t completely dry out, it is able to keep a wound moist.

A man had a cancerous growth removed from the top of his head which left a three inch diameter open wound. He was told to keep it moist with Hydrogel. He said using the Hydrogel felt like he was pouring alcohol in the open wound, so he switched to the clay gel covered with a thick gauze pad to keep it moist daily. He said using the clay gel felt like he was putting a cool wet washcloth on the wound. He changed it twice a day, and within a few days, fresh pink tissue was showing up around the perimeter of the wound. This new tissue continued to grow in and the open wound continued to shrink at an amazing rate till it was totally healed over.

Chapter 6

Sources and Types of Clay

There are many different types and varieties of clay. Some have medicinal properties and some don't. Some are processed for industrial applications and have other substances or chemicals added to them. You will want to find a pure bentonite without additional ingredients.

Remember the words bentonite and montmorillonite are generally interchangeable. The key is not whether it is a calcium bentonite or sodium bentonite. Dextreit never made an issue as to what type of clay a person should use. According to him the issue was to find a clay that worked. If the clay worked, use it; if it didn't work, find a different clay.

The clays with medicinal properties are generally the pure bentonites/montmorillonites that are not mixed with other foreign material. If you are going to be taking the clay internally or putting it on open wounds, be sure that the clay has been tested for bacteria content.

Chapter 7

Glory Thief



(Bosshardt Family Circa 1992)

All of our children had clay used on them as they were growing up. Its effectiveness is shown in the following poem one of our daughters gave me for my birthday. I am embarrassed to confess there is more truth to this story than any father would want to admit. In their later teenage years, our kids would sometimes choose not to use clay, opting instead for the glory that comes from ‘having taken one for the team’.

The Glory Thief

A good athlete knows when a bruise really shows.
Its value is greater than gold.
The deep purple hue, mixed with yellow and blue
Brings glory and honor untold.

The pain's bad at first, but it doesn't get worse
And you are left with a blue badge of fame,
A mark that is real, that no one can steal,
The glory is all yours to claim.

But listen with care as I make you aware
That a thief of this glory exists.
So silent and quick, its malicious, cruel trick
Wreaks havoc and all kinds of mischief.

On a beautiful day, sometime in mid May
Softball playoffs had just begun.
At seventeen-two, we were up quite a few
And felt sure the game would be won.

Then a crack of the bat and I found myself flat
When my left ankle stopped a line drive.
Teammates hurried to see
what had happened to me
And to make sure I still was alive.

"It's broken I'm sure; I've seen this before.
At best it's six weeks till you're healed."
But on inspection they found
that the ankle was sound,
And soon I was back on the field.

When weekend was done and tournament won
We headed back home on the bus,
Re-living great hits, how flies found our mitts,
Swapping stories and making a fuss.

I realized too late that it was a mistake
to show the new bruise to my dad.
Though I was still lame, no sympathy came.
Of my injury, I think he was glad.

"This will work great as trial 238."
"Take a picture." Click. "Now add the clay."
"Then we'll wrap it up tight, let it sit overnight
And see how it looks the next day".

Now just to be fair, I should make you aware
That my dad is not unjust or cruel.
He just likes to prove all that his mud can do,
And I let him . . . oh what a fool.

For the very next day, to my utter dismay
My blue badge of valor was stolen!
I searched every angle, from kneecap to ankle
Barely visible, it wasn't even swollen.

At school kids were told of our victory bold
And friends asked me to tell of the battle.
But with nothing to show, no sign of the blow,
My daring tale was just empty prattle.

How could I explain the excitement,
the pain
Without a good bruise to go with it?
I will never again let clay touch my bruised skin!
I vowed to avoid that bruise-stealing bandit.

I'll use it on burns, bites, and other concerns,
I'll even drink it with water when sick.
It can vanquish them all,
the big and the small. Profitless plagues I'll
allow it to fix.

But a colorful bruise can be put to good use,
So my policy stands to this day.
If you want a good story,
keep your bruise full of glory

And never pack it in dad's crazy clay

Chapter 8

Conclusion

When people come to me asking if clay will help some problem, I tell them that if it were me, I would do three things:

1. I would drink the clay because sometimes even external issues are really internal issues coming out through the skin.
2. I would apply the clay topically if there is any indication as to where it should be applied: a pain, rash, sore, infection, wound, etc.
3. I would bathe in the clay or do a foot soak. Often doing so will bring amazing results because it helps the body detoxify.

I hope this has been useful and that those people out there who have problems that clay can help will have the courage to try it. I would love to hear from users detailing their experiences with natural clay. If you have specific questions you would like to discuss or stories you would like to share, please contact via email weeatclay@gmail.com.

For many years, I have taught classes on how to use natural clay both internally and externally.

That class is now available on YouTube and can be found through the link, or by scanning the QR code:

<https://youtu.be/0obLMTzAjDM>



I also suggest the following books:

UPON A CLAY TABLET by Jason R. Eaton

THE HEALING POWER OF CLAY by Michel Abehsera

EARTH CURES (formerly published as Our Earth, Our Cure) by Raymond Dextreit

*Note: At the time of printing this booklet, some of these books are out of print.

Appendix 1

Mistakes you can make with natural clay

Clay is not a cure-all, it is not guaranteed for anything, but it has helped the body do some amazing things. Often I get so involved in telling people about the things clay has done that I forget to tell them some of the mistakes that can be made with clay.

Externally:

1. Not having clay or knowing how to use it.
2. Not thinking about using the clay.
3. Letting it dry on a burn.
4. Not letting it dry “enough” on infections, bites, & other ‘pulling’ situations.
5. Not changing it often enough. (Dish rags can get really stinky, too).
6. Not using enough volume. (It is not a cream or lotion).
7. Not using it long enough. It works with the body, so it may take time.
8. Thinking all clays are the same. They are not!

Internally:

1. Not trying the clay. (The worst thing that can happen is nothing)
2. Taking too much clay...it can cause constipation.
3. Taking the clay when ready to throw up. (If it is close, let it come!)
4. Not taking it long enough. (It is not a pill you pop to mask symptoms.)
5. Taking medications with clay water. The clay may pull out the medication. (Wait 3 or 4 hours); don't take clay if on Coumadin)
6. Adding more water to the same clay sediment. (The minerals and electronic charge are gone.)

You may contact me if you have questions.

Neal Bosshardt 435-979-2463

Email: weeatclay@gmail.com

Other sources of information:

1. Upon a Clay Tablet by Jason R.Eaton. This book is the best one for now.
2. The Clay Cure by Ran Knishinsky.....www.detoxdirt.com. (Don't listen to everything...like 4 lbs of clay per bath)
3. Perry A : www.bentoniteclayinfo.com. (Don't listen to everything...she is selling her own specific type of clay)