

REDMOND



The Healing Clay™

FAQs

Redmond Clay is not a wonder drug—in fact, it is not a drug at all. Clay is an old home remedy that people have used since the early 1900s for various health problems. Since Redmond Clay is a natural product, the same results are not guaranteed for everyone. For a free e-booklet on how your family can benefit from using Redmond Clay, visit us at www.redmondclay.com.

When did you begin using Redmond Clay? Since 1975 on a regular basis, but it had been used even back in the early 1900s.

How did you learn about the clay? From a book entitled, *Our Earth, Our Cure*, by Raymond Dextreit, a French Homeopath. He was promoting red clay and green clay from France, but we found that our Redmond Clay did everything as well or better.

Where does Redmond Clay from? From a protected bentonite clay deposit in Redmond, Utah.

Why did you turn to clay for health issues? In desperation due to health issues that traditional approaches couldn't fix.

Does Redmond Clay powder have a shelf life? No, it is thousands of years old now.

How do you make the Redmond Clay gel for topical use? It is just Redmond Clay powder and water, mixed about 2 parts water to 1 part clay.

How long will the gel stay good after it is mixed? It stays good forever if the lid is on tight.

What if the gel dries out? You just add more water and re-mix it.

Does it need to be refrigerated? No, we keep a jar in the kitchen cupboard, the bathroom cupboard, under the seat of the truck, and in the trunk of the car.

Does it matter what you mix or store it in? Dextreit said to use glass (however, you must use a plastic lid because metal will rust). In the vehicles we use good quality plastic and have never seen a problem. For mixing use a wood or plastic spoon.

What kind of water do you use? It doesn't seem to matter although we recommend the best water you have available.

What does it taste like? Some call it a slight "chalky" or "earthy" flavor.

Do I need to drink all the sediment in the bottom of the glass? Many do, but just drinking the water 'off the top' seems to work the same for many.

It looks so bad, how can I get my kids to drink it? Mixing the clay powder in juice seems to do the trick.

Does drinking clay water interfere with medications I take? We recommend you consult your doctor when using clay while taking medications. Because of clay's absorption capability, clay experts recommend taking clay at least 1-2 hours apart from medications.

Should you take Redmond Clay on an empty stomach or with food?

It doesn't seem to matter; we have never seen that make a difference.

How much clay do people usually take? Dextreit recommended one teaspoon of the dry powder clay once or twice a day.

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Most powdered clays are marketed for external use.
Discover the benefits of using Redmond Clay internally.

When is the best time to drink the clay water—morning or night? Either. It is a matter of personal preference and we would suggest you try both to see what works best for you in your situation.

Can you take too much? Yes, especially if you don't drink plenty of water. One to three teaspoons per day seems to be a good amount for most people.

What if I don't want to drink it? Not a problem. Veggie capsules filled with Redmond Clay are also available.

Has taking clay ever made someone worse? Some clay experts say it can put someone into a 'healing crisis' because they were detoxifying too quickly. If that happens, we simply suggest you take less clay.

Can you take Redmond Clay every day? Yes, some people do as a daily mineral supplement. Others just take the clay on an 'as needed' basis.

Can you develop an immunity or allergic reaction to the clay? In 40 years we have never seen that happen.

Do all clays work the same? No, some work better than others and some may not work at all. Dextreit says to experiment until you find one that does what you want it to do.

Why would I want to use the Redmond Clay gel as a poultice on a wound?

The same reason you would want to use it as a facial. Clay can aid in drawing out impurities, stimulating the circulation and therefore speeding the healing. Many feel the cool clay gel also helps in reducing pain.

If I put the gel externally on a burn, do I need to cover it? Absolutely! You don't want it to dry on a burn—you must cover it with wet towels or with plastic wrap. Plastic wrap works the best and then you change it once a day. You do not need to scrub the burn—just wash off the excess clay and re-apply new clay and plastic wrap. Any clay that sticks to the burn can be left and recovered.

Does it need to be covered when putting it on other wounds or infections? You don't need to cover it to make it work, but covering it will keep it in place and off the furniture, so we suggest it be covered. You can use a towel, sheet, ace bandage, gauze, etc.

Can I re-use the clay after it has been used externally? No, throw it out because it will be contaminated from the wound.

How do I use Redmond Clay for a clay bath? The skin is an effective avenue for detoxification. Add 1-2 cups of Redmond Clay to the tub and soak for about 30 minutes.

What about foot baths? Many find a foot bath with Redmond Clay relaxing and not as draining as a full bath. Add about 3 tablespoons of Redmond Clay to a pot of water and soak your feet for about 30 minutes.

Is Redmond Clay Expensive? Many clays are marketed for external use only. Others are sold in liquid form which means you are buying water. Redmond Clay can be used internally and externally, and with over 100 servings in a 10 oz jar, it is very affordable.

Where can I get more information on the clay?

There are several books on clay. One of the best we have seen is *The Healing Power of Clay* by Michel Abehsera. Abehsera translated Dextreit's book into English. Dextreit's book is no longer in print.



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