

GET STARTED

WITH PURE CLAY[®]



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CONGRATULATIONS!

Congratulations on your purchase of Pure Clay®!

We believe you have in your possession the highest quality therapeutic clay available in the world. Pure Clay® is extremely versatile, so we've put together a few helpful tips for you so that you get the very most value from your clay purchase.



Pure Clay® works because every molecule, when hydrated, becomes negatively charged, with the powerful magnetic ability to pull positively-charged toxins into its own cell structure and carry them away. Whether it's excess oil on your skin, dirt in your pores, or dealing with toxins in your gut, Pure Clay® has the capacity to detoxify and cleanse from the inside out! It also works at a deep cellular level to energize, revitalize, and regenerate.



As you follow these instructions, remember, don't use metal implements when mixing clay; it weakens clay's powerful drawing capacity.



We recommend you start with two glass containers, each with a plastic lid; a jar for mixing detox clay water and a bowl for making clay paste. Plastic lids for canning jars can usually be found with the canning supplies at your grocery store. By mixing these both ahead you'll have clay ready when you need it.



Each will keep in the refrigerator for at least several weeks.

INTERNAL USE: *all natural*

Pure Clay® is a very effective internal detoxifier and has been used to promote health in many areas of the body.

Digestive Function

Bowel Regulation

Immune Support

Mental Clarity

Energy Levels

Weight Maintenance

detox water.

To make Pure Clay® detox water mix **6 Tablespoons of clay** with **3 cups of water** in a glass jar with a plastic lid and shake thoroughly to dissolve.

Refrigerate overnight. This gives the clay time to "bloom" so that it will taste better and work more effectively.

Start by drinking **1 Tablespoon of clay water** and slowly increase to **4 Tablespoons (2 ounces or ¼ cup)** each day.

You can take the clay water straight or add it to food or a smoothie.

Most notice benefits of taking clay internally within a week.

For internal use, consult with your physician prior to using clay. We recommend that you do not drink clay water within 2 hours of taking any medications.

DRINK IT.



EXTERNAL USE: *all natural*

Pure Clay® can be used for a variety of external issues as well, including:

Burns
Cuts
Scrapes
Rashes

Bug bites
Infections
Wounds
Warts

Skin conditions
Hives
Dental conditions
Muscle Soreness

In a glass or ceramic bowl, mix equal parts (1:1) Pure Clay® and apple cider vinegar; we usually start with ¼ cup of each.

Mix well with a silicone whisk and let rest for 20-30 minutes to thicken. Because clay has a high alkaline pH, we like to use apple cider vinegar, which is acidic, to balance out the pH so it doesn't dry out the skin. Using the above recipe, use the prepared clay for:

mask.

Apply liberally to skin.

When the clay just starts to crack (but still has some stickiness to it, usually about 15-20 minutes), rinse off with a warm washcloth. *Halve that time for sensitive skin.*

If you leave it on until the clay is completely dry it could pull moisture out of the skin. Some redness after rinsing is completely normal – the clay draws blood flow to the surface so that it can carry toxins away.

Your skin should feel buttery soft and smooth and look bright and radiant!

body wrap.

Coat body area with hydrated clay and cover with plastic wrap.

Keep covered for 30 minutes to an hour and then rinse in the shower. Make sure clay clumps are dissolved before they go down the drain.

poultice.

Apply clay thickly to skin condition, cover with gauze or a bandage and leave on for several hours or overnight.

As long as the clay stays hydrated, it will continue to pull toxins out of the affected area and leave behind restorative healing energy.

It can be used for bug bites, cuts, burns, bruises, rashes, cuts – any area where the skin needs healing.



EXTERNAL USE: *all natural*

CONT'D

detox bath.

Mix ½ cup to 1 cup of clay powder into warm running water, dissolving thoroughly. Soak in clay bath for 30 minutes. Feel energized!

foot bath.

Mix ¼ cup of clay powder into warm water in a tub or basin, dissolving thoroughly. Soak feet for 30 minutes. This is a great way to pull toxins out of the body.

diaper rash.

Sprinkle Pure Clay® over diaper area, every time you change the diaper, as you would talcum powder. As with any powder product, avoid inhalation.



QUESTIONS

If you have any questions, please don't hesitate to email or call us - our contact information is on the jar. We love to hear from our customers.

Cheers to your health and wellness!

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These statements have not been evaluated by the FDA and should not be construed as giving medical advice. This product is not intended to diagnose, treat, cure or prevent any disease.

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