

<http://www.biodistributors.com.au/ProdInfFiles/clay.php>

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internet advertisement

DIRECTIONS FOR USE

Clay for External Healing - Compresses and Poultices

Clay helps to stimulate tissue repair, soothe pain and prevent scarring. In a ceramic, glass or plastic container mix clay with an equal amount of water.
Clay for Internal Healing

Taken internally clay goes straight to the site of a disorder to draw out toxins and evacuate them from the body. It can also absorb harmful substances.
The average daily dose is one teaspoon (half a teaspoon for children up to 10 years of age).

If possible the clay should be prepared several hours or the night before as follows:

1. Place one teaspoon of clay in a glass, cup or plastic mug half filled with fresh (unboiled) water.
2. DO NOT USE A METAL SPOON OR ALLOW METAL TO COME INTO CONTACT WITH THE CLAY.
3. If a glass is used choose a fairly thick one because clay emits or transmits such powerful radiations that thin glasses are sometimes shattered.

The clay should be taken first thing in the morning or at night before going to bed.

The first clay treatment lasts for 3 weeks. If the condition is still persisting a week later, resume taking the clay on the basis of one teaspoon daily.
Clay for Sensitive Teeth

Prepare clay in a cup or glass as directed above. Swish one mouthful of clay water around in the mouth for at least one minute after each meal.
Clay for Beauty - Face Mask Preparation

Mix approx. 1-2 teaspoons of clay with a little water in a ceramic, glass or plastic container to make a thin paste. Remember not to use too much clay.
For dry and delicate skin a small amount of olive oil or any other cold pressed oil may also be added to lessen the intensity of the clay.
Smooth on to the face avoiding the eye area. Clay is non-abrasive but will draw out toxins through the skin. Rinse off with warm water as well as cleansing, clay increases blood circulation and flow of oxygen to the skin. This is how the natural process of skin cells regenerate.

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