

“Bentonite Clay Healing abilities”

“**Bentonite** is a swelling clay. When it becomes mixed with water it rapidly swells open like a highly porous sponge. From here the toxins are drawn into the sponge through electrical attraction and once there, they are bound.”

Bentonite Clay carries a strong negative charge which bonds to the positive charge in many toxins. When it comes in contact with a toxin, chemical, or heavy metal, the clay will absorb the toxin and release it's minerals for the body to use. Bentonite also helps get oxygen to cells as it pulls excess hydrogen and allows the cells to replace it with oxygen instead.

Bentonite Clay is a common ingredient in detox and cleansing products. It has an alkalizing effect on the body and when taken correctly, it can help balance gut bacteria.

Personally, I've seen people benefit from taking **Bentonite Clay** to help with:

- Digestive disturbances like acid reflux, constipation, bloating, gas, etc. (Kaolin clay was common ingredient in medicines like Maalox and Rolaids for years)
- Helping with skin and allergy issues

- To help provide minerals for the body
- To help speed recovery from vomiting and diarrhea
- Detoxification
- In oral health preparations
- Externally for all types of skin problems and to speed healing

Healing clays like **Bentonite** have a high concentration of minerals including silica, calcium, magnesium, sodium, iron, and potassium.