

The Healing Benefits of Green Clay

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It's so good to be providing educational information to you! We here at *Positive Life Changes, LLC* have been very busy the last three months expanding our business by adding over a hundred new tinctures, extracts, and other products. We have brought in some new specialty products like Gold Coin Grass, Butterfly Pea Flower—and introducing here—Montmorillonite Clay (French Green Clay). This beautiful, light-green clay is quarry mined from naturally occurring deposits in France. Sometimes called sea clay, it is untreated and soft in texture. It is, by far, one of the most effective and most often used mineral, skin clays found in the world. Green clay owes its coloration to two very important factors: iron oxide and decomposed plant matter. It is made up of the mineral montmorillonite, as well as dolomite, magnesium, calcium, potassium, manganese, phosphorus, zinc, aluminum, silicon, copper, selenium, and cobalt—all alkalizing to the blood and tissues. Also all are foundational in the production of other elements through nuclear or biological transformations. The natural, green tones found in this luxurious clay are from the very cycles of life that the Earth uses to regen-



erate herself. Unlike other clays where key elements work in symbiosis, playing off each other, French Green Clay contains several elements that act as their own “body,” which means each element is responsible for working the outer epidermis in its own way and dispensing their biological constituents as best as possible.



European countries. These varieties are all marketed under the moniker of “French Green Clay.”

This clay has enormous absorbent powers due to the constitution of its micro-molecules. It literally “drinks up” oils, toxic substances, and impurities from your skin. Its toning action stimulates the skin. It is great for helping to clear occasional skin blemishes and is a common ingredient in many skincare products, providing a natural exfoliant that helps remove dead skin cells, stimulate cell regeneration, all while it removes impurities and helps the skin look clearer. Use it daily on trouble spots, or weekly as part of a complete facial treatment.

IS DRINKING GREEN CLAY RECOMMENDED?

Drinking green clay is recommended in the case where you have an extremely high level of toxins. It is, however, very important that you drink more water than usual some time after you have taken the green clay. This is to avoid cases of constipation that can occur when the clay absorbs too much water from your system.

Contrary to popular belief, not all French Green Clay originates in France. While, at one time, all the world's supply was mined in France, as it became more popular, similar deposits were found in Wyoming, Montana, China, and other

WHAT ARE THE HEALTH BENEFITS OF EATING/ DRINKING GREEN CLAY?

Generally, ingesting clay will cleanse and detoxify your body. The negative charge of the ions in French Green Clay explains its ability to attract the positively-charged toxins. The minerals are in very small or colloidal particles. They are extremely fine-grained and thin-layered, more so than any of the other clay minerals. The layers contain ions that are very loosely bound to one another—and, easily exchangeable. Not only will acidic toxins, such as graphene iron oxide, stick to its outside surface, but also numerous toxic elements and organic matter will enter the space between the layers. As it goes through your system, the clay collects all the parasites, viruses, bad bacteria, and other toxins, and drives them out of the body, regenerating the organs to function at their optimal level.

It should be noted that this clay is the only known substance

that will remove dangerous graphene from the body. It has also been known to help those with skin ailments (such as eczema and acne), diarrhea, constipation, anemia, chronic infections, exposure to pesticides, insecticides (and other, acidic toxins), arthritis, acid reflux, infertility, liver disease, obesity, hair loss, heavy-metal poisoning, and diabetes.

Dr. Robert O. Young, a research scientist at the pH Miracle Center, states that, “Montmorillonite clay has the ability to neutralize dietary, metabolic, respiratory, and environmental acids found in the blood and interstitial fluids, and protect the body cells from biological transformation leading to the creation of bacteria, yeast and/or mold. The beautiful thing about the green clay is that it can absorb micro- and nano-particulates and their toxins or acids that are over 100 times its own mass.”

[*The Healing Properties of a Smectite Montmorillonite Terra pHirma Clay*, DrRobertYoung.com]

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Good Health to You!



CRYSTAL MACEIRA is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 23+ years. She

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