

# Bentonite clay for internal healing

The idea of eating clay to promote [internal healing](#) will undoubtedly appear to many as farfetched, if not a little primitive.

But natural clay, especially the form known as "bentonite clay", has not only been used medicinally for hundreds of years by indigenous cultures around the planet, but has, in recent years, been increasingly used by practitioners of alternative medicine as a simple but effective internal cleanser to help in preventing and alleviating [various health problems](#).

The name "bentonite clay" refers to a clay first identified in cretaceous rocks in Fort Benton, Wyoming. Although bentonite deposits can be found throughout the world, many of the largest concentrations of clay are located in the Great Plains area of North America.

Bentonite is not a mineral, but a commercial name for "montmorillonite", the active mineral in many medicinal clays. The name "montmorillonite" comes from the city Montmorillon, in France, where the medicinal clay was first identified.

## **Bentonite clay - used by indigenous tribes and animals for centuries**

Clay is one of the most effective [natural intestinal detoxifying agents](#) available to us and has been used for hundreds of years by native tribes around the globe.

Primitive tribes have traditionally used various types of clay for conditions of toxicity. [Dr. Weston A. Price](#) in his book, "[Nutrition and Physical Degeneration](#) (1), stated that in studying the diets of native tribes he examined their knapsacks. Among the tribes examined in the high Andes, in Central Africa and the Aborigines of Australia, Dr. Price reported that some knapsacks contained balls of volcanic ash clay, a little of which was dissolved in water. Pieces of food were then dipped into the clay.

Animals in the wild, drawn to clay deposits by instinct, have been observed licking the clay as part of their everyday diet as well as rolling in it to get relief from injuries.

## Liquid bentonite for elimination

Taken internally, liquid bentonite supports the [intestinal system](#) in the elimination of [toxins](#). Liquid bentonite is inert which means it passes through the body undigested.

Bentonite clay is made up of a high number of tiny platelets, with negative electrical charges on their flat surfaces and positive charges on their edges.

When bentonite clay absorbs [water](#) and swells up, it is stretched open like a highly porous sponge.

[Toxins](#) are drawn into these spaces through electrical attraction and bound. In fact, according to the Canadian Journal of Microbiology (2), bentonite clay can reportedly absorb pathogenic viruses, as well as [herbicides and pesticides](#).

The bentonite is eventually eliminated from the body with the toxins bound to its multiple surfaces.

## Bentonite clay and diarrhea

In his book "[The Clay Cure](#)" (3), Ran Knishinsky discusses how diarrhea can be remedied through the use of bentonite clay because of its ability to bind [stools](#). Bentonite clay can take effect right away by binding to irritants in the gastrointestinal tract. It's a good idea to mix the bentonite clay with 1 cup of applesauce, which not only makes the clay more palatable, but also adds pectin, which is another binding agent.

## Bentonite has many uses

Bentonite is used in pharmaceuticals, medical and cosmetics markets. Bentonite is used as a filler in [pharmaceutical drugs](#), and due to its absorption-adsorption capabilities, it allows paste formation. Bentonite is used in industrial protective creams, wet compresses, and anti-irritant lotions for eczema. In medicine, bentonite is used as an antidote in [heavy metal](#) poisoning. Personal care products such as mud packs, baby powder, sunburn paint, and face creams may contain bentonite.

## How to take the bentonite

The best way to drink bentonite is on

an empty stomach, or at least 1 hour before or after meals. Bentonite typically is available as a thick tasteless grey gel, but it also comes encapsulated, as well as in powder form.

It is generally advisable to start with 1 tablespoon of bentonite clay daily, mixed with a small amount of juice. Pay attention to the results for a week, then gradually increase the dosage to no more than 4 tablespoons daily, in divided doses.

In my opinion, the best price for high quality bentonite can be found [here](#).

Drinking bentonite clay should be part of your regular [colon cleansing regimen](#). You will benefit from greater assimilation because of the bentonite clay's action as an intestinal cleanser and gastrointestinal regulator. As your body "cleans house", it is in a better position to more efficiently assimilate the nutrients it needs, whether those nutrients come from your [healing diet](#), [vegetable juicing](#) or [cod liver oil and any other supplements](#).

## References

- (1) Weston A. Price, "Nutrition and Physical Degeneration", pages 266-267
- (2) Canadian Journal of Microbiology (31 [1985], pages 50-53)
- (3) Ran Knishinsky, "The Clay Cure" (Healing Arts Press, 1998)

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