

DANIEL M. HARDT, ND
NATUROPATHIC MEDICINE
390 West Twelfth Avenue, Eugene, OR 97401
Phone: (541)683-4404 Fax: (541)683-4405

CLAY THERAPY

1. Begin therapy by drinking clay water daily for 10 days, once daily. Take 1/8 teaspoon green clay and put it into a glass of water. Stir. Let it sit for 4-24 hours. Mix it up and drink the liquid. You don't have to drink the sediment. Drink before bed on an empty stomach, or, you may use clay toothpaste instead of drinking.
2. At the end of 10 days, you begin to use clay packs as well as continuing the oral treatment. This draws toxins out of you externally while cleansing internally as well. Mixing the clay for clay packs: Take 1 cup of green clay and put it into a clear glass or white porcelain or wooden bowl. Pour 3/4 cup water on it to saturate the clay. **DO NOT STIR OR MIX.** Cover the mixture with a damp towel or a lid and let sit for at least 2 hours or so. The clay will get light and airy resembling cheesecake consistency.
3. Take 2 to 3 Tablespoons of the clay mixture and put it on a paper towel or piece of gauze. Keep it as airy and light as possible. Place the clay over the area you are trying to heal. Wrap an ace bandage or gauze around yourself to keep the poultice on. If you are using it on the pelvic area, it helps to wear underwear over the poultice. Leave the clay pack on for 1 to 12 hours. Some people find it most convenient to sleep with it on; others like to wear it while awake.
4. After you remove the poultice, take a bath or shower to wash the dried clay off of you. Also, resist the temptation to play with the used clay. The clay is filled with toxins.
5. Do these clay packs every day for three weeks. Then take one week off and start the cycle over again. Begin oral and clay poultices together on the same day.

It is important not to eat a large meal right before putting on the clay pack. It can cause indigestion and stomach pain.

The clay treatments work by drawing toxins out of the body. Our bodies store toxins in every cell. The clay draws these toxins out of the cells and into the bloodstream. They are removed by the kidneys through the urine and also through the clay itself. It is important that once you begin this therapy that you continue it EVERY day. People can become ill if they stop the therapy in the middle because they have drawn the toxins into the bloodstream but have not rid the body of them yet. If you miss one, don't panic.