

French Green Clay

Users Guide

French Green clay originates from the southern part of France, and is directly mined out of the Earth. It is 100% natural bio-organic material that contains a large variety of valuable elements. Such elements include a mineral known as montmorillonite, as well as dolomite, magnesium, calcium, potassium, manganese, phosphorus, zinc, aluminum, silicon, copper, selenium, and cobalt. It is widely and historically known as a healing clay, and used for its great healing properties.



FUN FACTS:

- For the duration of the Balkan War in 1912, the British army would commonly use the clay for Cholera, an infectious and fatal bacterial disease in the small intestine. With this disease, the mortality rate was a high 60%. However, once the clay was introduced for healing measures, the mortality rate dropped to an amazing 3%.
- During the first world war, the Russian soldiers would receive 200grams of clay along with their rations. It was also commonly added to mustard in several French regiments. Both sides of troops remained free of dysentery (infections in the intestines).

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Internal Uses:

-Diarrhea/Constipation	-Heavy Metal Toxicity	-Parasites
-Acid Reflux	-Intestinal Polyps	-Anemia
-Irritable Bowel Syndrome	-Crohn's Disease/Colitis	-pH Imbalance
-Ulcers/Heartburn	-Stomach Viruses	-Chemical Toxicity

Instructions for Internal Consumption:

Important notes before use:

1. Always start by using distilled or purified drinking water. Do NOT use tap water.
2. When doing a clay cleanse, make sure to drink plenty of water to avoid constipation.
3. Do not mix or measure clay with any metal items (spoons, bowls, measuring cups). Use glassware or ceramic bowls only, and wooden or plastic spoons to mix and scoop with.

Dosage information:

- Children weighing 50lbs or less: 1/8 teaspoon in 4oz of water
- Adults or children 50-100lbs: 1/2 teaspoon in 4oz of water
- Adults weighing 100-150lbs: 1 teaspoon in 8oz of water
- Adults weighing 150-300lbs: 2 teaspoons in 16oz of water

For optimal results, it is suggested to complete the full 3 month cleanse

NOTE: WHILE CONDUCTING THE CLEANSE, YOU MUST TAKE THE CLAY ON A EMPTY STOMACH AND WAIT 1 FULL HOUR BEFORE EATING OR TAKING ANY SUPPLEMENTS OR MEDICATION, AS THE CLAY CAN ABSORB THOSE SUBSTANCES.

IF YOU ARE ON LIFE-SUSTAINING MEDICATIONS, IT IS BEST TO WAIT 2 HOURS.

Starting Day Process: Add the green clay to the water the night before you are to begin the cleanse. This allows the properties of the clay to intensify. Let it stand overnight, (8-12 hours) in the glass.

Week 1:

- Choose a day to start on and stay consistent. First thing to do after waking up is to drink the TOP portion of the water, and leave the sludge of the clay on the bottom. Discard the bottom contents. (This can not be reused)
- The reason you do this for the first week, is to introduce the substance to your body and begin the loosening of toxins in the body. Also, to avoid shock to the system.
- Continue the process for the first 7 days.

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Week 2 & 3:

- Continue following the starting day process.
- During your second and third week, drink all the contents in the glass. Sludge and all. Simply mix the contents in the glass before consumption. Do this for 14 days.

Week 4:

- Week four, is your rest week. At this point you have taken the cleanse for three weeks now and your body will need a rest from it. This is necessary! No clay for these 7 days.

Week 5, 6 & 7:

- Repeat the process of week two and three. You will continue drinking all the contents of the glass, as previously done.
- Since your body is now accustomed to the substance, you do not need to repeat the process of week one (drinking only the water portion).
- Do this process for the next three weeks (21 days).

Week 8:

- Week eight is yet again another rest week.
- The next 7 days, NO clay.
- Although you may be excited from results that start to show, resting your body from the substance is important.

Week 9,10 & 11:

- Repeat the process of week five, six and seven.
- Another 21 days of drinking all the contents in the glass.

Congratulations! You have now completed your 3-month clay cleanse!

Follow up instructions:

If you would like to continue the consumption of the clay, it is recommended to follow a seven days ON, seven days OFF cycle. Or you may continue to take it on a daily basis with minimum rest periods.

NOTE: Depending on your condition, you want to repeat the cleanse a few more times. Only YOU can determine how your body feels and how it would benefit from further consumption. Assess your body accordingly and do what is best for YOU! Remember, results do take time to show, therefore do not give up before completing the cleanse! :)

External Uses:

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-Cuts/Scrapes/Bites/Stings
-Eczema/Psoriasis
-Arthritis/Swollen Joints
-Chicken Pox

-Poison Oak/Ivy/Sumac
-Decubitus Ulcers
-Sprains/Strains
-Tumours/Cysts/Fibroids

-Acne/Pimples
-Toenail Fungus
-Gum Disease
-Scars/Keloids

Instructions for External Use:

Important notes before use:

- Always start by using distilled or purified water. DO NOT use tap water.
- Only use glass or ceramic containers to store your clay in once water is added. After the clay is hydrated, the clay will absorb chemicals from plastic causing contamination to the clay.
- NEVER use metal for storing, mixing, or application. The metal will pull the electrical charges from the clay, weakening the ability to remove toxins.
- When clay is applied to an external area, never use plastic to cover. Only use some kind of cloth or gauze material. (Cabbage or lettuce leaves work really well and are best for keeping moisture in, and it's natural!) Plastic wrap may only be used to hold cloth, gauze or leaf in place.

Instructions to prepare clay as a poultice:

- Pour 1 cup of water into a bowl (glass or ceramic). It is suggested to use a bowl you will keep the contents in for storage.
- The next process is a bit tedious, but important. In total you will use about 1 cup of the clay. To begin, gently sprinkle small amounts of clay on top of the water, letting the clay be absorbed between each sprinkle.
- Repeat the process until a thick pasty consistency appears and there are no puddles of water on the surface.
- If done correctly, you should be able to take a scoop out and the mixture should all be relatively the same consistency.
- DO NOT STIR the clay, as the stirring disrupts the electrical charges of the clay.
- Your clay should now be prepared, and should be covered at all times when not in use.

NOTE: You do not need to make a large quantity each time. Create a batch that is big enough for your needs. The advantage of creating a large batch is to have the clay available at all times, as it does not go bad or rancid. Also, if you have a large area to cover, it will avoid the time spent to continue making more.

Instructions for applications:

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- Slather a thick layer, (about ¼ to ½ in thick), to the affected area.
- Cover the clay with the water-moistened cloth, gauze, or cabbage leaf.
- Then cover with plastic wrap and tape down to hold everything in place. If it can be wrapped around the area (arm, leg, foot), that is fine too, as long as it is not too tight, just snug enough to hold everything in place.
- Refer to application schedule for usage time.

Application Schedule:

<p>Schedule 1 - Day & Night: Recommended for serious injuries or burn, bites, stings, tumors, etc.</p>	<ul style="list-style-type: none"> ● Follow this as best as possible for optimal results and healing. ● Start application in the morning and into the evening alternation 2 hours on, and 2 hours off. ● Follow everyday until the wound is healed.
<p>Schedule 2 - Nights only: Recommended for general pain relief with arthritis, bursitis, tendonitis, fade spots, scars and discolorations.</p>	<ul style="list-style-type: none"> ● For night time use only. ● Apply before going to bed making sure it is nice and moist. (You do not want to let it dry out, as it makes it more difficult for removal). ● Wash off in the morning. ● Repeat every night until the wound is healed.

***NOTE:** Time period of use is determined on the severity of the wounded area. Use accordingly once results begin to show.*

Directions by use:

- Skin Smoothing & Skin color normalizing - Age spots, scars and discolorations of the skin:
 - Follow Application Chart
- Pain Relief, Itch Relief, Antibacterial Protection, Infection Prevention, Healing time reduction (cuts, burns, stings, bites, surgical incisions, or emergency care:
 - If no poultice is on hand, generate a smaller batch on the spot by simply mixing clay and water to get a paste. This is more emergency type wounds.
- Circulation Enhancement, Immune Enhancement, Skin/Tissue Normalization (warts, cysts, tumors), Anti-inflammatory action, Swelling Reduction (rheumatoid, osteoarthritis, bursitis, tendonitis)
 - It is imperative that the poultice stays moist during use. The batch made for these conditions is best as the poultice, and not made on hand.

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