

The Ancient Art Of Clay Bathing For Health



**Toxins Are Often The Cause Of Disease.
Use This Ancient Method Of Clay Bathing
To Remove Years Of Toxic Waste From Your Body.
By Dr. Joseph Rodrigo**

Bentonite clay has the magnificent 'drawing' effect of pulling out toxic chemicals, and even metals through the pores of your skin, via the ancient art of clay bathing.

Toxins are a major cause of immune system breakdown. How do these substances end up in your body? Dioxin and other chemicals are sprayed on crops. Mercury comes from your teeth fillings, and it is also found in fish, cosmetics, soil, and many other sources. Aluminum is present in soft drink cans, cheeses, white flour, baking powder, deodorants. Coffee, some types of rice, salt, smog, and even water are sources of arsenic. Cadmium is found in cigarette smoke, coffee, gasoline, steel cooking pans, metal pipes and water. If you are living, you are constantly being exposed to these negative elements.

O.K. you get the drift.

Most people walking the planet today are housing a wide range of toxins, including heavy metals, and mercury, from the fillings in their teeth, along with chemicals from the air, and food that they eat and drink. Often chelation therapy, a very expensive process, is recommended to relieve this problem. Yet, chelation therapy is \$100 or more per session, and often over 20 sessions are required to reach the desired results. Of the population that needs to cleans, most cannot afford such a spendy venture, even if their health is involved.

Wendell Hoffman, in his book: Using Energy to Heal, talks about the use of Bentonite clay, and its wonderful drawing effects that is has in pulling out toxic chemicals and metals through the pores of the skin. This is a subject revisited as this method was also used in ancient times by the Greeks for the same purposes of aiding the body to cleans and to heal.

If you do your research, you should be able to find a clay company in your area. A 5 lb. bag of clay will cost you about \$5.00 And, for your \$5, you can take 2 clay baths. Pretty good deal compared to the \$2,000

plus, that chelation therapy would cost you.

HOW TO TAKE A CLAY BATH:

Needed:

5 Pounds Of Bentonite

Clay Powder

1 Bottle Sesame Oil

1 Large Old Mixing

Bowl

1 Large Old Bath Towel

Swim Suite

SUMMER TIME CLAY BATH:

Put on an old swim suite. If you are female, use a two piece bathing suite. Get an old mixing bowl, a large old terry bath towel, and 1/2 of your 5 pound bag of clay. Take it outside, and do this only when the weather is over 90+ degrees in the summer, or hotter. Be sure to drink some filtered water before you take your clay bath, and also a glass of filtered water right after (not ice water).

Stand in the sun, while you mix 1/2 of your clay and water in the mixing bowl. Standing in the sun will warm your body, and get your pores to open up. Keep adding water to the clay until it is a nice mud consistency. You may have to add some more water to the mixture later on, as some of the water will evaporate. Now, start at your feet and smear the clay/mud mixture over all of the surfaces of your skin. You may want to skip

the more personal parts of your body, as the skin is very sensitive there. Don't be afraid to rub clay under your swim suit on buttox and breasts, however, as the more area of skin you get, the better results you will get.

If your hair is short, you can also do the scalp. For long hair it is more difficult to wash out, but if you color or dye your hair, it is very important to clay bath your scalp as well. This will pull the chemical dyes out of your scalp.

Underarms due to commercial deodorants are also very important, as they are exposed to toxic chemicals each day. Remember to do your face and arms. If you have a clay bath buddy, ask them to do your back, and you do theirs. It is very important to get the area along the spine as there are many nerves there that need cleansing.

When you stop, you will notice that the skin is drying, tightening, and the clay will eventually dry up. Keep adding more clay to your already covered areas, to keep in wet. Keep the clay on, all over, for at least 30 minutes. When 30 minutes time is up go to the wash off stage.

THE WASH OFF

STAGE:

Get your large old bath

towel, and wet it down with the hose, moisten the rest of you with the hose as well. Start with the back, and use the towel to rub the moistened clay off. It is important to take time with this, as you do not want to irritate your skin. Then, go to the legs, buttox, arms, chest, face, and scalp. It may be difficult to get the clay out of your hair, and a couple of washings might be necessary to get it all out. When you are free enough of the clay, you can go inside the house and shower off with soap and water, you might also want to shampoo your hair and scalp. Dry off. Take your sesame oil, and smear it all over your skin. This will help to prevent the drying out of your skin from the clay. It also helps to bring the body back into balance.

THE RESULTS YOU MIGHT FEEL:

You will feel very relaxed, maybe almost tired from the clay bath. But, you may also feel cleaner then you have for years, as the layers of toxins, and metals have been pulled from your body. If you are low energy any way, you might want to rest, or sleep after the clay bath. Be sure to drink the filtered water after, as moisture has been pulled from your body along with the toxins. You can repeat this process 1 to 2 times a

month, until you are satisfied with the results.

CLAY BATH IN WINTER, OR IN YOUR APARTMENT OR HOUSE:

Needed:

5 Pounds Of Bentonite Clay Powder

1 Bottle Sesame Oil

1 Large Old Mixing Bowl

Wash Cloth

1 Large Old Bath Towel

3 Rolls Of Paper Towels

1 Large Garbage Bag

Undress in your bathroom, and fill your tub with about 4 inches of hot water, as hot as you can stand it. Have 1/2 of your 5 pound powdered Bentonite clay in your old mixing bowl handy, so that you can reach it from the tub. Get in, and allow your body to get warmed up in the hot water. This will open your pores. Next, get your bowl of powdered clay, and start adding water to it, enough to make a nice mud mixture. Start spearing the clay on your legs, and work your way up, avoiding sexual areas. Do your stomach, arms, and back, as much as you can. Be sure to get the face, ears (not inside), and scalp, especially if you dye or color your hair. The dye and toxins from hair coloring goes deep into the scalp, and the clay bath will pull it out. As the clay starts to dry, you will need to add more muddy clay to the

various surfaces that start to dry out. This will keep the clay drawing the toxins out of your skin. Stay in the tub about 30 minutes, and when you are ready, take your wash cloth, and start removing the clay, using the water in the tub. When you have out as much as you can get, stand up, and shower quickly, the rest off. Do the best you can before the tub fills up too much. Then, get out, and dry yourself off with the old towel. You might have to wash your hair some more in the sink, as the clay is hard to get out of the hair.

Let the clay water stay in the tub, and leave it for several hours. DO NOT LET THE DIRTY WATER OUT OF THE TUB.

Put sesame oil all over your body, so that your skin does not dry out, and to also balance your body after the toxins have been removed. Get dressed and drink some clean filtered water.

WAIT ABOUT 2 TO 3 HOURS FOR THE WATER TO SETTLE:
Get a plastic bucket or other plastic bowl, and start bailing out the dirty water from the tub. Put the murky water into the toilet, and flush it often, as you get rid of the water from the tub. Eventually, you will reach a layer of mostly

clay that is left in the bottom of the tub. Notice the color of the clay. Bentonite clay is a light gray, and yet you might see some other colors present. These colors are the toxins that you had in your skin and lymphatic system. Wow. One person that I know had a black scum on the top of his bathtub clay. Mine was a dark green, and another person had black/brown colors on their bathtub clay. It is hard to imagine that we carry so much garbage around with us.

OK, now you are down to the mucky clay in the bottom of the tub. Get some paper towels, and the large garbage bag. Start picking up the mud that is left in the tub, with the paper towels. You are going to be throwing all of this out in the garbage. It will take a while to clean up the mess, but what you have just done is help your body to function better, and to lift your immunity. A little mess is well worth the results. When you are done cleaning the tub, rinse out the tiny bit of clay that might be left.

Rest. The clay bath is a very big deal to your body, and you might find yourself tired after your bath. Do not make plans to do anything for the rest of the day, or evening.

END.

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