

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

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## Redmond Clay

I so enjoy when I try an experiment and it works. Now I want to share the news with everyone. A couple of months ago my son had warts on his toes. He tried several of the herbal aids taught by Dr. Christopher in Herbal Home Health Care before he told me about it. We didn't have any milkweed in the area because our snow had just melted off and he had tried garlic previously without good results. I had recently learned about Redmond Clay and thought we should give it a try.



I made a poultice with the clay by mixing about 2 tablespoons of clay with water and castor oil to the consistency of paste. I then added about 5 drops of frankincense essential oil. I placed this mixture on his warts and wrapped it with gauze to keep it from getting all over everything. When he showered we removed the gauze and let the paste wash away and then we immediately replaced the

clay when he was out of the shower. Within the week we saw that the root of the wart was turning black and dying off. We were so amazed! We haven't seen anything work so fast and so completely.

So what is Redmond Clay? Redmond Clay is from volcanic ash that fell into a prehistoric sea. One such deposit lies near Redmond Utah where it was discovered by farmers in the area, thus its name, Redmond Clay. Redmond Clay is unique because it is high in both calcium and sodium making the clay an unusual combination of both bentonite and montmorillonite clay.

The four key areas that give the clay the ability to influence health are adsorption, absorption, pH level and trace minerals.

- Adsorption - Is the ability to help your body rid itself of toxins. Redmond Clay acts like a magnet and the toxins are like little pieces of metal. Once the toxins are attracted to the clay it is easy for the body to dispose of the "magnet" and "metal bits."
- Absorption - Unlike adsorption which functions like a magnet, absorption functions like a sponge, which is a slower and less selective process. This gives Redmond Clay a strong

pulling capacity to draw infection and toxins out of the body when applied externally and a swelling capacity which helps bind more effectively to toxins internally.

- pH - Redmond Clay is quite alkaline and has proven to help neutralize the body.
- Minerals - There are more than 60 trace minerals found in the clay.

Typically, Redmond Clay is hydrated by using two parts water to one part clay. Once the clay is hydrated it will never dry out, separate or go bad if it is stored in an airtight container. Temperature extremes don't affect the clay so it can be stored wherever it is convenient.

You may want to try an experiment with the clay. I was very happy with the results we had. The recipe below is for a cleanse that one of our master herbalist used with great results.

For more information on ways to use Redmond Clay visit their website at [www.redmondclay.com](http://www.redmondclay.com)

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