



## Clay Baths

Because the body detoxes through the skin, clay baths are becoming more and more popular in drawing out impurities and cleansing the skin. In *Energy to Heal*, Wendell Hoffman, concluded that optimum results for clay baths are obtained by immersing oneself in a tub of very warm water mixed with a very pure Bentonite clay for 20 minutes. Not just any clay will do. It is crucial to use "clean natural clay".

One of the most amazing effects of clay baths in particular is the ability of the clay to stimulate the lymphatic system. The more clay that is used in the therapy, the more powerful the response. Clay baths are excellent for soaking tired, sore muscles

To add clay to your bath, use your blender! Fill the blender half full of water, add 1-2 cups of Detox Clay Powder and then fill to about an inch of the top of your blender with more water. Blend until thoroughly mixed. Add this to your bath water and then immediately rinse your blender. You don't want to leave the clay in contact with the metal blades for an extended period of time, so rinse the blender before you take your bath.

For more information on the benefits of Clay and it's many uses, we highly recommend the website [www.BentoniteClayInfo.com](http://www.BentoniteClayInfo.com).

*This research information is for informational and educational purposes only. Please consult a health care professional regarding the applicability of any opinion or recommendations with respect to your symptoms or medical condition.*

*No statement on this information site should be construed as a claim for cure, treatment or prevention of any disease.*

*\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.\**

**Apex Bentonite Clay - [www.ApexClay.com](http://www.ApexClay.com)**

PO Box 165, Iron River, MI 49935 - (906) 221-3931 - [Info@ApexClay.com](mailto:Info@ApexClay.com)