

Bentonite Clay FAQs

1. What is Bentonite Clay?

The healing benefits of clay have been known and used in the world of health for centuries and more specifically in detoxification. This natural clay has the ability to draw toxic substances into its mass and allow them to be safely eliminated from the body. When it is used correctly (optimal dosage and consistency) it has very powerful cleansing properties.

2. What is the difference between liquid and powdered clay?

There is no difference to the chemical composition of the clay but when it is in a liquid form it is already hydrated. This hydrated option does make it easier to use clay internally as you do not have to mix it up and achieve the correct consistency yourself. Powdered clay does pose a challenge of having lumps in it if it is not mixed thoroughly, however if you do this in advance (as advised in the detox instructions) and stir it regularly to smooth out any dry lumps then this should not pose a problem. If you have the time to source liquid bentonite clay it may be a preferable option, but it is not essential.



3. I have heard some clays contain heavy metals and are toxic, how do I know which one to buy?

First and foremost you need to look for clay which states that it can be taken internally. There are many external products too but we suggest using the ones safe for internal use on your body as well (masks and clay baths), after all, your body is like a sponge and what's good enough for the outside, should also be good on the inside!

When buying products from any supplier, as with all foods you would buy in a supermarket, it is always good to know how to find a company you can trust. Always check websites carefully and choose products which fully list the ingredients in their products. The danger is that some health companies may source their products from large wholesalers who do not give a lot of thought to the elemental contents of the clay.

When choosing a product look for a company who specialize in clay and have a lot of information about the type of clay they use and the standard of their clay. If in doubt contact the company and they should take the time to reassure you of their products integrity. If in doubt? Go elsewhere.



We recommend:

US

Liquid: <https://store-d0fa2.mybigcommerce.com/toxin-absorber/bentonite.html> or

<https://www.livingclayco.com/DetoxClay.php>

Powdered: <https://www.livingclayco.com/DetoxClay.php>

UK

Liquid: <http://www.selfhealth.co.uk/hydrated-bentonite-clay.html>

Powdered: http://www.amazon.co.uk/AUTHENTIC-PREMIUM-CALCIUM-BENTONITEDETOXIFYING/dp/B0039Y76EW/ref=sr_1_1?ie=UTF8&qid=1378819024&sr=8-1&keywords=living+clay+powder