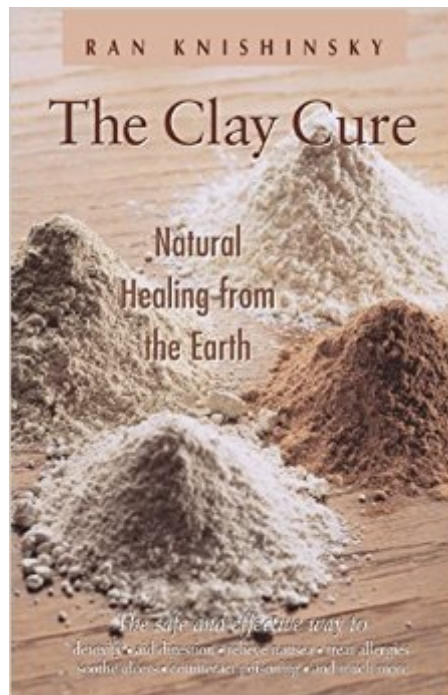


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# The Clay Cure : Natural Healing From The Earth



## Synopsis

Complete information on this natural and gentle dietary supplement that is effective in treating a wide range of illnesses. Contains complete, up-to-date information on choosing the appropriate clay and how to use it for specific ailments. Discusses the science and history of clay ingestion and its nutritional value. Resource section includes information on where to buy clay supplements and health products. An exceptional source of minerals, clay has been ingested as a nutritional supplement and detoxifier throughout the world for thousands of years. This book reveals the benefits of that ancient wisdom and the use of clay powders, capsules, or liquid gels to address numerous problems. Naturally absorbent and extremely gentle on the system, clay can treat ailments affecting digestion, circulation, menstruation, and the liver, skin, and prostate. Clay also remedies symptoms of arthritis, chronic fatigue syndrome, gum diseases, and migraines. The Clay Cure contains complete and up-to-date information on choosing the appropriate type and form of clay, how and when to take it for your specific complaint, the science and history of ingesting clay, and the value of minerals contained in the many varieties of clay.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (73 customer reviews)

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## Customer Reviews

The Clay Cure : Natural Healing from the Earth by Ran Knishinsky For those who are not familiar with medical uses of clay, this book has some useful information. That same audience may find some of that information more difficult to swallow than clay itself. If this book were my first introduction to the subject, I might have dismissed the whole idea. The author is enthusiastic about

the subject and the style is easy to read and funny, but the coverage is shallow. I ordered this new book because other older books about eating clay (geophagy) are not easily available. I would like to hear about other available books that I may have missed. I was also hoping that a recent book would have the information on currently available commercial products. Two pages at the end of the book give the names and telephone numbers of supplement manufacturers who have clay related products. Only USA companies are listed. This list is useful for calling to ask for a catalog. If you ask the customer support at these companies about clay products some may tell you that they do not have any. If you ask them for the ingredients of a product listed on these pages they would read you the list that includes bentonite without realizing that it is a type of clay. Only the product names are listed. The author does not cover any of the commercial products in any further detail. There is no comparison of the products. There is a general discussion on how to select clay, but the only advice that stuck in my mind is: Ask which clay sells best. He discusses the use of clay in treating a number of diseases. This part is good as a general overview. He adequately explains how clay works by attracting and removing toxins.

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