



# Greer's Health & Wellness

Family Owned & Operated Since 1972

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## Red Desert Clay - *FAQ*

### 1) What is the Difference between Edible Clay, Bathing clay and the Pet Clay?

All of our **Red Desert® Clay** comes from the same mine.

The edible clay for people is our highest grade and purity. The top 12" of clay at the mine is removed and used in agriculture for soil nourishment, as well as for koi and pond keepers. This top layer, since it is open to the environment, contains whatever is blown in with the wind. (i.e. sand, seeds and other natural elements in the air.)

The next layer down (a few feet below the surface) when mined, is screened at around 285 mesh and packaged as **Red Desert® Clay** for **Pets**, and **Red Desert® Bathing Clay**. There may be larger particles and a small amount of elements blown in from Mother Nature naturally occurring at this level, so we do not recommend people eat this.

Animals in the wild are known to hang out where calcium montmorillonite clay exists eating the top layer – so this works out well for them.

As we go much deeper in the mine, we reach a layer of pure rock hard strata, which is removed and packaged as our edible **Red Desert® Clay** for **People**. This layer is the purest vein and goes down more than 25' below the ground surface. When mined it is carefully and finely screened to filter out and remove any natural elements and larger particles with a very fine mesh (around 400 mesh). This is a very labor intensive, slow process and more costly.

### 2) What is the Difference Between the Tablets and the Powder?

The tablets are compressed powder. Approximately six tablets equal 1 tsp of clay powder. About 95% to 96% of the tablet is clay and the rest is binders used to hold the clay in tablet form. Tablets are very convenient and easy to use.

The powder is more versatile and economical, in that it can be used internally as well as externally, for facials, teeth brushing (wonderful for periodontal issues), spider bites, poison oak, bee stings, poultices etc.

### 3) Does **Red Desert® Clay** contain a lot of Iron?

There is 4.35% iron naturally occurring in Red Desert™ clay along with 60 other nutrients.

**Red Desert® Clay** contains FeSo3, which is a natural iron oxide that can be assimilated without harming your body. It is in ionic suspension and won't be easily released unless the body demands it. Further, a tablet of **Red**

**Desert® Clay** contains only 4.35% iron, which is still more than the recommended minimal amount for an adult, but vastly less than is considered toxic by the CDC. Even if iron oxide were toxic, you'd have to consume the whole bottle in one sitting to exceed safety guidelines.

**A WORD ABOUT FERROUS SULFATE** - **Ferrous Sulfate** is prescribed to people with iron deficiencies. If a bottle of ferrous sulfate tablets is left in the vicinity of children, and precautions are not taken to ensure that children do not access the tablets, then a child might become poisoned if they ingest the substance. This is not “Iron”. **It is a highly toxic form of refined iron, and we would never eat this.**

Ferrous sulfate is  $\text{FeSO}_4$ : a byproduct from the process of the finishing of steel prior to plating or coating. This treatment produces large quantities of iron sulfate as a by-product. Another source of large amounts of iron comes from the production of titanium dioxide from ilmenite via the sulfate process. Ferrous sulfate is also prepared commercially by oxidation of pyrite, or by treating iron with sulfuric acid.

#### 4) How Much Red Desert® Clay Should I Use?

How much clay to use is a personal choice. Internally I take one heaping tsp of edible clay every day in a glass of water. I also brush my teeth with some of the thick mud right after I have flossed.

**NOTE:** If you or your pet are taking medications, check with your doctor or pharmacist for the possibility of clay removing them from the body. The book **The Clay Cure** (available on our shopping cart) suggests taking clay 2 to 3 hours away from medications, but still check with your doctor.

If you are currently under chemotherapy or radiation, calcium montmorillonite clay will likely contradict with your treatment, for its job is to pull poisons out of the body.

This high quality clay is often used after these types of treatments – but always check with your doctor. Chemotherapy is a heavy metal – platinum. Calcium montmorillonite clay may remove this quite effectively... along with other metals that do not belong in the body.

Lithium is medication, which calcium montmorillonite clay will bind to.

#### 5) Can I Overdose on this Clay?

When taken in sensible amounts, it would be hard to overdose. Everyone is different and some will take tiny amounts and others much more. If you have health concerns always ask your holistic MD or naturopathic doctor to assist you.

#### 6) How Long Will it Take for the Clay to Work?

Although the clay starts working right away, the greatest effect will be with consistency over time. Some people will notice acid reflux symptoms are relieved, others will feel detoxification symptoms and others will feel the decreased pain in their joints and have more energy within days.

**I cannot stress enough** ~ *The greatest effect is with consistency over time.* I have been eating the **Red Desert® Clay** every day for nearly 5 years. As toxins are removed from the body, the deeper inbedded toxins will migrate to the surface of the cell and continuously be removed OVER the MONTHS.

If the food and water you take in are high quality, detoxification will be faster. **\*\*AND Equally IMPORTANT\*\*** Since most people's diets are not sufficient in minerals, the clay will be quite helpful in supplying minerals to nourish the cells and build bone strength.

## 7) Can I Brush My Teeth With The Clay? Peridontal Issues

We do. But only use the Edible **Red Desert® Clay** since it is screened to the finest purity and tiniest particles. This clay has a wonderful affinity for unfriendly bacteria which sits around and under the gum-line. Often your dentist will comment that your pockets in the gum-line have disappeared.

**GUM DISEASE** Those with gum disease have seen excellent results over time when brushing with the clay as mentioned above, binding to and removing unfriendly bacteria.

**INFECTIONS** When my daughter had an infection around a tooth needing a new crown, she packed thick clumps of wet clay around the tooth 3 times a day for 2 days and the infection cleared up. The dentist was quite surprised that she did not use the anti-biotic.

## 8) Will the Red Desert® Clay Remove Candida Albicans?

Some people have reported to me that their candida is cleansing out when they added the clay to their regime... this is probably happening because as the body is detoxified, the immune system function improves significantly – which eats up candida, bacteria, viruses etc.

Many people are taking other products along with the **Red Desert® Clay** to more quickly alkalinize, oxygenate and remove candida. Adding pH booster to your water will boost the water alkalinity to 9.5, which is 500 times greater than 7.0.

## 9) Will the Red Desert® Clay Help Osteoporosis?

Calcium, magnesium, boron and silica are very important components in bone formation, along with Vitamin D3 and exercise.

**Red Desert® Clay** contains all of these minerals and is very, very high in naturally occurring silica...55.3%, which is an essential mineral of significant value for bone formation... necessary for calcium absorption into the bone itself, for remineralization of bones and can aid in increasing cartilage between joints. Silica is present in your hair, nails, and skin and is needed for flexible arteries.

**UPDATE:** I have added the MSM powder to my regime - 1/2 tsp in the am and the pm. After a couple of weeks I noticed less joint stiffness and better flexibility.

**Neva Jensen wrote:** "Calcium depends on alumina silica for entry into the bone...silica changes the arrangements of the atoms within the calcium molecule, thus enabling it to enter the bone cell. Without the silica, which is often missing or very low, the calcium attaches to the outside of the bone, but is unable to enter within the bone mass itself."

**Customer feedback:** "I have been using **Red Desert® Clay** for about a year This year my Dexascan results improved. I went from borderline osteoporosis in my back to osteopaena. I work out regularly because of the history in my family. This was such good news--I told my doctor about **Red Desert® Clay** and she is going to research it. My daughter put me onto it, so I want to thank you for a health saving product for me."  
- Jeannette W. Las Vegas

**Remember** ~ although calcium is necessary for bones, there must be adequate magnesium present to break down the calcium molecule for absorption; otherwise the calcium attaches to joints, becomes kidney stones, gall stones, arthritis, arterial plaque, restless leg etc.. Often people have calcium in their body, but not in their bones due to the missing magnesium and of course silica.

## 10) Will the Clay Remove Parasites?

I have heard through customer feedback that after regular use of the **Red Desert® Clay** the parasitic situation in their personal health or their pet's health has cleared up. It is most likely due to the cleansing effect of the clay, which creates an internal environment where parasites cannot survive.

A person can make a paste of the clay and apply it externally to any affected areas as well... washing the clay off, once it has dried.

## 11) How Long is the Clay good For?

The **Red Desert® Clay** has been located in the desert for millions of years and will long outlive us. It does not need to be stored in any special conditions, however, it will clump a bit if left in very cold temperatures or in high humidity - Just store in the pantry.

## 12) Can I use the Edible Clay for Bathing?

Absolutely. We suggest our bathing clay, which is minimally screened AND less expensive. The edible clay is screened for the highest purity and edible use, and is our most expensive clay due to this labor intensive process. If all you have on hand is the edible clay, by all means use some for a bath.

## 13) Are there any side effects?

There are no side effects that we know of from eating our clay. However :

**a.** Before you eat our clay ask yourself: Do my bowels move like a rope, or like passing rocks? Most people who do not eat enough fiber or get enough magnesium, do not have smooth moving bowels. So take magnesium to correct the situation – and consider adding in lots of fiber and extra water to your daily regime. (We carry the magnesium on our shopping cart.)

Clay helps clean the colon and needs moisture as it moves through. If you find your bowels slow down eating the clay, increase the magnesium powder. Sometimes 2 teaspoons in the evening works well, and maybe another teaspoon in the morning.

**b.** Detoxification – Occasionally, we have hear from a customer using the clay who experienced headaches. This is not common, however some people are sensitive and when mercury or lead for example are leaving the body or other poisons, chemicals etc., you might not feel well. This is not usually the case as most people feel just fine or even have more energy. You may want to reduce your dosage.

**c.** Silica - Two people in the past 6 years have stated that their bodies cannot assimilate silica, which is a naturally occurring mineral in the clay 53%. Silica is present in about 1/4th of the earth's crust; considered essential to human health, and is necessary for moving calcium into the bone cell. I have been eating Red Desert Clay® for 6 years every day. If you believe silica is a problem for you, consult your physician before eating the clay.

*Silicon (Si) is present in more than one fourth of the earth's crust and is widely distributed in the soil, plants and water. In the body, silicon is found in highest concentrations in connective tissues such as collagen, tendons, cartilage, the trachea, blood vessels (particularly the aorta), eyes, dental enamel, bone, hair, and skin, specifically the epidermis. Silicon-deficient diets resulted in retarded growth, poor bone development, and more atherosclerotic arterial plaques in animal studies. Silicon has a similar healing potential on cartilage and joint degeneration as sulfur, so both can be helpful for various types of arthritis.* by Ronald Roth, Acu-Cell Nutrition - acu-cell.com

#### 14) Why Is this Clay Termed a “Living Clay”?

Each particle of **Red Desert® Clay** is alive with its' own ionic field of energy.

"Living Clay has not been chemically treated in any way. The extent to which the clay mineral ions become active determines its classification as “living clay.” The formation of clay mineral spheres from hydrothermal activity, consistently hot temperatures and minimal rainfall, allows each particle of clay to create its own ionic field of energy, each particle becomes an ion...hence an abundance of negatively charged ions is referred to as Living clay." -By Neva Jensen.

#### 15) What is the Difference Between **Red Desert® Clay**, **Betonite**, **Pascalite** and Other Clay?

There are numerous factors which sets the **Red Desert® Clay** apart – location of the mine, the particle size, the elements it contains, i.e. high silica content, and the scientific studies.

The **Red Desert® Clay** mine is located in the hot dry California southwest desert. The high heat and arid conditions keeps the clay particles in an 'open ion state' creating stronger pulling power for removing toxins. It also allows for high alkalinity and smaller particle size as explained below. It is termed “living clay.”

In the heat of the desert, the rainfall is minimal, moisture is nearly non-existent, and temperatures are consistently high; therefore there is almost no leaching of minerals. No drying is needed as found with other betonites and montmorillonites. This means minerals and trace elements are not lost, and washing away of the ions and chemical hydrolysis is almost non-existent.

Clay deposits found in colder Northern areas where there is significant rain, snowfall and leaching of minerals are not as likely to be found in an 'open ion state.' The ionic charge will be less and most are not meant for daily internal use when we look at the clay analysis.

A very important component of the "pulling power" of any clay is the **PARTICLE SIZE**. Most of the particle sizes of **Red Desert® Clay** are 2 to 3 microns in size. This microscopic size allows for a huge surface area of clay to pull out toxins. This is very, very important. The smaller the clay particles, the larger the surface area...the greater the amount of toxins, bacteria, impurities etc. are pulled out of the body. **Silica** in the **Red Desert® Clay** is 55%, **which is an essential mineral of significant value for bone formation... necessary for calcium absorption into the bone itself, for remineralization of bones** and can aid in increasing cartilage between joints. Silica is present in your hair, nails, and skin and is needed for flexible arteries.

**Betonite** is a tradename originally given to clay found near Fort Benton Wyoming; and it is a sodium montmorillonite (not edible). Betonite has become a nickname used for nearly every clay product, making it very confusing for people looking for quality edible clay.

**Pascalite** was the name of a French-Canadian trapper and prospector who began mining clay in 1930 in the Big Horn Mountains of Wyoming, which has been marketed as Pascalite clay. This company classifies their clay as "calcium montmorillonite", however it is approximately .9% calcium and 9.7% silicon, which cause large particle sizes. The Pascalite is mined and then solar dried for about 9 months to remove all the moisture.

## **16) How Long Do I have to Use the Clay Before I Feel a Difference?**

The **Red Desert® Clay** will start working right away on the entire body at removing poisons, i.e. heavy metals, bacteria, environmental toxins, nicotine, parasites, pathogens, radiation etc...keeping them from being reabsorbed into the bloodstream. At the same time minerals are left behind for absorption into the cells when eaten. The effects are wide and varied.

The greatest effect will be with consistency over time; although some customers feel an increase in energy within days.

## **17) Will the Clay remove mercury toxicity?**

**Red Desert® Clay** binds to heavy metals, i.e. mercury, aluminum, lead, arsenic, copper, nickel as well as pathogens and many other toxins. It is very important to have your dental amalgams removed, to stop the constant exposure to mercury vapors, which leak from these amalgams 24/7. Mercury bio-accumulates in the brain, and triggers many health issues.

## **18) Is This Clay From Volcanic Ash?**

The original minerals that **Red Desert® Clay** consists of, contain rocks that were formed from volcanic activity during one period in earth's history (tectonic activity) and transported by water and gravity to its current location millions of years ago.

The original rock, which formed the earth from the big bang, is the primary source of all elements on earth. What makes clay is the processes in nature, i.e. weathering over millions of years, exposure to the elements, water, freezing ice, thermal heat, nature grinding, etc.

## **19) Medications and Clay – Is it ok to take both?**

Good question but we must always refer everyone to their doctor or pharmacist for possible contradictions.

Don't take clay during radiation or chemo treatments but ask them about taking clay a few days later.

Generally speaking edible clay is taken 1 to 2 hours before medications or two to three hours after medications according to the book *The Clay Cure*. Stop taking clay during a regime of antibiotics and resume afterwards, and always take probiotics after completing a round of antibiotics to replace the beneficial flora. There have been some reports years ago about clay hypothetically interfering with absorption of birth control pills although we have not been able to substantiate this.

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