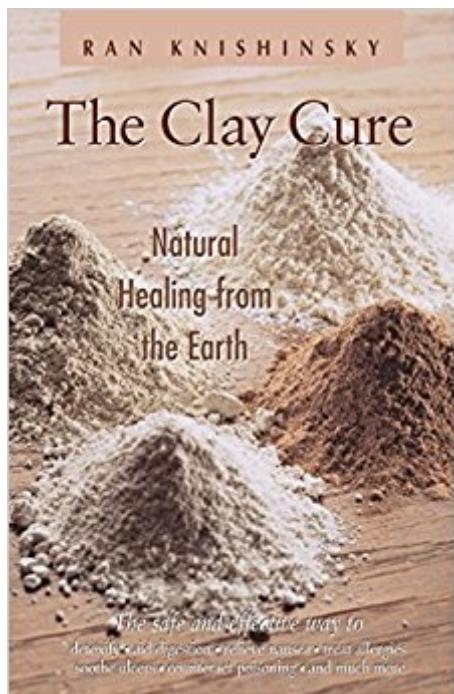


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# The Clay Cure : Natural Healing From The Earth



## **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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## **Customer Reviews**

HEALTH An exceptional source of minerals, clay has been ingested as a nutritional supplement and detoxifier throughout the world for thousands of years. The Clay Cure reveals the benefits of trusting that ancient wisdom and using clay powders, capsules, or liquid gels. 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 clay eating, and the value of minerals contained in the many varieties of clay. RAN KNISHINSKY has been eating clay for more than seven years. He is a writer and the owner of Health Wise, a homeopathic dispensary and health food store in Phoenix, Arizona.

Ran Knishinsky has been taking clay supplements for more than seven years. He is a professional health researcher and writer and the founder of NutraConsulting, a consulting firm to the natural products industry. He is the author of Prickly Pear Cactus Medicine and The Prozac Alternative.

Information book this is a useful tool along with the clay you choose to drink or apply externally. REALLY GOOD! Someone I know is having back pain and I gave this book to that person to find out how clay works to heal pain. I would definitely order this book again!

Loved this book! It's a small read really (at least for me) but this is a nice introduction to whoever is wanting to dive into the edible clay world. If you are looking for something more of external clay use then this may not be your book, though Ran Knishinsky goes over it but very briefly. He even recommends to purchase The Healing Power Of Clay: The Natural Remedy by Michel Abehsara if that is what you're looking for. The only thing that I would have really liked more is having the resource guide updated but overall this book has been an eye-opener!

Love the information in this book; it makes so much sense!. And it seems to work. Having been sick (chest cold) haven't been able to fully follow the regime because the clay would negate the effects of my medication. Hope to follow the plan as soon as I'm done with meds.

This book is about the history of mud. It is somewhat interesting, but most of the information you can find on the internet. I was purchasing it so that I can get recipes but it doesn't have it. And even says in the book that they don't have recipes.

Really great and detailed read...inspired me to get clay soap and use it on my body. I won't be ingesting it because I am on a lot of good supplements already but this is a great read and really

affirms that we need minerals and clay is an excellent source.

Awesome book, small but packed full of reasons to use Redmond Clay Powder. Great little book, very informative!

Reading this book gave me the information I needed to launch a protocol to heal my bowel and body! worth every penny.

Did this cleanse and worked pretty well! Lost weight even!! Worth the read!

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