

About Redmond Clay

Redmond Clay is an old "Home Remedy" that generations of people have used for a variety of ailments. Redmond Clay's origins are as old as the practice of putting a mud poultice on a bee sting. Geologically, Redmond Clay is volcanic ash that was deposited in sea water approximately 150 million years ago. Technically, Redmond Clay is a swelling-type sodium bentonite. Redmond Minerals brings this "clay of a thousand uses" to market in its natural state with no additives, chemicals or preservatives. The only processing it undergoes is crushing and screening.

Since there are no proven studies to indicate that Redmond Clay is effective in curing any ailment, this document serves only as an educational example of how Redmond Clay has been used historically.

External Uses

Mix the Redmond Clay with water to make a gel the consistency of mustard. Then apply the gel/paste directly on the skin for a drawing effect, as in the case of a bee sting, mosquito bite, boil, spider bite, stinging nettle, etc. If the clay is not covered it will dry out, and as it dries, you will feel it draw and pull. If you want a tightening effect, as in the case of a facial for acne, pimples, or minor cuts, leave it on until it is almost, but not totally dry, then remove. If you want a more cooling and soothing effect, as for burns or scrapes and bruises, cover the gel with a plastic covering or wet cloth so it won't dry out. To remove the clay pack, simply wash it off with water and a gentle rubbing motion. Do not reuse the clay pack. Other external uses have been as a talcum powder or a diapering powder.

Internal Uses

Redmond Clay has been taken once or twice daily with or without food, as desired, by mixing 1 heaping tablespoon of the mixed gel in 1/2 glass of cold water or juice. There is no laboratory proof that Redmond Clay is effective for any internal disorders, but people have taken the clay on a full stomach for acid indigestion or heart burn for its cooling effect. Taking the clay on an empty stomach in the evening has been known to bring relief for ulcers. Some people have felt that its ability to absorb water is beneficial for constipation. In the same sense, it seems to absorb moisture thereby relieving diarrhea.

Pre-mixed ready to use gel

Mix two parts water with one part Redmond Clay to make a gel or mud. You can use a blender or mixer to speed up the process or you can just shake or stir by hand and then wait 3-4 hours for the clay to activate. It should make a mud the consistency of mustard. If it seems too thin, add more clay. If it seems too thick add more water. Keep the gel in a covered, non-metallic container and it will not dry out and will not separate. It stores with or without refrigeration for an indefinite period. If it does dry out over prolonged storage, just add water and remix.

For more information see the following books:

Earth Cures by Raymond Dextreit

The Clay Cure by Ran Knishinsky

The statements on this page have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.