

Tips for using clay baths

2005 presentation in Tempe, AZ

1. The body's **pH balance** is very important to the effectiveness of the bath. The clay bath kits include pH test strips.
 - You put the strips in saliva to test your pH.
 - "Perfect health" is pH of 7.0 - 7.4
 - Must have pH of 6.0 or greater to safely give bath at full strength. If you're below 6.0, use a footbath.
 - What you eat affects your pH level. Your test results will change every time you eat.
 - There are 10 pH test strips in the clay kit. There are 10 cups of clay in kit. Average adult bath amount is 1 cup of clay. You will need more pH test strips for kids, because they use less clay.
2. **Bath temperature** for children should be 100-102 degrees F. Instruction for adults is 102-104 F. Get a digital baby thermometer to check the temperature.
3. An **inexpensive blender** helps with mixing the clay.
 - To mix in blender: Fill blender pitcher about 2/3 up with bath water, add 1/4 cup clay, mix, pour into bath. Repeat until you reach clay amount. Example: 4 times for 1 cup bath (adult).
4. **Cell Food (Lumina Health brand)**. Recommendation is for several drops before AND after the bath to immediately supplement and replenish minerals and electrolytes. This product includes a lot of trace minerals, enzymes, amino acids, electrolytes, and something called "dissolved oxygen." A key benefit is the delivery of oxygen to the cells. More information at <http://www.luminahealth.com>.
 - Cost is about \$24 in health food stores.
5. **Footbaths** are good for elderly, frail, really sick (e.g., cancer, autoimmune)
6. **Clay storage**. After you mix the herbs with the clay, store the mixture in glass if possible.
7. Some recommended **books and resources**:
 - Alkalize or Die
 - The Clay Cure
 - Food and Behavior
 - Reversing Chronic Disease, by Tom Warren (currently out of print) but info at <http://beatingchronicdisease.com>