



Calcium Bentonite Clay Tips & Testimonials from Perry A~

It's Perry A~ and I am back. Though we sold the Living Clay business in 2015, I have not retired from educating people to the plethora of uses of Calcium Bentonite Clay and answering their questions (512-773-0335 perrya@perrya.com) in an effort to understand this complicated natural substance. As I promised I will maintain the free clay information website www.BentoniteClayInfo.com. Since retiring from the webinars due to ongoing increasing expenses, I am picking up the slack by sending tips, articles, suggested protocols and new testimonials to share the magic of Bentonite Clay.

For a definitive guide to understanding and using clay I recommend my newest book *Calcium Bentonite Clay Nature's pathway to Healing – Balance, Detox, Stimulate, Alkalize*. You can order from www.TheClayBook.com or [Amazon](http://Amazon.com).

Today's Tips & Testimonials is about caring for yourself and your loved ones throughout the cold and flu season.

Tis the Season for Flu and Colds. Be prepared with liquid and topical clay.

Horrendous Sore Throat

I was visiting friends in San Francisco and had brought along a gift of the clay for the family. On the third morning, I awoke with the most horrendous razored throat I'd had since college. I could barely swallow and couldn't eat. Usually, I would take echinacea and gargle with peroxide for about 5 days and, if caught in time, the cold (or flu) would stay in check. Unfortunately, I didn't have these with me and my host didn't have them either. What they did have was the clay! I borrowed a tablespoon back, swirled it into a glass of warm water then gargled. Even before I spit out the first round, the pain was gone ... from misery to pain-free within seconds! I gargled a few more times then proceeded to have breakfast and a very fun rest of my vacation. - Claudia C.

Clay for Flu Preventative

Last week one of my co-workers came back to work after being out for a week with the flu. When she came back to work, she was having a relapse -- she was still sneezing violently, with total disregard to who she sneezed on, blowing her nose all over the place, and still running a fever. Her face was flushed red. She handled the phone, she handled every door knob in the place, she ate in the kitchen, she used the same bathroom I was sooooo upset, b/c I just knew I'd catch the flu from her. I went home and put 1/4 cup of clay in a 20 ounce water bottle. I literally carried it around with me for about 3 days, and drank on it throughout the day. I would re-fill it as needed. And I did NOT catch the flu from her !!! I did not take any other vitamins or supplements -- just the strong clay water !!! - Jan D.

Other suggestions

A Clay Mask application over your sinuses, and glands under the jaw. For the hacking cough and to help clear bronchial tube and chest congestion apply warm Clay Mask and let it dry. Put some Clay Mask in a small Ziploc bag and warm it in a pan of hot water. Snip one end and squeeze out. Then refold the corner and tape it closed for next time.

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