



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 Fibromyalgia and Chronic Fatigue Relief

I wanted to share how much doing liver poultices every day has been helping me. I've been diagnosed with several health conditions including fibromyalgia, chronic fatigue, sarcoidosis and heavy metal toxicity. One of my main symptoms is severe food allergies and mal-absorption of nutrients. I started taking daily baths and foot soaks and drinking liquid clay internally and immediately felt much better.

I've also noticed a big benefit from doing liver poultices on a regular basis. As soon as I start putting the clay on my liver I can feel my body relax significantly and something just "unwinds" internally.

It's a very interesting feeling. I usually have to go the restroom within 5 minutes of putting the clay on and I feel lighter and happier and more relaxed in general after doing a half hour to two hour poultice. I finally started to gain some much need weight and have been feeling more relaxed overall since I added the poultice to my clay regimen. If I feel irritated or out of sorts about something putting a liver poultice on immediately helps improve my mood. It's great! – Audrey W.

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