



## 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](mailto: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](http://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](http://www.TheClayBook.com) or [Amazon](http://Amazon.com).

Today's Tips & Testimonials is about Rheumatoid Arthritis.

I have been suffering from Rheumatoid Arthritis for almost 3 years now and few of my joints are in quite a bit of pain. I was told by one of my friends that Bentonite clay helps. I am on a diet where I take supplements like Calcium, magnesium, vitamin c, b, d etc. as recommended by a dietitian.

I currently have issues in the following joints because of my RA -

My both wrists hurt pretty bad and had swelling. The range of motion on right wrist is also limited. Suffering with wrist problems for almost 1.5 years

I have swelling and pain in my right knee and have the issue for more than a year. It's hard to walk long distances or stand on my feet for long

My neck had some knots I believe and it hurts to turn it sideways or even up and down

Had pain and swelling in my right elbow joint for 3 months

August 5th - Used the clay poultice on my knee, neck and wrist joints and slept with it the whole night. Did not see much difference.

August 6th - Started drinking 2 ounces in the morning and 2 ounces in the evening. Also applied poultice on my wrists, elbow and knee joint. Elbow started to feel better. Noticed some mild rash on my right wrist.

August 7th - Started drinking 4 ounces in the morning and 4 ounces in the evening. Also applied poultice on my wrists and knee. Noticed some mild rash on my right wrist but my elbow pain is quite negligible and also started feeling less pain in my wrist and knee. Went biking for 30 minutes.

August 8th - Started drinking 6 ounces in the morning and 6 ounces in the evening. Was able to move my neck quite freely. Pain went down like 50% in my neck. My wrist also is feeling little bit better. Swelling and pain in my elbow is almost gone.

Overall I am feeling good and am pretty happy with the results that I am seeing in just 4 days. I intend to continue using it at least for a month. Thank you so much for your guidance and bring awareness of the many benefits of Bentonite clay. – Prathimka D.

Perry A~

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