

Calcium Bentonite: Specific Applications & Proper Utilization

Baths, are taken for detoxification purposes, by drawing out toxins, chemicals, poisons, heavy metals, radiation, unwanted bacteria, and viruses, out of the body efficiently through the skin (The Epidermis; the largest organ in the human body), without them all having to pass through the blood stream.

Pure Pristine Calcium Bentonite is extremely effective, and much less invasive than detoxification through the blood. Traditional compounds, and herbal detoxes cause the bad bacteria to release all their toxins into your body, and blood through your small intestines, and in most all cases must be slowed down, and/or stopped soon after starting, or in the middle, do to widely noted complaints, including but not limited to, weakness, low energy, tiredness, general fatigue, headaches, nausea, heart palpitations, fibrillation, arrhythmias, or possibly heart attacks, stroke, even death.

Instead, simply soaking in a hot tub of Calcium Bentonite, and heating the individuals body for over 25 min to 1 hour in the Calcium Bentonite baths, the cells will begin to open up after 25 min. and start discharging their toxins, chemicals, heavy metals, radiation, viruses, bacteria, and poisons, reducing, or completely eliminating sore muscle pain. The results are much quicker, cleaner, and less expensive detoxification, with renewed energy, vitality, stamina, youthfulness, and clarity, without all the undesirable needless stresses on the functions of the internal systems.

Calcium Bentonite: Specific Applications & Proper Utilization

STEPS:

1. Turn on a **heater in the bathroom** area with the door closed to raise the air temperature in the room, which will keep the bath water from cooling, over a longer period of time.
2. Unscrew the top drain and turn it over **Tape the drain** at the top of your tub to allow a higher level of water.
3. Turn on the water and immediately begin to **poor in under the tap 2-4 cups** of Pure Calcium Bentonite Clay powder. (It will disperse in plumes throughout the entire tub and bath water.) (It will not hurt your pipes nor clog your drains at all.)
4. If you are utilizing a shower filter to fill the tub, you can mix 2-4 cups of Bentonite powder in about 2-4 blenders full of water and pour them in the hot bath water or just prepare your mixture in gallon bottles, or jugs ahead of time.
5. Lower your head under the water allowing only your mouth, and your nose to be above the surface of the water at least for some of the time.
6. When you have completed your bath quickly towel dry, and **wrap yourself in sweats, and a blanket, socks, and a beanie, and continue to sweat** out the toxins, and poisons, or quickly towel dry, and go power walking or jogging immediately after your bath.
7. Baths can be taken more than once a day however 3 times in one week is more than sufficient to detox most all disfunctional health situations. **The very first bath is known to have dramatic positive effects on so many health situations.**
8. Older individuals with week heart conditions can have a medical professional assist, by monitoring their heart rate avoiding any complications when taking a hot bath.
9. You can **obtain a thermometer from a pool supply store** to measure the minimum 106o temperature of the hot water. **I start with 112o, and keep it up over required 106o the entire time.**

Calcium Bentonite: Specific Applications & Proper Utilization

Poultice & Body Wraps: Mix Pure Pristine Calcium Bentonite powder, for a poultice, with one-part Bentonite and 2 to 2-1/2 parts pure water depending on your desired thickness. Let the mixture stand for 6 to 12 hours to completely thicken, and become smooth gel. Do not utilize metal spoons, or bowls. Plastic, wood, or glass is acceptable. Apply the gel directly to the skin thickly. You can then place a layer of gauze, or cotton linen rags (no synthetic fabric) on top of the Bentonite adding layers until desired thickness is achieved to draw out of the body. Then wrap the poultice in cellophane to prevent it from drying out. Then we suggest you can place an ace bandage over the cellophane to keep it in place.

This 100% negative charged ionic wet Calcium Bentonite mineral will continue to draw out of the body like a magnet for 12 hours, and more **adsorbing**, and **absorbing 33 times** its' own molecular weight in unwanted, positively charged, ionic matter (toxins, chemicals, poisons, heavy metals, radiation, unwanted bacteria, and viruses).

FACIALS: **For a youthful purified tightened skin results** Mix one-part Calcium Bentonite powder with 3 parts pure water for a thin mask. No metal utensils, or bowls. Plastic, wood, or glass is acceptable. Let the mixture stand for 6 to 12 hours, to thicken into a gel with the approximate thickness of sour cream. You can apply the gel thinly to your face or dap it on thicker without rubbing it on. You may opt to utilize hot towels before, or warm steam while wearing the mask if desired, but not necessary. Allow mask to dry slowly, and naturally without wind. When dry it's finished working, remove it gently with splashes of water (don't scrub). If any sticks to the skin it's holding on to something under the skin, dab more clay on the spot to pull out what is underlying the skin by allowing it to dry once again.

Calcium Bentonite: Specific Applications & Proper Utilization

PURE CALCIUM BENTONITE has been UTILIZED for THOUSANDS of YEARS to pull out toxins, poisons, heavy metals, chemicals, radiation, unwanted bacteria and viruses, and can be directed to desired specifically designated parts of the body (Kidneys, Liver, Jammed or aching joints, Bruises, Muscles Soreness, Back Pain, Sprains, Carpel Tunnel Syndrome, Sports Injuries, spurs, corns, calluses on feet, hands, Tendonitis, Swellings, Inflammation, Broken or Fractured bones etc.), most disfunctional skin disorders (Infected gangrenous wounds and sores), (cools Burns immediately and regrows the skin within 5-12hrs.), **Removes:** Scar Tissue, Keloids, Rashes, Sunburns, Blisters, Snake, Spider & Insect Bites, Wasps, Scorpions, Bees, Fire ants, Skin Blemishes, Spider Veins, Varicose Veins, Age Spots, Wrinkles, Warts, Eczema, Shingles, Psoriasis, Rosacea, (Poison Ivy, Poison Oak & Poison Sumac), Cradle cap and Diaper rash, Leprosy, Flesh Eating Disease (Removes the virus & regrows the skin, says World Health Organization), Melanoma skin cancer, Abscesses, Cysts, Boils, Polyps, Tumors, Fibroids, Hemorrhoids, Athlete's Foot, Toenail fungus, Gout, Frostbite, Herpes Virus Sores, Abrasions, Cataracts, Heals Bullet and Knife Wounds, Removes Radiation & Chemtrail Exposure

INTERNAL UTILIZATION, ORAL CONSUMPTION is completely safe, **100% Non-Allergenic, totally Naturally Antiseptic**, and extremely effective in assisting at increasing energy levels, and cell detoxifying cleansing rejuvenation, by removing oral, and digestive tract disorders as well as all the destructive, debilitating positive ionic matter (toxins, chemicals, poisons, heavy metals, radiation, unwanted bacteria, and/or viruses) allowing the body to return to its' normal Homeostasis healthy state and thus heal itself by unblocking the pathways to regain optimal youthful pristine health.

Calcium Bentonite: Specific Applications & Proper Utilization

Certified by the FDA as G.R.A.S

*“Generally Recognized as Safe for
Human Consumption”*

*“Approved for the treatment or
prevention of Osteoporosis”*

It is literally the most absorbable form of calcium on this planet.

*There are NO known and/or Reported negative side effects from this Naturally Pure Organic
Calcium Bentonite*

DIRECTIONS: Mix 1-part Pure Calcium Bentonite to 9 parts good purified water. You can take an empty 1-gallon glass apple juice bottle, then fill it half way with the purified water, and add 12oz of powder. Shake it vigorously several times over a few hours, then add more water, leaving room to shake. By the next day it is smooth, the fifth day of shaking it once a day it is completely smooth, and palatable. It has almost no taste, and we do drink it straight, or when added to apple juice, or any juice, it takes on that flavor, and makes it like a smoothie. You can mix powder directly into your smoothie, and blend it. I prefer the 2-5-day smoother more palatable mixture. NOTE: CLAYS ARE UTILIZED IN CHOCOLATE MILK AS A THICKENER.

Drinking Pure Calcium Bentonite to detox has helped to address a multitude of disfunctional health situations for thousands of years, including but not limited to reversing heartburn within seconds after drinking it. It absorbs unwanted bacteria (addresses Dysentery & Cholera), and viruses (addressing Gout and Herpes permanently), absorbs stomach poison (within 1-3 min.), and deep intestinal poisoning (within 20 min.), and absorbs / dissolves Polyps, Cysts, Tumors of the Throat, Esophagus, Larynx, Stomach, Intestines, Colon, and Rectum.

Calcium Bentonite: Specific Applications & Proper Utilization

Sore Throat, Swollen Glands, coughing (Gargle 15 min, 4 oz. 9-1 mixture), Ulcers (Stomach & Duodenal), and completely Cleanses the Colon by removing unwanted impacted fecal matter as well as breaking down, and removing the hardened crystallized plaque, and mucus that covers, blocks, and obstructs the small, and large intestinal, and Colon walls, impeding, and starving necessary nutrients, and oxygen from entering, and nourishing the cells of the body. --WHEN IN, AND WHERE BY; ALL DISEASE FESTERS...

~WONDERFUL WEIGHT LOSS TOOL~ (CLEAN YOUR INTESTINES PROPERLY)

Taking Calcium Bentonite clay internally assists in eliminating completely the root cause of many afore stated health disfunctions, and/or other challenges, including but not limited to:

- ✓ **Food allergies**
- ✓ **Colitis**
- ✓ **Viral infections**
- ✓ **Parasites**
- ✓ **Arthritis**
- ✓ **Toxic Poison**
- ✓ **Food Poison**
- ✓ **Worms**
- ✓ **Parasites**
- ✓ **Bad Bacteria**
- ✓ **Sore Throat**
- ✓ **Polyps**
- ✓ **Swollen Glands Throat**
- ✓ **Stomach & Duodenal Ulcers**
- ✓ **Herpes**
- ✓ **Morgellons Dis-ease**
- ✓ **Complete Detoxification**
- ✓ **Gout**
- ✓ **Swelling**
- ✓ **Edema**
- ✓ **Inflammation**
- ✓ **Tumors**
- ✓ **Diabetic Neuropathy**
- ✓ **Cataracts**
- ✓ **Constipation**
- ✓ **Diarrhea**
- ✓ **Heartburn**
- ✓ **Anemia**
- ✓ **Osteoporosis**
- ✓ **Candida**
- ✓ **Acne**
- ✓ **Cancer**
- ✓ **Autism**

Calcium Bentonite: Specific Applications & Proper Utilization

HOW TO TAKE BENTONITE CLAY:

Naturopathic practitioners recommend taking Bentonite clay on an empty stomach, if possible, at least 1 hour before eating or ingesting any other herbs or supplements or prescriptions.

Experts caution that Bentonite clay should never come in contact or rather stay in contact with metal, as it will strip the metal, and leave only rust. Use only glass, plastic, or wooden containers, and/or utensils, to mix the clay with pure clean water.

Doc Mike says, "I started drinking this Calcium Bentonite, and didn't need my glasses any more for reading".

*Ed Clements says, "I went for two colonoscopies five years apart the Doctors both said they had **never** seen a colon this clean, what are you doing, are you doing anything? Ed said laughingly "I told both those doctors, the only thing I do is drink that Pure Calcium Bentonite Clay, and it cleans me out completely".*

*We use it **especially on all our animals** to address so many of their challenges, and dysfunctional health situations from parasites to open wounds, infection(s), bowel and intestinal disfunction(s), to detoxification of poison(s), toxic chemicals, dysentery, cholera, all types of malignant, and benign tumors, cysts, boils, including poison snake & spider bites, and so many different types of kicks, bites, accidents, bruises, mange, etc. Basically, we have successfully addressed every type of dysfunctional skin challenge that we have come across, and we are delighted, and overjoyed that we have the experience(s), and knowledge of such an amazing, miraculous mineral that some of the powers that be would rather keep secret from all of us, to keep us down in darkness, and ignorance.*

Calcium Bentonite: Specific Applications & Proper Utilization

Dorie Says, “I gave it to my two Pomeranians that were old and lethargic, after mixing the Bentonite with “Bragg’s Liquid Amino’s; I poured it over their food, and they both immediately lapped up all that delicious gravy, and to my amazement they got young, and puppylike all over again even started dancing around on their hind legs again with lots, and lots of increased energy. If you witnessed this, you too would understand what an amazing effect this Clay had on their lives, and in keeping them young continuously allowing for them to live on extremely healthy, and energetic for a surprisingly long time”.

*“Calcium Bentonite removes from **your water, your fruits, and vegetables, and/or your body**, Fluoride, Mercury, Radiation, poisonous harmful chemicals, pesticides, toxic chemicals sprayed out of geoengineering airplane chemtrails assaulting all of us continuously bombarding us with Poisons. **Therefore:** We must diligently, consistently, proactively Detox ourselves Fully, AND regularly” --for Youthful Longevity*

Calcium Bentonites’ elevated PH Alkalinity, helps raise, and/or restore the bodies PH alkalinity to the proper levels thus; protecting us against ALL Dis ease.

“No Disease Can Live, and/or fester In a Highly Properly Alkalized / Properly Oxygenated Host.” Dr. Otto Warburg

“What you don’t know, you don’t know.” – Socrates 401BC

Contact us: for more information at Edward@abchealth.info or (818)-613-9206

WEB SITE: <https://www.abchealth.info> (REGISTER TO DOWNLOAD YOUR [FREE E-BOOK](#))

** The FDA has not evaluated all of these statements. The contents of this email are not to be considered medical advice, and are for educational purposes only. If you are experiencing health challenges, always consult your healthcare professional for medical advice, and follow it even if it contradicts the contents of this email / document. **

****This document is the IP. Of ES and its utilization in whole, and/or any part thereof, by any other entity is via written permission only, this is without exception. This document is protected via all International Law(s). Any violation will be held accountable, and is subject to all penalties under said Law(s).***