

Metal Detoxing With Clay For diaper rashes and smelly feet!

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Rashes that are not treatable with antifungal crèmes, zinc oxides and antibiotics are often due to metal toxicity.

Those ugly diaper rashes are often a reaction to the thimerosal in the diapers. Thimerosal is 50% mercury and used as a disinfectant in diapers, kotex, bandages, gauzes and other products.

Bentonite Clay is double-ionic which makes it a lover of metals. This can be instrumental in binding with metals to remove them from the body. A clay bath will draw metals out of the skin and pores of the body helping to cleanse the body.

Kitty litter is made from dried and ground-up bentonite. Warning! Kitty litter may also contain toxic chemical additives to defeat odors so select the kitty litter with “ground clay” as the only ingredient.

Stuff kitty litter clay particles into an old sock (without those darn holes!) until you have at least 3-4 lbs of kitty litter in the sock. The sock will keep the clay particles from going down the bathtub drain and causing plumbing problems. Tie off the sock to keep the clay particles inside.

Dice and boil up a clump of raw ginger root in about 3-4 quarts of water for 20 minutes. Strain out the pulp and save the ginger water. This ginger water when added to bath will open pores of the body to help release toxins.

Throw the sock of clay in the tub and fill the tub with hot water for bathing. Add the strained ginger root and swirl the sock of clay around to make gray water. (Leave the sock in the tub for the duration of the soak.)

Add about 2 cups of Epsom salt to the tub and climb in! Soak for as long as possible while reheating the water as desired. Two hours is a really good soak and 20 minutes would be a bare minimum.

This tub soak with kitty litter will get rid of nasty foot odors due to metals in the feet. (Heavy metals tend to migrate to moisture and “gravitate” to the feet because that’s what they are, heavy!)

As you remove the metals from the skin lowering the gradient levels this will cause the higher levels in the muscle to migrate to the lesser osmotic levels in the skin. When the muscle is relieved of higher levels of metals then it will in turn make room for metals out of the CNS and brain. It is a long row to hoe to reach the brain this way but safer than removing it from the brain first and causing it to migrate from the muscle back to the brain again.