

Module 101 – Pillar Two: Personal Care

Water, Clay & Magnesium



Honu: Maui Turtle
Credit: Bo Blinski

Of course, I think the best water therapy (hydrotherapy) is swimming with turtles.

Hydrotherapy is all about the water but in this module it's what you put in the water that makes it *hydrotherapy on steroids*.

Treating MRSA with Clay

Late one night in 2007, a friend came to me on crutches with a horribly infected foot that was excruciatingly painful, hot, red and swollen to the knee. He refused to go to hospital, where he was sure they would cut off his foot! He said he already saw himself wearing a prosthesis! I said I would help but I gave him an ultimatum that if there was no improvement by the next morning he had to go to hospital.

I blended ½ cup of LL's Magnetic Clay and 1 quart of water into a thick paste and coated his whole leg. His wife and I also gave him Rescue Remedy and the natural antibiotic Sovereign Silver by Natural Immunogenics. We also did some Reiki energy healing work.

I know the power of clay but it was even hard for me to believe that the swelling was down by 50% the next morning. I had been afraid it was an MRSA (methacillin resistant staph aureus) infection, which would be extremely difficult to treat, even with antibiotics.

Each day we removed the old clay which was dried out and cracking and packed on fresh clay and his foot completely healed after a week. No amputation, no antibiotics.

When you have a swollen, painful, infected limb, the blood circulation is so compromised that it's difficult to get enough antibiotics to the site of infection. That's why hospitals should do both - or just do clay first and see how miraculous it can be all by itself!

I don't know if my friend actually had an MRSA infection but that's for the researchers to find out. Let's start having some clay clinical trials and make use of this ancient healing technique.

Inside This Week's Future Health Now! Module...

| | |
|--|--------|
| Treating MRSA with clay... | page 1 |
| Clay for injuries... | page 2 |
| Paronychia and clay... | page 2 |
| LL's Magnetic Clay... | page 3 |
| Clay bath instructions... | page 3 |
| What about the water... | page 4 |
| Magnesium salt baths... | page 4 |
| Vinegar and castor oil foot soak... | page 5 |
| What's coming next week... | page 5 |

Clay for Injuries

When I dove over the handlebars of my bike on the steep hill of Maui Meadows and scraped and bruised my hands and knees, the first thing I did was get my homeopathic arnica pellets out of my backpack to help with the shock and pain. Then I glided home, very gently. There I blended up some clay and slathered it everywhere. I just took arnica pellets every hour and did some deep breathing for the pain.

I was really quite amazed at how quickly I recovered and I'm sure it was due to the clay packs. The inflammation in my tissues didn't get a chance to do any damage because the clay kept clearing the inflammatory toxins.

Paronychia and Clay

Occasionally I get a paronychia. That's just a fancy word for a tiny, but painful, nail bed infection. It happens when you cut a hangnail to the quick and the nicked skin close to the nail gets infected. It's very painful, and if you look on the internet for pictures, they can be pretty gross.

Here's the standard treatment on Medscape for acute paronychia from a doctor at the Cleveland Clinic. I know I'm rubbing it in here, especially with Step 2, but the "overkill" of allopathic medicine always amazes me!

1. Warm water soaks of the affected finger 3-4 times per day until symptoms resolve are helpful.
2. Oral antibiotics with gram-positive coverage against *Staphylococcus aureus*, such as amoxicillin and clavulanic acid (Augmentin) or clindamycin (Cleocin), are usually administered concomitantly with warm water soaks. Cleocin and Augmentin also have anaerobic activity; therefore, they are useful in treating patients with paronychia due to oral anaerobes contracted through nail biting or finger sucking.
3. If the paronychia does not resolve or if it progresses to an abscess, it should be drained promptly. (Draining means cutting into the abscess.)

Sounds like a war zone, doesn't it? When all you really have to do is apply a bread poultice or a clay poultice. I used to use bread but since I don't eat bread anymore, I use clay. Either works but clay is less messy and has more advantages.

At the first sign of redness or sensitivity or pain around your nail bed, wet an inch square of any type of bread and tape it on the area. Use several band-aids or medical tape from the drug store.

If you have clay on hand, mix 1/8th tsp with a few drops of water to make a paste and put an amount the size of a pea on the area and cover with a band-aid.

You can do the treatment at night and in the morning the infection is either gone or has come to a head. With a sterile needle (boiled for 15 min in water) you may be able to pop the skin and squeeze out the pus. Then put another poultice of clay on the area to complete the treatment.

Bread just softens the area and brings the infection to a head but clay draws out the toxins at the same time. That's much different than attacking the whole body with

antibiotics, hoping they are smart enough to target your finger. But they are not. I've said before and I'll say it again, antibiotics are stupid drugs and kill everything in sight.

When it comes to a nail bed infection, antibiotics might not even get to the bacteria causing your infection because all that swelling cuts off the circulation.

LL's Magnetic Clay

I highly recommend clay and especially [LL's Magnetic Clay](#). I talk about LL's Clay all the time for gentle detoxification, treating acne, wounds and other skin conditions.

I've researched detoxing clays – there are hundreds of them, and have settled on LL's. Jared Ramierz at LL's was able to answer all my questions about clay. One of my concerns is the possible mercury content. After all, clay comes from the earth and some areas of the world are contaminated with mercury. LL's provided me with the most recent lab analysis that they regularly do on their clay to show that it does not contain mercury.

Another concern I have about clay is the aluminum content. The amount of aluminum in LL's clay is between 6.5% and 8%, which is the lowest of any bentonite clay being sold. Typical aluminum concentrations in most bentonites are very high, some being as high as 50-65%.

Jared assured me that there are no bentonites that do not contain aluminum. However, it is important to understand that the aluminum contained in these clays is completely and totally inert; no aluminum ions make it into the body's active metabolism. Even if it were a possibility, the clay's absorptive capacity far exceeds any potential for unbound aluminum ions to remain unbound, especially when used in a bath application.

There are several types of bentonite: calcium, magnesium, and sodium. LL's Clay is a sodium bentonite clay which has a much stronger drawing power than calcium bentonite.

Jared tells me that clients and practitioners that have used LL's Clay baths over the past decade have seen hair and blood levels of metals (including aluminum) drop. They also report tremendous success with in the physical, mental and emotional symptoms of autistic children who are using the clay baths.

So, educate yourself about [LL's Magnetic Clay](#) and give Jared a call (800-257-3315) if you have any questions or if you wish to set up a wholesale account.

Clay Bath Instructions

Start with LL's "Natural Clay" – not the ones with herbs. It's very simple, blend 1/4 to 1/2 cup of clay in your blender with 32oz of water and pour that into your hot water foot bath or tub. Soak for 30 minutes and shower off. Do a bath or footbath at least three times a week, more if you have time.

When you blend the clay like this it will never clump and clog drains. When they ship to you, LL's will enclose detailed explanation of how to use several cups of clay at a time but that involves collecting the clay and throwing it out in the garbage.

What About The Water?

Some clay companies are concerned about the chlorine and fluoride in bath water and tell their customers to be sure to use filtered water. That can be a real burden to some people

to have their whole house put on a water filtration system. However, one teaspoon of clay is enough to neutralize an entire bath tub of municipal water that contains fluoride and chlorine. I've done the testing myself on the chlorine in my bath water; positive for chlorine before, and negative after adding clay. I put a few ounces of clay in my suitcase and use it for bathing when I travel. No, I don't carry a blender with me, I just use my blender cup to shake up a few teaspoons of clay so it dissolves and doesn't clump.

Or, at home, if you really want to use clean water, if you have a showerhead above your bathtub, you can fill your tub through a filter. The one I recommended [Pure Earth Filters](#) in Module 26 (*Chlorine Free Bathing*).

Magnesium Salt Baths

Epsom salts are actually magnesium sulfate salts. I talked about Epsom salts in my [Magnesium Miracle](#) book. They are simply called "the salts" by old-time midwives and have wonderful health benefits. Epsom salts are mainly used in a bath where the magnesium is absorbed through the skin to activate the about 1,300 different metabolic enzyme systems in the body. The salts draw toxins from the body, sedate the nervous system, reduce swelling and relax muscles. They also act as a natural emollient, exfoliator, and much more.

You can pick up 4 pounds of Epsom salts for a few dollars in most drug stores and also Costco. Here are some instructions for using the ultimate multi-tasking magnesium. I can't promise Epsom salts will be perfectly pure but I can recommend the purity of [LL's Magnesium Chloride Bath Salts](#) which can be used for the same purpose as Epsom Salts.

Relaxing and sedative bath: Add 2 cups of Epsom salts to a bath of warm/hot water. I always add ¼ - ½ cup of blended clay to my magnesium bath for extra benefit.

Foot soak: Add ½ cup of Epsom salts to a bucket or pan of warm/hot water for a foot soak. I also add ¼ cup of blended clay to my foot baths. This soak can soothe foot aches, remove odors and soften rough skin.

Soak sprains and bruises: Use 2 cups of Epsom salts in a bath or footbath to reduce the swelling of sprains and bruises.

Splinter remover: Soak affected area in a bowl of water with ¼ cup of Epsom salts and it will draw out the splinter.

Face cleanser: I love this application of the salts. As a facial cleanser, mix ½ teaspoon with your regular cleansing grains or cleansing cream. Massage into skin and rinse with cold water.

Skin exfoliator: Keep a basin of Epsom salts in your shower. Wet your body, then massage handfuls over your wet skin, starting with your feet and continuing up towards the face. Rinse off in the shower.

Remove excess oil from hair: Epsom salts can soak up excess oil from hair. Shake 10 tablespoons of Epsom salts into ½ cup of shampoo for oily hair. Use one tablespoon of the mixture to your wet hair. Wrap in a towel for 30 minutes, then rinse.

Hair volumizer: Combine equal parts of deep conditioner and Epsom salts. Work through your hair and leave on for 20 minutes, then rinse.

Vinegar & Castor Oil Foot Soak

You've seen feet where the soles are white and dry and peeling off like the bark of a tree. The dry skin shreds nylons and socks. You may even have feet like that. Without going into the need for omega-3 fatty acids and omega-6 fatty acids (Evening Primrose Oil), let's look at a great remedy for dry feet.

Heat up equal parts of castor oil and white vinegar. Use a pot large enough that will fit your feet and enough oil and vinegar to cover your heels. This is a great opportunity to use your old aluminum pots that I told you to get rid of in Module 7 (*Safe Cookware*). Even better, you can leave the mixture in the pot and reuse it several times. Some of the vinegar may evaporate and you will just need to add more vinegar for subsequent treatments.

Sit the pan in a comfortable place so that you can work on your computer, watch a movie or read a book. Soak your feet for about 30 minutes. Have an old cloth handy to wipe off your feet when you take them out of the pan, and then wash them with soap in the tub or in the shower. You can also massage in some baking powder to cut through the oil and rub off the layers of dead skin.

Until Next Week

Remember, if you don't think you can do EVERYTHING that I outline in the Future Health *Now!* modules, don't worry. I don't expect you to! Even if you just do 20% you'll probably see 80% of the results you are looking for.

Thanks for participating in Future Health *Now!* I hope you have been able to implement some of the strategies that I send each week. It will make all the difference in your future health if you do.

Coming Up In Module 102

Let's explore *Earthing*. I wanted to do a module on Grounding and began to do my research. Then I came across *Earthing*, a book co-authored by Dr. Stephen Sinatra who calls Earthing the medicine of the future. Now, many years ago, Dr. Sinatra called me *The Doctor of the Future* so I figured I better look into what he thinks is the medicine of the future. You'll be amazed at what he and his co-authors have uncovered.

If you have any questions about this module email me at help@drcarolyndean.com



References:

<http://planetgreen.discovery.com/fashion-beauty/13-wonderful-ways-to-use-epsom-salts.html>

Disclaimer: The entire contents of this document are based upon the opinions of Dr. Carolyn Dean – unless otherwise noted. This document is not intended to replace a one-on-one relationship with a qualified health professional and is not intended as medical advice. It is a sharing of information from the 40+ years of research and experience of Dr. Dean. Dr. Dean encourages you to make your own health care decisions based upon your own research and in partnership with a qualified health care professional.

Copyright Notification: Copyright © 2009 Dr. Carolyn Dean and Doctor of the Future Publications. Just because this is a digital file does not mean you are allowed to make copies for other people. That is considered an act of piracy (whether you ask for money or not – though asking for money is super-piracy). You do, however, have permission to share this module with members of your household.