
LL's
MAGNETIC CLAY
DETOX BATHS

The Original • Since 1995

INSTRUCTIONAL GUIDE

Please read these instructions before use.

CLAY BATH PREPARATION

Advance preparation will ensure that your clay bath goes smoothly and you will be relaxed. Set aside a block of time so that you will enjoy the experience and not be rushed. You will need to have the following on hand:

MATERIALS NEEDED

- Duck tape (or another waterproof tape)
- Standard electric kitchen blender
- Surgical or dust mask

DETOXIFICATION SYMPTOMS

Symptoms from toxin elimination are nausea, headaches, light-headedness, a pulling sensation from parts of the body like the stomach, and fatigue.

CONTRAINDICATIONS & CAUTIONS

Not recommended for those that are pregnant or nursing. Always consult with your doctor if you are on prescription medication, have a heart condition, high blood pressure, or other special health concerns. Also, if you are elderly or extremely toxic, weak or ill, you may wish to use less clay or stay in the bath for a shorter amount of time (or start with foot baths). These detoxification clay baths may also remove some minerals and electrolytes, so be sure to replenish. DO NOT take a clay bath after a heavy meal.

CLAY BATH GUIDELINES

Follow the guidelines for the category that best defines your personal health situation. It is recommended that you begin your bath series with the least amount of clay formula in each category and gradually build up to the maximum amount.

Chronic Conditions & Environmental Sensitivity

- Use 1/2 to 1 cup of clay formula per bath
- Space your baths from 5-7 days apart
- Stay in the tub for 10 to 15 minutes

Minor Ailments, Fatigue, “Not feeling up to Par”

- Use 1 to 2 cups of clay formula per bath
- Space your baths from 3-5 days apart
- Stay in the tub for 15-20 minutes

Health Maintenance, Average Health, Active Life

- Use 1 to 3 cups of clay formula per bath
- Space your baths from 3-5 days apart
- Tub time can be a full 20 minutes or more

** Protocol for children - please see FAQ on page 12*

** Clay is slippery when wet - please take precautions to ensure safety when entering and exiting tub baths.*

STEP BY STEP CLAY BATH INSTRUCTIONS

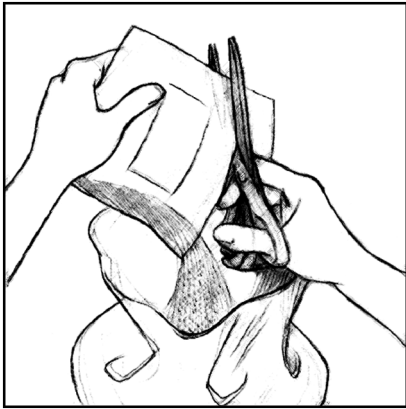


1. BOX CONTENTS & pH TESTING

Included in each bath kit: 5 pounds of clay (10 cups), herbal formula packet*, pH testing strips, instructions, drain screen, and flat rubber stopper. Take one pH strip, put it in your mouth and check its color against the chart. If your pH is 6.0 or above, you can take a full tub bath. If your pH is below 6, a foot bath is

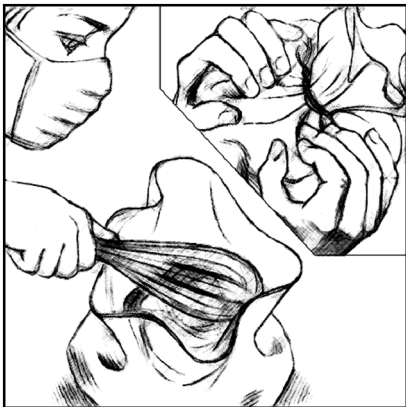
suggested (see footbath instructions on page 10). Optimal pH is 7.0 to 7.4 when maximum detoxification is most effective.

**If you have purchased the "LL's Natural" formula, your bath does not come with any herbal formula packet – please skip to step 4.*



2. COMBINE DRY INGREDIENTS

Wear a dust mask to avoid inhaling clay dust. Open the large bag of clay. Cut the included herbal packet open with scissors, and pour ALL the contents into the large bag of clay.



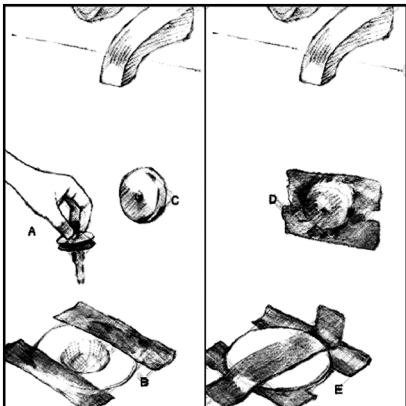
3. MIX INGREDIENTS

Thoroughly mix together ALL of the herb pack & ALL of the clay with a wire whisk in the bag, OR you may close the bag/container and shake until mixed.



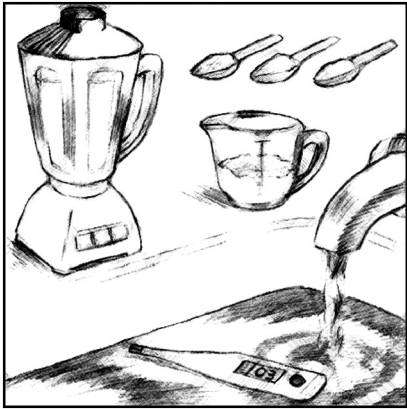
4. MEASURING

Measure out an amount of clay/ herb mix for one bath (see guidelines on page 2 for correct amount) and set aside. Close the container to store for your next clay bath.



5. PREPARE TUB

Unscrew and/or remove the stopper in your tub. Be sure the tub is dry so that the tape will stick. Place the small square screen over the drain and secure with duck tape. Place flat stopper over the drain guard, secured with another strip of tape. Use the duct tape to cover the over-flow drain.



6. WET MIXING

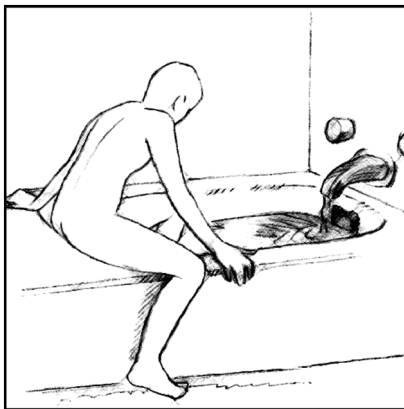
Start filling the prepared tub with warm (not hot) water (102 to 104 F). Our clay formulas are 100% raw and contain no emulsifiers or excipients, and therefore have a tendency to “clump” when not mixed properly. Clumped clay is not as efficient as clay that has been properly hydrated, so please ensure that proper care is taken in preparing your bath.

To dissolve the clay smoothly, here is the most efficient method:

Blender mixing (recommended): Fill blender 3/4 full with hot tap water. Using your measured clay mixture, take 1/2 cup and pour it into the blender (too much at a time may clog your blender). Put on the lid and blend about 10 seconds. Pour out into bath water. Use running tub water to rinse out blender. Repeat the blending as necessary until you have used the desired amount of formula in your bath.

7. DRAINTUB & CLEAN UP

After the allotted time in your clay bath, remove the plastic drain stopper (leave drain screen on) so that the tub can drain. There will be some residue left at the bottom of the tub. Rinse the remaining residue down the drain with warm water and continue to run warm water down the drain for an additional 30 to 60 seconds to ensure clean drainage. Carefully raise your body out of the clay water taking care not to slip (clay can be slippery). Take a tepid shower, making sure to rinse your skin well.





8. REST, KEEP WARM & MOISTURIZE

Moisturizing your skin after the bath helps relieve any resultant dryness from the clay. Make sure your moisturizer is completely natural and free of any chemicals. Dress warmly until your pores close. Replenishing your electrolytes and minerals post-bath is also highly recommended, and a critical part of any detox regimen (see FAQ for details). Drink plenty of water or herbal teas, and rest!

ALTERNATIVE TO CLAY BATHS: THE CLAY “SLURRY”

An alternate method to preparing a traditional clay bath, is what is referred to as a clay “slurry.” Slurries are somewhat of a cross between a thin clay pack and a traditional clay bath, but provide a different detoxification effect than either of these two methods when used alone.

Slurries are prepared by mixing clay with warm water in a ratio that produces a mixture that is easily spreadable on the body, thick enough so that it sticks. It is best to use a large glass bowl and wooden spoon when mixing (do not use metal). Apply 1/8 inch to 1/4 inch thick layer of clay over your body, covering all parts that one plans to submerge in the bath water. The total amount that you had intended for a traditional clay bath can be slurried over the body (focusing on the torso area first), or you can use as much formula as necessary to coat the body. You can then enter the tub as detailed in the instructions above. As the clay disperses into the water, the same or maybe even better result (comparatively to adding all of the clay directly into the water) may be realized.

A fascinating occurrence has been observed by some, while using clay slurries. After applying the slurry and immersing in the water, the clay has a tendency to adhere to certain areas. This stands to reason due to strong ionic attraction between clay and many toxins. This event occurs rapidly with toxins that are close to the skin and carries on with more lengthy exposure as the blood brings more toxins to the surface.

CLAY FOOT BATHS

Clay foot baths offer a viable alternative to full tub baths, and are recommended when one does not have access to a bathtub, or when one is too ill, too toxic, or too fragile to take a tub bath. While the feet are indeed a powerful channel for detoxification of the body, foot baths are a more gentle application than full tub baths.

CLAY FOOT BATH GUIDELINES

The suggested amount of LL's Magnetic Clay is 1/2 cup to 2 cups in a footbath for 20 to 40 minutes. For those with chronic and acute illnesses, use smaller amounts (i.e. 1/2 cup for 10 minutes) and then gradually work up to the full 2 cups. Healthier individuals can start with 1 cup for 40 minutes, and gradually work up to 2 cups for 40 minutes.

MATERIALS NEEDED

- Standard kitchen blender
- Surgical or dust mask
- Sturdy plastic bucket or basin (no metal)

CLAY FOOTBATH PROCEDURES

Please refer to the previous pages for proper mixing of the clay. The total amount of water used in a foot bath should be just enough to cover above your ankles. Put your feet in the bucket and set your timer for the appropriate time, or check your clock. When the time is up, remove your feet and rinse well with warm water. Drink plenty of water, herbal tea, and replenish your electrolytes. The clay water left in the foot bath can be disposed of down the toilet or drain.

HOW MANY BATHS DO I NEED?

After 4 to 12 baths, most individuals feel a strong sense of relief and well-being. However, detoxification is a gradual process and most people benefit from a longer series of baths. Many factors come into play, such as age, general health, and the total burden of toxins that lie within the body; patience is the key when embarking on any successful detox protocol.

HOW DO I KNOW IF THE CLAY BATHS ARE WORKING FOR ME?

The clay that settles to the bottom of the tub during the bath has absorbed the impurities and toxins drawn from the body. This clay may appear darker than the rest, even black. The color of the water in the tub may also change, but it is not necessarily an indication that it has drawn out toxins from the body. You may experience feelings of physical or emotional relief, fatigue, increased sense of smell, body odors, or a general sensation of 'lightness' after the bath. Symptoms such as nausea, or a 'pulling' effect from the stomach or other area indicates toxins moving. All of these are common effects.

IS THE CLAY SAFE FOR MY BATHTUB?

The clay to water ratio is such that it will not damage your pipes and drains when the instructions are followed properly. Each kit contains a fiberglass screen, and a flat rubber disc to ensure drain clogging does not occur. LL's Magnetic Clay Baths are also safe for use with septic tanks.

REPLENISHING MINERALS?

Some minerals and electrolytes may be removed by the clay bath and should be replaced immediately. We strongly advise taking a green “superfood” product that contains spirulina, blue-green algae, or something similar, following a clay bath. We also recommend the use of our Ancient Minerals topical magnesium product line to restore intracellular magnesium levels, which is critical for supporting and enhancing your detoxification efforts.

DOES THE CLAY HAVE OTHER USES?

Mixed with water, it can help draw out infection, reduce the swelling of insect bites, promote the healing of wounds, tend to burns, and reduce pain. Clay is a multifaceted healing substance with an extensive array of applications. Please visit our website www.magneticclay.com for more details.

WHAT IS THE PROTOCOL FOR CHILDREN?

While we have had great success in administering clay baths to children, it is always important to start slowly, especially with those who have chronic or comprised health conditions.

- Children 10-50lb.....1/3 cup for 10 to 20 minutes
- Children 50-75lb.....1/2 cup for 10 to 20 minutes
- Children 75-100lb.....3/4 cup for 10 to 20 minutes

We advise starting with the least amount as recommended above. One can gradually increase the amount of formula/time in the tub as the therapy continues, so long as there are no symptoms of detox.

HOW DO LL'S MAGNETIC CLAY BATHS WORK?

Raymond Dextreit, a French naturopath who introduced clay therapy to his own country, notes that most of the poisons in the body are positively charged, whereas specific healing clays possess a natural negative ionic attraction to these poisons. When the clay bath formula is mixed into a tub of very warm water, it opens the pores of the skin, whereby the bath's composition assists in attracting and soaking up toxins on its exterior wall and interior crystal structure.

WHAT MAKES LL'S MAGNETIC CLAY UNIQUE?

LL's Magnetic Clay Bath formulas are distinctive healing clays that have been combined with synergistically tested herbs and spices to generate a viable detoxification therapy that can assist in removing not only heavy metals, but chemicals and other assorted toxins from the body. There are over 200 different types of clay, thousands of sources, and they all differ radically in their use and mineral analysis. LL's Magnetic Clay was selected for its mineral makeup, its consistent results, and most importantly its ability to pull toxins from the body. And, with over a decade of use by medical professionals, LL's Magnetic Clay Baths are widely regarded as the world's most effective clay bath.

WHICH CLAY BATH FORMULA IS RIGHT FOR ME?

All LL's Magnetic Clay Bath formulas draw out a wide range of heavy metals and chemicals from the body. However, our specific formulas (i.e. Arsenic Detox, Radiation Detox, etc.) are specialized for more intensive removal of certain elements. If you are unsure of which heavy metals or toxins your body is burdened with, we recommend the use of one of our general detoxification formulas such as Clear-Out, Environmental Detox, or Tox-Away; these formulas are also appropriate for anyone seeking general detoxification and health maintenance.

ARE LL'S MAGNETIC CLAY BATHS BENEFICIAL FOR EVERYONE?

In this day and age, environmental pollution begins in the womb. Toxic heavy metals such as mercury, lead, and cadmium have polluted every facet of our life, from the food we eat, to the air we breathe. This vast increase of chemicals in our environment, food, and medicine has greatly altered the body's ability to rid itself of toxins. Many prominent scientists believe it is this toxic overload which helps trigger many of today's chronic health ailments. Based on this information, we feel it is invaluable to cleanse the body of these toxins on a regular basis.

LL'S MAGNETIC CLAY ORIGINAL BATH FORMULAS

Environmental Detox

Clear-Out (General Detox)

Tox-Away (General Detox)

Mercury I Detox

Mercury II Detox

Arsenic Detox

Aluminum Detox

Smokers & Drug Detox

Copper & Lead Detox

Formaldehyde Detox






Radiation Detox

LL's Natural (no herbs)

BENEFITS

of

LL'S MAGNETIC CLAY BATHS

-  Safe and effective. One bath releases years of accumulated toxic environmental pollutants, out of your body and into the bathtub.
-  Laboratory tests have shown that toxic levels of metals and chemicals are greatly reduced through the use of these clay detox baths.
-  Inexpensive and does not require costly equipment. It can save you hundreds of dollars compared to chelation therapy and other types of environmental detoxification programs.
-  Baths can be taken in the privacy of your own home, with minimal inconvenience and effort.
-  100% raw, untreated, and is provided in its natural state.

LL's Magnetic Clay Baths are recommended by medical professionals worldwide.

Printed on 100% Recycled Post Consumer Waste Paper
Vegetable Based Ink, Processed Chlorine Free

Please recycle this booklet. It matters.