

HEALTHY preparedness



Bentonite Clay, Diatomaceous Earth, & Activated Charcoal (Information, Strengths, and Uses)

Bentonite Clay	Diatomaceous Earth	Activated Charcoal
 <p data-bbox="272 974 522 1003">Ancient Volcanic Ash</p>	 <p data-bbox="652 1045 971 1113">Ancient Fossilized Diatoms (Algae / Phytoplankton)</p>	 <p data-bbox="1029 1012 1422 1218">Charcoal derived from substances such as hardwood / coconut shells that has been put through an extra oxidative process to expand its surface area.</p>
<p data-bbox="747 1293 876 1327">Strengths:</p>		
<p data-bbox="298 1402 496 1436">Negative Charge</p> <p data-bbox="240 1440 555 1474">Adsorbs & Absorbs Toxins</p> <p data-bbox="298 1478 496 1512">Mineralizes Body</p> <p data-bbox="311 1516 483 1549">Alkalizes Body</p> <p data-bbox="253 1554 539 1612">Strong Drawing Power – topically or internally</p> <p data-bbox="279 1617 513 1650">Radiation Exposure</p> <p data-bbox="240 1654 555 1713">Decreases Pain when used Topically</p> <p data-bbox="272 1717 522 1751">Safe Daily Detoxifier</p> <p data-bbox="253 1755 539 1789">Wounds, Bites, & Stings</p>	<p data-bbox="714 1512 909 1545">Negative Charge</p> <p data-bbox="717 1549 906 1583">Adsorbs Toxins</p> <p data-bbox="756 1587 867 1621">Kills Bugs</p> <p data-bbox="688 1625 935 1659">Food Storage Grains</p> <p data-bbox="682 1663 941 1696">Kills Internal Parasites</p>	<p data-bbox="1127 1512 1325 1545">Negative Charge</p> <p data-bbox="1130 1549 1321 1583">Adsorbs Toxins</p> <p data-bbox="1039 1587 1412 1646">Can be Taken in Large Amounts for Emergency Toxin Removal</p> <p data-bbox="1081 1650 1370 1684">Wounds, Bites, & Stings</p>

Uses:			
	Bentonite Clay	Diatomaceous Earth	Activated Charcoal
Acid Reflux	1 (1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)	3 (1 tsp in water, stir, & drink – 2-3 x day or as needed.)	2 (1 or more tsps in water, stir, & drink – 2-3 x day or as needed.)
Allergic Reaction (Food)	2 (1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)	-----	1 (2-3 tsp's in water, stir, & drink – 2-3 x day or as needed.)
Bed Bugs	-----	1 (Sprinkle DE on mattress, bed frame, on carpet, where carpet meets floor boards, and any other affected areas. Apply every few days until bed bugs are gone. Usually takes 7-14 days. Re-apply as needed / wanted.)	-----
Bites (animal, human, insect, snake, etc)	1 (Use topically in gel form – 1 part clay to 2 parts water. Apply clay gel nice and thick over affected area. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed. Can also take internally to help combat any systemic infection –1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)	-----	1 (Mix charcoal with some water to create a paste. Thickeners can be added such as corn starch, marshmallow root powder, bentonite clay, etc. Apply paste nice and thick over affected area. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed. Can also take internally to help combat any systemic infection - 1 tsp in water, stir, & drink – 2-3 x day or as needed.)
Burns	1		2

	(Use topically in gel form – 1 part clay to 2 parts water. Cool off burn with cold water. Apply clay gel nice and thick. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.)	-----	(Mix charcoal with some water to create a paste. Thickeners can be added such as corn starch, marshmallow root powder, bentonite clay, etc. Apply paste nice and thick over burn. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.)
Candida	<p><i>Clay would be much more mild at eliminating Candida than DE but could help overtime.</i></p> <p><i>(1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</i></p>	<p>1</p> <p>(1 tsp in water, stir, & drink – 2-3 x day or as needed. Also consider using a supplement to help kill Candida while using DE such as GSE, Olive Leaf, or other Candia supplements.)</p>	-----
Cellulitis	<p>1</p> <p>(Use topically in gel form – 1 part clay to 2 parts water. Apply clay gel nice and thick. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.</p> <p>Can also soak affected area in tub / container containing clay. 1-2 cups of clay powder mixed in tub or ¼ cup to ½ cup mixed in container. Soak for 30 minutes.</p> <p>Also – stir 1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</p>	-----	<p>1</p> <p>(Mix charcoal with some water to create a paste. Thickeners can be added such as corn starch, marshmallow root powder, bentonite clay, etc. Apply paste nice and thick over affected area. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.</p> <p>Also place hand / limb in tub / container of water containing AC. Soak for 20 minutes.</p> <p>Also – stir 1 tsp in water, stir, & drink – 2-3 x day or as needed.)</p>
Cholesterol	<p>2</p> <p>(1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</p>	<p>1</p> <p>(1 tsp in water, stir, & drink – 2-3 x day or as needed. Use for weeks at</p>	<p>1</p> <p>(1-3 tsp's in water, stir, & drink – 2-3 x day or as needed. Use for weeks at</p>

		a time – some even use it for months at a time.)	a time – some even use it for months at a time.)
Daily Detox	<p>1</p> <p>(1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</p>	<p><i>Clay is definitely the best option for cleansing on a daily basis – but some people do use DE on a daily basis. I believe it's best when used in moderation – maybe for weeks at a time, at the most due to it being an abrasive cleanser in our digestive system.</i></p>	<p><i>Clay is definitely the best option for cleansing on a daily basis – but some people do use AC on a daily basis. I believe it's best when used in moderation – maybe for weeks at a time, at the most due to it possibly being able to leach nutrients from our body when used for extended periods of time.</i></p>
Eye Infections	<p>1</p> <p>(Stir water into clay. Place paste onto tightly woven material such as chiffon or other material. Squeeze liquid out of charcoal. Drip strained liquid into eye. Repeat as needed.)</p>	-----	<p>1</p> <p>(Stir water into activated charcoal. Place paste onto tightly woven material such as chiffon or other material, squeeze liquid out of charcoal. Drip strained liquid into eye. Repeat as needed.)</p>
Food Poisoning	<p>2</p> <p>(1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</p>	<p>3</p> <p>(1 tsp in water, stir, & drink – 2-3 x day or as needed.)</p>	<p>1</p> <p>(1 T. or more in water, stir, & drink – 2-3 x day or as needed. Follow up with plenty of water.)</p>
Food Storage	-----	<p>1</p> <p>(Sprinkle 1/8 cup of DE onto grains every 1/3 of way when filling containers with grains. Stir the DE into the grains after sprinkling it on. Wear a face mask to keep the DE from getting into the lungs.)</p>	-----
Garden Bugs	-----	<p>1</p> <p>(Sprinkle DE onto garden bed soil, affected plants, and garden bed frames to</p>	-----

		coat the bugs. May take 7-14 days to fully take effect.)	
Gas	2 (1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)	3 (1 tsp in water, stir, & drink – 2-3 x day or as needed.)	1 (1-3 tsp's in water, stir, & drink – 2-3 x day or as needed.)
Emergency Toxin Removal (Poisoning)	2 (1 tsp in water, stir, let settle, mix some of the clay into the top clear water. Drink top water. Repeat as needed.)	3 (If Clay or Ac aren't available – DE can be used although the results aren't near as strong as the clay or especially the AC. But at least it something to help get some of the poison drawn out of the system. 2-3 tsp in water, stir, & drink. Repeat as needed. Drink plenty of water.)	1 (2-4 tsp's in water, stir, & drink. Repeat as needed.)
Heavy Metals	1 (1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed. Also do a foot bath / full body bath using the clay. ¼ to ½ cup of clay mixed in gallon or more of warm water. Soak feet for 20-30 minutes. 1-2 cups of clay, pre-mixed in water in blender or pitcher and poured into a tub of warm water. Soak for 30 minutes.)	3 (1 tsp in water, stir, & drink – 2-3 x day or as needed.)	2 (1-2 tsp in water, stir, & drink – 2-3 x day or as needed.)
Lice	-----	1 (Sprinkle DE into hair, onto scalp. Repeat daily until all lice are gone. Wear a mask while applying to prevent DE	-----

		from getting into the lungs.)	
Mastitis	<p>1</p> <p>(Use topically in gel form – 1 part clay to 2 parts water. Apply clay gel nice and thick. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.)</p> <p>Also – stir 1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</p>		<p>1</p> <p>(Mix charcoal with some water to create a paste. Thickeners can be added such as corn starch, marshmallow root powder, bentonite clay, etc. Apply paste nice and thick over affected area. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.)</p> <p>Also – stir 1 tsp in water, stir, & drink – 2-3 x day or as needed.)</p>
Minerals (nutrients in to body)	<p>1</p> <p>(1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</p>	<p><i>DE does contain some trace minerals, including silica that are beneficial to the body and overall good health. However, it is unclear as to how much of these trace minerals found in DE can actually be absorbed into the body. If there isn't any clay on hand (or foods rich in trace minerals) then DE might be helpful.</i></p>	<p>-----</p>
Pain (topical)	<p>1</p> <p>(Use topically in gel form – 1 part clay to 2 parts water. Apply clay gel nice and thick. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.)</p> <p>Can also – stir 1 tsp in water, stir, let settle,</p>	<p>-----</p>	<p>2</p> <p>(Mix charcoal with some water to create a paste. Thickeners can be added such as corn starch, marshmallow root powder, bentonite clay, etc. Apply paste nice and thick over are. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.)</p>

	drink top water – 2-3 x day or as needed.)		
Parasites	<p><i>(DE is the best option for removing parasites from the digestive system, however, clay might be beneficial in removing some parasites as well.</i></p> <p><i>Use by stirring 1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)</i></p>	<p>3</p> <p>(1 tsp in water, stir, & drink – 2-3 x day or as needed. Usually needs to be taken on a consistent basis for weeks at a time – up to 3 months at a time or more. Drink 30 minutes away from other foods or liquids for best effectiveness.)</p>	<p><i>(DE is the best option for removing parasites from the digestive system, however, AC might be beneficial in removing some parasites as well.</i></p> <p><i>Use by stirring 1 tsp in water, stir and drink – 2-3 x day or as needed.)</i></p>
Radiation Exposure	<p>1</p> <p>(1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.</p> <p>Also do a foot bath / full body bath using the clay. ¼ to ½ cup of clay mixed in gallon or more of warm water. Soak feet for 20-30 minutes. 1-2 cups of clay, pre-mixed in water in blender or pitcher and poured into a tub of warm water. Soak for 30 minutes.)</p>	<p>-----</p>	<p>2</p> <p>(1 tsp in water, stir, & drink – 2-3 x day or as needed.</p> <p>Can also be placed in bath or foot bath: 1 cup in bath or ¼ cup to ½ cup in foot bath – soak for 20 minutes. Not as effective as clay – but can have some positive results.)</p>
Stings (bee, wasp, scorpion, etc.)	<p>1</p> <p>(Use topically in gel form – 1 part clay to 2 parts water. Apply clay gel nice and thick. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.</p> <p>Can also take internally to help combat any systemic infection –1 tsp in water, stir, let settle, drink top</p>	<p>-----</p>	<p>1</p> <p>(Mix charcoal with some water to create a paste. Thickeners can be added such as corn starch, marshmallow root powder, bentonite clay, etc. Apply paste nice and thick over affected area. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed.</p>

	water – 2-3 x day or as needed.)		Can also take internally to help combat any systemic infection - 1 tsp in water, stir, & drink – 2-3 x day or as needed.)
Water Purification	<i>Could possibly be used in same way as activated charcoal for purifying water.</i>	-----	<i>AC traps impurities in water including solvents, pesticides, industrial waste and other chemicals. However it doesn't trap viruses, bacteria and hard water minerals. (See instructions below.)</i>
Wounds / Topical Infections	1 (Use topically in gel form – 1 part clay to 2 parts water. Cool off burn with cold water. Apply clay gel nice and thick. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed. Can also take internally to help combat any systemic infection –1 tsp in water, stir, let settle, drink top water – 2-3 x day or as needed.)	-----	1 (Mix charcoal with some water to create a paste. Thickeners can be added such as corn starch, marshmallow root powder, bentonite clay, etc. Apply paste nice and thick over affected area. Cover with fabric or saran wrap so it doesn't dry out. Leave on 6-8 hours. Re-apply as needed. Can also take internally to help combat any systemic infection - 1 tsp in water, stir, & drink – 2-3 x day or as needed.)

Purifying Water with Activated Charcoal:

A water filter can be created by removing the bottom of a bottle. Turn the bottle upside down (with the cap down) and put the following materials in the bottle.

- Pebbles
- Sand

- A piece of cloth or bandages
- Charcoal
- A piece of cloth or bandages
- Sand
- Pebbles

-The cloth or bandages are used to ensure that all the different materials do not mix.

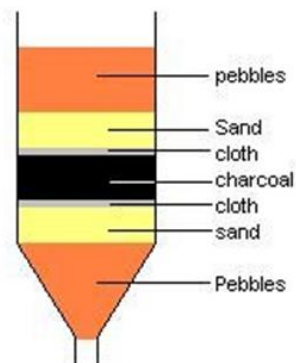
-The pebbles and sand filter the particles and the dirt out of the water.

-The charcoal gets a big portion of the chemicals out of the water, but it won't get it all out. (You can use charcoal from your campfire).

Charcoal is an extremely versatile and highly effective water treatment medium. It has immense surface area. A single pound of granular activated carbon has a filtering surface area equivalent to 125 acres! It is the best known treatment for organic chemicals, VOCs, pesticides, herbicides, and chlorine and its by-products. It is also an unchallenged taste-and-odor improver. When arranged in solid carbon or extruded carbon block format, it also provides very high quality particulate filtration, in some cases down into the sub-micron level.(1)

That being said, charcoal will not remove any viruses and bacteria from the water so you have to boil the water after it is filtered.

Again, once it comes to purifying water, activated **charcoal** can **remove** many pollutants, but **can't remove pathogens**.



(www.instructables.com/id/How-to-purify-your-water/)