



THE  
WELLSPRING SCHOOL  
*for healing arts*

## Green Clay Therapy Directions (French Green Clay)

Green Clay is an ancient remedy that has been used for almost any ailment or condition. Rich in minerals, green clay has an amazing ability to absorb and detoxify the body. Taken internally, its drawing/absorbing nature removes gas, treats diarrhea, calms and helps heal the stomach and intestines. External use as poultices draw out pus and virulent material from infections and helps to heal wounds. Green Clay naturally calms insect bites and stings. It cleans and refreshes any area to which it is applied. There have never been any negative or adverse reactions to Green Clay therapy.

**Do Not** use metal for stirring or mixing clay. Wood or plastic utensils should be used. Green Clay is energized by the sun, and once prepared, it can be stored in a clear, covered jar on the windowsill. Should it dry out, remove the cover allowing it to dry completely and then it can be pulverized and reused.

Follow the instructions checked below:

### **Green Clay Drink**

Place 1 tsp. of clay in 6-8 oz. of distilled or spring water  
Stir well, allow to settle for 1-2 minutes  
Drink \_\_\_\_\_ times daily.

### **Green Clay Water Douche**

Place 2 T. of clay and 2 quarts of body-temperature water in a large jar.  
Shake well, then allow the clay to settle for 2-3 minutes leaving a slightly cloudy solution.  
\_\_\_\_\_ (if checked, add 7 drops of homeopathic Calendula)  
Pour the solution into a 2 qt. Douche bag, making sure that the sediment does not enter the bag. If it does, the vaginal nozzle will clog.  
Lying in a bathtub, insert the vaginal nozzle high into the vagina. Open the valve and allow the water to flow through until the contents of the bag are empty.  
\_\_\_\_\_ (if checked douche with water the day after using the Green Clay douche)  
Douche \_\_\_\_\_ times weekly for \_\_\_\_\_ weeks. Then douche \_\_\_\_\_ times per week for \_\_\_\_\_ weeks. Douche \_\_\_\_\_ times per month thereafter.  
Do not douche during your menstrual period unless specifically instructed to do so by your health practitioner.

## **Green Clay Water Wash For Genital Area**

Fill a large basin with approximately 2 qts. of warm water. Add 1 T. of clay. Mix well until the water becomes cloudy.

Place the basin of clay water in the tub

Squat over the basin. Rinse genital area with clay water.

Repeat \_\_\_\_ times daily.

## **Green Clay Poultice**

Put clay into a clean, clear, glass jar

Add water in a ratio of 2 parts clay to 1 part water

Allow the clay to absorb the water without mixing or stirring;  
this should yield a thick, pasty mud.

Cover the jar and leave on the windowsill

Apply clay ¼ inch thick to the affected area

Cover this with a piece of lettuce leaf to maintain moisture. Tape in place and leave on overnight or as directed

The clay should be washed off in the morning.

## **Green Clay Capsules**

Place clay in a clean bowl

Separate the two parts of the empty capsule

Scoop the clay into the large end of the capsule and then cover with the small end

Take \_\_\_\_ capsules \_\_\_\_ times a day for \_\_\_\_ days.