Many wild animals, and some people, develop 'pica,' a craving to eat earth, when ill. The clay assuages diarrhea and binds to many poisons. Among the most famous clay-eaters are the parrots of the Amazon.

Hydrated clay is the best for burns, cuts, sprains, bruises and even removes warts. A mixture of clay with arrowroot and cornstarch (all natural ingredients) absorbs odors while soothing the skin. Clay can also be used for insect bites like fire ants and bees. It immediately begins pulling out the poisons. Click the link below to see how you could benefit from this

The Use of Clay as Medicine

(Picture Credit: arealfoodlover.wordpress.com)