

Active Teen with Acne

(from *Calcium Bentonite Clay, Nature's pathway to healing* by Perry A)

My fourteen-year-old athletic son has been battling acne on his face and back for the past year. Five weeks ago he started drinking two ounces of liquid clay in the morning and evening. His acne now appears to be under control on his face, and his back has cleared up by about 70 percent. He has recently begun using the clay mask to augment the liquid regime, and we are definitely seeing further results. He is now on a maintenance dose and plans to continue to make liquid clay part of his daily routine.

Donna H.