

# **BENTONITE**

# **CLAY**

**30 Natural Recipes For  
Health and Beauty!**

**PLUS**  
DETOXING AND HOME  
REMEDY RECIPES

**LORRAINE NIGHTINGALE**

Lorraine Nightingale

## Bentonite Clay: 30 Natural Recipes for Health and Beauty!



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How much does a pound of Bentonite Clay cost...? Typical Bentonite Clay (more referred to as Recovery Clay) costs more or less \$8.00 per pound (16 oz. or 2 cups) – some are more expensive, but others, which are highly sought after, cost less than \$13 per 2 pounds. Now, how far did it go? I'll use the most typical ingredients which already are available in your house – Basically, you \$8 or \$13 can go a long way. Health and beauty-sensible, Bentonite Clay is a must. Its main function is to cleanse impurities, and in doing this, it paves the best way to a clearer epidermis and body. In a global dominated by chemicals and pollution, wouldn't you want to look forward to? • Aside from Bentonite clay, we've A typical recipe for beauty only calls for several tablespoons, and a detoxifying option will only need as little as 1 teaspoon. You can discover the ways to concoct your own cosmetics utilizing the Bentonite Healing Clay! Grab your copy right now! • No need to spend big money for beauty, wellness, and house use! It's packed full! 30+ recipes which will tackle not only beauty problems, but also home cures, first aid, and cleansing and detoxing! This publication has you covered, too! You only need minutes for these effective concoctions! • There it is! • You have health problems? It's reader-friendly – recipes are laid out nicely for your convenience! • With this book, you'll at least consider providing your internal and exterior health some revitalizing? It's! • This book can help you because... I'll never look away from pantry and fridge!



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Thank you so much! That's specifically what I did; I didn't precisely connect with the publication and its author viewing the cover. But I bought the book in any case and I wasn't disappointed at all. Bentonite clay The book was impressive and today to go try all of the amazing recipes. for quite some time right now were all in the book, nothing overlooked. If you really want top notch information about Bentonite Clay and the various recipes that you can make with it to greatly help improve your health;. Really great information... This book does provide basic information on the different types of Bentonite Clay and includes a variety of recipes using limited ingredients. However, the book needs a lot of editing. using volume, weight, and regular measurements. Their is no consistency in how the substances are measured; The writer rambles on with poor syntax and grammar. A transformation table isn't included but could have been helpful. Many of the dishes are repetitive and use the same limited ingredients.I had by no means known that bentonite clay was so useful until I read the reserve and tried a few of the recipes- specifically the facial skin masks. I am not used to the usage of Bentonite Clay which may have contributed to my misunderstandings.. Bentonite Clay An extremely easy read. The writer gives several and simple to make recipes using just a couple ingredients. Extremely interesting to know most of the fantastic detoxifying applications of Bentonite clay. Will be displaying my daughter this Variety of recipes, but. A doctor told me to start using bentonite clay for an awful intestinal bug. I will be using some of these recipes. ?. Disappointed Disappointed - I did not discover 30 recipes - the same instruction again and again plus some recommendations had zero measurements.Healing Recipes One shouldn't judge a reserve by its cover. I'm also experiencing radiation exposure and am extremely grateful for an alternative. An easy to learn book I love the reserve. I was left being unsure of if anything in the reserve was accurate, as their is no sourcing. then this book is for. Maybe this all that is required?It's a pretty quick and simple book to read which makes it a great choice. Information that I've been looking for;Hopeful they are good because they sound. I came across it Great on point study on bentonite by a nurse Ms. Learned a whole lot. She evidently needs to read your publication because she didn't point out not using steel with it. In the future. Great job. I'm glad. Five Stars Very important book for individuals who do nature skincare products Love it. Nightingale gets into the true nitty gritty of why bentonite clay is certainly God and useful. You can also add it to homemade shaving soap for an extra "slide" which helps your razor to glide across your skin with much less nicks and cuts. Suggested reading I love Lorraine' books very much I enjoy Lorraine' books very much. I love the concepts on how best to make natural items. Looking forward to trying them. Love this book Nice and great details. Will be trying a few of the things in the book. Help detox your body from heavy Metals and radiation poisoning.



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