



- 1 cup Redmond clay
- 1/4 cup Xylitol (powdered in a coffee grinder)
- 1 teaspoon Real salt
- 3 cups distilled water
- 10 drops tea tree essential oil
- other essential oils for flavoring (cinnamon, wintergreen, peppermint, spearmint, lemon, etc.)

Stir the clay, Xylitol and salt in a glass mixing bowl. Add the water and stir with a wooden spoon until the clay mixture is incorporated well. It may seem really runny at first but will continue to thicken to a ketchup consistency. Add the tea tree oil and stir well. Because I wanted several flavors I filled glass spice jars and added 10 drops of essential oil per jar. You can make a big batch in a quart jar or whatever you have on hand, just make sure to use glass. Add essential oils to taste.

*When working with clay always use glass and wood to avoid rusting in metal and pulling of toxins from plastic.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.