

■ Recipe Card – Alabama Red Clay Poultice

Ingredients

- 1 part clay powder
- 1 part baking soda

Instructions

- Combine clay powder and baking soda in a 1:1 ratio.
- Add just enough water to form a thick, spreadable paste.
- Apply paste directly to the affected area.
- Allow to dry completely.
- Rinse off gently with lukewarm water.
- Repeat as needed for relief.

