charcoal

Nature's Black Wonder

IMPORTANT

This charcoal information is not intended to prescribe or take the place of a healthcare professional.
This material is for personal educational purposes only.
Use at your own risk.

This handout is a bonus companion supplement to the practical training DVD:

"Hydrotherapy: Water Treatments Made Simple"

For information on how you can obtain your DVD copy, go to:
www.AriseandShineHealth.com *or*
www.MrHydrotherpy.com

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Charcoal has been an important part of the healing arts for centuries. History verifies that North American Indians had discovered the benefits of charcoal long before the discovery of the country.

The US medical community used charcoal as an "official" remedy until the 1950s. From that time researchers began to introduce new “more effective” methods to take the place of many of the natural remedies of the day. The phenomenal growth of the drug industry slowed the use of charcoal to the place where its benefits are rarely recognized by the general public.

The United States is behind European countries in the use of activated charcoal. Many families have never heard of syrup of Ipecac for poisoning ... they turn to charcoal.

What is Charcoal?

Charcoal is a material obtained by heating wood or other organic substances in the absence of air. In other words; partially burned wood. Oak, pine, eucalyptus, and willow are considered to be the better sources for making charcoal because the end burnt product contains as much as 90% carbon.

Generally charcoal is used in three different forms: powder, capsules, and tablets. The powdered form is most versatile because it can be used both internally and externally whereas capsules and tablets are generally used internally only.

Plain Charcoal vs Activated charcoal:

Plain charcoal takes no special preparation. *Activated* charcoal, on the other hand, is produced by controlled burning of wood, coconut shell, or bone while being subjected to steam or air at high temperatures. This process increases the surface area of each particle. For example - the area of one cubic centimeter of activated charcoal has 1000 square meters of surface area.

The amount of surface area is a key to the effectiveness of charcoal - the more surface, the more effective. Unlike a sponge which **AB**sorbs liquid into itself, charcoal **AD**sorbs material onto its outside surface area - substances stick to its surface and are eliminated from the body. Activating charcoal increases its efficiency by increasing its surface area.

During the burning process an electrostatic charge is developed which makes charcoal a great substance for attracting poisons, gases, and bacteria. This charge occurs when the gases, resin, fats and proteins are burned up, leaving only cellulose.

What not to substitute for charcoal!

Many people have been taught that chard food is good for you. This is not the case. Because something is burnt does not mean that it is charcoal. Charred food consists of partially burned carbohydrates, proteins, fats, and mineral salts. Because these properties have not been completely eliminated, burned food is not satisfactory and in fact can be cancer causing.

Charcoal briquettes that are used for barbecues should **not** be used due to the chemicals added for fast starting.

When to use Charcoal

Internal Use:

1. Poisoning cases
2. Gastro-intestinal complaints
3. Bad breath
4. Diarrhea
5. Sore throat

Because effectiveness is reduced by about 50% when taken with meals, charcoal should be taken between meals if possible.

Ipecac verses Charcoal for poison or overdose:

Ipecac:
1. Is a narcotic that induces vomiting
2. Takes up to 30 minutes to take effect
3. May not be effective in all cases

Charcoal:
1. Best poison eliminator
2. Much wider range of use
3. Indefinite shelf life
4. Entirely safe
5. Works instantly
6. Less expensive

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Bottom Line Effectiveness:

Poison *reduction* in the system: IPECAC - 25% to 35%
CHARCOAL - 50% to 75%

How much?

Estimated amount of substance ingested	Amount of charcoal to take if person *has not eaten* in the last 2 hours	Amount of charcoal to take if person *has eaten* in the last 2 hours
1 teaspoon, **or** 1 to 2 tablets, **or** 1 to 2 capsules	1 to 2 tablespoons stirred in water. Drink this plus 2 more glasses of water	4 to 10 tablespoons stirred in water. Drink this plus at least 2 more glasses of water
1 tablespoon, **or** 3 to 5 tablets, **or** 2 to 5 capsules	3 to 4 tablespoons stirred in water. Drink this plus 2 more glasses of water	6 to 15 tablespoons stirred in water. Drink this plus at least 2 more glasses of water
Unknown	1 to 5 tablespoons stirred in water. Drink this plus 2 more glasses of water	5 to 15 tablespoons stirred in water. Drink this plus at least 2 more glasses of water

REPEAT ALL DOSAGES IN 10 MINUTES OR IF SYMPTOMS BEGIN TO WORSEN.
*NOTE: Charcoal is constipating. Increasing water intake during use is a **must.** Drink water!*

External Use:

1. Infected Wounds or Ulcers, (deodorizes area)
2. Inflammation
3. Insect Bites or Stings

Charcoal Poultice

A charcoal poultice is charcoal powder mixed with water to form a paste and then spread on a cloth or paper towel and applied to an infected or swollen area of the body.

Equipment:

1. Powdered charcoal
2. Warm water, (preferred)
3. Spoon & deep container
4. Ground flax seed (preferred)
5. Paper towel, or chux
6. Wool cloth (preferred)
7. Plastic wrap
8. Pin or tape

Important considerations before beginning

- **Use common sense** when using charcoal. If a more serious condition does not respond to repeated applications, consulting a healthcare professional may be necessary.
- **Handle charcoal carefully**. It can be messy.

Step to follow:

1) Mix 1 tablespoon of ground flaxseed and 1 tablespoon of charcoal powder into approximately 1/3 cup of warm water - just enough water to make a paste.
2) Spread a thick layer of paste on a cloth, chux, or paper towel. Leave a clear area near the edges to minimize leakage.
3) Place the poultice over the affected area and cover with a piece of plastic wrap that extends 1" over all edges.
4) Cover with wool or use a roller bandage to hold it in place.
5) Leave on 4 to 8 hours before replacing with a new poultice.
6) Caution: remove poultice over an easily cleaned surface, (sink or counter top), as the dry charcoal will crumble - if you aren't careful it can be a bit messy. It will stain and be difficult to remove.
7) Rub the area briskly with a cold washcloth after removing the poultice.

NOTE: For larger areas, the recipe can be doubled or tripled. For very small areas, the recipe can be cut back, or a simple paste of only charcoal powder and water can be used with a Band-Aid to hold it in place.

For a quick poultice on small areas: put dry charcoal on a paper towel and fold towel in half. Dampen towel and apply to wound.

Home use

Every home should have charcoal available for poisoning, cleansing agent for infections, deodorizer, diarrhea, nausea, vomiting, intestinal infection and/or distress. It is simply one of the safest and most effective simple remedies available.

Where can I get charcoal?

Charcoal capsules or tablets can be obtained at most pharmacies. It can be found on the shelf or the pharmacist can special order it for you. Or the powder, capsules, and tablets can also be purchased at www.ariseandshinehealth.com

> "Charcoal is the most valuable single agent currently available for treating poisonings."
>
> Clinical Toxicology

* Some handout resource material came from Charcoal Rx by A. Thrash, Uchee Pines Institute, Seale AL.