

CHARCOAL

Charcoal is a material obtained by heating wood or other organic substances in the absence of air (partially burned wood). It becomes “activated charcoal” when this is subjected to steam or at very high temperatures. Activated charcoal has greatly increased surface area on each particle, which increases its effectiveness. Charcoal is used in different forms: powder, capsules, tablets, and patches.

Charcoal Poultice

A charcoal poultice is charcoal powder mixed with water and ground flax seed to form a paste, and applied to the body externally. See instructions below.

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.

External Use:

1. Infected Wounds or Ulcers
2. Inflammation
3. Insect Bites or Stings
4. Pain

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

Step to follow:

Handle charcoal carefully. It is very light powder and is easily put in unintended places!! It can be messy. Prepare over a paper towel. It will stain cloth.

1. Mix 1 tablespoon of ground flaxseed and 1 tablespoon of charcoal powder into container. Add just enough warm 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 a paper towel over the poultice the same size as the bottom.

4. Place the poultice over the affected area. If you used a cloth or paper towel, cover with a piece of plastic wrap that extends 1" over all edges. A blue incontinent pad already has plastic on the back side. The plastic is away from the skin.
5. Fasten in place with tape or an elastic bandage or roll of gauze.
5. Leave on 4 to 8 hours. Do not leave on continuously as the constant wet may break down the skin.
6. Rub the area briskly with a cold washcloth after removing the poultice and dry.

Estimated amount of substance ingested	Amount of charcoal to take if person <i>has not eaten</i> in the last 2 hours	Amount of charcoal to take if person <i>has eaten</i> 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.

Important considerations before beginning

Charcoal is constipating if taken internally. Increasing water intake during use is a must. Drink water!

Use common sense when using charcoal. If a more serious condition does not respond to repeated applications, consulting a healthcare professional may be necessary.