

Using Charcoal

Charcoal is made out of wood burned in the absence of oxygen. The resulting large surface area gives it a high adsorbing power that is highly effective in removing poisons, gases, drugs and germs. The charcoal sold in local drugstores is normally activated with high pressure and steam in order to increase the surface area and achieve even greater adsorbency. Charcoal is available in tablets, capsules, and powder.

Charcoal Poultice

Made from charcoal powder.

Used for: Bee stings, insect bites, abscesses, infections, inflammations, earache, pain.

Supplies needed:

- 1" wide tape
- Plastic wrap or other plastic
- Cloth cut to size needed or chux (blue underpad)
- Spoon
- Plastic disposable cup or glass bowl (charcoal stains plastic)
- Charcoal powder (1 tbs)
- Warm water (2/3 tbs)
- Flax or psyllium seed (1/3 tbs)

To prepare:

1. Mix charcoal powder, flax seed, and warm water, adding more water if needed until charcoal mixture becomes the consistency of thick jelly.
2. Cut material one inch larger than desired size to allow for tape. Place on plastic wrap or other plastic the same size. (If using chux, skip to step 3).
3. Spread charcoal mixture thick enough, cover half of the cloth and fold over. Allow 1 inch border for tape. When using chux, lift the blue thin layer and spread on the white quilted surface; then replace the thin blue top layer.
4. Seal outer edges with tape
5. Place poultice on area, covered with plastic and secure with tape or ace bandage.

Poultices may be left in place overnight

Charcoal Drink

Used for:

1. Gastrointestinal upset (Nausea, vomiting, diarrhea, heart-burn)
2. Stomach pain (ulcer)
3. Intestinal gas
4. Poisoning
5. Neonatal jaundice

To prepare:

Mix powdered charcoal in water, 1-4 Tbsp. depending on concentration desired, and reason for taking charcoal drink. Charcoal capsules, or tablets may be used as well (if powder not available).