

Charcoal – Better Health

Why Use Activated Charcoal In Your Diet?

The average person thinks of charcoal briquettes manufactured for use in barbecue grills when asked if charcoal is in the home.

Those briquettes have chemical additives that help them hold their shape and burn evenly.



Dangerous for filtration, purification or medicinal purposes! (Can make you very sick)

In contrast, Activated Charcoal is used widely in hospitals, clinics rural and urban settings.

Because of its versatility and availability, charcoal is an invaluable substance to have on hand for daily remedies and for disaster preparedness. [http://www.charcoalremedies.com/why_charcoal]

For more than 3,000 years, Activated Charcoal has been used without adverse side effects.

Charcoal is just as modern as it was four thousand years ago, just as universal, just as versatile, and just as powerful.

In a world being poisoned by its own near-sighted wisdom, God the Creator has provided man with a microscopic black hole big enough to swallow much of what ails us.

How is this black powder used?

When taken by mouth, Activated Charcoal can keep poisons from being digested and help them pass through the body without being absorbed. [http://en.wikipedia.org/wiki/Activated_carbon]

Topically, a poultice of this powder can help relieve skin irritations, infections, abscesses and gangrene.

It is a deodorant and purifier of water, air and food. [http://www.charcoalremedies.com/why_charcoal]

What is Activated Charcoal and How Does it Work?

Its pores enable activated charcoal to trap molecules.

Activated Charcoal is made from coal.

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Coal is made by removing water and other impurities from organic matter (usually wood) by slow heating without oxygen.

One method of producing Activated Charcoal is by heating charcoal in the absence of oxygen to temperatures of at least 482 degrees Fahrenheit (250 degrees Celsius).

Activated Charcoal has the ability to trap toxins and poisons through adsorption.

To adsorb something means that materials will stick to the surface of the activated charcoal and form a film.

Because so many substances bond with activated charcoal, a few pellets or grains can go a long way. <http://www.wisegeek.com/what-is-activated-charcoal.htm>

How to Make Activated Charcoal:

You will need:

Discarded grill lid or other heat-resistant cover
Long-handled shovel
Fire pit (about 2' to 3' round and about 2' deep.)
Cloth bag (an old pillow case will do)
Hammer
Untreated hardwood, well seasoned and dry



The best woods to use are Oak, Hickory, Spruce, Pine, and Maple, the harder the better.

Do not use woods with Fungus problems or hollow inside them, you want pure wood for activated charcoals for internal use, but great on gardens.

Break up your wood into pieces small enough to fit into your fire pit.

Get your fire burning very well.

When the coals are hot, use your shovel to flatten the mound of coals for more even burning.

Cover them with the old top from a grill, or some other air-tight metal dome.

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Use your shovel to pile dirt around the edges, creating an air-tight seal.

Let the coals sit in their own heat.

This will burn away any impurities and increase the porousness of the resulting coal.

When the coals have cooled, remove them and place them into a cloth bag.

Use the flat side of your hammer to pound the coals into chunks.

Using your blender (outdoors!) grate these chunks into a fine powder, 2 cups at a time.

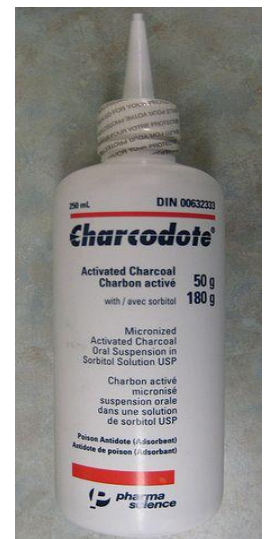
This method can produce about 1 gallon of charcoal at a time.

<http://www.survivalscoop.com/blog-post/2009/01/20/why-keep-activated-charcoal/>

Activated Charcoal and Diseases:

When you are sick, suffering pain, or battling some infection, why should you first consider a simple and natural remedy like activated charcoal instead of pharmaceutical drugs?

There are at least FIVE good reasons why you should choose a natural remedy such as activated charcoal, and at least FIVE good reasons why you should not choose pharmaceutical drugs as you first line of treatment.



Activated charcoal WORKS in humans for poisoning, drug overdose, and food poisoning for digestive and other gastrointestinal problems: such as acid reflux, diarrhea, nausea, vomiting, and gas for poisonous bites: including bees, hornets, brown recluse spiders, scorpions, and poisonous snakes for allergic reactions to poisonous plants: such as poison ivy and poison oak for infections: including pink eye, diabetic ulcers, abscesses, UTI, and gangrene for diseases such as gout, Tourista, tetanus, diphtheria, and cholera and for animals: including poisoning, infections, odors, and as a digestive supplement for purifying water, air, and food and more.

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Charcoal is SAFE:

A safety record that goes back 3,500 years rated Category 1 (Safe and Effective) by the FDA recommended by Poison Control Centers, Pediatric & Toxicologist Associations has no known adverse side effects non habit forming indefinite shelf life - does not age or spoil if properly stored Charcoal is ACCESSABLE universally available around the world in hospitals, clinics, pharmacies, and health food stores in the city, in the country in disasters, calamities, times of war.

Charcoal is EASY:

easy to make
easy to take – orally / internally
easy to apply - as a poultice or bath
requires no dictionary, prescription, license or degree

Five Good Reasons Not to Choose Pharmaceutical Drugs:

Adverse Effects - too numerous to count
Iatrogenic Death- over 106,000 annually
Nosocomial Infections - over 80,000 annually
Drug Viability & Availability - unreliable in times of disaster, pandemics, and war
Cost- over \$5,680 annually per man, woman & child (=\$26 billion)

http://www.charcoalremedies.com/why_charcoal

Charcoal Science:

The simplest description of charcoal is the cold hard black remains left over after your campfire has gone out.

Essentially all the water has been evaporated off (Pyrolysis), along with some volatile constituents, leaving behind the familiar crusty crumbly black chunks.

But, what is left after the fire goes out is, apart from a few trace minerals and pure carbon.

Charcoal has been found more than capable of disarming the lethal properties of thousands of man-made pollutants.

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Will Taking Activated Charcoal Affect My Medication?

In many cases yes.

Activated charcoal is designed in such a way that it electrostatically attracts certain chemicals and micro-organisms.

As a group, most compounds that are poisonous to the body are attracted to charcoal.

Because most drugs are electro-chemically configured in a way similar to poisons and other toxic compounds, activated charcoal taken orally will often adsorb prescription medications and over-the-counter drugs.

This is both a desirable and undesirable effect.

On the positive side, because of its strong attraction to many drugs, activated charcoal is used daily in Emergency Rooms to counteract the effects of poisoning from overdosing on medication, whether accidentally or intentionally (as in attempted suicide).

Activated charcoal is also used in many different detox programs to adsorb the accumulation of drugs in the body (prescription or street).

This prepares the individual to receive the benefits of a more holistic approach to recovering health without the body also having to cope with the side effects of poisonous drugs.

On the other hand, if there is any concern that activated charcoal will interfere with the desired effect of prescription or non-prescription drugs, it is recommended to take activated charcoal no closer than 1 to 1½ hours before or 1 to 1½ after taking drug medication.

This does not rule out applying activated charcoal externally in the form of a poultice or in a bath.

Will taking activated charcoal affect the nutritional value of the food I eat?

We cannot say categorically that charcoal does not depreciate the level of nutritive absorption in any way.

But, both clinical observation of patients in hospitals and numerous animal studies have demonstrated charcoal poses no threat to nutritional uptake.

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While science has yet to prove this conclusively, it seems more prudent to say that if there is any adsorption of nutrients, it is so negligible that it has yet to be shown to compromise one's health.

For instance, charcoal has been used for many years as a fecal deodorant for patients with ileostomies and colostomies.

In spite of the fact that they may routinely take charcoal orally three times daily for years, it has never been demonstrated to nutritionally affect these individuals who are already at risk of nutritional deficiency. (Patient Care p. 152, October 30, 1977)

In one animal study, Dr. V. V. Frolkis, a famous Russian gerontologist, and his colleagues, demonstrated that the lifespan in older laboratory rats increased up to 34% by feeding them charcoal in their diet! (Experimental Gerontology 1984)

Toxins, including free radicals, are believed to play a significant role in aging. But these "loose canons" will form a stable matrix with charcoal in the gut until they are eliminated from the body.

Researchers concluded that the binding up of these toxins in the intestinal tract before they are absorbed or reabsorbed into the system may be one mechanism that allowed the rats to live longer and healthier.

There is some anecdotal evidence that activated charcoal will interfere with the absorption of artificial supplements.

Again, if there is any concern that activated charcoal is compromising the absorption of essential food elements or artificial supplements, then simply adjust the intake of activated charcoal so as not to conflict, as in the case of drugs (see above).

While there is no evidence to suggest long-term use of charcoal is harmful, neither is there any research to suggest that activated charcoal should be taken as a daily supplement indefinitely.

Can Activated Charcoal be Taken During Pregnancy?

Yes, so far as is known, activated charcoal may be taken during pregnancy and lactation.

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Can One Overdose on Activated Charcoal?

By its very nature, charcoal does not lend itself to overindulgence.

Because charcoal is neither digested nor absorbed in the gastro-intestinal tract, there is therefore no concern of overdosing on activated charcoal.

What is the Dose for Poisoning?

There is no clear consensus among those promoting charcoal in cases of poisoning, except that you can't give too much.

There are no definite dosages, but there are three recommended formulas (Activated Charcoal in Medical Applications 1995):

Age – 2 ½ to 5 Tablespoons (25gms to 50gms) for children

Body weight – 1 Tablespoon per 10lbs. (1gm per kg) body weight

Amount poison taken – 1 Tablespoon activated charcoal per 1/28 oz. (10gms per 1gm) of poison.

In case of poisoning it is vital to give activated charcoal as soon as possible and, if uncertain of the dosage, give more than you calculate you should.

If possible consult the Poison Control Center or closest Emergency Clinic for further information and instruction. (Nation Poison Control Center will have better data than local Poison Control Center's)

Activated Charcoal is known to adsorb some heavy metals, and is included in an IAOMT protocol for the removal of mercury amalgam fillings. (International Academy of Oral Medicine and Toxicology) (www.iaomt.org)

In referring to a detox program using oral activated charcoal for heavy metals, some have compared it to "oral" chelation therapy, BUT, without the negative side effects often associated with the use of EDTA, DMPS, and DMSA.

However, some substances are poorly adsorbed by charcoal including: Lithium, strong acids and bases, metals and inorganic minerals (such as sodium, iron, lead, iodine, fluorine, and boric acid); alcohols (such as ethanol, methanol, isopropyl alcohol, glycols, and acetone); and hydrocarbons such as petroleum distillates (e.g., cleaning fluid, coal oil, fuel oil, gasoline, kerosene, paint thinner) and plant hydrocarbons (pine oil).

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Other antidotes are more effective.

If possible consult the Poison Control Center or closest Emergency Clinic for further information and instruction. (Nation Poison Control Center will have better data then local Poison Control Center's)

What is the Dose for Poisoning in Animals?

The Animal Poison Control Center recommends 1-3 gm of activated charcoal per 1kg body weight.

Again, if unsure, give more than you think.

Does Taking Activated Charcoal Orally Produce any Harmful Side Effects?

Charcoal is neither digested nor absorbed in the gastro-intestinal tract.

As such there are no known adverse side effects to the use of activated charcoal.

Taking activated charcoal orally will naturally turn the stool black.

For those who have a predisposition to constipation, taking activated charcoal can have a binding affect if the patient does not drink sufficient fluids.

For others, charcoal may work as a laxative.

As already mentioned, activated charcoal may interfere with drug medication.

Are There Any Hazards to Using Activated Charcoal?

The only hazards associated with activated charcoal are those connected with its use in hospitals.

Only three hazards are listed – aspiration, bowel obstruction, or constipation.

In each of the reported cases activated charcoal was implicated by association with either the accidental perforation of the windpipe during intubation, the use of some drug resulting in bowel obstruction, or dehydration of the patient resulting in severe constipation.

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It should be noted that the complications attributed to charcoal were secondary to medical error on the part of the hospital staff.

Will charcoal leave a “tattoo” when applied directly to a skin wound?

In ulcers and other open and infected wounds, activated charcoal can be applied directly into the wound with no worry of leaving a tattoo effect.

It has been suggested that charcoal applied directly into a fast mending cut wound may leave a tattoo effect.

If there is any concern simply apply activated charcoal in the form of a poultice.

Acid Indigestion

Activated Charcoal is a simple natural home remedy for Acid Indigestion, Acid Reflux, Heartburn

Amalgam

IOAMT Protocol for Amalgam Removal using Activated Charcoal

Babies

Activated Charcoal for Infant Colic, Neonatal Jaundice and accidental Poisoning

Bowel Disease

Activated Charcoal is often used in the treatment of various Bowel Diseases

Brown Recluse Spider

Activated charcoal Powder for Brown Recluse Spider Bites

Candidiasis

Activated Charcoal is simple natural treatment for Candidiasis & Yeast Infections

Celiac

Activated Charcoal is an effective natural treatment for Celiac

Cellulitis

Activated Charcoal is an effective natural treatment for Cellulitis

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Chalazion

Medicinal Activated Charcoal is a simple natural home remedy for Chalazion

Cholesterol

Activated Charcoal Lowers Blood Cholesterol & Triglycerides

Colic

Activated Charcoal is an effective simple natural remedy for Colic.

Dental Infections

Activated Charcoal for Dental Infections

Diabetic Ulcers

Activated Charcoal is an effective natural remedy for Diabetic Ulcers

Diarrhea

Medicinal Activated Charcoal helps to control Diarrhea associated with Dysentery, Cholera, Colic, Tourista

Diverticulitis

Activated Charcoal for Diverticulosis & Diverticulitis

Ear Infections

Activated Charcoal is an effective natural remedy for Ear Infections

Georgia's Story

Activated Charcoal Poultice works to help control severe Diarrhea

Gout

Activated Charcoal is a natural remedy for Gout

Hemorrhoids

Activated Charcoal is a Natural Remedy for Hemorrhoidal Relief

Insect Bites

Activated Charcoal is an effective natural remedy for Poisonous Insect Bites

Liver Disease

Activated Charcoal for Liver Disease: Hepatitis, Jaundice, Liver Cancer

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Measurements

Measurement conversions for activated charcoal

Odors

Foul odors may originate from many different sources including: bad breath; intestinal gas; vaginal odor, infected wounds, odors from garbage, gym bags, pets, even scented products.

Activated charcoal adsorbs most offensive odors.

Pain

Activated Charcoal - a safe non-addictive simple remedy to treat PAIN naturally

Peptic Ulcers

Activated Charcoal - Natural Remedy for Treatment of Peptic Ulcers

Pink Eye

Activated Charcoal - a Simple Natural Remedy for Pink Eye

Poisoning

Kentucky Poison Control Center Promotes Activated Charcoal for Accidental Poisoning

Poison Ivy

Poison List

A short list of the 4,000 plus natural and man-made poisons that are effectively adsorbed by activated charcoal when given in sufficient quantity.

Pregnancy

Activated Charcoal for Morning Sickness and Pregnancy

Pressure Sore

Pressure Sores can be effectively treated with Activated Charcoal Poultices

Prostatitis

Activated Charcoal: a natural remedy that helps to relieve Prostatitis

Snake Bites

Activated Charcoal for Poisonous Snake Bites

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Suzy's Stories

Firsthand missionary stories from Benin about medicinal charcoal.

Surgical Infections

Medicinal Activated Charcoal is a natural remedy that helps heal surgical infections

Vomiting

Activated Charcoal is an effective natural remedy for nausea and vomiting.

Wasp Stories

Activated Charcoal is a natural remedy for the treatment of poisonous insect bites.

Wounds

Activated Charcoal is an effective natural remedy for the treatment of infected wounds.

Jelly Charcoal Poultice:

1. Grind 3 tablespoons of flaxseed (or use cornstarch)
2. Mix flax meal together with 1-3 tablespoons of charcoal powder.
3. Add 1 cup water.
4. Set aside for 10-20 minutes to thicken, or mixture may be heated and allowed to cool.
5. Spread the jelly evenly over an appropriate size cloth or paper towel.
6. Cover the jelly with a second cloth or paper towel.
7. Position poultice over the area to be treated (i.e. - liver, stomach, kidneys, spleen, knee, eye, ear, sting or bite area).
8. Cover the poultice with plastic (when available, plastic food wrap works fine) cut to overlap the poultice by an inch on every side .
This will keep it from drying out.
If the charcoal dries out, it will not be able to adsorb.
9. Finish off by bandaging or taping the poultice securely in place.
Leave it on from 2-4 hours, if applied during the day, or better yet, overnight.
After 6 to 10 hours another poultice can be applied.

Note: Poultices of any kind only work if there is continuous moist contact with the skin.

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Plain Charcoal Poultice:

This poultice, without any thickening agent, is a variation of the one described above.

Consequently the charcoal may dry out more quickly and will need to be changed or remoistened.

1. Mix charcoal (1 to 2 Tbs.) with a little water to form a wet paste.
It should be moist but not crumbly or drippy.
2. Spread the paste on one half of a folded paper towel, loosely woven cloth, or piece of gauze cut to fit the area to be treated.
When ready the cloth should be moist, and thoroughly saturated with the paste.
3. Then cover the paste by folding over the other half of the paper towel or cloth.
4. Next place the charcoal poultice on the affected body part making sure it completely covers the area.
5. Cover the poultice with plastic (when available, plastic food wrap works fine) cut to overlap the poultice by an inch on every side.
This will keep it from drying out.
If the charcoal dries out, it will not be able to adsorb.
6. Finish off by bandaging or taping the poultice securely in place.
Leave it on for several hours, or better yet, overnight.
After 6 to 10 hours another poultice can be applied.

For thousands of years men have manufactured charcoal from all manner of trees, but experience taught them that the harder the wood the better the grade of charcoal.

Today, charcoal is commonly produced from any number of materials including sawdust, bamboo, coconut shells, olive pits, pecan shells, besides hardwoods.

Burnt meats and burnt toast and the likes, can or may cause Cancer.

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One simple method for making charcoal: make a fire pit about 2' deep x 2' round or squared. The wood is best if seasoned and hard, very dry, and it will burn well. You get a lot of charcoal for the small amount of wood. You need to get them burning good, then, when they are hot coals, cover pit with an old top from a portable barbeque or sheet of metal, and put dirt around the edges to make it air tight. Then just let the coals sit in its own heat. Later when the coals are cold, I take the coals and put them in a cloth bag, lay them on a flat piece of cement, and gently pound the coals with the hammer pulverizing it until the charcoal is but fine ashes. This just takes a few minutes or so and it will be very fine powder. Do out side.

Animal Feed

Activated Charcoal is an excellent animal feed supplement.

Animal Poisoning

Causes of animal poisoning from various common products in and around the home and the use of activated charcoal as an antidote and detoxicant.

Animal Odors

Activated Charcoal helps to control Animal Odors

Digestive Aid

Activated charcoal can help to extend the lifespan by 34% in OLD laboratory animals.

Infected Wounds

Activated Charcoal helps infected animal wounds.

Whether it is for detoxifying poisoned soils, regulating moisture in soils, improving seed germination, encouraging knitting of newly transplanted sod, or to increase crop yields, all these benefits and more are available to the flower gardener and the tractor farmer through the amazing chemistry and physics of activated charcoal.

<http://www.charcoalremedies.com/science>

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Charcoal is beneficial in such cases as infections: cold sores and impetigo, in your mouth, (gingivitis or tooth abscesses), in your stomach, (heart burn, indigestion, food poisoning), intestines, (for parasites, lumps, cancer), in your eyes, (for pink eye, any eye infection), skin, (bites from insects to snakes, sliver infections, mole or scab infections, hang nail or minor cut pain, rash or poison ivy or oak, feet (toe nail infections, sores that don't heal on feet because of poor circulation), scalp or hair, (for parasites, any sores on head), flu symptoms (for stomach upset or food poisoning), on swellings to reduce inflammation and edema, on lumps to draw out and adsorb toxins.

Use a teaspoon of charcoal in your drinking water to make alkaline & magnetically attract gases and toxins. Soak your fresh fruits and vegetables in 1 Tablespoon 5-10 min) to collect pesticides, parasites, chemical sprays, bacteria (e-coli), and harmful human body fluids while they were picking and packing.

Place a teaspoon of charcoal in colostomies to adsorb odors. A couple of cupfuls in bath water of cancerous patients to adsorb odors and toxins.

For poultices- Mix 1/2 charcoal and 1/2 ground flax seed (1 Tablespoon of each) and enough water to mix into a paste, place on paper toweling, then place over painful areas where there could be swellings, infections or lumps. Cover this with a plastic baggie, using an ace bandage to hold it in place or if you're not allergic to tape, tape it on. Flax seed helps keep the charcoal from drying out into a powder and dropping out onto your carpet or bedding. I sell charcoal salve for bandages. If you don't have flax seed available try aloe vera, olive oil, ground potato, ground onion, or ground quick oats.

Place a jar of charcoal in your refrigerator to adsorb fumes and odors. For pets and plants (it makes the soil alkaline) Place in oven proof container, burn out collected fumes in charcoal and use again and again and again.

Add 1 teaspoon of charcoal in your cooking or baking to color cookies, cakes or candies black . Add 1 teaspoon to 1 Tablespoon.

This may not be what most people call the first recording of charcoal use, because of the condition and the way charcoal (ashes) works. In Job 2:8 where Job sits in ashes with his body covered with boils. This could have brought some relief to his ailing body.

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In the 1800's Ellen White knew of Charcoal's amazing capabilities and said, "If I could give this remedy some outlandish name that no one knew but my self, it would have greater influence." Selected Messages V.2 P. 294. Mrs White would send for charcoal from a blacksmiths shop, apply it to areas of pain and discomfort, or have the person swallow some, bringing relief within minutes, saving lives that otherwise were given up to die by those in the medical fields.

It is a fact that a sugar cube size of activated carbon, if the surface area was laid out flat would cover 1/2 a football field. One particle holds 80 times its amount in toxins.

Activated carbon is not charred foods. Charred foods are a product of burned fats, carbohydrates. protein and mineral salts, which are carcinogenic (cancerous). If nothing else is available, charred foods may work for the moment, which is carcinogenic.

Activated carbon has no expiration date. It can store in a closed container for hundreds of years. Once it has been exposed to molds, gases, fumes, toxins, you can reuse it if you place it in the oven at 350° for 15 - 30 minutes to burn off whatever it collected. The miracle properties of charcoal cannot be explained. When it collects a toxin it hangs onto it like a magnet, not releasing it until it is burned off or carried out of the body to waste sites. Its quick working action is favored above Epecac in Hospitals and Poison Control Centers because charcoal has no side effects and filters the blood within 5-10 minutes. How it can be so specific by only collecting toxins and not nutrients, cannot be explained therefore causing textbooks and medical personnel to disclaim its amazing usage. Plus. Can they make money on it?

Activated carbon (Charcoal) has been used to filter failing kidneys, livers, bladders and colons. 1 Tablespoon can be taken to give a nauseated stomach relief. If there is trouble swallowing this black 'mud' they have available charcoal caps in pharmacies. **Keep in mind it takes 14 caps to make a tablespoon.** I tried all sorts of ways to take the powder without vomiting and the only way I got used to it was placing a sprinkle in my brush water and then brushing my teeth with it. Eventually I got to where I can take a chunk of charcoal, the size of a quarter, and swallowing it down with a glass of water.

I make my own chunks by placing a pound of charcoal in a large mouth container, then pouring in a pound of water, waiting for the water to be absorbed, then if I can mix it and it is a thick slurry, I use it that way until it dries out to a big chunk, then break up that chunk into smaller chunks. If in a muddy consistency I can spoon out a teaspoon, place it in my mouth and swallow it down with a glass of water.

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If in chunks I place a teaspoon size in my mouth and take some water in to soak into the charcoal that is in my mouth, then slowly drink it down with more water.

I place a tablespoon of charcoal into my fresh fruit and vegetable water to adsorb the toxins so often applied to keep those items fresh looking for you. Leaving my produce in that water for 10- 15 minutes or so. It also pulls out the pesticides, parasites, anything else that can cause body poison buildup.

Rinsing your mouth at night with charcoal will remove the bacteria, toxins, and infections that can cause gum disease and plaque and tarter build up.

And good news for you smokers and drinkers who are enslaved to smoking and drinking. Charcoal adsorbs nicotine and some alcohol, those addicting substances which keep you enslaved. BREAK those habits!

I have used charcoal (20 years now), (same as activated carbon), for allergy headaches, indigestion, pink eye, colon problems, bites, teeth and gum infections, menstrual cramps, bladder infections, toe infections, mole flare ups, scalp itch, bed sores, staff infections, with positive results. In soil to sweeten it and collect bacteria, in pets water, chocolate chip cookies to make them look charred (That was a college gag I did when I sent some cookies to my son there, and everyone said "Oooh, how can you eat those?" My son said no one stole his cookies until they caught on and realized it didn't change the taste.

What is so discouraging and upsetting is when it heals, relieves pain, removes drugs from a pregnant mother, etc, those in a professional setting, like the nurses and doctors, refuse to use it. They say it's because it's not on their drug list. So many people have had their toes, feet, legs amputated because lack of circulation caused gangrene. Charcoal applied brings oxygen to the area, adsorbs bacteria, filters the poison from the blood and brings healing. So many useless surgeries could have been avoided. Even in the mission fields where people could be taught to use charred wood off their fires to bring stomach relief, parasitic cleansing, bacteria under control without the use of drugs, which are difficult to get to foreign countries in the first place, could be using their charred wood for relief.

Please remember that it is important to drink your 8 - 8oz of water daily, especially if you will be taking charcoal on a regular basis. It will absorb water from your colon and can cause constipation if you are dehydrated. **In most cases 1/2 teaspoon is sufficient and if you really feel sick, 1 Tablespoon.** I haven't found it to be mixable with juices. Children don't have as much problem as adults with taking it. It is tasteless. Placing it in a colored bottle for children, with water, and they won't even know it's in there until they get to where

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it has settled at the bottom of their bottle, or when you see it in their poop. Your bowels also will be black so don't be alarmed.

Remember that charcoal will adsorb toxins and that means medications. So take it 2 hours before or 2 hours after your meds. and NO, it will not adsorb nutrients, unless your nutrients are synthetic which charcoal sees as a toxin. One lady ate a pound of charcoal a day for a month and guess what? She is still living to tell about it. I consumed a tablespoon a day for a year and guess what, my bowel problem cleared up and I no longer have stenchy gas from eating beans or raw vegetables.

It will not color your teeth black. It does not stick to anything mucus, like the saliva in your mouth. Once it is on your skin just use soap and water to remove. If it lands on your clothes you can only hope it is not your best clothing. Apply soap to the charcoal spots and hopefully it will wash out. If it doesn't it is permanently there. Sorry. I've tried everything. Soap has to be applied as soon as it hits the material. It will wash off most counters, sinks, etc. with soap unless the item is very porous. Some plastics will remain a gray.

If you have questions you can contact me by e-mailing me at l.wenzel@mchsi.com.

<http://destinationheavenministries.com/page1/page15/page15.html>

Ask Duane: I take a hunk or lump of burnt hard wood like Oak, which has turned into black charcoal, not the dust. I make ready two bowls, one tablespoon, stake knife, and metal tea strainer. I take the one bowl and pick up the burnt charcoal in one hand and scrape the black charcoal off of the larger chunk with the stake knife. This is finer pieces that look like sand. Then I take the tablespoon and put my two large fingers into the upper side and press down on the sand like charcoal and making it much finer. Then take a tablespoon of crushed charcoal and place the tea strainer over the second bowl and pour into the tea strainer the tablespoon of black charcoal and shake it many times, so the real fine charcoal falls through. Then dump what is left back into the first bowl to be crushed again. I repeat this several times until the black charcoal is gone from the first bowl. The second bowl should have only the finest crushed black charcoal in it. The second bowl is ready for internal use. I take one tablespoon and a cup of filtered or distilled water and mix and drink down, in the morning on an empty stomach and one tablespoon and a cup of filtered or distilled water and mix and drink down, at night before going to bed.

It is simple and easy to do for better health.

Job 2:8

Satan, therefore, smites Job with dreadful boils, and Job, seated himself in ashes, scrapes his skin with broken pottery. I believe that Job broke open the boils and covered himself with the ashes to relieve some of the pain and to help heal himself.

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DISCLAIMER: This is not legal or medical advice as I am NOT a doctor nor trained in the medical field or an attorney. These are simply things that I have discovered along the way, and that you can talk about with your medical provider or with his/her attorney, I am just a caring person. The information I am presenting is from both personal experience and internet studies and research. I am advocating knowledge, general information, good health, and that should remain a personal preference. Everyone reading this article should research more about this topic first and consider asking their attorney and/or doctor if it's safe to do with your current medications before even thinking of trying it, if the subject is covering health.

This is not any medical advice; it's an opinion of my personal experiences. No medical claims can be made by this article, subject, and/or information, under Federal law. Otherwise the FDA can take care of the ones involved with marketing and distributing said cures all the way to the store if they make drug like claims. Food products are not regulated by the FDA, as of yet, as a cure and/or aid for better health.

This information is solely for informational purposes. It is not intended to provide medical advice. Before engaging in any complementary medical technique, including the use of natural and/or herbal remedies, you should do your own research, and then consult your present physician. If your doctor does not believe in alternative medicines and you would like to give them a try then find a reputable doctor familiar with natural herbal remedies for your needs that can assist you in deciding what treatments might meet your specific needs.

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