



# HEALTH REFORMER

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## God's Natural Remedy - ACTIVATED CHARCOAL



Magnified picture of a fine grain  
of activated charcoal.



**from the book:**

**“Charcoal Remedies.com”**

**by John Dinsley**

**Condensed by: Ellen Prasad Pilla**



"For Such a Time" and "Health Reformer" are the publications of Wake Up India. "For Such a Time" discusses spiritual matters. "Health Reformer" is dedicated to health.

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Permission is granted to translate and to publish this magazine into your own language. My Gratitude to Jennifer Lazarus for help with typing this manuscript.

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"I HAVE HAD CHARCOAL ON MY KITCHEN COUNTER FOR THE PAST 30 YEARS AND THE FAMILY USES IT FOR VARIOUS AILMENTS. WE COULD NOT DO WITHOUT CHARCOAL. IT IS TIME THAT YOU ADDED CHARCOAL TO YOUR KITCHEN COUNTER."

ELLEN

## God's Natural Remedy 1 -

### ACTIVATED CHARCOAL

Condensed from the book: "Charcoal Remedies.Com" by John Dinsley  
by Ellen Prasad Pilla

*"One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient slept, the turning point came, and recovery was the result. To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm. I expect you will laugh at this; but if I could give this remedy some outlandish name that no one knew but myself, it would have greater influence. But the simplest remedies may assist nature, and leave no baleful effects after their use." EGW, Selected Messages, Vol. 2, p. 294, 1897.*

**KEY TERMS:** Adsorption, and absorption.

#### Key terms defined:

**Adsorption:** A surface-based adhesion of atoms, ions, molecules from a gas, liquid, or dissolved solid. Adsorption is a preliminary step in absorption. Adsorption, which is often confused with absorption, refers to the adhering of gases to the interior surfaces of porous solids, as activated carbon adsorbs certain gases. Adsorption is a surface phenomenon.

**Absorption:** Is an intermingling or interpenetration of two substances. The taking up of one substance by another, like a sponge absorbs water into itself.

*Funk & Wagnalls New Encyclopedia, Vol. 1.*

**Activated charcoal adsorbs to its surface, toxins, viruses, odors, poisons, poisonous gases, etc., like a magnet attracts iron to its surface. But some things charcoal does absorb, such as water and other liquids. Then from the liquids it adsorbs toxic chemicals.**

Charcoal works by adsorbing (with a d not a b). The carbon molecules attract toxins and neutralize them with an electronic bond, then they escort the toxins out of your system via your stool. Some assert that you can only detox what's in the gastrointestinal (GI) tract, but that is mislead-



ing. The inner linings of your small intestines are covered with millions of small villi, tiny appendages that absorb nutrients into the blood's circulatory system, which cycles completely throughout the body at an average rate of once every minute, though more with exercise and less at rest. After the abundant tiny villi get coated with activated charcoal, within a few minutes, blood cycles through them often enough for the charcoal to adsorb many toxins from the recycled blood. So it acts as a blood purifier. [www.naturalsociety.com](http://www.naturalsociety.com).

Dear reader, you hold in your hand, a valuable booklet which will help you to treat various illnesses in your home by yourself with one of God's natural remedies, "charcoal." Please preserve this booklet carefully for reference. If you have not subscribed to the "Health Reformer" magazine, please do. The 1,000 copies of this newsletter we print need to be stretched to others also in India. Therefore, for those who do not subscribe, this may be the last free copy you will receive from us.

God's natural remedies cleanse the system by removing toxins or poisons from the body. When the toxins are removed from the body and good nutritious food is given, the body should become whole. **"Cleansing" is the key word in using natural remedies.** And charcoal is a great cleanser. It adsorbs and removes poisons within seconds. Wood charcoal is

the world's strongest adsorbant of poisons, its position being unrivalled by any known substance in industry, chemistry, toxicology, and the military. It is the most powerful antidote for poisoning on the planet earth. It is the single most effective detoxifier of thousands of harmful chemicals anywhere in the world. Dr. Agatha Thrash writes: "Charcoal has amazing healing properties. In fact, if I were stranded on a desert island and could take only one thing along to protect me from disease, infection, and injury, I would choose charcoal."

"Charcoal has amazing healing properties. In fact, if I were stranded on a desert island and could take only one thing along to protect me from disease, infection, and injury, I would choose charcoal."

Dr. Agatha Thrash

### Ancient and Modern Medicine

The first recorded use of charcoal for medicinal purposes comes from Egyptian papyrus around 1500 B.C. It was used to adsorb the unpleasant odors from putrefying

wounds and from within the intestinal tract. Hippocrates (400 B.C.) and Pliny (AD 50), recorded the use of charcoal for treating a wide range of complaints including epilepsy, chlorosis (a severe form of iron-deficiency anemia), vertigo, and anthrax. Pliny wrote in *Natural History*, Vol. 36: "It is only when ignited and quenched that charcoal itself acquires its characteristic powers, and only when it seems to have perished that it becomes endowed with greater virtue." What Pliny observed is the very mystery science continues to explore today. In the 2nd century A.D., Claudius Galen,

the most famous doctor of the Roman Empire, wrote nearly 500 medical treatises, referring to the use of charcoals of both wood and animal origin, for the treatment of a wide range of diseases.

After the suppression of sciences by Rome (A.D. 300-1700), in the 1700s, charcoal reappeared as a cure for gangrenous ulcers and for intestinal disorders. At this time the sugar industry started using charcoal for the decolorization of sugar syrups.

In 1813, French chemist Michel Bertrand swallowed five grams of arsenic trioxide (150 times the amount that would have killed most people) mixed with charcoal. There was no nausea, no vomiting, no diarrhea, no excruciating cramping, no severe burning in the mouth and throat, no collapse, and no death. In a dangerous but dramatic way, he demonstrated charcoal's phenomenal ability to hold poisons from being absorbed by the body.

In 1831, in front of his peers, a French pharmacist drank a glass of deadly strychnine and survived to publish his story. He had combined fifteen grams of the poison (ten times the lethal dose) with an equal amount of charcoal.

In A.D. 2000, today, charcoal is rated Category 1, "safe and effective," by the U.S. Food and Drug Administration (FDA) for acute toxic poisoning. It is also listed in the U.S. homeopathic pharmacopoeia as having "marked absorptive power of gases."

Modern research has discovered exciting new applications. Today charcoal is used in medical equipment that filters the blood of thou-

sands of kidney and liver dialysis patients who might otherwise die. It is used by the pharmaceutical industry in the manufacture or purification of most medicines. It is found in emergency wards all around the world as the principal antidote for poisoning and drug overdose.

The Seventh-day Adventists know about the beneficial use of charcoal from the writings of Ellen G. White, in which she wrote a hundred years ago that charcoal could be used successfully to treat: bloody dysentery, bowel inflammation, disease, eye inflammation, fever, inflammation, indigestion, injured hands and limbs, poisonous insect bites, snake bites, and swollen knee. She said to mix charcoal with olive oil and to eat it slowly for throat problems; to use it with fomentations in treating the sick by making a charcoal poultice mixed with flaxseed.

To those who prefer to pray instead of using the remedies God provided in nature, Ellen White said: *"God does not heal the sick without the aid of the means of healing which lie within the reach of man; or when men refuse to be benefited by the simple remedies that God has provided in pure air and water."*

*"When the Lord told Hezekiah that He would spare his life for fifteen years, and as a sign that He would fulfill His promise, caused the sun to go back ten degrees, why did He not put His direct, restoring power upon the king? He told him to apply a bunch of figs to his sore, and that natural remedy, blessed by God, healed him. The God of nature directs the human agent to use natural remedies now."*





*“There are many ways of practicing the healing art, but there is only one way that Heaven approves. God’s remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying.*

*“Shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ’s remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest. The Lord has provided antidotes for diseases in simple plants.”*  
2 Selected Messages, pp.286-289.

The fourth leading cause of death in America is due to the negative effects of **properly** prescribed drugs by doctors in hospitals. Charcoal adsorbs drug medications and considers them as poison to the body. John Dinsley says that he used charcoal for thirty years in his travels around the world as a first line of prevention and treatment. Charcoal is able to take up toxic gases, disease germs, fluid toxic wastes and heavy metals. It is a miracle substance. It adsorbs rapidly within seconds and has indefinite shelf life. It takes up drugs in the stomach, small intestine, colon, and in the

lower bowel and escorts them out of one’s system via stool.

### How Charcoal is Activated

The finer the grain of charcoal, the faster the charcoal works. But the activity level is more dependent on the total internal surface area. Large grains can have the same activity level only they work more slowly. This kind of charcoal is made commercially by chemical or steam activation and is called “Activated Carbon” or “Activated Charcoal.” When activated charcoal is not available, treatment should be done with charcoal from your wood stove.

The tiny particles of charcoal are riddled with a network of crevices, cracks, and tunnels such that the combined surface area in a one-centimeter cube unfolds to a thousand square meters! This tremendous surface area, together with its capillary action, electrostatic properties, and other undefined properties, make it the indisputable champion of detoxifiers. Whether gases, foreign proteins, body wastes, free radicals, poisonous chemicals or drugs, charcoal binds the offending agents until they can be safely disposed of.

Activated charcoal begins as regular charcoal and is then “activated” with oxidizing gases, such as steam or air, at high temperatures. This oxidative process further erodes the charcoal’s internal surfaces. This increases its adsorption capacity by creating an internal network of even smaller pores rendering it two to three times as effective as regular charcoal. The most common starting materials for making activated

charcoal are: wood, bone, coconut shells, peat, coal, petroleum coke and sawdust. Manufacturers of charcoal first look at the impurities to be removed from a substance. They then select the material and activation process that best match the impurities.

United States Pharmacopia standard for activated charcoal has set an internal surface area of 1000 m<sup>2</sup>/g (square meters per gram). DETOX 1600 (by Charcoal House) has a minimum surface area of 1600 m<sup>2</sup>/g. In this book, all recommended dosages for charcoal are based on the standard of 1000 m<sup>2</sup>/g.

Wood charcoal has 90% carbon. Bone charcoal contains 11% carbon, and the rest are calcium salts. Since it readily adsorbs impurities from the atmosphere, especially in powder form, but also in capsules and tablets, charcoal should be stored in a tightly sealed container.

### Methods in Using Charcoal

Activated charcoal may be taken orally by powder mixed in a glass of water, by way of capsules and tablets; or used as a compress externally. Commercial charcoal comes in five forms: tablet, capsule, paste, as a suspension in water, and powder. Charcoal tablets include fillers, binders and sweeteners. Addition of these slows the adsorption of poisons.

In one study, one group who took a charcoal-sorbitol suspension experienced diarrhea, compared to none in the group who took charcoal only suspension. Commercial tablets are only half as adsorptive. Tablets are about 75% charcoal

and 25% fillers and binders. Chewing the tablets well before swallowing will increase their effectiveness.

Charcoal has greater drawing power if moist when applying externally, as in a poultice. However, dry charcoal powder may be sprinkled on oozing wounds. For throat infection, dip wet finger in charcoal and rub charcoal inside the mouth. The powder could be mixed in a little olive oil and eaten slowly. As a bandage, wet charcoal powder and put on a bandaid, or add charcoal powder to ground and cooked flaxseed to make a bandage. For charcoal bath, mix a cup of charcoal powder in a bucket of water. Infected feet may be put in a bowl of warm water in which charcoal has been mixed and the affected area dipped in it. These are the various means to use charcoal. Charcoal powder should be wet in order for it to do its job more effectively. Charred food is not charcoal and not healthful. Charcoal briquettes which have petroleum distillates to ignite them should never be used for medicinal application.

Charcoal will slow bowel movements in individuals, who do not drink sufficient water. Charcoal will adsorb most medications as it recognizes most medication as poison to the body. If one is taking a prescription drug, a safe rule is to take charcoal two hours before or after taking medications. One option is to use charcoal externally as in a bath or as a poultice. Charcoal does not adsorb nutrients. For example, charcoal has been used 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. Charcoal is not classified as a drug or as a mineral—minerals are defined as inorganic. Sometimes it is listed as a food supplement, but this is incorrect, since it is both inert and indigestible. Charcoal is unique in that there are really no other elements or compounds with which it can be grouped.

Charcoal is not a cure all. But for some health issues, and in some serious conditions, there is no better and quicker remedy than charcoal. Remember Dr. Agatha Thrash's words that the one thing

that you need to carry in your travels or to keep at home as a universal antidote to protect you from disease, infection, and injury, is charcoal. Now the World Health Organization has urged all member countries to promote the use of "traditional, harmless, efficient and scientifically proved remedies." Charcoal is such a remedy. In a day of litigations over drug induced complications and death, charcoal remains a quiet, harmless, and tireless worker.

In the following pages we have listed illnesses and how charcoal should be used for each illness. If you get well as a result of following the suggestions or recommendations given in this book, please share your success stories with us. Ω

## MEDICAL USES OF CHARCOAL—A - Z

Stories of Successful Treatment Methods are Provided

**A**bscess, infected and smelly wound - Clean it, pack it with charcoal powder, and put a charcoal bandage over it. With a new dressing each day, the wound should quickly heal.

Abdominal pain - One tablespoon of charcoal mixed in water and taken will remove abdominal pain in a half hour.

Abortions - In the book, *Surgery, Gynecology and Obstetrics*, 1930, Nahamancher, MD, reported the effectiveness of charcoal in lowering the fevers associated with septic endometritis in women who had undergone abortion. In all cases, the temperature fell to normal when one or two "charcoal pencils" were inserted into the uterus through the cervix.

Charcoal had adsorbed the offending toxins and bacteria in the uterine cavity. Once he started using the intrauterine charcoal, he never lost another case of septic abortion. He also reported that in cases of infected abortions, when treated with charcoal, there was an almost immediate end of the foul-smelling discharge.

**Charcoal pencil:** heat water, charcoal and corn starch together until thickened. After slight cooling, pour the tacky material onto a greased pan. Roll. Place them in an oven overnight to dry. Handle carefully.

Acid stomach - Take orally, 1 tablespoon charcoal powder mixed in water.

Acute toxic poisoning - Take orally, 1-6 tablespoons charcoal powder mixed in water. For all types of poisoning, follow the "Charcoal Dosage Schedule" given in the Appendix.

Aging - Charcoal increases lifespan and retards aging. In one animal study, Dr. V. V. Frolkis, a famous Russian gerontologist, demonstrated that the lifespan of laboratory rats increased up to 34% by feeding them charcoal in their diet. 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.

Allergies, products of - Give charcoal orally, 1-2 tablespoons charcoal powder mixed in water. It may not bind the allergens themselves, but may neutralize other secondhand toxins produced by the allergens. Charcoal is a powerful antidote for fungal toxins, and toxins such as Aflatoxin B and T-2 toxin which kill both humans and animals.

Allergy to preservatives, sodium benzoate - Take orally, 1 tablespoon charcoal powder mixed in water.

Amputee - A boy touched an electrified line and had severe burns. One arm was amputated. The other arm had surgical scars with putrid smell. I

applied charcoal directly to the area and covered it. The pain had stopped. No smell when the bandage was removed. On the next day we put a poultice on the entire arm. The arm recovered. - Nurse Pamela.

Anemia of cancer - Administration of charcoal will sometimes cause a reversal of the anemia since anemia in cancer patients is caused by a toxicity from the cancer itself. Charcoal may remove toxic substance inhibiting the bone marrow. 2 tablespoons charcoal powder mixed in water per day.

Anthrax - Charcoal adsorbs anthrax and diffuses it. Give orally, 1 tablespoon charcoal powder mixed in water.

Ants - Give charcoal internally and put some directly on the bite or submerge patient in charcoal bath.

Appendicitis - Betty's husband, a quadriplegic from polio, developed an acute appendicitis. A surgery would be hazardous. Betty decided to try a charcoal poultice. She made a large poultice, 14in x 14in of charcoal mixed with flaxseed. Unbeknown to the doctors and nurses, she put the poultice on his abdomen for two hours. When the doctor returned and the symptoms had subsided slightly, it was decided to wait until morning to operate. She continued to keep the poultice till evening. Within three days, her husband was discharged from the hospital without a surgery. At home she continued the poultice for ten hours uninterrupted. After 3 days of this, he was not only free from all symp-





toms of appendicitis but also from a ten-month problem with liquid diarrhea. When oral charcoal did not do the job, the poultice did the job. How many times the patient might recover without surgery if this valuable remedy, charcoal, was better understood! - Betty

Aspirin overdose - 1-5 tbsp. charcoal powder in water every 10 minutes.

**B**acteria, bacterial toxins. bacterial infection - Take orally, 1 tablespoon charcoal powder mixed in water.

"A stubbed toe resulted in bacterial infection which traveled up the lymphatics of my leg and resulted in boils above the knee. Hot packs were put to the leg, followed by charcoal poultice. I sprinkled dry charcoal powder directly into the oozing wounds and packed the open ulcer with charcoal jelly and quickly recovered." John Dinsley.

Bacterial vaginosis - Wet the tampon with a solution of activated charcoal.

Bad eggs eaten, dizzy and stomach upset - Take orally, 1 tablespoon charcoal powder mixed in water.

Barbiturates, overdoses - Take orally, 1 tablespoon charcoal powder mixed in water. Follow Charcoal Dosage Schedule in the Appendix.

Bean gas, breath hydrogen - Take orally, 1 tablespoon charcoal powder mixed in water.

Bee sting - Rub sting with wet charcoal tablet, compress to be changed at 10 minute intervals

or cover area with moist charcoal bandage.

Benzpyrene - Take orally, 1 tablespoon charcoal powder mixed in water.

Bleeding - 1 tablespoon charcoal powder mixed in water taken orally controls nose bleeding.

Boil - Place charcoal poultice on affected area overnight. Charcoal mixed in a little olive oil was applied on the boil and left over night. The next day the boil burst. After 3 days of treatment, the wrist completely healed. - Sarah.

Any area that is red, painful, and swollen, responds to charcoal. I apply charcoal as a poultice if the inflammation is on the outside of the body, or give it by mouth if the inflammation is in the digestive tract.- Dr. Baldwin.

Bowl, deodorizes - Take orally, 1 tablespoon charcoal powder mixed in water.

Bowl disease - Charcoal is helpful in the control of diarrhea associated with Crohn's disease, colitis or irritable bowel syndrome. Four to six tablets may be taken two to three times a day between meals. If the charcoal seems to irritate the colon, one to three tablespoons of powdered charcoal may be stirred into a glass of water, the charcoal allowed to settle out, and the clear water drunk. - Dr. Thrash.

Breath, fetid - Take orally, 1 tablespoon charcoal powder mixed in water.

Breath, offensive, after smoking - Take orally, 1 tablespoon charcoal powder mixed in water.

Broken bones - Joe in his late sixties, had some broken toes which refused to heal. The doctor wanted to amputate the foot. A person gave 20 year old charcoal and instructed to put some water in a basin large enough for his foot, and stir in the charcoal powder, and just let his foot soak in that for an hour or more. After 2 weeks, the foot recovered and Joe showed to the doctor 2 pieces of bone that had erupted on their own from the damaged toes. 20 year old charcoal had not depreciated its adsorbitive power.

Brown Recluse Spider bite - Prepare a poultice and place it over the open ulcer. Replace it several times daily over the course of a week. Give a couple of herbal supplements and charcoal internally. By the second week, there will be no evidence of the bite. The Brown recluse spider produces a bite that gives little or no pain at first but is extremely toxic. This creature, with the fiddle design on its head, is more to be feared than the black widow spider. Within 24 hours a purplish red blister develops at the site of the bite, and extensive tissue death occurs beneath the bite. This produces a very deep and angry ulceration that may extend down to the bone. The condition often lasts for weeks or months, and typically leaves a deep puckered scar, if amputation does not become necessary. There is no antidote and no antivenom. So, in hopes of physically removing all of the poison, the treatment often resorted to is that of wide surgi-

cal excision of any flesh containing venom.

However, it has been found that a totally benign treatment for brown recluse spider bite is a compress of powdered charcoal. This should be applied as soon as possible after the bite happens, preferably during the first 24 hours. For the first eight hours, change the compress about every thirty minutes. On the second day, the time interval for changing the poultices or compresses can be lengthened to two hours, and then to four.

Burns - A victim of burns from a can of gasoline was brought to our hospital. His trousers were burned to his skin. Immediately I commandeered a crew of male nurses to prepare a large quantity of charcoal slurry. As I cleared his legs of all possible foreign matter, the crew smeared this thick paste of charcoal slurry on a piece of cotton flannel that would reach from side to side and waist to ankles. Then we quickly flipped this wet poultice, charcoal side down, over the burned area. Instantly the shrieking ceased, and the exhausted boy heaved a big sign of relief. The cold charcoal had completely relieved his pain. All that Jimmy had was charcoal. He was spared his limbs to walk again. This case happened before the advent of cold therapy for burns. After the initial healing, the boy received skin grafts to complete recovery.-Dr. Baldwin.

**C**ancer - The anemia associated with cancer is produced by the



cancer's toxic waste products which destroy the red blood cells. These toxins retard the work of the bone marrow, but they may be adsorbed by charcoal when taken orally. Certain cancers in dogs have been shown to go into complete remission with the application of charcoal poultices. Then there are those chemicals known to cause cancer, such as benzopyrene and methylcholanthrene, which are also effectively adsorbed, thus preventing their poisonous effects.

Cancer of the cervix, foul odor of inoperable - Can be relieved by a douche/enema using a solution of 2 tablespoons of charcoal powder in a quarter of water.

Cancer-producing compounds - Take orally, 1 tablespoon charcoal powder mixed in water.

Candidiasis - Richard Kaufman, PhD, is a bio-nutritional chemist. He reports: "Activated charcoal can be an effective adjunct to any regimen for the treatment of systemic *Candida albicans* infections." The toxins produced by *Candida*, absorbed by the blood and carried throughout the body, are effectively adsorbed by charcoal. *Candida* toxins cause allergic reactions and are responsible for the debilitating symptoms of candidiasis.

Charcoal curbs the growth of intestinal-based yeasts, and it counteracts the Herxheimer reaction. When, as a result of a successful treatment, there is a large die-off of yeast cells, there is a severe, short-term aggravation of *Candida* symptoms due to the increased amount of

toxins produced. The Herxheimer reaction is often so unpleasant that patients abandon treatment before completion. Taking activated charcoal is one method for alleviating the symptoms of yeast die-off so that patients can continue their treatment and not suffer. Dr. Kaufman suggests 20-35 grams of activated charcoal a day in divided dosages on an empty stomach until the problem is eliminated. The larger amount is taken for more severe situations. He recommends not taking charcoal within two hours of taking required medications.

Carbamazepine absorption - Take orally, 1 tablespoon charcoal powder mixed in water.

Cast, odor from - For those of you who have suffered a broken limb that required a hard cast to immobilize it, you are no doubt familiar with the bad odor that develops. Most often the smell is just from dead skin, but it may be from an open draining wound. These odors are not only unpleasant, they are themselves toxic, and they slow the healing process. This requires that the casts be changed often. To avoid such frequent changes, Dr. Frank Haydon, MD, at Fort Benning, Georgia, developed a simple technique. He took fifteen grams of activated charcoal (about three to four tablespoons) and mixed it with enough water to make a slurry. After the first layer of cast was applied, the charcoal slurry was then poured over the area of expected drainage. The remainder of the plaster was then ap-

plied over this wet charcoal. The cast appeared slightly gray, but was accepted well by patients. The unpleasant odor of draining wounds was controlled for much longer, and there was no adverse effect on wound or fracture.

Carcinogens - Take orally, 1 tablespoon charcoal powder mixed in water.

Cellulitis - A child's legs were swollen to double their normal size and clear fluid was seeping through the pores. The parents were instructed to fill two large buckets, one with hot water with charcoal powder mixed in; and the other with cold water. The infected legs and feet were to be immersed alternately in hot, then cold water for a total of seven changes. This contrast bath was to be given four times during the day. After each water treatment, a charcoal or herbal poultice was to be applied to the infected area. We prepared garlic and other infection-fighting herbal teas to drink throughout the day. I also prescribed plenty of pure water and a nutritious diet, free of sugar, grease and lard. After two days of this treatment, the pain, redness, and swelling gradually disappeared without a single visit to the doctor's office. - Dr. Mary Ann, MD.

Chemicals, air-borne - The following true story could fit a war scenario: "I am a certified welder, working in a refinery. While I was on my way to work, the news report said rain was expected after midnight. About 1 am, a mist of rain started to fall. 15 minutes later, a safety

man at the refinery came running up. He told the 18 men in my crew to report to the designated safe tent and wait. At 5 am, the supervisors took us to a hospital for blood tests. What we thought was rain was actually benzene spraying out of a tower 175 ft. in the air. A half mile away, a refinery employee had accidentally turned the wrong valve and exposed us to one of the most carcinogenic substances in the US. Benzene affects the eyesight, nervous system, kidneys and liver.

The tests revealed that all 18 of us had dangerous levels of benzene in our blood systems. The doctors said it would take up to a year for the benzene to leave our systems, and the damage would vary from blindness to liver cancer to kidney failure, and highly possible to death. There was no known treatment to remove the benzene from the blood. That morning there were 18 very scared men.

I prayed and remembered a man I had met a year ago. He gave me a bag of charcoal capsules. He said to take three capsules, three times daily, and not to skip any capsules. After a week, the reports showed that there was no benzene in my system. Three years later, I met a lawyer who represented the other 17 men in a court case. 2 of them had blindness, 4 were on kidney dialysis, and all were being treated by a neurological psychiatrist. The lawyer was amazed that I had no health problems. I thanked God and my friend for giving me charcoal remedy." - Unknown.





Children - Charcoal repacking strategies for children are: mix it together with a banana, mix it with milk, carbonated drink, fruit juice, charcoal cookie, sprinkle it on a buttered bread in the form of sandwiches, mix it with peanut butter, chocolate syrup, jam, and honey. Charcoal reaches its maximum absorption within one minute. If a mixed version, use extra charcoal.

Cholera - 2 tablespoons in water 4 times daily or with each stool. Charcoal wards off cholera. I had supplied to a friend, charcoal bottles for Bombay during its floods and for Andaman when there was a tsunami. - Ellen.

Cholesterol levels, lowers - Activated charcoal lowers the concentration of total lipids, cholesterol and triglycerides, in the blood serum, liver, heart and brain. It reduces total cholesterol by 25%; lowers LDL (bad cholesterol) by 41%; and doubles HDL (good cholesterol). Charcoal is a valuable part of a total cholesterol reducing program, but long-term lifestyle changes must be maintained to permanently reduce high cholesterol. Take 1 tablespoon charcoal in water 3 times a day.

Chronic intestinal pseudo-obstruction - Several years ago, a middle-aged lady came to our center as a last resort. She had had abdominal surgery at least 12 times and was having to be admitted to the hospital every 2-3 weeks for gastric intubation and intravenous fluids. She was rapidly being debilitated. We put her on large amounts of ac-

tivated charcoal by mouth, and placed fomentations to the abdomen several times a day. On the third day, she began to get abdominal distention and nausea. She was given a large dose of charcoal by mouth and a fomentation was applied, which was afterward replaced by a large charcoal poultice to the abdomen. The following morning, the distention was gone. She was hungry. The treatments continued. She never had another attack. - Dr. Thrash.

Colostomy - 1/2 tsp. of charcoal powder in water 4 times daily.

Common cold - 1 tablespoon of charcoal in a glass of water. Charcoal adsorbs the toxins that trigger the different cold symptoms: fever, diarrhea, congestion, etc.

Complexion, fine - There is no greater purifier in the medical pharmacy than charcoal. Also, eat freely cabbage, and greens. If this diet is followed by regular bathing, it will work wonders with the most stubborn complexion. - *The Cook Book*.

Corn - Smear wet charcoal tablet on a band aid and put on the corn.

Crohn's disease - Barbara had Crohn's disease for 23 years. Crohn's disease causes many problems. She suffered with ulcerations of the large intestine, blood loss, anemia, malabsorption, chronic diarrhea, incontinence and a rectal/vaginal fistula. Barbara changed her diet and took a 3 week juice fast. Along with the juice fast, she took 2/3 dixie cup of activated charcoal powder mixed with ol-

ive oil which she ate with a spoon every day for a month. The mixture helped relieve gas as well as aid in detoxifying her body of drugs and other intestinal debris.

Cryptosporidiosis - A water borne parasite. Activated charcoal removes parasitic cysts. Take orally 1-2 tablespoons of charcoal powder in water.

Cyclic vomiting syndrome - Nausea, vomiting, abdominal pains may be successfully treated with charcoal. Take orally, 1 tablespoon charcoal powder mixed in water.

**D**engue - A virus infection caused by Dengue virus. Charcoal removes toxins, a good supplement for dengue cases. One glass of charcoal water every 2 hours.

Detoxifier - Charcoal is the best single detoxifier for whole body cleansing. Along with charcoal, use water both on the outside and inside to help wash away poison. Detoxification prevents toxins from infectious agents, food, air, water, and substances that contact the skin from destroying health. Chronic exposure to toxins produces cellular damage, diverse diseases, allergic-like reactions, compromised immunity and premature aging. As a general detox plan to counteract these daily exposures to toxins:

1. Use activated charcoal on two consecutive days each week. Take a total of 20-35 grams each day divided into two or three doses. Take in the morning, at midday and before bed on an empty stomach. Avoid

excessive calories or processed foods on those days.

2. Take about 20 grams a day of activated charcoal in divided doses for several months. Follow with a one month break and resume the cycle.

These programs should not be viewed as license to continue any unhealthy practices. Charcoal should be viewed as an auxiliary to sound health practices, not as a back-up for intentional indiscretions. Should we give in to some carelessness, charcoal is a wonderful aid to recovery.

Diabetes Melitus - Charcoal has been shown, in some individuals, to reduce glucose levels in the bowel resulting in a reduced need for medication. It has also been shown to reduce the signs of blood vessel and nerve damage—a major complication of diabetes. While obviously not a cure for diabetes, some may want to consider charcoal as an aid in managing their cases.

In her 1994 book, *Poisonous Prescriptions*, Dr. Landymore-Lim reports on investigations which found that diabetes might in fact be a major side effect of antibiotics and other common pharmaceuticals. The book provides evidence from studies and hospital records.

Diabetic Ulcer - Put charcoal poultice on the affected area overnight, for a month, or use a charcoal foot bath.

Diarrhea/dysentery- After each loose or watery stool, drink a mixture of one to two large spoonfuls of charcoal powder in a glass of water. Follow each







glass of charcoal water with one or two glasses of plain water. For a child, give 1 tsp. of charcoal powder mixed in water.

Diazepam (valium) overdose - Take orally, 1 tablespoon charcoal powder mixed in water.

Digestive problems - Take orally, 1 tablespoon charcoal powder mixed in water.

Digitoxin absorption - Take orally, 1 tablespoon charcoal powder mixed in water.

Diphtheria - Look up Tetanus.

p-dimethylaminoazobenzene (azo dye) - Take orally, 1 tablespoon charcoal powder mixed in water.

Drug intoxications - Activated charcoal is a safe, effective, and inexpensive gastrointestinal absorbent that is recommended for use by virtually every recent text book or hand book in the treatment of acute drug intoxications. It is paradoxical then, that this antidote is seldom employed in the clinical practice of emergency medicine. Ayurvedic doctors in India readily accept charcoal as an important natural remedy to remove toxins but fail to prescribe it.

Drug overdose - Take orally, 1 tablespoon charcoal powder mixed in water.

Drugs - A drug creates the illusion of giving energy by prodding some organ to give up some of its own vitality to produce some desired effect. This false sense of energy or healing is at the expense of the deprived organ. There is a common fallacy that drugs cure disease. Drugs do not cure disease.

Drugs work by manipulating some sequence of biochemistry in already existing body mechanisms.

Dyspepsia - Take orally, 1 tablespoon charcoal powder mixed in water.

**E**ars - Ear infection will be cleared by pouring a thin paste of charcoal into the ear using an eyedropper. If the ear drum has a puncture, use a poultice over the ear.

Ebola - Multiple doses of charcoal powder mixed in water and taken orally.

Eczema with infection and odor - Treatment is same as in ulcer. On dry eczema, apply wet charcoal paste and cover the area with a plastic sheet to keep the charcoal moist.

Electromagnetic hypersensitivity due to wireless devices - Cell phones, computers, wireless devices, emit radiation. After speaking on the cell phone, one feels radiation on the ear. A woman who kept her cell phone in the bra had cancer in the shape of the cell phone. Taking charcoal slurry once in a while removes radiation from all parts of the body.

Keep charcoal bamboo sticks in a jar and place in your office and home to adsorb radiation from the floor, walls, ceiling, and from your body. It also serves as a good decoration. Charcoal powder, if kept open,



adsorbs poisons, radiation, bad odors, and toxins from the air.

Electromagnetic waves - Bamboo charcoal will adsorb ethylene gases released by many electrical appliances. Cut bamboo to 1 ft. size. Burn and put burnt bamboo in a jar in your house or office. Bamboo is porous and has greater adsorption.

Emergency rooms - Charcoal is used routinely in ER's for overdoses and poisoning. At one time, a young man, chased by the police, had swallowed all the cocaine he had. Then we poured down one and a half bottles of charcoal slurry. He never showed any sign of the cocaine overdose. - Pauline, RN.

Enemas - 2 tablespoons of charcoal powder mixed in a quart of water, given as enema.

Eye, bloodied - Make charcoal jelly with flax seed and tape the compress to the eye all night.

Eyes, inflammation of - Apply a small 2in x 2in charcoal poultice over one eyelid for eight to ten hours. It should then be removed and another compress used on the opposite eyelid. You can use a tape to hold the poultice on the eyelid.

Medical practitioners have experimented on the eyes, and in so doing, have not only forever weakened the strength of the delicate organs, but the injury done has extended to the brain, through the nerves connecting the eye with the brain. I have positively refused to use anything but hot water with a little salt, or pulverized charcoal put in a bag, and dipped in hot or cold water, as is most agreeable.

Let there be no meddling with the eye. Use only the most mild applications. EGW, 1898.

Eye, meningitis and encephalitis - Put 1 tablespoon charcoal in a small cloth. Fold up the ends and put a rubber band. Dip the ball into hot or cold water and apply to each eye for a few seconds. Relieves eye strain.

Eye - "Pink eye" or "sore eyes," is an acute form of bacterial conjunctivitis—an inflammation of the mucous membrane which lines the inner surface of the eyelid and continues over the surface of the eyeball. This condition is highly contagious and often occurs in groups of school children. Symptoms include redness, swelling, tearing and discomfort. There may be a discharge from the eye. Generally a thin, watery discharge suggests that the conjunctivitis is of viral origin, a white, stringy discharge suggests allergic origin and a discharge containing pus suggests conjunctivitis of a bacterial origin.

1. Charcoal poultices should be applied overnight. Mix powdered charcoal with water sufficient to make a thick paste, and spread it over a piece of cloth larger than the inflamed area of the eye. Fold the cloth. Place this over the eye. Cover with a piece of plastic or similar material and hold in place with an ace bandage wrapped lightly around the head. The bandage should not be so tight that it puts pressure on the eyeballs, but it must be snug enough to hold the compress in place overnight. Remove it in the morning, and dispose of the





compress in a manner to avoid spreading the infection.

2. Charcoal slurry water eye drops may be used during the day. To make the drops boil one cup of water with one-fourth teaspoon salt and one teaspoon powdered charcoal. When cool, strain through several layers of cheesecloth. Using a dropper, put four or five drops of the clear fluid in the affected eye every two hours.

**F**eet, sluggish blood circulation of - Blood circulation in our feet is more sluggish than in other parts of the body, and so swelling of the feet can be a problem. The foot bath with charcoal would help to stimulate circulation and to draw out toxic waste products from the blood that might pool in the feet.

Feet, swollen from long walk or much standing - Bathe feet in warm water into which 2 tbsp. of charcoal has been stirred. Swelling and fatigue will both disappear rapidly.

Fever - Charcoal wards off all malignant fevers. Take per day, 3 tbsp. charcoal powder in water.

Fire ants - Wet charcoal tablet and rub on an ordinary band aid. Put the band aid on the bitten area.

Flatulency (gas) - Take orally, 1 tablespoon charcoal powder mixed in water. One fine grain of charcoal carries 100 times its weight of gas particles like a bus carrying passengers and eliminates them through the stool.

Food poisoning - Charcoal is effective in food poisoning. Give hourly doses of charcoal inter-

nally and use charcoal poultice on the stomach. The poison will be neutralized. Every school should have 1 kg. of charcoal powder in their emergency kit.

Foot and mouth disease - 10 grams of charcoal powder per 100 cc of water (2 tablespoons for 1/2 cup water) has been shown to bind the virus in a 1% suspension of Foot and Mouth disease in laboratory experiments.

Foot infections - A swollen big toe to which charcoal with flax seed and water was applied overnight, healed in one day compared with a patient who took antibiotics for one week.

Foot odor - One reputable footwear company is now marketing a patented gel insole that is layered with super-activated charcoal. There are several other companies offering a variety of footwear products with charcoal to combat odor and promote general relaxation.

Foot ulcer and legs dark blue from the knees down - Give charcoal foot baths daily for one month. Maintain a strict low fat diet of whole grains, fruits and vegetables. Both legs will regain circulation and their normal color by the end of the month.

**G**angrene - a grandfather who had already lost a toe was suggested that his badly infected foot needed to be amputated. Overnight I placed a charcoal poultice over the foot. We did this for a month. The foot turned from black to healthy pink. We also gave him simple hydrotherapy treatments and instructed to improve his dietary habits. - Dr. Dana

Gasoline and kerosene - Charcoal does not adsorb very well, products such as petroleum hydrocarbons or plant hydrocarbons, but may reduce the amount of toxin taken into the body.

Gastric and intestinal disorder - Charcoal tablets, capsules or powder in water.

Gastritis - Charcoal is a simple home remedy for stomach upset. One tablespoon of activated charcoal powder can adsorb the amount of bacteria that would completely cover a tennis court. Take 1 tbsp. charcoal powder mixed in water or 4 capsules.

Gastro-intestinal dialysis - Charcoal draws drugs from the blood back through the gut lining into the gastro-intestinal tract where it inactivates them.

Gas upon the stomach - Mix 1 tablespoon charcoal in water and drink it.

General detoxifier: While most people usually think of poisoning as a single event, we need to be reminded that the body is continually dealing with waste products from digestion and metabolism. The organs employed in filtering and purifying the blood can always use some extra help. As a general detoxifier, charcoal is without equal. It purifies the six to eight liters of digestive fluids that are secreted daily. This in turn helps to remove foreign substances from the blood. Charcoal adsorbs the intoxicant substance and its metabolites that are excreted into the small intestine by way of the bile duct, thus preventing their reabsorption. As we have noted, charcoal adsorbs drugs that diffuse back

into the stomach and intestines. By neutralizing all these toxins, charcoal decreases the workload of the liver as well as the kidneys. While charcoal lightens the load on the body, it could also lighten our national budget.

Geriatric cases - Elderly have ulcers on their feet or legs. Circulation to the extremities gets more sluggish with age. Sometimes ulcers worsen, resulting in amputation. Serious cases of ulcers in the extremities will end up with complete recovery. Make charcoal jelly, place it directly on the wound. Cover it with plastic and put the sock on. The wound heals within two applications. When I see cases in nursing homes, it makes me grieve to know they could be so easily treated. They don't have to suffer. They don't have to get worse, and they don't have to have amputations. - Emily

Goiter - Charcoal captures iodine from the kelp when it is burned and then liberates the iodine in the digestive tract when charcoal is taken internally. This proves beneficial in the treatment of goiter.

Gout - Big toe swollen, reddish and painful - Is a condition in which uric acid crystals form in the extremities. Mix charcoal powder in a basin of warm water and put the foot in it for an hour. Also take charcoal internally. Repeat the procedure the next day. Modify diet so as to minimize the production of uric acid.

Gulf war syndrome - Due to chemical and biological warfare used in the Gulf war, soldiers were



affected with this disease. Use of extra doses of charcoal will benefit the soldiers. Army camps should stock charcoal powder for their soldiers.

**H**earth burn - Take 1 tbsp. charcoal powder in water or capsules or tablets.

Heavy metals - Use charcoal as a detox agent to detoxify heavy metals. Charcoal wipes out decades of heavy metals. For heavy metal detoxifying, 20 grams of charcoal (2 tbsp.) per day is recommended.

Hemoperfusion (removing drugs or poisons from the blood) applications - Activated charcoal is effective in blood purification for removal of various circulating toxic materials and waste metabolites. *en.wikipedia.org*.

Hemorrhage from the bowels - Dr. Scudder says that the specific use of charcoal is to arrest hemorrhage from bowels. It has been used in enema, finely powdered, to four ounces of water, injected through the rectum. Why this checks it I cannot tell; that it does it, I have the evidence of my own eyes. For several years I have employed the second decimal trituration [finely ground powder] as a remedy for passive hemorrhage, with most marked benefit. I employ it in threatened hemorrhage during typhoid fever; in menorrhagia [abnormally high menstrual bleeding], especially when chronic; in prolonged menstruation; the watery discharge that sometimes follows menstruation; hemorrhage from the kidneys; hemorrhage from the lungs;

and in some cases of leucocythemia. A good indication for this remedy is a small, pallid tongue with lenticular spots, and with this it may be given in any form of disease. A rectal injection of charcoal has checked hemorrhage from the bowels within 3 weeks. His color and liver functions returned to normal as per the blood tests. - Unknown.

Hemorrhoids - A man arrived at the clinic with very painful and bleeding hemorrhoids. One was external and larger than half an inch and had a central ulcer. He had been suffering for a week. The doctor prescribed several things, including a Sitz bath, topical ice, and a mixture of various herbal teas applied externally as a douche. But the man was convinced it was the charcoal paste that had brought him the most dramatic relief. The nurses mixed one teaspoon activated charcoal powder with two tablespoons olive oil to make a paste. This was applied to the rectal area overnight. Three days later the external hemorrhoid had significantly decreased in size, and there was no more pain. The bleeding had also all but stopped. He returned home with instructions to continue the treatment. He was also instructed on how to improve his bowel health with regularity, increased water intake, exercise, and a diet higher in natural fiber.

On the web is a product which says: Helps relieve these local symptoms associated with hemorrhoids: pain, itch, burning, soreness, discomfort. The main

active ingredient listed is activated charcoal (31.7%). It is described as a cream, but comes more like a paste and is used intrarectally, or can be applied externally. - Julie.

Hepatitis - C had chronic Hepatitis. His yellow eyes showed jaundiced condition. His yellow pigmentation is a sign that liver is not doing its job of filtering out certain waste products in the blood. Direct sunlight is able to break down these bile pigments that accumulate in the skin. Having C follow a simple vegetarian diet, we scheduled him to take a sun bath twice a day. Life is in the blood. Perfect health depends on perfect circulation. We applied hot towels on his liver to promote circulation and to stimulate his auto immune system. Charcoal adsorbs bile products. We gave charcoal daily, both internally and externally as poultice over his liver at night. The charcoal would relieve some of the work load on the liver. Waste products within the bowels would attach to charcoal and toxins in the blood would be drawn through the skin into the poultice. The sun baths, the diet, the fomentations, and the charcoal helped C to recover.

Hepatitis A, B, C - This is a liver disease. The liver is unable to filter poisons and waste products from the blood. Take orally, 1 tablespoon charcoal powder mixed in water. and external applications will remove poisons and will support the liver in detoxifying the blood.

HIV-I - The development of new virus inactivation procedures has become an area of growing interest. Photochemical processes now represent the most promising methods to inactivate viruses. Chemists are looking at C60—Buckminsterfullerene—found in wood charcoal. A water-soluble C60 derivative was tested for antiviral activity. The compound showed a potent and selective activity against HIV-1 in acutely and chronically infected cells. This was attributed to the virus' ability to replicate. No adverse effects to the cells were observed. Furthermore, none of the eighteen tested mice died within the test period when the compound was injected into their peritoneal cavity.

These findings should not be unexpected. Scientists have long known that charcoal impregnated swabs should not be used in viral research, as charcoal tends to shut down viral activity. This research looked into the action of C60 in damaging the envelopes that protect a number of deadly viruses including Hepatitis A, B, C, HIV-I & II, and human parvovirus B19. This latest research represents the expanding field of charcoal in medical technology. But whereas the average person will not be able to use the concentrated C60 available to researchers, the benefits are still resident in the lowly charcoal.

Hornet sting - Place charcoal poultice overnight on the stung area.



**I**leostomy - ½ tsp of charcoal in water 4 times a day.

**Infected mouth with pus** - I made a very thick charcoal gel and packed her cheeks with it. She had to drink through a straw and, except for meal times, we kept her mouth packed with the charcoal. She accepted this treatment, and after one week the infection was completely gone. There was no need to remove even one of her teeth! The dentist was completely amazed.

**Infections** - Charcoal neutralizes many different infections. Use externally and internally.

**Inflammation, products of** - Use a charcoal compress during the day and at night.

**Influenza/the flu** - is a highly contagious viral infection of the upper respiratory tract, and what is commonly called 'stomach flu' is technically not really the flu, but rather, in most cases, gastroenteritis, which is an acute inflammation of the lining of the stomach. Whenever I have experienced flu like symptoms, such as when my stomach starts that unusual gurgling sound that precedes nausea, vomiting, diarrhea, chills and fever, I have used charcoal. - John Dinsley.

**Infrared radiation absorption** - Keep bamboo charcoal in a jar in your room which will adsorb the infrared radiation.

**Injuries** - Severe pain in the head due to a head injury with severe headaches was relieved by a charcoal poultice on the head for a whole week. Those with motor cycle accidents and bruised painful bodies will be relieved by using a charcoal

poultice overnight on bruised area. Also use hot and cold towels.

**Ipecac (to induce vomiting)** - See poisoning.

**Insect bites** - A little charcoal paste or a moistened charcoal tablet applied to a band-aid works well for insect bites.

**Intestinal disorders** - Charcoal treats intestinal disorders such as diarrhea, constipation, and cramps. Take orally, 1 tbsp. charcoal powder mixed in water.

**Intestinal gas** - Charcoal works better than medication.

**Intestinal pains** - Take orally, 1 tablespoon charcoal powder mixed in water.

**Intestinal pseudo-obstruction, chronic** - Charcoal by mouth; fomentation; and compresses applied over the abdomen.

**Intoxication** - Activated charcoal is now being recommended for patients who have ingested potentially toxic amounts of a poison, where the ingested substance adsorbs to charcoal. *British Pharmacological Society.*

**Iron** - Charcoal adsorbs iron compounds poorly. If it is to be used for overdose, charcoal should be given in very large doses.

**J**apanese Encephalitis, a mosquito borne virus - Give charcoal enema. On the oozing legs, apply charcoal water directly with a brush. Also take orally, 1 tablespoon charcoal powder mixed in water. Whether the affected legs will improve if placed in plastic bags filled with charcoal water may

be tried. If successful, please share your story with us.

**Jaundice in the new born or neonatal jaundice** - Give daily sun baths coupled with 1 tsp. charcoal in water given through a nipple every 2-3 hours. With this treatment, a four month old baby's bilirium began to clear and was down to 4 mg % by the 10<sup>th</sup> day. Charcoal water may be safely given to a new born baby.

In one astounding study the need for exchange transfusions in babies with erythroblastosis fetalis was cut by more than 90% with the use of charcoal. Erythroblastosis fetalis is a severe anemia that develops in an unborn infant because the mother produces antibodies that attack the fetus' red blood cells. The antibodies are usually caused by Rh incompatibility between the mother's blood type and that of the fetus (that is, the mother and baby have different blood types). These babies can be at extreme risk after birth and, depending on the severity, a blood transfusion may be performed. In one study done at Fort Benning, Georgia, activated charcoal, suspended in water, was given every two hours. The treatment was continued for 120 hours in normal newborns and 168 hours in premature infants, or until bilirubin levels fell. Charcoal should be begun at four hours of age to produce the maximum reduction in elevated bilirubin levels.

**K**erosene - Charcoal will absorb kerosene from the bowels when given in large enough quantities.

**Kidney failure** - If charcoal applied externally can produce such remarkable results for surface wounds will it work for internal problems?

While working as a lifestyle counselor at Uchee Pines Institute, Joel was assigned to care for a twenty-six-year old man from New Jersey. Ustes was a welder by trade, and had become acutely ill from breathing the fumes while welding galvanized metal. These deadly fumes are known to destroy the nephron cells in the kidneys, keeping them from properly filtering the blood. In his case, Ustes' blood work showed extremely elevated levels of waste products so he was scheduled to begin kidney dialysis in a couple of weeks. At this point he came to Uchee Pines and was put on a cleansing program. To relieve his kidneys of some of their workload, he was given a diet low in proteins. He was given a daily walking program out in the sunshine and fresh air. Of course there was time to rest, and meditate upon the blessings of God, but his main treatment consisted of a daily charcoal bath. This was supplemented each night with a twelve-inch wide poultice applied around his trunk. Joel also noticed what I and others have detected, a distinct urine odor and yellowish stain on the poultice. How that happens is a mystery that science does not fully understand. The first and second weeks showed a steady drop in Ustes' blood waste products. By the third week his blood functions had returned to



near normal. When Ustes returned home, he committed himself to staying with his new health program. Ten years later when Dr. Calvin Thrash contacted him, he reported that he had continued on the program and had never needed dialysis.

- Joel

**Kidney pain** - Take orally, 1-6 tablespoons charcoal powder mixed in water per day. Use charcoal compress over kidneys for 10 hours per day.

**Kidney, toxins from the blood in** - Take charcoal internally, and apply compress on the kidneys.

**L**ead - Activated charcoal adsorbs a wide variety of drugs and chemicals, either solid, liquid or gas, onto a solid or liquid surface. Toxic substances attach themselves to the surface of the charcoal. Because charcoal is not "digested," it stays inside the GI tract and eliminates the toxin when the person has the bowel movement.  
- *medicine health*.

**Leishmaniasis** - A chronic protozoan infection. Take 1-6 tablespoons charcoal powder per day orally, and paint the lesions with charcoal poultice. (1 Tablespoon charcoal = 14 capsules, 10 tablets).

**Lesions caused by Bacillus pyocyanese** can be deodorized by the use of charcoal.

**Liver and cancer pain** - apply poultice and take orally, 1 tablespoon charcoal powder mixed in water.

**Liver cancer** - Two women who had cancer of the liver came to stay with us. The first woman was terminal. Her doctor had given up and offered her no

hope. The liver was so distended that it interfered with her breathing as it pushed up against her lungs. We radically changed her diet to a very simple cleansing program, and at the same time applied charcoal poultices over the liver for up to eight hours during the day and throughout the night. After just three days she was actually breathing easier and her liver was noticeably less distended. She did survive a year beyond her doctor's dismal prognosis.

We put the second woman on a similar program, plus a full fever treatment to stimulate her immune system. Within a couple of weeks the swelling was much reduced, and brought marked relief to the woman. - Helen.

As reported in *The Lancet*, research has shown that oxygen adheres to charcoal in hemoperfusion for temporary artificial liver support. Researchers suggest this characteristic may be helpful in other treatments specifically intended to enhance oxygen supply to certain organs. Is it then just coincidence that other cases of severe liver failure show marked improvement when the blood is filtered through a charcoal bed? In fact patients with liver and kidney failure can sometimes be treated right in the home with large compresses placed over the back or stomach area. Taking charcoal by mouth will also help to prevent the build up of poisons that make the work of these organs more difficult.

**Liver Dialysis** - Donald J. Hillebrand, MD, is associate professor of medicine, chief of hepatology, and medical director of liver transplantation at Loma Linda University Hospital. He reported, before the 53<sup>rd</sup> Annual Meeting of the American Association for the Study of Liver Diseases, that patients with episodic type C hepatic encephalopathy (EHE) may be able to benefit from dialysis using a charcoal-based liver dialysis unit (LDU). In a prospective study of eighteen patients with EHE, sixteen showed significant improvement in mental status within two days.

In their study abstract, Dr. Hillebrand and colleagues write, "Charcoal-based hemodialysis utilizing LDU treatments are able to safely, rapidly and effectively resolve EHE failing to respond to twenty-four hours of appropriate medical management in patients who otherwise can face a 10% to 30% risk of death. Other indications the Loma Linda team are considering for treatment with the LDU, include chronic liver failure, hepato-renal syndrome, liver failure after surgical interventions such as cholecystectomy, and liver transplant recipients who receive a marginal graft organ.

Coincidentally, no one knows why, charcoal taken by mouth has also been found to relieve the itching that is often associated with long-term dialysis. Most likely you and I are not in a position to access this kind of technology directly. However, my experience twenty-six years

ago with a man with liver cancer demonstrated conclusively to me, as have the experiences of others since then, that charcoal can work as effectively in the home as in the hospital without the added stresses.

**Liver failure** - Patients with a diseased liver or kidney can be treated at home with a large compress over the mid-back or over the abdomen. To hold the poultice in place, plastic stretch wrap can be wound around the person's stomach. The best time to do this is just before going to bed. In the morning before bathing, the poultice can be taken off.

**Liver functions** - Here are lab tests to demonstrate that what can happen when charcoal is taken internally may also be effected when applied externally. In a letter to his doctor, Peter writes: "Following my liver biopsy test last January, you wrote me to advise that the biopsy was essentially normal, and that there was no further treatment needed at this time. While I appreciate such good news, I also took the advise of a close friend who suggested an old fashioned remedy that would expedite my liver returning to it's normal function and enzyme level. Since last February, I have been drinking a large glass of water every day that contains a large tablespoon of activated charcoal. For the first month or so I also slept at night twice a week, with a charcoal poultice taped over my liver. Last week I had my doctor in Mt. Vernon, draw some blood and run the liver tests again for me. The results

were, I thought, truly amazing.

- Alkaline Phosphatase - 99 down from 218
- GGTP - 89 down from 302
- SGPT - 31 down from 229

“During this same period all the symptoms of my hiatal hernia have disappeared, my cholesterol level has dropped from 293 to 270, and my triglycerides level from 299 to 260. I hope this update report is of interest and possibly assistance to you in treating similar patients.

**M**alarial fever - This story comes from Ellen G. White: “A brother was taken sick with inflammation of the bowels and bloody dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where he had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malarial fever. My husband and I thought we would stand this expense rather than have the heads of several families die and leave their wives and children unprovided for. Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord to take pulverized charcoal, put water upon

it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. We were about one mile from the city of Denison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used.

**Mammary duct Ectasia** - Poultice of charcoal powder and flax seed applied to the area.

**MCS - Multiple Chemical Sensitivity** suspected substances: smoke, pesticides, plastics, synthetic fabrics, scented products, petroleum products and paints. Charcoal will adsorb some of these products.

**Measles** - Take orally, 1 tablespoon charcoal powder mixed in water, and place charcoal pads on affected areas.

**Meningitis** (Infection of the central nervous system) - Take orally, 1 tablespoon charcoal powder mixed in water.

**Mercury** - Activated charcoal should be used to bind and to inactivate suspected and known exposure to all forms of mercury, such as battery. Charcoal adsorbs metals like mercury and other heavy metals so that they can be passed out of the body.

**Meteorite illness** - Meteorites when they fall, cause a crater and spew noxious gases and make people sick. Take activated charcoal in such emergencies. The Bible predicts that twice meteorites and two asteroids will hit the earth (Rev. 8:7-10). God's children should be wise to stock charcoal.

**Methylcholanthrene** - This cancer producing agent is formed when meat is grilled, due to scorching fat. Take orally, 1 tablespoon charcoal powder mixed in water.

**Methylxanthines, overdoses** (Caffeine, theobromine and theophyllin found in coffee, tea, colas and chocolate) - Take orally, 1 tablespoon charcoal powder mixed in water.

**Microdialysis of the blood** - Uptake of drugs by red blood cells is diffused by charcoal.

**Microwave ovens** - To remove microwave oven radiation, take 1 tbsp. charcoal once a week internally. Externally, place burnt bamboo in your room.

**Migrains due to synthetic fragrances** - Take orally, 1 tablespoon charcoal powder mixed in water.

**Mouth sores, Canker sores**, those small ulcers in your mouth - Will respond nicely to charcoal. Just holding a charcoal tablet up against the sore with your tongue will remove the soreness within minutes. Or wet your finger, dip it in charcoal powder, and rub the charcoal powder inside your mouth and sleep overnight. In the morning, swallow the charcoal to do more cleaning inside your system.

**Mushroom poisoning** - More people die from mushroom poisoning than from any other plant. Charcoal easily neutralizes the poison from these mushrooms. For the Amanita (death cap mushroom), conventional treatment with various drugs has had only sporadic success, whereas it is widely known that charcoal neutralizes the poison up to twenty four hours after ingestion. Charcoal is known to bind the toxic substance alpha-amanitine from water and protein solutions in laboratory experiments.

In one report, seven people, who had eaten more than three mushrooms (three are generally considered a lethal dose), did not seek treatment until sixteen hours later. One of the four women was treated in a separate hospital from the other patients by an exchange transfusion and peritoneal dialysis. She went into hepatic coma for eight days and had to remain in the hospital for three months before she had recovered sufficiently to be sent home. Her husband, who had eaten the same quantity, was treated by hemoperfusion. He left the hospital after six days and was quite well. Four others left after three days. These individuals were treated with blood-filtering equipment using charcoal, sixteen hours after they had eaten the mushrooms. This would indicate that charcoal can effectively remove the toxins from the blood even twenty-four hours after eating Amanita. This case suggests





that charcoal may also be able to achieve the same benefits when taken orally. You may not have to undergo the risky procedure of hemoperfusion if you have charcoal at hand.

For mushrooms, amanitine toxin content is estimated at more than 5 mg per gram of mushroom. Four ounces of mushroom (a large ingestion for a child) would provide less than 20 mg of amanitine toxin. Two grams of activated charcoal would provide a 100 to 1 ratio. Therefore a five-gram dose (half Tablespoon) would be the minimum dose considered sufficient for successful treatment.

**N**aphtha - Naphtha, absorbed through skin ingestion, is readily adsorbed by activated charcoal. Take orally, 1 tablespoon charcoal powder mixed in water.

**Nausea and vomiting** - The doctors Thrash have repeatedly treated nausea and vomiting with charcoal. They write: "We have never seen a case of acute nausea and vomiting in which treatment was begun early that continued past three doses of charcoal kept down. We believe it to be the most effective treatment available for nausea and vomiting and should always be used as the primary treatment of choice. Often, very uncomfortable patients will feel well in seconds after swallowing the charcoal slurry made from charcoal powder stirred in water.

**Needle abcess due to intravenous medication** - Charcoal poultice on the affected area.

**Nervous indigestion** - Use charcoal powder in water, or eat it mixed with olive oil.

**Nuclear radiation** - Isotopes of iodine are products of nuclear reactions and are found in nuclear power plants and nuclear fuel processing plants. They are also used extensively in medical treatment facilities. Impregnated activated carbons are used in filtration systems to prevent radioiodine from escaping to the atmosphere and to protect personnel from exposure. In times of nuclear disaster, take extra doses of charcoal internally. Externally, place burnt bamboo in your room. Kudankulam residents may stock charcoal in their homes.

**O**dor, oral - As for halitosis, charcoal helps to eliminate odor, because it cleanses both the mouth and the digestive tract. Since the main cause of bad breath is found in the mouth, swishing some charcoal around in the mouth will promptly neutralize offensive breath.

**Onchocesciasis (River blindness)** - Take orally, 1-6 tablespoons charcoal powder mixed in water.

**Orthopedic casts and wounds** - Open draining wounds banded in plaster cast immobilization are a common problem for the orthopedic surgeon. The odor coming from a draining wound inside a cast makes frequent cast changes necessary. After the first layer of cast is applied, a liquid of four tablespoons of charcoal mixed with enough water should be applied

over the area of expected drainage. The remainder of the plaster should then be applied over this wet charcoal. The cast will slightly appear gray, but unacceptable odor of draining wounds will be controlled for much longer periods of time with no adverse effect on wound or fracture.

**P**ancreatitis, chronic, relapsing due to several abdominal operations in the past - Fomentations to the abdomen, charcoal by mouth, and large abdominal poultices at night. Wheel the patient into the sun for a few minutes several times a day.

**Peanuts** - Charcoal will bind within sixty seconds to the major allergens in peanuts, preventing remaining peanut proteins from activating an allergic response. Take orally, 1-2 tablespoons charcoal powder mixed in water.

**Pediatric poisonings** - 2 tablespoons charcoal in water to be given orally.

**Pesticide poisoning** - Before going to the next story, the reader needs to be reminded: Do not give charcoal orally to an unconscious patient, unless you happen to be in the middle of nowhere, with no other remedies, and with no emergency help available.

Ruth, RN, was traveling and lecturing in northern India in the province of Mizoram presenting public health classes. In her series, she also makes mention of simple home remedies, and naturally talks about the benefits of charcoal. After Ruth

had returned to the United States, her translator conducted his own programs. An elderly man who had attended the meetings later returned to his village. As Ruth related the story, this man's daughter came home one day to find her husband unconscious in bed, with a container of pesticide beside him. The wife realized he must have taken a large amount of the poison intending to end his life. Frantically she ran to her father's house nearby, begging for help. Instantly charcoal came to the old man's mind. He quickly had everyone go to the neighboring houses and gather up charcoal from the kitchen fires. He then pounded it as best he could. He mixed it with a cup of water, they proceeded to force it down the husband's throat even though he was unconscious. It took a great deal of effort and time, but after working on him continuously for several hours, he began to show some resistance. They continued forcing it down him little by little until he finally revived. It was five to six hours before he regained full consciousness. As the days passed there appeared to be no adverse effects from the large dose of poison he had taken. A remarkable story! As Ruth told me, this kind of experience very seldom happens in western countries. Because of the availability of emergency clinics, and because of the general ignorance of first aid measures and the efficacy of charcoal, Americans are predisposed to take their chances and wait until the ambulance arrives. But for the differences







there are similarities too. As in India, so in America, there is a great need for education. Not only do laymen need to be informed, educators need to learn as well. It is easy to listen to stories. It is easy to forget the stories. It is easy to put off buying charcoal for your medicine chest. It is easy to leave our health to others. But in the end it is our loved ones or ourselves who may suffer.

In case of poisoning:

- Immediately drink 4 to 10 large spoonfuls of charcoal mixed with a small amount of water.
- Fill the glass with water and drink the contents with the remaining charcoal sediment.
- If a person has eaten within the past two hours, more charcoal will be required.
- Repeat the charcoal dosage in ten minutes, and any time symptoms worsen.
- On the safe side, the patient should be taken to the hospital as quickly as possible for monitoring.
- As a general rule, treat children with one half of the adult dose. When stored dry in a dry, tightly covered container, charcoal powder, tablets and capsules will keep indefinitely. Always keep a container of charcoal powder in your first aid cabinet so that it will be readily available for the unexpected.

Phenobarbital – Take orally, 1 tablespoon charcoal powder mixed in water.

Phenylbutazone absorption - Take orally, 1 tablespoon charcoal powder mixed in water.

Plague - Extra doses of charcoal powder mixed in water to be taken orally.

Pleurisy - A poultice treatment of hot charcoal and flax seed [as a thickening agent] on his chest and back. After several treatments over a couple of hours, the patient began to have relief and felt more comfortable. The charcoal drew the infection from him and the pleurisy was cleared up. It has never returned.

Pneumonia - Take orally, 1 tablespoon charcoal powder mixed in water.

Poisoning - A little grain of charcoal has for its size, gigantic electrostatic properties. Charcoal has a singular affinity for poisons. When noxious chemicals come in contact with the charcoal particle, they are sucked up into its myriads of little black holes with such force that they are bound and tied. Lab experiments have shown that one quart of activated charcoal powder will adsorb eighty quarts of ammonia gas.

A tablespoonful charcoal may be mixed in a little water and taken internally.

Many years ago, if a person had swallowed some poison, forceful vomiting or "Ipecac" was recommended. Ipecac should not be given for poisoning management. Once the poison has been absorbed into the intestines, it cannot be vomited up. Only in 2003 did the Academy of Pediatrics stop recommending its use. Abuse of Ipecac can lead to heart problems. Using charcoal both internally and externally is a better way. Charcoal

adsorbs poison from the intestines as well as from the blood. Charcoal is the treatment choice for poisoning and drug overdose in children as well as adults. Doctors recommend that parents should administer activated charcoal at home. If home treatment takes 38 minutes from the time of taking the poison, in the emergency dept. of a hospital, it takes 73 minutes or a delay well over an hour.

Administering activated charcoal in the home is a lot quicker than taking the time to get to the closest emergency room. Pharmacists and pediatricians should make people aware that activated charcoal could be used effectively at home.

There are over 4,000 substances that charcoal adsorbs. See the partial list of substances that charcoal adsorbs and a list of substances that charcoal does not adsorb, in the Appendix.

Substances not adsorbed by charcoal are 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 (pine oil).

While the neutralizing effects of charcoal on the above toxic substances may be minimal, administering charcoal will do no harm. In the case of hydrocarbons, very large doses of charcoal will adsorb them.

In the case of caustic agents such as domestic bleach, ammonia, methylated spirit, etc.,

charcoal promotes healing of caustic burns by retarding bacterial growth and inhibiting infection.

Poison Ivy - Keep area in solution of charcoal or apply to the body with a brush, charcoal mixed in water.

Post-surgical colic - 1 tablespoon charcoal powder mixed in water and taken before surgery helps avoid gas formation.

Pregnancy - A pregnant woman travelling with severe diarrhea was cleared of diarrhea by simply chewing on a piece of charcoal from a cooking stove.

Prostrate cancer - Take orally, 1 tablespoon charcoal powder mixed in water. and place charcoal compress.

Prostatitis - The doctors Thrash have found that charcoal has proven beneficial for inflammation of the prostate gland. They write in their book, *More Natural Remedies*: "A hot charcoal enema promotes healing. Use one cup of hot water and one tablespoon of powdered charcoal. Insert into the rectum with a bulb syringe or enema setup. Allow to remain as long as possible, even overnight if it can be retained."

Puffy - Charcoal is puffy. One should never put dry activated charcoal powder in the mouth. One could get choked.

**R**adiation emanating from our televisions, computers and mobile phones, the bamboo charcoal will adsorb. Activated charcoal can adsorb radiation from the walls and floors. Ten grams of charcoal can neutralize up to 7 grams of toxic mate-





rial. Keep burnt bamboo in a jar or a jar of charcoal in your home or office with the lid open. Coconut charcoal powder has been shown to neutralize radiation better than

other charcoals, which you may take orally, 1-6 tablespoons per day mixed in water. Those who live close to the telephone towers should take charcoal orally.

**Radiation poisoning** - Activated charcoal taken internally can bind radionuclides in the GI tract from ingested food and unfiltered water, and carry them all safely out of the body.

Coconut charcoal is a strong absorbent of the emanations of radium and thorium. Absorption takes place in all kinds of charcoal, but is most remarked in coconut



charcoal. The absorption increases with its fineness of division, and decreases with temperature. R.,W.Boyle, M.Sc., *Journal of Physical Chemistry*, Jan. 1908. For this reason, after Fukushima nuclear disaster, Japan is feverishly buying up all the coconut-based activated charcoal. How much better to keep a bottle of coconut activated charcoal in your emergency shelf?

Even simple non-activated charcoals are effective in adsorbing, binding, neutraliz-

ing, capturing, or "holding" thousands of natural and man-made toxins, including radioactive material and radioactive emissions or emanations. Charcoals in general and activated charcoal in particular are well known to capture and bind radioactive material. But for some reason the public is not being told. Why?

**S**ago thorn in upper thigh - Bobbi writes: "This thorn was deeply embedded. We did hot and cold treatments, and then wrapped the thigh in a charcoal pack. After about one week, the charcoal drew out the thorn - all two inches of it."

**Scistosomiasis or fluke infection or parasitic disease.** Charcoal filtration eliminates toxicity problems from snails.

**Scorpions** - Apply charcoal poultice on the area and give some charcoal water to drink. Within an hour the patient will be alright. Same treatment for bumble bees, honey bees, wasps, etc.

**Scrofulous enlargement of the neck glands** - Iodine contained in charcoal is beneficial in scrofulous enlargements of the neck glands. Charcoal is given in doses of 1-6 tbsp. a day.

**Sebaceous cyst** - Wet charcoal powder applied on cyst and banded will reduce its size and will remove it permanently after some applications.

**Shigellosis or food poisoning due to salmonella** - One table spoon charcoal in water every two hours, till symptoms subside.

**Sinus infection, cough and congestion** - Take one tablespoon char-

coal powder in water; also dip a wet finger into charcoal and apply the charcoal inside the mouth, and on the tongue. With a second tablespoonful charcoal, severe cough and congestion will disappear. Charcoal adsorbs the viral toxins that trigger congestion.

**Skin problems/Skin ulcers** - Take orally 1 tablespoon charcoal powder mixed in water or apply wet charcoal powder directly to the dry skin ulcer; and if the ulcer oozes, sprinkle charcoal powder on it.

**Smallpox** - The virus that causes smallpox or chicken pox is adsorbed by charcoal. Take orally, 1 tablespoon charcoal powder mixed in water.

**Snake bite, poisonous rattle snake bite on hand** - Apply thick charcoal paste on the bitten area. Cover with gauze and a plastic sheet over the hand. Later, immerse entire arm in cold water with charcoal. By the next morning the swelling will disappear and the person will be fully recovered.

**Sore throat** - For severe sore throat and difficulty in breathing, have the patient eat by spoon, thick charcoal paste. Within seconds cough will be relieved.

**Sprain** - After hot and cold fomentations, place charcoal poultice over sprained ankle.

**Spider bite, brown recluse** - Charcoal poultice over toxic spider bite.

**Stitches, infection of** - I had a surgery once and the doctor told me that if I see redness and itchiness on the stitches on the third day, to call him and he

would prescribe antibiotics. On the third day when I saw redness and felt itchy, I took 1 tablespoon charcoal mixed in water and the redness and itchiness disappeared within 15 minutes. Putting charcoal paste on the stitches will also remove infection. Apply vitamin E oil on the stitches several times each day to prevent scarring.

**Strep throat** - Swallow slowly a charcoal slurry. Apply charcoal powder with a wet finger on the back of your tongue.

**Sweating sickness** - This struck England and Europe from 1485-1551 and was blamed on sewage. What better treats sewage than charcoal? Sprinkle charcoal powder in the drains to adsorb order and toxins.

**Swine flu** - Take orally 1 table-spoon charcoal powder mixed in water every two hours.

**T**etanus - a 4 year old girl in Mexico was diagnosed as having Tetanus. She was unconscious and suffering convulsions. The doctor did all he could with no effect. One of the nurses asked if she could try charcoal treatment. The doctor said there was no help for the girl and since charcoal could do no harm, she could try. The nurse placed the little girl in a bath tub of warm water with a large amount of charcoal powder mixed in. Within half an hour the convulsions had subsided, and the girl had regained consciousness. But shortly after, the seizures began again. When more hot water was added the convulsions ceased. The girl did recover with no





complications. Was this just some curious coincidence? In his book *Activated Charcoal in Medical Applications*, David Cooney reported two separate studies that demonstrated activated charcoal's capability of diminishing if not neutralizing the effects of the poisonous properties of the tetanus toxin, as well as the toxins of tuberculosis, and diphtheria.

**Thorn, embedded** - Use hot and cold compresses and wrap in charcoal pack. The charcoal will draw out the thorn after some days.

**Toes** - Pain from ingrown toe nails will be relieved with a charcoal poultice to the toe.

**Teeth** - When wisdom teeth are removed and there is severe pain, place charcoal tablets at the spot where the tooth was. As they dissolve, replace them, until the gums are healed.

**Tonsillitis** - Wet your finger, dip it in charcoal powder, and rub the powder in the throat, on the tongue and all around the mouth. Or sleep with a charcoal tablet in the mouth. In the morning, swallow it so that the charcoal could work inside.

**Tooth, abscessed** - Take a tea bag, slit open the bottom, empty the contents, replace with charcoal powder from 3-4 capsules. Tape the bag shut. It is then moistened and placed against the offending tooth; or place thick charcoal and flax seed poultice wrapped in gauze on the infected tooth overnight.- Dr. Dana

**Toothpaste** - For badly stained teeth, wet your tooth brush, dip

into a jar of charcoal powder and brush.

**Tourista** (diarrhea among tourists) - It is generally caused from E. coli bacterium in unsanitary food and water. One tablespoon charcoal in a glass of water, followed by a full glass of water everytime there is a stool. Within two days a person was entirely well. Now he never travels without charcoal and always takes a tablespoon with the first hint of symptom. When planning on a trip, include charcoal in your first aid kit.

**Tuberculosis** - is a bacterial infection which is spread through inhaling droplets from an infected person. Take orally, 1 tablespoon charcoal powder mixed in water.

**Toxic fumes in new toxic mattress** - Keep burnt bamboo in a glass or a jar of charcoal powder in your room with lid open. If possible, take orally burnt bamboo charcoal powder.

**Typhoid fever** - This story comes from Ellen G. White. "A lady had typhoid fever. After prayer, like a flash of lightning there came to me the thought of the charcoal. I said to Dr. Kellogg to "Send to the blacksmith for charcoal, and pulverize it, and to put a poultice of it on her side." He tried this, and in one hour he came to me and said, "That prescription was an inspiration from God. The sick one fell into a restful sleep and the crisis passed." Give charcoal orally, 1-6 tablespoons charcoal powder mixed in water.

**Ulcers** - In Nepal, Joel encountered a regular stream of

infections and abscesses. "One older teen had a deep tropical sore about a half dollar in size. Pus oozed from the ulcer, and it was really foul smelling. I cleaned out the rotten flesh, and just poured dry charcoal powder into the wet wound. By the second day you could see healing had begun. The stench was gone, the wound was clean and new pink tissue had started filling in."

J had duodenal ulcers affecting his marriage. He drank coffee. Coffee produces acid production in the stomach. Charcoal neutralizes stomach acidity with a couple of charcoal capsules. J's ulcers disappeared. J takes charcoal when acid indigestion comes and not antacid with calcium which actually increases acid production.

**Ulcers, foul** - To half a kg of the common oatmeal, add two ounces of fresh burnt charcoal finely pounded and sifted. Mix together well and apply it to foul ulcers and venereal sores; the fetid smell and unhealthy appearance of which it speedily destroys.

**Ulcers on feet, threatened with gangrene.** Dr. Baldwin of Wildwood Hospital tells of a woman with diabetes. Doctors said she needed double amputation, but the woman refused and went to Wildwood where Dr. Baldwin took charge of her case. She writes in her e-mail: "I had her severely damaged feet put into separate double plastic bags partially filled with a slurry of charcoal and water at body temperature. The baggies were loosely tied above the ankles

and a pillow was used to prop up the knees to keep the charcoal around her feet and from running out. When we completed applying the poultices, I and my helpers gathered around our patient and asked the Lord to bless the treatments and to guide our minds as to what more we could do. Except for a brief period each morning when her feet received a sunbath and were allowed to dry, they were kept in the bags around the clock, with the charcoal mixture being changed four times a day. Her diet was also supplemented with extra Vitamin A in the form of a daily glass of carrot juice. This program restored her health, she was dismissed from the hospital, and she walked out on both feet."

**Underwear layered with charcoal** for men and a napkin for feminine needs first manufactured for space travel, are now incorporated in military uniforms, for more deadly forms of gas.

**Unconscious** - a boy was involved in a serious car accident and was in a coma. The doctors gave little hope of recovery. His liver and kidney functions were all critically high and none of their procedures were able to stabilize his condition. The mother wanted other options. I suggested large charcoal poultices over the liver and over the kidneys, to be changed often. After months, the mother said that the boy had died; that the doctors did allow her to apply the charcoal poultices, within hours all his liver and kidney functions normalized; but doctors said that because of so



much internal trauma, that his body was not able to recover even with the improvement.

Giving charcoal orally is not recommended if the patient is unconscious. The option is to apply a generous amount of charcoal paste to the abdomen. Immersing an unconscious victim in a charcoal bath may be another alternative.

**Upset stomach** - One tablespoon charcoal in a cup of warm water. Most cases of chest pain, called heartburn, are nothing more than acid indigestion that can be helped by taking charcoal. A slurry of charcoal and water, or a little olive oil and charcoal mixed together, is often all that is needed.

Whether one overate, ate wrong food combinations, ate too fast, ate meals too close together, ate too late at night, or ate food that was too old, you may be benefited by charcoal as a health aid. The foul odors produced by putrefaction in the stomach will be quickly adsorbed by charcoal.

**Urinary tract infection (UTI)** - Martha's daughter had severe burning upon urination and pain in her abdomen and sides. The doctors changed antibiotics but could not get clear of the bacteria in the urine. Finally she had a surgery in which the doctor scrapped the lining of the bladder. When we heard about using charcoal in water, and let her drink this, within one and a half hours, the pain was gone, and the following day the urgency and frequency was gone. We use the clarified charcoal/water mixture daily now and

she has not had a single recurrence.

**Vericose leg ulcers** - If vericose veins become bruised, they frequently lead to ulcers. Use hot fomentation and charcoal poultice kept over night. The British medical journal. *The Lancet* reported that: In varicose leg ulcers and infected surgical wounds, a single layer of charcoal cloth covered with a porous fabric sleeve dressing gave a noticeable reduction in wound odor in 95% of 39 patients. Wound cleansing was also noted in 80% of the patients. There were no adverse reactions to the material. The dressings did not stick to the wounds and could be removed without difficulty. Because the human skin allows for the transfer of liquids, gases and even micro-particles through its permeable membrane and pores, it was also shown that warm, moist activated charcoal poultices were actually able to draw bacteria and poisons through the skin into the poultice.

**Vomiting** - With one glass of charcoal water, vomiting will stop. Cases of nausea and vomiting, of whatever cause, will almost invariably respond to charcoal taken orally. Take 1 tablespoon charcoal powder mixed in water. If the patient vomits after an initial dose of charcoal, a second or third dose will typically settle the stomach.

**War** - While charcoal helps the biological war that is going on in our own bodies, both the

French and Germans reported the benefits of charcoal in the prevention and treatment of diarrhea during the first world war. The introduction of poisonous gases onto the battlefields gave a great impetus to the development of charcoal's suitability for use in military respirators. Chemical and biological warfare, and anthrax are adsorbed by charcoal. Two thousand years ago, Hippocrates and Pliny both recorded the ability of charcoal to effectively render harmless this extremely infectious bacteria. Besides defusing biological agents such as anthrax, charcoal has been found to be highly effective in neutralizing mustard gas. Other simple neutralizing agents include mild acids (5% Clorox) and bases. Apart from chemical warfare or germ warfare, it is worth mentioning again that it is a common practice, in laboratories that perform studies into the transmissibility of different viruses, not to use charcoal-impregnated swabs. More often than not, the charcoal inactivates the infectious nature of viruses. Charcoal's antiviral potential demonstrated in research labs, should translate into one more prevention strategy for personal health.

**Water filter** - In times of natural disaster, filter contaminated water like this: take a vessel, put a layer of gravel, a layer of sand and a layer of charcoal. Repeat the layers. Pour the contaminated water from above. You may drink the water which comes from below the layers.

**Wounds, infected** - Apply charcoal, flaxseed poultice.

**Wounds caused by bacteria** - Foul smelling wounds caused by the bacteria *Bacillus pyocyanase* can be dissipated in one treatment by the use of charcoal. Healing is also improved, as the charcoal takes up bacteria. One good way to apply charcoal to a foul ulcer is by putting some of the powder in a saltshaker with a few grains of rice. With every bandage change, shake the powdered charcoal on the wound. Eczema has also been successfully treated using charcoal, especially where there is infection and odor.

**X-ray overdose** - The doctors Thrash relate this case of an overdose of X-rays:

"We had a patient who had a large, deep ulcer (twelve inches in diameter) due to an x-ray burn on his back. The burn was from an overdose of x-rays used for treating skin cancer. The ulcer became infected and foul smelling. His entire house smelled of the ulcer, despite the most fastidious care. We started dressing the ulcer by sprinkling dry charcoal from a saltshaker on all the moist areas before applying gauze. Instantly the odor vanished from the ulcer, and gradually left the house. Although the patient eventually succumbed to the radiation sickness, he and his whole family were grateful for the charcoal."

**Yellow fever** - Give charcoal internally and apply it externally.

## SUBSTANCES ADSORBED BY CHARCOAL\*

Acetaminophen	Diphenylhydantoin
Acetylcystine	Diphenoxylates
Aconite	Doriden
Aconitine	Doxepin
Alcohol [fruit-like odor]	Elaterin
Amitriptyline Hydrochloride	Elavil
Amphetamine	Equanil
Antimony	Ergotamine
Antipyrine	Eithchlorvynol (Placidyl) [pungent or aromatic odor]
Arsenic	Gasoline
Aspirin	Glutethimide
Atropine	Golden Chain
Barbital	Hemlock
Barbital Barbituarates	Hexachlorophene
Ben-Gay	Imipramine
Benzodiazepines	Iodine
Cantharides	Ipecac
Camphor	Isoniazid
Carbon dioxide	Kerosene
Chlordane	Lead acetate (to a limited extent)
Chlorine	Malathion
Chloroquine	Mefenamic acid
Chlorpheniramine	Meprobase
Chlorpromazine	Mercuric chloride
Cocaine	Mercury
Colchicine	Methylene Blue
Congesprin	Methylsalicylate [wintergreen odor]
Contac	Miltown
Cyanide [smells like bitter almonds]	Morphine
Dalmane	Mucomyst
Darvon	Muscarin
DDT (to a limited extent)	Narcotics
Delphinium	Neguvon
Delphinine	Nicotine [stale tobacco odor]
Digitalis (Foxglove)	Nortriptyline
2,4-Dichlorophenoxyacetic acid	Nytol
Digitalis	Opium
Digoxin	Oxazepam
Dilantin	

Organophosphates [garlic odor]	Radioactive substances
Oxalates	Salicylamide
Parathion	Salicylates
Penicillin	Secobarbital
Pentobarbital	Selenium
Pentazocine	Serax
Pesticides	Silver and some antimony salts
Phenobarbital	Sinequan
Phenol	Sodium Salicylate
Phenothiazine	Sominex
Phenolphthalein	Stramonium
Phenylpropanolamine	Strychnine
Phosphorus	Sulfonamides
Placidyl	Synthetic Multivitamins with Mineral
Potassium cyanide	Talwin
Potassium pemanganate	Tin
Primaquine	Titanium
Propantheline	Tofranil
Propoxyphene	Tree Tobacco
Pyriminil (rat poison) [peanuts odor]	Yew
Quinacrine	Urinary turpentine [violets odor]
Quinidine	Valium
Quinine	Veratrine

\* Sence of smell in identifying unknown poisons is given in brackets. In total some 4,000+ chemicals, drugs, toxins and wastes. For cyanide, mineral acids, caustic alkalis, alcohol, or boric acid, other antidotes are more effective. Remember, in any poisoning emergency time is of the essence. Send a quick prayer for wisdom, administer charcoal, and if available, consult a Poison Control Center or a doctor for instructions and information.

## SUBSTANCES NOT ADSORBED BY CHARCOAL

Alcohols: Ethanol, methanol, isopropyl alcohol, glycols, actone	plant based, such as Pine oil.
Carbonate	Inorganic minerals: Sodium, iron, lead, iodine, fluorine, boric acid.
Caustic substances	Iron intoxication in children
Cyanide	Lithium
DDT	Malathion pesticide
Ethanol	Methanol
Hydrocarbons: Petroleum and	Strong acids and bases



Yellow Jackets, swarm of - A child had wasp stings on her from the collar up. They placed the girl in a tub of cool water, covering everything except her nose and mouth, and stirred in several

tablespoons of charcoal. They kept the girl in the tub for 30 minutes. After cleaning her up, she seemed perfectly comfortable and was soon playing. Ω

## GENERAL NON-MEDICAL USES OF CHARCOAL

**Agriculture** – Pollutants from the air and water end up in the earth. Activated charcoal will reduce the level of most organic pesticides in the soil.

Charcoal is used as a top dressing for gardens, lawns and bowling greens. Used in potting soils and bedding compounds, charcoal works as a soil sweetener while it neutralizes pesticides and herbicides. It is both a fertilizer and an insecticide for roses. It sweetens soil and mulch.

**Carrier of biomass** - Charcoal can also act as a carrier of biomass, as in supporting material in biological filters used in your backyard goldfish pond.

**Carrier of chemicals** - Charcoal is a carrier of chemicals as in slow release color applications—food dyes and pigments. Scientists suspect there are more mechanisms.

**Catalyzes chemical conversions** - Activated charcoal can catalyze a number of chemical conversions, or can be a carrier of catalytic agents such as precious metals. An example is silver impregnated charcoal to disinfect water.

**Cushions** - Industry is using charcoal in cushions to absorb abdominal gas and sound of flatulence.

**Flower vase** - If added to water in a flower vase, charcoal will prevent the stagnant odor that often develops, improves the water absorption, and prolongs the blooming of flowers.

**Food** - Charcoal removes colorants and odors that are unpleasant from a host of foods. Charcoal is sometimes used to color some foods, such as coloring candy (jelly beans). It is used to make licorice candy.

**Foundry work** – Charcoal is used in the burning of and manufacture of iron. It is used for fuel savings in blast furnaces and for soot clearance.

**Fuel cells** - Natural gas used in vehicles for fuel has sulphur. NORIT, a leader in charcoal production, uses charcoal to absorb sulfur.

**Gas masks, filters in** - Because charcoal removes poison, it is used in the filters of the gas masks.

**Herbicides** – Use activated charcoal for pesticide inactivation. It removes soil contamination caused by herbicides, fungicides, pesticides, insecticides and natural plant toxins. Use 400 pounds per acre.

**Household:** Use in refrigerator and in the kitchen to remove rancid odors.

**Industrial waste** - Cities use filtered charcoal to remove chemicals, heavy metals and other materials from landfills. They should sprinkle charcoal at toxic waste sites and drains to remove toxic odors.

**Insect killer** - Insects that get into flour, cereals in kitchen shelves will be killed by keeping a box of charcoal in the shelf.

**Medicines** - Charcoal is used in making medicines.

**Nuclear biological cloth** is made from activated carbon cloth. With the discovery of nanotechnology, activated charcoal is now spun into thread and one application is the production of Activated Carbon Cloth for NBC (Nuclear Biological Chemical) protective clothing, socks and gloves.

Since we expect a more dreaded future fall out, every common man needs to prepare for such disasters which no governments on earth will be able to resolve. Making it a practice to wear cotton clothing will help since synthetics will melt and will stick to the skin when such disasters take place.

**Nuclear Power Plants** - Activated charcoal scrubs the radioactive gases from the air before it goes up the stack into the atmosphere.

**Operating rooms** - So that doctors may not doze off in the operating rooms, air filters are fitted with charcoal in them to absorb any escaping anesthesia gases.

**Outer space** - NASA uses charcoal in both its water and air purification systems onboard the International Space Station.

**Plant poisons on the earth** - Pour around the area a thick slurry of charcoal water.

**Radioactive Laboratory waste** - Short-lived nuclides such as 85mKr (decay rate 4 hours to 12 days), are captured in large charcoal beds in nuclear power plants. And also smaller adsorption systems are used in building exhausts for research institutions and hospitals, and in hood exhausts in individual research labs (similar to the charcoal exhaust hoods in kitchens). *Radiation Protection: A Guide for Scientists, Regulators, and Physicians* by Jacob Shapiro.

**Refrigerator odors** may be removed by putting a bag of charcoal in it.

**Sick buildings** – Modern building materials have formaldehyde and other chemicals that give headaches, nausea and frequent illnesses. A Japanese company coats walls with bamboo charcoal before they are plastered.

**Submarine industry** is entirely dependent on charcoal as charcoal is effective in removing carbon dioxide from the air.

**Tooth powder** - Charcoal in tooth powder corrects the odor of the mouth and cleanses the teeth.

**Water** - Charcoal is used for prevention of water pollution. It is used in water filters. During natural disasters, charcoal could be used to filter contaminated water through the layers of gravel, sand and charcoal.

One manufacturer of charcoal in China recommends charcoal as a decontaminant in treating





domestic water to eliminate chlorine, carbon dioxide, and other saturated gases. Removing these gases naturally increases the alkalinity of the water, which makes washing things easier, and makes for

smoother skin.

War - With the renewed threats of chemical and biological terrorism, charcoal's use in neutralizing mustard gas and other chemical warfare agents is being researched. Ω

## VETERINARY USE OF CHARCOAL

Camel - One sick camel ate a poisonous plant. 250 grams of charcoal powder mixed in water was poured into camel's mouth.

Cats which eat rat poison or poisonous leaves may be given charcoal powder mixed with milk or food.

Chicken - For tumors in chicken, mix charcoal in chicken feed and water.

Cyanide - If animals drink stagnant water or if cyanide is in the water pond, give charcoal water to the animal.

Diarrhea in sheep, goats, cows, dogs, etc. - A cup of charcoal powder should be mixed to their drinking water or milk.

Dog which ate rat poison was given charcoal powder mixed in its food. For eye infection in the dog, put charcoal poultice on the eye. Parvovirus in dogs could be treated with charcoal in food. Oozing wound on my dog's back dried up after throwing a handful of charcoal powder on the wound, which the ointment did not do.

Hoof and mouth virus in animals may be successfully treated with charcoal.

Intravenous charcoal, colloidal charcoal (water remaining af-

ter charcoal is stirred in and the black fraction allowed to settle) is used in veterinary cases of septicemia, metritis, mastitis, lymphangitis, and infected wounds.

Lambs which ate poisonous bitter weed were cured after giving charcoal mixed with their food.

Lantana poisoning - Lantana is a poisonous plant. Give charcoal in water or in milk to the livestock and pets.

Love birds - One eye of my love bird was red. I mixed charcoal in their water and the redness cleared the same day.

Maggots due to open wound - Dust bed and body heavily with black powder plus add in feed and water.

Monkeys, when eating leaves which make them sick, eat charcoal from charred trees, logs, as well as from man-made kilns.

Odors - To remove odors from pet areas, sprinkle charcoal.

Snake bites to pets - Do same as for humans.

Wasp stings - charcoal bandaid.

Wounds - Some dogs attacked a goat. Charcoal sprinkled on cuts and injuries healed the goat. Sprinkle charcoal from a salt shaker on the infected area. Ω



## APPENDIX

### EMERGENCY FIRST AID

#### MEASUREMENT CONVERSIONS

3 teaspoonfuls = 1 tablespoonful

1 tablespoonful = 14 capsules = 10 tablets = 10 grams.

16 tablespoonfuls = 1 cupful

#### CHARCOAL DOSAGE SCHEDULE\*

ESTIMATED AMOUNT OF POISON OR MEDICINE TAKEN	AMOUNT OF CHARCOAL GIVEN IF NO FOOD EATEN IN LAST 2 HOURS	AMOUNT OF CHARCOAL GIVEN IF FOOD EATEN IN LAST 2 HOURS
1 teaspoon 1-2 tablets 1-2 capsules	1-2 Tablespoons in water followed with 2 glasses of water	4-10 Tablespoons in water followed with 2 glasses of water
1 Tablespoon 3-5 tablets 2-5 capsules	3-4 Tablespoons	6-15 Tablespoons
Unknown	1-5 Tablespoons	5-15 Tablespoons

\* Repeat all dosages in 10 minutes, and again if symptoms begin to worsen.

**IN EMERGENCIES:** (1) Briefly explain to the patient your concerns about potential toxicity of ingested substance. (2) Give a time-limit to drink the dose of activated charcoal within 20 minutes. (3) If refused, the patient should be anesthetised, intubated and ventilated and then decontaminated. The alternative of forcing a nasogastric or orogastric tube is more traumatic and labour intensive. *www.australianprescriber.com.*

#### FOR POISONING

- ✓ Say a prayer for wisdom, speed and calmness.
- ✓ Manually induce vomiting by massaging the back of the throat with a finger.
  - Do not induce vomiting for ingestion of gasoline, kerosene, lighter fluid, or an acid or caustic agent.



- For acids, neutralize with baking soda in water.
- For caustic agents, neutralize with vinegar in water.

#### Administer Charcoal

- Stir charcoal into a minimal amount of water. Using a straw, suck the charcoal far back on the tongue. Swallow quickly. Follow charcoal mixture with 2 glasses of water.
- Give as soon as possible while patient is conscious and able to swallow.
- Small children will resist and must be held. Laying a child on his back will prompt him to swallow reflexively. Use a spoon or small bulb syringe to give the charcoal mixture.
- **Caution:** Do not administer anything if the child is sleepy, fainting or unable to swallow. Seek professional emergency help.

### HOW TO MAKE A CHARCOAL COMPRESS/POULTICE

#### Jelly 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 of 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 poultice with plastic 1 inch larger all around (to keep paste from spreading and drying too quickly). Secure with surgical tape or ace bandage.
9. Leave poultice in place overnight or from 2-4 hours, if applied during the day.

#### Plain 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 (1-2 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 absorb.
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 could be applied.

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

#### CHARCOAL BAND AID

Moisten gauze portion of bandaid. Rub charcoal tablet or sprinkle charcoal powder on gauze till well blackened.

#### CHARCOAL EYE DROPS

Boil one cup of water with one-fourth teaspoon salt and one teaspoon powdered charcoal. When cool, strain through several layers of clean cotton cloth. Using a dropper, put four or five drops of the clear fluid in the affected eye every two hours.

#### CHARCOAL PENCIL

Heat water, charcoal and corn starch together until thickened. After slight cooling, pour the tacky material onto a greased pan. Roll. Place them in an oven overnight to dry. Handle carefully.

#### POISONOUS BITES OR STINGS

##### For Immediate relief:

- ✓ Dissolve enough powder or crushed tablets in a minimal amount of water to make enough paste to cover the affected area.
- ✓ Spread paste directly onto the skin.

##### OR, For longer relief:

- ✓ Dissolve enough powder or crushed tablets in a minimal amount of water to make enough paste to cover the affected area.
- ✓ Spread on half a sheet of paper towel or cotton cloth and cover with the other half.
- ✓ Mold over the affected area, cover with plastic and make secure.
- ✓ For multiple stings, add 2 cups of charcoal powder to warm bathtub water and immerse body for up to one hour.

#### SLURRY WATER

To be taken internally by babies or those with sensitive digestion as in ulcerative colitis, Crohn's disease, irritable bowel disease, etc.



- ✓ Stir 2-3 tablespoons of charcoal powder into a quart of warm water.
- ✓ Allow the charcoal to settle out then pour off the gray water into a baby bottle or a glass.
- ✓ This can be repeated several times using the original charcoal.

### SNAKE BITES

How can charcoal help in snakebites? It adsorbs the chemicals in snake venoms that destroy red blood cells. Swelling begins within ten minutes if the snake is venomous.

- ✓ Immediately wash the area thoroughly with soap and water.
- ✓ Submerge the area in cool water to slow the circulation of venom.
- ✓ Add charcoal to the water - 1/2 cup to 2-5 gallons of water.
- ✓ Leave area submerged for about 30 minutes to 1 hour.
- ✓ Prepare a charcoal poultice.
- ✓ Cover the area with a large charcoal poultice.
- ✓ Change every 10-15 minutes until the swelling and pain are gone.
- ✓ Give charcoal orally as well.
  - ✓ Take 2 tablespoons in 1/2 glass of water every 2 hours for 3 doses.
  - ✓ Take 1 teaspoonful every 4 hours for the next 24 hours.
  - ✓ Follow each charcoal dose with 2 glasses of water. There is no danger of taking more charcoal.

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## FREE PUBLIC HEALTH MEETINGS

GUEST SPEAKER: **JOHN DINSLEY**



Born in British Columbia, Canada, John has traveled and worked from South America to the North Pole, from Nepal to Nova Scotia. He is trained as a Lifestyle Counsellor; teaches public health programs and home remedies workshops. He and his wife Kimberly are owners of Charcoal House LLC. John is the main contributor to the column *My Eight Doctors™* and the editor for *My8doctors.com*. He is

the author of the award-winning book: *Charcoal Remedies.com: the Complete Handbook of Medicinal Charcoal & Its applications*. Kimberly hails from Minneapolis, Minnesota. She is the hands on developer of charcoal Health & Beauty products for Charcoal House LLC.

### SCHEDULE:

- Friday 4:00 pm - "You are the Gatekeeper of Your Health"
- Saturday 9:00 am - "Where do you get your PROTEIN from?"
- Saturday 11:00 am - "Ordained to Heal"
- Saturday 1:00 noon- Lunch. FREE for attendees.
- Saturday 2:00 pm - "Supernatural Natural Remedies"
- Saturday 6:00 pm - "Medicinal Charcoal for the 21st Century"
- Sunday 2:00 pm - "Charcoal & Home Remedy Demonstrations"
- Monday 4:00 pm - "Charcoal & Home Remedy Demonstrations"

### LOCATION & DATES

**Oct.31- Nov. 3 - BANGALORE - Whitefield Camping Center, Hope Farm.**

Directions by bus from KRP Rly Station: Get off at BPL bus stop, 1 stop before Hope Farm. Walk to 'Spicy Ka Tadka' restaurant - take the road on the right side of it - take first left - and first right on the mud road. - 1st gate on the left. Distance: 1.5 kms from the bus stop. Our auto will be at "Spice ka tadka" with our banner, but please pay him the minimum fare. Accommodation with meals at Rs.450 per day is available at the camp site, but please bear this expense and make early reservation. Please get out of the city for a weekend to enjoy this camping experience. The meetings are FREE for all without religious discrimination. All who wish to get well and stay well are invited, Contact: Lingaraju, Cell: 9880380037.

**Nov.7-10 -NUZVID, A.P. - Giffard Memorial Auditorium.**

Contact: Samuel Nanavarapu, Cell: 095814 12868.

**Nov.14-17- BANGALORE -Wake Up India Campus.**

Directions are on p.2. Contact: Ellen, Cell: 99866 53256.



## ACTIVATED CHARCOAL IS AVAILABLE

### 1. ACTIVATED CHARCOAL POWDER

400 gms.      Bottle      Rs. 280 + Rs.80 postage & handling.  
250 gms.      Bottle      Rs. 190 + Rs.50 p & h.  
125 gms.      Bottle      Rs. 100 + Rs.50 p & h.

### 2. ACTIVATED CHARCOAL CAPSULES

35 capsules    Bottle      Rs. 50 + Rs.50 p & h.  
100 capsules    Bottle      Rs. 150 + Rs.50 p & h.

### 3. ACTIVATED CHARCOAL TABLETS

500 tablets    Bottle      Rs.400 + Rs.80 postage & handling.  
100 tablets    Bottle      Rs.100 + Rs.50 p & h.  
50 tablets      Bottle      Rs. 60 + Rs.50 p & h.

#### ADD POSTAGE & HANDLING :

Rs. 80 -      for orders above 1 kg. but below 2 kgs.  
Rs. 50 -      for orders below 1 kg.

Send M.O. to: The Director, Wake Up India, Doddadunnasandra,  
Kadugodi, Bangalore 560067. Cell: 9986653256

#### OTHER CHARCOAL PRODUCTS:

Look up the website: [www.Buycharcoalremedies.com](http://www.Buycharcoalremedies.com) and order the products online.

#### ORDER THE BOOK:

*"Charcoal Remedies.com"* by John Dinsley for Rs. 240 per copy (postage included), from: O.W.P.H. (Oriental Watchman Publishing House), Box 1417, Salisbury Park, Pune 411037, Maharashtra. Tel. 020-24261441.

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