

ACTIVATED CHARCOAL

The Use of Charcoal as a Remedy

Naturally produced, Natural Elements **USP grade Activated Charcoal** is a wood carbon that has no carcinogenic properties. It is an **odorless, tasteless powder** that is able to absorb thousands of times its own weight in gases, heavy metals, poisons, and chemicals, often making them ineffective. Every private home should have charcoal on hand as a **ready antidote for poisoning, and as a cleansing agent in infections and various metabolic disturbances**. Orally administered charcoal is effective in **preventing many intestinal infections**. All studies show that charcoal is **harmless when ingested, when inhaled** and when it comes **in contact with the skin**.

Substances Adsorbed by Charcoal:

Acetaminophen	Diphenylhydantoin	Nicotine
Aconitine	Diphnoxylates	Nortriptyline
Amitriptyline	Doriden	Opium
Amphetamine	Doxepin	Oxazepam
Antimony	Elaterin	Parathion
Antipyrine	Elavil	Penicillin
Arsenic	Ergotamine	Pentazocine
Aspirin	Ethchlorvynol	Pentobarbital
Atropine	Foxglove	Pesticides
Barbital	Gasoline	Phenobarbital
Barbiturates	Hemlock	Phenolphthalein
Ben-Gay	Hexachlorophene	Phenol
Benzodiazepines	Hydrochloride	Phenothiazines
Camphor Miltown	Imipramine	Phenylpropanolamine
Chlordane	Ipecac	Primaquine
Chloroquine	Isoniazid	Quinacrine
Chloropheniramine	Kerosene	Radioactive Substances
Chlorpromazine	Lead Acetate	Salicylamid
Cocaine	Malathion	Salicylate
Colchicine	Mefenamic acid	Silver
Congesprin	Mercuric Chloride	SodiumSalicylate
Contact	Mercury	Stramonium
Darvon	Methyl	Strychnine
Delphinium	Morphine	Sulfonamides
2,4-Dichlorophenoxyacetic	Muscarin	Tree Tobacco
Digitalis	Narcotics	Valium

A few of Charcoal's many uses include:

Aspirin overdose	Eye and ear infections	Poison ivy
Bad breath	Fever	Poison ingestion
Cancer pain	Gas	Rash
Chemical ingestion	Indigestion	Sore
Cuts and burns	Liver disorders	Sore throat
Diarrhea	Mouth lesions	Sprained joints
		Spider/Snake bites

Suggested Use:

Internally: For adults, take between 2-4 tablets until symptoms are alleviated but do not exceed 16 tablets per day. Or take 1 teaspoon USP grade powder mixed with water but do not exceed 3 teaspoons per day. Children should take half an adult dosage. Activated charcoal should not be taken regularly for more than 6 weeks at a time. Please consult a physician if symptoms persist.

Externally: To make a poultice, mix 3 tablespoons of ground flax seeds or cornstarch with 3 tablespoons of activated charcoal powder in $\frac{3}{4}$ cups of hot water. Stir until blended and cool to room temperature. Place mixture generously on a strip of gauze large enough to cover the area and tape the sides so that the mixture does not leak. Leave on 3-6 hours or overnight.

Other Uses: Activated charcoal helps to eliminate bad breath by cleansing the mouth and digestive tract, relieves symptoms of nervous diarrhea, traveler's diarrhea (Turista), spastic colon, indigestion, and peptic ulcers. For these discomforts, between 1 and 1 $\frac{1}{2}$ tablespoons of powdered charcoal stirred in a glass of water up to 3 times a day is normally effective. It is most effective when taken between meals, as food may reduce its effectiveness.

Activated charcoal is inexpensive, simple to use, and a time-tested natural remedy that has many valuable uses without dangerous side effects or contradictions. It is an efficient cleaner when taken orally which helps to purify the blood.

Charcoal may adsorb and inactivate other medications. Usually you can take charcoal two hours before or after other drugs. Check with your physician before beginning treatment with charcoal if you are taking prescription drugs. You may take charcoal intermittently for long periods or regularly for up to 12 weeks. However, it should not be taken regularly for extended periods of over 12 weeks. Do not give charcoal to an unconscious person.

Activated charcoal may be used as an antidote in poisoning from most drugs and chemicals. However, **DO NOT USE WITH THE FOLLOWING:** Cyanide, mineral acids, caustic alkalines, alcohol, or boric acid. Other antidotes are more effective. Charcoal is not effective in every poisoning situation so consult a Poison control Center or a physician immediately for instructions in any poisoning emergency.

NOTE: USP grade Activated Charcoals is for internal use. Regular Activated Charcoal is for external use only and is not intended for internal use.

For more information contact:

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