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
Aconitine
Amitriptyline
Amphetamine
Antimony
Antipyrine
Arsenic
Aspirin
Atropine
Barbital
Barbiturates
Ben-Gay
Bensodiazepines
Camphor Miltown
Chlordane
Chloroquine
Chloroprophamine
Chlorpromazine
Cocaine
Colchicine
Congesparin
Contact
Darvon
Delphinium
2,4-Dichlorophenoxyacetic
Digitalis

Diphenylhydantoin
Diphenoxylates
Doriden
Doxepin
Elaterin
Elavil
Ergotamine
Ethchlorvynol
Foxglove
Gasoline
Hemlock
Hexachlorophene
Hydrochloride
Imipramine
Ipecac
Isoniazid
Kerosene
Lead Acetate
Malathion
Mefenamic acid
Mercuric Chloride
Mercury
Methyl
Morphine
Muscarin
Narcotics

Nicotine
Nortriptyline
Opium
Oxazepam
Parathion
Penicillin
Pentazocine
Pentobarbital
Pesticides
Phenobarbital
Phenolphthalein
Phenol
Phenothiazines
Phenylpropanolamine
Primaquine
Quinacrine
Radioactive Substances
Salicylamid
Salicylate
Silver
SodiumSalicylate
Stramoniun
Strychnine
Sulfonamides
Tree Tobacco
Valium

A few of Charcoal’s many uses include:

Aspirin overdose
Bad breath
Cancer pain
Chemical ingestion
Cuts and burns
Diarrhea
Eye and ear infections
Fever
Gas
Indigestion
Liver disorders
Mouth lesions
Poison ivy
Poison ingestion
Rash
Sore
Sore throat
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 ¾ 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 ½ 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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