

Medicinal Charcoal

Charcoal is one of the simplest and most effective remedies. It works by 'soaking up' toxins. The reason you 'feel bad' when you are sick, is because you are being poisoned by toxic substances the germs excrete into your body as their wastes. Charcoal works by absorbing these poisons. Thus, you not only feel better, but your body's natural defenses, which kill the germs, are able to work better because they not being poisoned.

You can easily make your own 'medicinal charcoal'.

- The best charcoal is made of non-resinous wood that is free of rot. Willow, Cottonwood, Poplar, the soft Maples, and similar trees with smooth clear wood make excellent medicinal charcoal. Remove the bark and split into pencil size sticks. Let the sticks dry completely before cooking, You don't want to cook green wood.
- Drill a 1/4 inch hole in the lid of a medium size tin.
- Place sticks of good wood into the tin and close the lid. Put the container in a hot fire, with the hole visible. As the wood heats inside the tin, smoke & flames will spue out of the hole, When no more smoke or flames are seen coming out the opening, it should be done. But let it 'cook' about another 30 to 60 seconds before removing the tin from the fire. Let it cool completely before opening the can.
- Grind the charred sticks into powder. The finer the charcoal is ground, the better it will work —and the easier it will be to swallow if you are taking it internally.

Powdered charcoal can be used for many type of problems such as:

- Any digestive problems —Add about 1 teaspoon of powdered charcoal with about ¼ cup / 250ml. of water. Mix it well and swallow this 'slurry.' Repeat every few hours as necessary.
- Food, Plant, or Chemical Poisonings —Make a 'slurry' as above, but use in larger doses.
- Infections, Insect and Snake Bites, Skin Irritations —Make a paste of powdered charcoal and some water, and place it as a 'poultice' on the affected area to draw out the toxins. To keep the paste moist and minimize the mess, wrap it in a wet bandanna, or other light weight piece of cloth. Change the paste every few hours.

Poultices work best in conjunction with hot and cold treatments to the affected area. Apply hot compress for 2 min. then cold for 30 sec. alternate this for 20 minutes, then apply poultice for 2 hours, then alternate hot & cold again, then a new poultice etc. **(Be careful not to burn the skin with your hot treatment.)**