

# HEALTHY preparedness



[www.HealthyPreparedness.blogspot.com](http://www.HealthyPreparedness.blogspot.com)

## *Using Activated Charcoal Topically & Internally During a Disaster*

### **ACTIVATED CHARCOAL INTRO:**

- Activated charcoal is known to be the most important remedy / treatment for people who can't afford medical care in 3<sup>rd</sup> world countries.
- It has an indefinite shelf life.
- It is so potent that it has been said that one gram of it (an amount the size of your fingernail – can absorb enough toxins to fill the square footage of four tennis courts.
- Considered safe and effective by the FDA.

### **HOW DOES AC WORK?**

- AC has the ability to extract and neutralize many more times its own weight in gases, heavy metals, toxins, poisons, and other chemicals.
- AC has an adsorptive effect because of the large surface area of individual grains, with their crevices and pores.
- AC works by trapping toxins and chemicals in its millions of tiny pores.
- The porous surface of the activated charcoal has a negative electric charge that causes positive charged toxins and gas to bond with it.

### **HOW TO USE ACTIVATED CHARCOAL DURING A DISASTER:**

#### *External Uses:*

---

*An activated charcoal poultice has the ability to reduce inflammation and absorb poisons from your skin caused by infections, chemicals, or insect bites and stings.*

*When applying it topically make a poultice by using either just activated charcoal and water or by adding a thickening agent which makes the poultice much easier to work with.*

**Bee Stings, Wasp Stings, Scorpion Stings, Spider Bites, Snake Bites, Ant Bites, Cellulitis, Poison Ivy, Stinging Nettle, Wound Infections, Animal Bites, MRSA, Burns, Mastitis, Chafing, Eczema, Trench Foot, Tetanus & Gangrene:**

Create charcoal poultice by mixing charcoal powder with a bit of water until a poultice is formed or use thickening agent such as flax seed meal, psyllium seed husk, bentonite clay, corn starch, arrow root powder, or marshmallow root powder to thicken the charcoal mixture.

Proportions are as follows (or just mix in until desired consistency occurs):

	Charcoal	Water	Thickener	Instructions
Arrowroot Powder	2 T.	¼ cup	2 tsp	Wait 5-10 minutes
Bentonite Clay	2 T.	¼ cup	6 tsps	Wait 5-10 minutes
Cornstarch	2 T.	¼ cup	2 tsps	Wait 5-10 minutes
Flax Seed Meal	2 T.	¼ cup	2 ½ tsps.	Wait 5-10 minutes
Marshmallow Root	2 T.	¼ cup	¼ tsp (+ pinch)	Use right away.

Apply the poultice directly onto the issue and wrap with saran wrap or a damp cloth to prevent it from drying out. Change every 10 – 20 minutes for an hour.

Change every 6-8 hours or as needed until the wound has healed.

**If person is allergic to bite / sting or for snake bites, mastitis, or tetanus** – Along with applying the activated charcoal to the area of injury, give adult 1 T. of charcoal in water by mouth. For children give 1 tsp in water by mouth. Wear poultice all day and night.

\*\*\* If possible, soak area of injury in water containing activated charcoal for 20 minutes before applying activated charcoal poultice. (1 T of activated charcoal in 2 cups of water).

**Snake / Scorpion Bites:**

Immediately, apply a very large charcoal compress covering almost an entire extremity, centering over the bite, using large quantities of activated charcoal, wet with water and kept moist with plastic wrap. A new compress should be placed over the immediate vicinity of the snake bite every 10-15 minutes.

Activated Charcoal should also be taken by mouth, in the quantity of approx. 2 Tbsp. every 2 hours, for 3 doses, and 1 tsp. every hour for 24 hours. Each dose should be followed by 2 glasses of water.

## *Internal Uses:*

---

*Activated charcoal has the ability to bind to intestinal toxins and unfriendly microbial growth which is then excreted through our stool.*

*When taking it internally either stir some into water or take in a capsule.*

*Do not take along with prescription or herbal medications.*

### **Allergic Response:**

For an adult, give adult 1 T. of charcoal in water by mouth every 1-2 hours. For children give ½ T. in water by mouth every 1-2 hours – or more, if needed. Also consider using Benadryl.

(Note: Charcoal will absorb the Benadryl – use with wisdom. Assess the situation, listen to the spirit and use wisdom in choosing either the charcoal or the Benadryl as the main treatment for the allergic reaction being treated.)

### **Bladder Infection:**

Or take up to 1-2 T. of activated charcoal mixed in large glass of water every 2-3 hours. Decrease this amount by half for children. Take for up to 2 weeks.

Also consider making a charcoal paste by mixing some charcoal with water and applying it directly over the bladder area for 20 minutes. Repeat 3-4 times a day.

Take other remedies separate from charcoal by an hour or more.

### **Blood Pressure, Body Pain:**

Take 1-2 Tablespoons of charcoal, mixed in water. Follow up by drinking 2 cups of water. Take this 2-3 times per day for up to two weeks. Take a lower maintenance dose after this, if necessary.

### **Cavity:**

Activated charcoal can help draw out the toxins associated with a cavity. Mix a teaspoon of activated charcoal powder with enough water to make a **paste**. Place some of the paste on a small piece of gauze, put the gauze on the sore area and bite down so that the paste surrounds your tooth. Leave it on for up to 5 minutes, then remove the gauze and excess paste and rinse your mouth with water. You can use this remedy 3 or 4 times a day, as needed.

## **Radiation Exposure, Heavy Metals, Food poisoning, Ruptured Appendix:**

Take up to several charcoal capsules per hour when radiation is in the atmosphere or signs of food poisoning is present – drinking with plenty water. Or take up to 1-2 T. of activated charcoal mixed in large glass of water every 1-3 hours. Decrease this amount by half for children.

Stop taking activated charcoal after threat is gone. Take maintenance dose of bentonite clay instead – activated charcoal has the tendency to pull out nutrients out of the body as well. It's a great short term remedy for helping to pull out radiation and for eliminating heavy metals but not a long term solution.

## **Sore Throat:**

Gargle with a charcoal “slurry”. Mix 1 T. activated charcoal with 1/3 – ½ cup pure water. Repeat as necessary.

## **Acid Reflux, Bloating, Colic, Constipation, Diarrhea, Flu, Gas, Hepatitis, High / Low Blood Pressure, High Cholesterol Levels, and Jaundice:**

Mix 1 T. of activated charcoal in large glass of water and drink a few times a day. Decrease dose by half for children. . Repeat as needed for up to two weeks – or more, if needed.

### *Purifying Water with Activated Charcoal:*

A water filter can be created by removing the bottom of a bottle. Turn the bottle upside down (with the cap down) and put the following materials in the bottle.

- **Pebbles**
- **Sand**
- **A piece of cloth or bandages**
- **Charcoal**
- **A piece of cloth or bandages**
- **Sand**
- **Pebbles**

-The cloth or bandages are used to ensure that all the different materials do not mix.

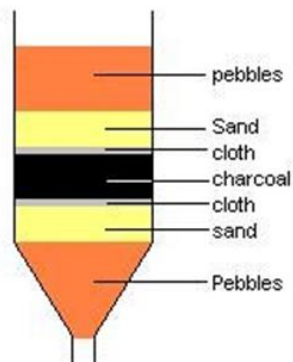
-The pebbles and sand filter the particles and the dirt out of the water.

-The charcoal gets a big portion of the chemicals out of the water, but it won't get it all out. (You can use charcoal from your campfire).

Charcoal is an extremely versatile and highly effective water treatment medium. It has immense surface area. A single pound of granular activated carbon has a filtering surface area equivalent to 125 acres! It is the best known treatment for organic chemicals, VOCs, pesticides, herbicides, and chlorine and its by-products. It is also an unchallenged taste-and-odor improver. When arranged in solid carbon or extruded carbon block format, it also provides very high quality particulate filtration, in some cases down into the sub-micron level.(1)

**That being said, charcoal will not remove any viruses and bacteria from the water so you have to boil the water after it is filtered.**

Again, once it comes to purifying water, activated **charcoal** can **remove** many pollutants, but **can't remove** pathogens.



([www.instructables.com/id/How-to-purify-your-water/](http://www.instructables.com/id/How-to-purify-your-water/))

[www.HealthyPreparedness.blogspot.com](http://www.HealthyPreparedness.blogspot.com)