

ria, viruses, bacterial toxins, and hormones. Charcoal has been reported to disinfect wounds, and to act as a deodorizer in various bodily ills. Charcoal can be used for found dressings. On the body surface, charcoal will adsorb wound secretions, bacteria, carcinogens, toxins, products of allergies, and will reduce swelling by taking up excess tissue fluid and products of inflammation. Charcoal works better in an acid than in an alkaline medium. And has been used internally in Asiatic cholera, dysentery, diarrhea, and dyspepsia. Foot and mouth disease virus is a 1% suspension can be entirely adsorbed in charcoal if used in the amount of 10 grams of charcoal per 100 milliliters of fluid. The virus is not destroyed, but its activity is much reduced.

9. Inflammation- One of the most beneficial remedies is pulverized charcoal in a bag, and used in fomentations. This is a most successful remedy; if wet smartweed is boiled, it is better still. I have ordered this in cases where the sick were suffering great pain before the close of life. When I suggested charcoal, and it was applied the patient has slept, the turning point came, and recovery was the result. To workers with bruised hands suffering pain and inflammation when Charcoal poultice is applied.
10. Jaundice-The immature liver is helped in its work in the newborn when given slurry water (about 4-8 grams of pulverized charcoal in a nursing bottle with sufficient water to barely pass it through the nipple. Shake well to blend. Start giving to the infant of about 4 hours old- every 2-3 hours. Thus cleansing the liver and body of toxins and making a sweet and healthy condition of the blood. This combined with daily exposure to sunlight will keep the bilirubin levels sufficiently low that most exchange transfusions can be avoided.

*And many more cases are helped with charcoal- Kerosene, Gas, and Lighter fluid ingestion, Liver failure, Metabolic problems, Mushroom poisoning, pain, Acetaminophen, Theophyllin, Alcohol, Arsenic, Camphor, Chlordane, Cocaine, Hemlock or other poisonous plants ingested, Iodine, lead acetate, Malathion, Norphine, Narcotics, Nicotine, Opium, Parathion, Penicillin, Pentobarbital, Pesticides, Potassium Cyanide, Silver, and*

*some antimony salts, just to name a few, also very helpful for women's diseases, used both internally, vaginally and externally.*

To make a charcoal poultice: Blend 3 Tablespoons of flax seed and add to 3-4 Tablespoons of charcoal powder, add water till it becomes a paste, if flax seed is not available honey will work as a wetting and drawing agent. Spread this mixture over a wet paper towel or moistened cotton cloth about ¼ inch thick, fold the edges of the toweling over the blob of paste in the center and lay on the skin with folded sides up. The edges of the towel should not have paste on it so that leakage is left at a minimum. Cover with a piece of plastic that extends 1 to 2 inches in all directions beyond the edge of your poultice then cover with an old towel to catch leaks that may develop. Use a binder or roller (Ace) bandage to hold in place, pinning securely. Leave it on 6 to 10 hours. Rub the area briskly with a cold washcloth after removing the compress.

For a charcoal bath, fill tub with hot water and place one to two cups of charcoal powder in an old sock tied shut. Put the sock in the running water and after getting in the tub gently massage the sock to help the charcoal particles become wet and come out. The tub will have a black ring and be difficult to clean, but the health benefits have proven to be greater than the clean-up job. Often if feeling as though we are getting a cold or flu we will take this bath and go to bed to awaken well and strong, Charcoal can be ordered many places on line or picked up in many grocery stores or Co-ops.

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Freely ye have received, freely give.  
Mat 10:8



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## Charcoal Therapy

### AN OLD FASHIONED remedy

Every home should have charcoal on hand as a ready antidote for poisoning, as a cleansing agent in infections, and for various metabolic disturbances.

All studies show that charcoal is harmless when ingested, when inhaled and when it comes in contact with the skin.

Charcoal is without a rival as an agent for cleansing and assisting the healing of the body. The grains of charcoal have many crevices and corners for the adsorption of materials, gases, foreign proteins, body wastes, chemicals and drugs of various kinds making it a powerful assistant to the cleansing apparatus of the body. The total surface area of the sum of the particles in a small cube of charcoal only 2/5th of an inch on each side is one thousand square meters, a field more than thirty-three yards square! The use of charcoal is almost as universal as those of water, both commercially and medically- and like water it can be freely used as a healing agent. Because charcoal can pack molecules of ammonia gas into its crevices, it can attract 80 quarts of ammonia gas per 1 quart of pulverized charcoal! It may be used internally or externally, and for a range of disorders from bee stings to venomous spider bites, to bat and animal bites that may contain rabid infection, to metabolic problems such as jaundice of the newborn, or an allergic reaction to poison oak/ivy plants.

In 1773, Scheele made an experiment with charcoal in which a gas was trapped in an inverted tube with charcoal, the lower end of the tube submerged in a container of mercury. Most of the gas disappeared as evidenced by a rise of mercury into the tube. As the gas was adsorbed by the charcoal, a vacuum appeared in the tube and sucked the mercury up into the tube. As a demonstration of the effectiveness of charcoal, Bertrand in 1913 survived after swallowing 5

grams of arsenic trioxide mixed with charcoal, and Touery in 1831 survived after swallowing 15 grams of strychnine (Ten times the lethal dose) and an equal amount of charcoal before the French Academy of Medicine. Still used as a fast antidote for poison victims in hospitals around the world the charcoal is a never failing help in all cases.

Charcoals made from vegetable material such as wood and coal, contain about 90% carbon, whereas bone charcoal contains about 11% carbon, 9% calcium carbonate, and 78% calcium phosphate. Bone charcoal is quite effective in decolorizing solutions, and is used widely in sugar industry for this purpose. Charred coconut or black walnut shells make very good adsorptive material.

Activated charcoal is produced from the controlled burning of wood or bone, and is then subjected to the action of an oxidizing gas, such as steam or air, at elevated temperatures.

This process enhances the adsorptive power of charcoal by developing an extensive internal network of fine pores in the material, thus making activated charcoal the most effective and useful healing agent.

Charcoal has been used to combat odors in air and water, to remove carbon dioxide from air in submarines, to filter poisons in gas masks, in making medicines, and coloring candy jellybeans and licorice. It is also very useful in adsorbing odors from refrigerator, oven, or drawers, including the rancid odors. It is useful in removing odors from casts, skin ulcers, and gastrointestinal gas and as a cigarette filter. Herbicides applied too liberally, or having an inordinately long residual effect, may be efficiently counteracted by a charcoal spray. It has been used to remove toxins from the blood in kidney and hepatic diseases, taking the charcoal internally, or applying it as a poultice or bath.

No allergies have been reported from the taking of charcoal it is harmless and easily applied and should be kept in the home at all times.

Care should be used in applying charcoal poultices to freshly broken skin, as it is possible to get a tattooing effect if the lesions extend through the skin into the dermis. For such wounds it is wise to use comfrey and plantain as a poultice or to put the charcoal mixture into

a paper towel or cotton cloth that is slightly wetted down instead of putting the mixture directly on the skin.

The oral dosage for taking charcoal is 1 tablespoon of powder stirred into a glass of water, 4 capsules of activated charcoal, or 8 regular tablets taken in the mid-morning and repeated in the mid-afternoon. Food interferes with its effectiveness. Charcoal should not be taken over long periods –years – as some nutrients may be adsorbed. We have seen no problems with its intermittent use for long periods or with regular use for up to twelve weeks.

#### Specific uses for charcoal

1. Tylenol (Acetaminophen) Acetaminophen poisoning can be treated with charcoal, as can cobra venom, diphtherial toxin and numerous ingested poisons.
2. Aspirin -17,995 cases of aspirin poisoning were reported in 1967 most of those cases were children under the age of five. Activated charcoal should be given promptly. The sooner the charcoal is administered to the patient the less aspirin will be adsorbed into the system. When large amounts of aspirin are taken, activated charcoal is useful even up to 6 hours later.
3. Bad Breath - Charcoal can be used for bad breath, cleansing both the mouth and the gastrointestinal tract. Even odor-producing substances that are secreted in the gastrointestinal tract high up will be adsorbed and their excretion through the lungs prevented, holding a little charcoal or a charcoal tablet in the mouth for 20 to 30 minutes.
4. Cancer - The anemia experienced in cancer can be treated with charcoal since this anemia is usually due to the toxins produced by cancer. The toxins are hemolytic and can be adsorbed onto the charcoal administered by mouth. The pain produced by cancer can often be controlled by charcoal poultices. Pain in bone, abdomen, and elsewhere will often respond readily to charcoal poultices.
5. Colostomy and Ileostomy Odor – As a fecal deodorant for patients who have ileosomies or colostomies, doctors have used activated charcoal routinely three times daily to reduce odors with good effect.
6. Eye and Ear Conditions-The eyes are really another lobe of the brain. A treatment to the eyes can result also in the treatment to the brain, and it is well to remember that such afflictions of the brain as meningitis

and encephalitis may respond somewhat to charcoal poultices and other treatments applied to the eyes. Since inflamed tissue behind the eye can become congested, if one level of temperature (heat) does not feel good to the eyes, change to another (cold) or the other way around. Cellulites of the face, eyelids and ears can be effectively treated with a poultice of charcoal. Otitis media or otitis externa can be treated by a charcoal poultice molded over the exterior of the ear. A heat lamp or heating pad used over the poultice to keep it warm will increase its effectiveness. Keep moistening the poultice under the drying lamp.

7. Intestinal Gas, Diarrhea, Indigestion – Flatulence and abdominal distention can be readily treated with charcoal to good advantage. Use 4 capsules or 8 tablets (as they are not as potent as the capsules) as often as 3 or 4 times a day. Nervous diarrhea with irritable or spastic colon is greatly helped by taking charcoal. For bed patients who produce malodorous stools, charcoal can be a great assistance. For indigestion, use powdered charcoal stirred into a little olive oil for cleansing and healing. For indigestion, peptic ulcers, or other forms of gastrointestinal distress, the fluid resulting after charcoal has been stirred into water and allowed to settle may be quite helpful. Stir about 1 TBsp. of charcoal into a glass of water and allow to the black part to settle to the bottom. Drink the slurry water on top.
8. Infections-Activated Charcoal can adsorb bacte-

