

# Charcoal-Nature's Amazing Remedy



Today we are going to learn about charcoal — **a remedy from nature**. This medicine has been used for thousands of years.



A very long time ago, a well-known man swallowed a whole spoonful of a very strong poison called arsenic. The amount he swallowed was enough to kill 150 people! But this man didn't die! Why? He mixed a good amount of **charcoal** with the poison.<sup>1</sup> Charcoal saved him.



### What is charcoal?



Charcoal is made by burning wood or coconut shells in a place where there is no air, like in a covered hole in the ground. Many people use charcoal to make fires, for cooking, and for heating up water.



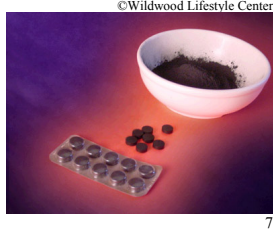
You can also use charcoal like a medicine.

To do this, you first break charred wood into small pieces and pound or grind it into a fine powder.



Then you can store the charcoal powder in a dry, tightly covered container; this will keep it fresh for a very long time.

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Most times, you can also buy charcoal in small round tablets from a pharmacy or chemist.

Charcoal has **no** smell or taste. It is completely safe.



Just remember that burned food is not charcoal. Burned food is bad for the body, but charcoal is good medicine.



## How does charcoal work?

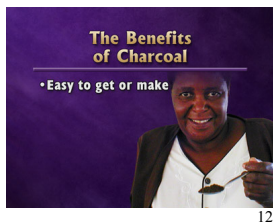


It works like a sponge soaking in poisons and germs that cause sickness. When the germs and the poisons become trapped in the charcoal, they stop causing sickness, and are carried out of the body.



## Why is charcoal such a good medicine?

It is:



Easy to get or make

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Easy to use (both inside and outside of the body)



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Very cheap



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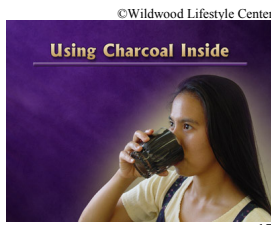
Safe to use! (and it)



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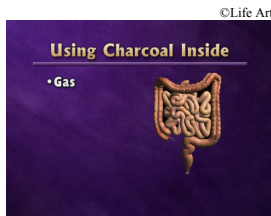
• Works well for many diseases

Let's learn more about how we can use charcoal to treat diseases.



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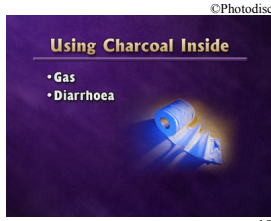
Charcoal can be used to help treat the **inside** of our body for:



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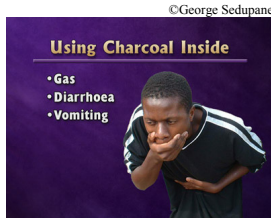
• Gas

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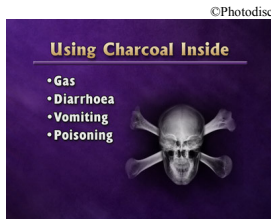
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- Diarrhoea



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- Vomiting, (and even)



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- Poisoning



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For simple ailments—such as gas and bloating, diarrhea and vomiting, simply:

Mix 1 to 2 large spoonfuls of charcoal powder with a small amount of water. Then finish filling the glass with more water and stir well.



Drink the mixture and then drink some clean water afterwards.



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Repeat the charcoal dose after each loose or watery stool, and after each vomiting experience.

The best time to take charcoal is **between** meals. It is best to take charcoal 2 hours after eating or drinking medicine, but charcoal can be taken anytime that it is needed.

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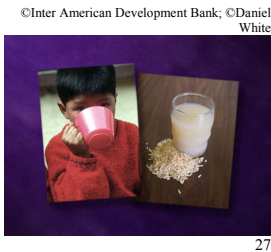


### How much should children get?



As a general rule, treat children with **one half** of the amount that we would give a grown person.

Remember that infants and children with diarrhea and vomiting can get dehydrated very quickly.



If they have a lot of diarrhea and vomiting, you must give them other liquids like rice water or water with a little bit of sugar and take them to the health worker quickly.

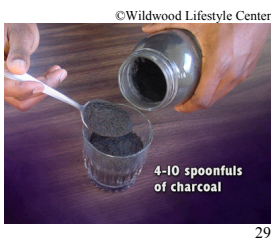


### How can we use charcoal to treat poisoning?

Charcoal can treat poisoning in children, as well as adults. Always keep a container of charcoal powder in your home for use in an emergency.

If someone has drunk poison or taken too much medicine, the best thing to do is to quickly give that person some charcoal (within 30 minutes) and then take the person to the local health worker.

Here is what to do for poisoning:

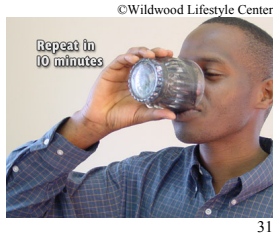


Immediately drink 4 to 10 large spoonfuls of charcoal powder mixed with a small amount of water. (Take the larger amount if the person has eaten in the past 2 hours)

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Then refill the same glass with water and drink it down.



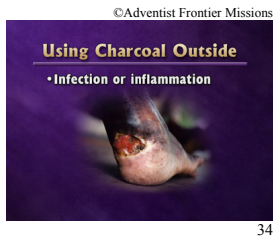
Repeat the charcoal dosage in 10 minutes, and anytime later if the person starts feeling worse.



**Be careful:** Do not give charcoal by mouth if the person is sleepy, unconscious, or may be unable to swallow. In such cases, take the person to the **clinic or hospital immediately**.



Just as we have learned how charcoal can be used inside the body, there are also many conditions where we can use charcoal **externally** or on the outside the body.

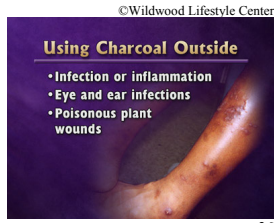


Infections or inflammation of the skin and joints



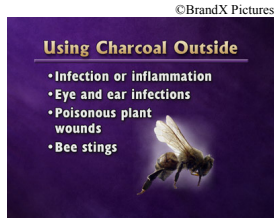
Eye and ear infections

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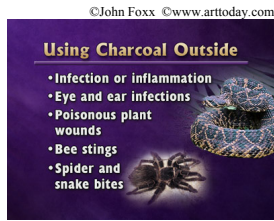
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Wounds from poisonous plants



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Bee stings and other insect bites



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Spider and snake bites



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**How do we use charcoal on the skin?**

Charcoal can be used as a bath or applied as a plaster.



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The **charcoal bath** is used to treat **large** areas of the body. It is simple to prepare, just add 2 cups of charcoal powder to a tub of water. You can put the whole body in the charcoal water.



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The **charcoal plaster** is useful for treating **smaller** body areas. Here are directions for preparing and applying a plaster:

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- Mix charcoal powder and a little water and make a wet **charcoal paste**.
- Spread the paste on one half of a thin, folded piece of cloth. Then cover the paste with the other half of the cloth.
- Place the charcoal plaster on the affected body part—making sure it **completely** covers the area.
- Wrap the charcoal plaster with plastic—to keep it from drying out.
- Bandage or tape the plaster securely in place.



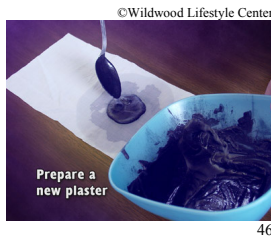
- Before applying a plaster we should **wash the skin** very well with soap and water.



- Then apply the charcoal plaster and **leave it on for several hours** or overnight.



- In the morning, **remove and throw away** the plaster.



- **Prepare a new plaster** and put it on the skin. You can continue this for several days or until all of the swelling is gone.



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Next we are going to talk about how to treat poisonous bites.

- If someone has been bitten by a poisonous snake or spider, stung by a scorpion or many bees, they must be treated immediately.



**Be prepared! Always keep charcoal powder ready to use at home on your medicine shelf.**



What should you do if something poisonous bites you?  
**Wash the area thoroughly with soap and water immediately.**



Apply a **large** charcoal plaster directly over the bitten area (or the entire area).



Cover the plaster with plastic—to keep it moist.



Change the charcoal plaster every 10 to 15 minutes—until the pain and swelling are gone.

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Also, take charcoal **by mouth**—2 large spoonfuls of charcoal in 1/2 glass of water every 2 hours. Do this 3 times. Then take 1 small spoonful every 4 hours for the next day (24 hours). Every time you take charcoal, you must drink 2 glasses of water.



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Some snakes are very dangerous and can kill people. You must act fast when you treat snakebite. If the snakebite is poisonous, pain and swelling will come within 10 minutes. Charcoal works best when it is applied to the snakebite **before** much swelling comes.



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With snakebites, remember to:  
Make the person stay very quiet and still.



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**Send someone to get medical help quickly.**



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Apply a large charcoal plaster as soon as possible, while you are waiting for medical help or while you are on your way to the clinic or hospital.



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Give 2 tablespoons of charcoal mixed with water, for the person to drink if he or she is not sleepy or unconscious.

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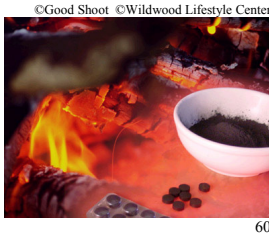
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If available, put some ice on the wound, both above and below the charcoal plaster. If it becomes too painful remove the ice.

A wise use of charcoal has saved many people with poisonous snakebites.

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Isn't it wonderful that such a simple medicine from nature can help treat so many diseases, and save so many lives?

When used properly, the simple remedies of nature are often more effective than many modern medicines.

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The scriptures declare that *"God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty."* 1 Cor. 1:27 (NKJV)

May God bless you with good health as you seek to make a wise use of the simple remedies He has provided.

(Thrash, Agatha and Thrash, Calvin, *Rx Charcoal*, Family Health Publications LLC, Sunfield, Michigan, 1988.)

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<sup>1</sup> This was done in 1813, by a well-known French chemist.