**CHARCOAL**

**HISTORY**

Charcoal had been used widelyuntilthe 1950's when drug therapy became the method of treatment. Since that time charcoal therapy has somewhat been lost.

**DEFINITION**

It is a tasteless and odorless but gritty charred wood. Sources of charcoal come from wood products such as oak, pine, eucalyptus, and willow, also from coconut and bone.

**TYPES**

There are two types of charcoal, plain and activated charcoal.

Activated has more pulling action because it has much more surface area duetothe porous surface.

**HOW IT WORKS**

It works by electrostatic properties which bind poisons and toxins to its surface. The burning of wood changes the chemistry and causes the development of a charge on the charcoal granule which attracts most poisonous substances.

**adsorb vs. absorb**

Absorb-to suck up (sponge soaking up water) Adsorb-to collect on surface (sponge gathering crumbs)

**PRODUCTION**

The first step in making it, the material is heated to about 1,000 F without any air. To make activated charcoal it is treated with steam by a process called oxidation-making it very porous, making thousands of crevices, pits, grooves, and holes. The length of time determines the size of pores it makes, The larger the pores the larger the molecules it adsorbs, smaller pores will adsorb smaller molecules.

To make charcoal at home, dig a hole in the ground, place wood in it and start fire and let burn brightly, then coverwith a tincover and pile dirt on it. Or in an emergency take charred wood and pulverize in to fine powder.

**FORMS OF CHARCOAL**

1. Powder (least expensive, most versatile, very messy and it stains, indefinite shelf life

with container tightly closed)

2. Capsules (keep in mind most capsules are made of gelatin which is an animal product)

3. Tablets (has binders, and some sweeteners, but good for children who won'tdrink powder)

Watch label, some tablets are not activated, making them less effective.

What about briquettes? Not safe dueto fillers and chemicals added for fast starting.

What about charred food? The burned carbohydrates, proteins, fats, and mineral salts arc changed into harmful and even cancer causing elements.

**INTERESTING DATA**

One quart of charcoal can hold 80 quarts of ammonia gas.

It takes 50,000 billion charcoal particles to make one pound of powder.

A 2/5 inch cube of charcoal has a surface area of 33 square yards or about 1/5 the size of a football field.

**STORIES**

1813, French chemist Bertrand swallowed one teaspoon ofarsenic-150 times the amount that would kill some people. He had mixed a liberal amount of charcoal with the poison, and lived.

1831, Tourney, a pharmacist, in front of the French Academy of Medicine, took a gram of strychnine-10 times the lethal dose. He then took 15 gm (3-4 tsp.) charcoal, and lived.

**HOW TO** **USE CHARCOAL INTERNAL** **USES** - Draws toxins from stomach, small intestine, and bloodstream.

1. Poisoning

2. Gastro-intestinal (gas, heartburn)

3. Nausea and vomiting, (if vomits, repeat dose) (slurry water for babies)

4. Diarrhea

5. Sore throat (suck tablet, or gargle)

6. Detoxify

7. Poisonous bites

**HOW MUCH - HOW OFTEN**

An average dose of charcoal is a 1-5 in one glass of water, or 4-10 tablets followed with water. You can't overdose on charcoal but it is not meant to be taken over an extended period of time. If you are having a chronic problem, ascertain the cause and remove it. If a highly spiced meal is eaten every day with a resulting heartburn, the course to pursue is not to ingest charcoal every day, but to remove the spices. A *word of caution, charcoal may interfere with your prescription medication*.

**EXTERNAL** - As a poultice, which is a wet dressing, or in a bath.

1. Infected wounds or ulcers (if charcoal gets

in an *open wound it will leave a permanent*

*mark*.)

2. Insect bites or stings

3. Inflammation

4. Pain

5. Earaches

6. Boils

7. Cancer

The poultice may be put on at night, and taken off and discarded in the morning. After removing poultice, wash area. If indicated, apply another poultice to affected area. Poultice must remain moist to be effective.

In cases of poisonous bites, change every 15 minutes for first hour and then every 30 minutes, then every hour. Also give charcoal by mouth and if necessary, immerse in a charcoal bath.

**SPIRITUAL LESSONS**

Compare Jesus to charcoal

\*Charcoal is made by burning wood, this makes a pure substance-Jesus is pure. It is also the fires of trial that purifies us.

\*Charcoal adsorbs toxins and takes on what it is not-.Jesus took on our sins, yetHe was sinless.

\*Charcoal removes from our system that which contaminates, Jesus does the same for us by eliminating things in our lives that aren't good for us; wrong reading, music, friends, food, use of money, time, etc.

\*Charcoal relieves infection, pain, and toxins, Jesus takes away our sins and restores to us peace in our hearts.

\*Charcoal leaves a permanent mark if put on an open wound-with a heart open to Jesus, He abides in us and forever stamp His character upon us.

**DEMONSTRATE AND PRACTICE MAKING POULTICE**

Mix equal parts charcoal and ground flax seed (or cornstarch, oats, or grated potato) with enough water to make consistency of mud. Cut paper towel double the size of area to be treated. Spread charcoal on one half of the paper towel, leaving a small margin of paper towel around the border. Then fold other half of the paper towel over the top of it. Place this over the affected area. Cover with plastic wrap, a little larger than the paper towel. Tape or wrap to secure. This dressing must remain moist to be effective. (If no flax seed or other. substitutes are available, may just mix charcoal with water.) Leave on overnight. Wash area after removing poultice.

**PRACTICE** **MAKING IT**

Assemble equipment: Paper towel, plastic wrap, spoon, dish, ground flaxseed, charcoal powder, water. Mix one part charcoal and one part flax seed, stir in water to desired consistency, BE VERY CAREFUL AS IT IS VERY MESSY, AND IT STAINS. If you have not experienced drinking charcoal, try it. You should see black stool in 16 to 36 hours for a normal transit time.

**How Does Charcoal Work?**

*Blood Stream*

