CHARCOAL (The miracle of charcoal)

Charcoal has been used by doctors in Central America and other parts of the world for centuries. One of our clients successfully uses 2 capsules daily to control his gout. It controls gas and especially is good for poisoning. We have made reference throughout this book on using it as a remedy for different problems. This section will tell you how to make it yourself should you want or need to.

Here's some information before you get started:
Do not take charcoal long term, this remedy is meant for acute or crisis situations such as poisoning.
Long term problems usually mean deeper solutions. Example, you might have toxic build up from gallstones and although doing a charcoal poultice will relief the problem, it will be temporary. You will need to flush out the stones, or have lazer treatment to break them up, or even perhaps surgery to remove the gallbladder.

There are two kinds of charcoal. One is the kind you make yourself, we call this Traditional Charcoal.
The other is called Activated Charcoal and is twice the strength. You can buy Activated Charcoal as tablets, capsules and powder and this is usually what you find in a health food store. If you have tablets and the recipe calls for powder, you can easily crush the tablets and use them as needed.

Where does charcoal come from? If a fire burns across the forest, the wood is charred, retarding the deterioration process. Pieces of charred wood remain years longer than the wood of same size and type not in charred condition. The charring of the wood gives it special properties making it peculiarly useful for us, it is unparalleled. Yes, you can make your own charcoal and store it for future use. Do not use the charcoal that is sold for fire starters, loaded with chemicals. Also, burning your toast will not be a substitute for the real thing. There are many sites on the internet that teach how to make charcoal, as well as youtube videos.

Homeopaths have been using charcoal for over 200 years eg. Carbo vegetabilis and Carbo animalis. It is also marketed as a prescription drug under the name 'Chardonna" comprised of phenobarbital, belladonna extract, and activated charcoal and used for nervous indigestion, gastritis, and flatulence.

Every home should have charcoal on hand as an antidote for poisoning, as a cleansing agent in infections, as a deodorizer and treatment for diarrhea, nausea and vomiting and may intestinal infections. Charcoal is harmless when ingested even in large quantities or when inhaled in small quantities, there are no ill effects wen it comes in contact with the skin.

Dosage:

Adult oral dosage is 1 tablespoon powder stirred into a small amount of water. This

equals 4 caps of activated charcoal, or 8 tabs of Traditional (regular)Charcoal.
Activated charcoal caps are twice as potent as the tablets.
Children are 1/2 dose from 5 to 12 years of age. Under that use 1/8 to 1/4 of the adult dosage.

Best time to take charcoal is on empty stomach midway between meals, and at bedtime. Food inhibits some of its action by as much as 50%.
What happens if you take in a poison and you have food in your stomach? Take 8-10 times the approximate weight of the poison as the dosage of charcoal (if you know it). Powdered charcoal is the fastest acting. You might feel nauseated after ingesting, but it is not the charcoal making you feel sick.

Charcoal should not be taken regularly over a long period unless a serious long term problem exists such as gas and odors in the colostomy and ileostomy. Some will take a small dose of charcoal on a regular basis as a prophylaxis or problem prevention. If at all, eliminate the toxic, infectious or injurious agent rather than taking charcoal on a regular basis to counteract it.

Type of Charcoal: **Do not use burnt toast or scorched food. Wood charcoal is what you should use.**

Charcoal Compress:
You can also apply a charcoal compress using different methods:

1. **3 tablespoons cornstarch blended with 3 tbsp powdered charcoal. Stir into a cup of whey and let sit for 20 minutes, stirring occasionally. Spread the mixture 1/4 inch thick on a cloth or paper towel which is a little larger than the affected area. It should be quite wet. Place on the area and cover with plastic wrap which is a little larger than the cloth or paper towel, then a towel. Leave on for 6-10 hours. Remove, rinse the skin and dry the area.**
2. **For a small bite area, mix a spoonful or two of charcoal powder with water to make a paste.**
   Put the paste on some paper toweling and apply directly to the skin. Cover with plastic wrap or bag and some sort of towel clothing to hold it in place. You can apply heat to this with a hot water bottle or electric heating pad. Leave for 20-30 minutes then remove the hot water bottle or heating pad, you can leave in place all night if you arrange that it can't seep into your bed-clothing.
   For bites, many people add crushed hops or plantain to the mixture.

There is a warning about applying charcoal to newly broken skin. If the wound goes into the dermis, the black charcoal can leave a 'tattoo' effect. It is suggested instead to use a comfrey poultice or plantain poultice. Charcoal is used for inflammation, infection and swelling and with newly acquired wounds these characteristics are not yet manifested.

CHEMO THERAPY CLEANSE

After a chemo treatment, you may have some nasty side effects. Give the chemo a good hour to do its work and then do a salt and soda bath for 30-40 minutes. Put a pound of baking soda (aluminum free) and a pound of seasalt in a nice warm bath and submerge yourself it in.

CHOLESTEROL

Cholesterol basically comes from two sources: your food and your liver. And what you eat is important because if you are healthy your liver will not feel the need to make extra cholesterol to protect the damage you are doing to your body. The brain is basically made of fat/cholesterol, so a low fat diet is dangerous to the brain, but we know that eating lots of the right kinds of fats actually is beneficial. So, we could go on and on about the wheres and whys, but here is a list of the foods and things to do to keep the cholesterol in check, and a list of what will damage the body and encourage the liver to make extra cholesterol that can plug up the arteries, heart etc.

The Good List

Proteins: fatty fish (eg wild salmon, mackerel), Raw Milk Cheese, organic soy protein, organic free range eggs, lean meats, organic chicken/turkey, wild seafood: shrimp, crab, mussels, clams

Grains: oatmeal, barley

Veggies: leafy veggies, tomatoes, peppers, onions, cabbage, cauliflower, broccoli, brussel sprouts, celery, eggplant - basically non-starchy vegetables.

Nuts, seeds: eg. Walnuts, pecans, pistachios – moderation for nuts

Legumes: beans, peas, lentils

Fruits: strawberries, blueberries, raspberries, apples etc

Oils: cold pressed olive oil, avocado oil, coconut oil, flax oil, small amounts of organic butter

Weeds: dandelion root and leaf; milk thistle, burdock root – these help the liver to cleanse itself because the liver may be confused into making too much cholesterol

Other: Dark chocolate (unsweetened, so get plain or sweetened with stevia, monk fruit etc).

Avocado – some call it a fat, others say it is a fruit, and still others say it is a vegetable – whatever, it is really good for you

Olives

Sweeteners: stevia, monk fruit, erythritol, honey, ground up dates or other fruit.

To thicken foods: use small amount of cornstarch mixed in a little cold water. Agar Agar can also be used. Psyllium powder is another option.

The bad list:
Any foods that have been refined from their original whole state. Stick to eating whole foods.
A good idea is to avoid boxed and canned foods.
Milk, yogurt, cream, fatty cheese (substitute oatmilk, rice milk, soy milk, limited amounts of hard cheese)

Ice Cream
Sugar including brown sugar
Red Meat
Margarine
Regular butter (small amount of organic butter is better)
Saturated fat type foods (limit animal meats to small amounts, coconut oil has been found not to increase cholesterol)
Sugar and anything that has sugar in it
White flour and anything that has white flour in it eg. Noodles, breads, puddings, thickened foods
All soda pop type drinks
Fruit drinks – eat the fruit whole
Anything deep fried or fried in oils (get an air fryer and avoid cooking with oils)

Some Other Ideas to Help with High Cholesterol:

Get an Airfryer so you don't have to cook with oils.

Eat as much raw foods as possible. If you want a diet to follow – see the Anti-Inflammation Diet.

Don't drink fruit juices, eat the food in its raw form, but if you want to juice vegetables: carrot, celery and beet will help lower cholesterol.

Try Intermittent Fasting by not eating past 7pm, and then the next day, not until noon.

Eat foods high in fiber. Fruits, vegetables, grains and legumes bind intestinal cholesterol and inhibit its intestinal reabsorption. Get your fiber from whole foods rather than from supplements.

Do routine liver cleansing – huge help. Can use milk thistle, dandelion root, burdock root. Do for 3 months, then take a break for a month or two and start again.

Limit your alcohol intake. Your cells produce cholesterol on demand. For example, if a person drinks a fair amount of alcohol one night, this alcohol will make the membranes more fluid. The cells will immediately start to produce cholesterol in response to firm up their membranes to the proper state. As the alcohol wears off, the cell membrane starts to harden up. If you want to have a drink, best choice is a glass of Merlot red wine with your meal.