

## Activated Charcoal

**3 John 2** – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Unfortunately, we live in a time where we have been trained to run to the doctor for every bump, scratch, scrape and bruise. In cases of emergencies, it may be necessary at times to go to the hospital or seek out a physician, but not in all cases.

“The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old- fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication.” {2SM 294.1}

Now I'm not referring to your situations that require immediate surgery in a life or death situation.

“EVERY PERSON should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” {MH 127.2}

“It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration... We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws...” {MH 231.3}

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause. If the harmonious system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.” {MH 235.1}

### **WHY NOT?**

“By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing.” {MH 126.4}

“There are many ways of practicing the healing art; BUT THERE IS ONLY ONE WAY THAT HEAVEN APPROVES. GOD'S REMEDIES are the simple agencies of nature that will not tax or debilitate the system through their powerful properties.” (CD 301.2)

“...Teach the people that restorative power is not in drugs, but in nature...” (MH 127.1)

“People need to be taught that DRUGS DO NOT CURE DISEASE...” {MH 126.3}

“Go up into Gilead, and TAKE BALM, O virgin, the daughter of Egypt: in vain shalt thou use many medicines; for thou shalt not be cured.” (Jeremiah 46:11)

“...thou hast no healing medicines.” (Jeremiah 30:13)

“...the fruit thereof shall be for meat, and THE LEAF thereof FOR MEDICINE.” (Ezekiel 47:12)

### VERY IMPORTANT:

#### THE PEN OF INSPIRATION NEVER SUPPORTED THE USE OF DRUG MEDICATION:

“In regard to the book on Christian Temperance, that portion that was expressed in reference to **DRUG MEDICATION** as though it was recommended by me is not according to the light that I have been given to present to the people. I must, if I made this statement, have done so in expressing the idea of working away from the use of all drugs concocted at the apothecary (pharmacy). We have no use for them. We should not vindicate the use of drug medication...” (20MR 36.2)

#### TODAY WE WILL BE DISCUSSING ACTIVATED CHARCOAL:

(Dr. Christopher, who was one of the most renowned Herbologists to live in the 20th century, said if he had to choose only 2 herbs of all the herbs, he would choose cayenne pepper and **ACTIVATED CHARCOAL** (and this isn't even an herb)

#### WHAT IS ACTIVATED CHARCOAL AND HOW DOES IT WORK?

(See the bottom page of this subject)

#### WHAT MEDICINAL PURPOSES IS ACTIVATED CHARCOAL USED FOR?

(See 2 Selected Messages...USE OF REMEDIES pp. 286-291 and Sister White's Personal Experiences Using Remedies pg. 292-303)

**1. “Inflammation of the Bowels and Bloody Dysentery: A Rapid Recovery.**—A brother was taken sick with inflammation of the bowels and bloody dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malarial fever. My husband and I thought we would stand this expense rather than have the heads of several families die and leave their wives and children unprovided for.” {2SM 299.1}

“Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. We were about one mile from the city of Denison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that IN HALF AN HOUR THERE WAS A CHANGE FOR THE BETTER. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used.” Letter 182, 1899 {2SM 299.2}

**2. Eye Inflammation/Bruised Hands/Inflammation:** “One of the most beneficial remedies is PULVERIZED CHARCOAL, placed in a bag and used in fomentations. THIS IS A MOST SUCCESSFUL REMEDY. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering GREAT PAIN, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient slept, the turning point came, and recovery was the result. To students when injured with bruised hands and suffering with inflammation, i have prescribed the simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly.

The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm.” {2SM 294.2}

**3. Fever:** “On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. she had contracted fever while on the campground, and was taken to our school building near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, "Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours." I replied, "Send to a blacksmith's shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides." The doctor hastened away to follow out my instructions. Soon he returned, saying, "relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.” {2SM 295.2}

**4. Indigestion:** “Teach nurses and patients the value of those health-restoring agencies that are freely provided by God, and the usefulness of simple things that are easily obtained. I will tell you a little about my experience with CHARCOAL AS A REMEDY. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent. Pulverized charcoal from eucalyptus wood we have used freely in cases of inflammation....” {2SM 298.4-5}

**5. Snake Bites/Poisonous Reptile Stings/Insect Bites:** “My mother had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices...” (2SM 295.3)

**6. Swelling And Pain On The Knee From A Dangerous Insect Bite On An 18 Month Old:** “Charcoal and Flaxseed.—“...On Thursday Sister Sara McEnterfer [A TRAINED NURSE OF EXPERIENCE] was called to see if she could do anything for Brother B's little son, who is eighteen months old. For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of 3 yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause.” Manuscript 68, 1899 (General Manuscript) {2SM 299.3}

There are many other uses. Some of these include PYORRHEA, GINGIVITIS, TUMORS, TO WHITEN TEETH, and many other uses...

To learn more, go to [www.charcoalremedies.com](http://www.charcoalremedies.com), and/or read the book titled “Charcoal.”

## **CHARCOAL POULTICE:**

### **Items Needed:**

1. Activated Charcoal
2. Psyllium Seed Husk (can get at most health food stores or even drug store)
3. Water
4. Saran Wrap
5. Rolling Pin
6. Something to Secure the Charcoal in place: example (ace bandage)
7. Mixing Bowl

### Uses:

1. Stomach and Intestinal Distress
2. Inflammation
3. Pain
4. Infection from Bacteria
5. Snake Bite
6. Spider Bite
7. Poisoning of all kinds
8. Adsorption of Chemicals
9. Washing Chemicals
10. Detoxifying the body

### Steps to Make:

Mix ¼ c. psyllium seed husk with ¼ c. activated charcoal powder

Add ½- ¾ c. water to mixture (start with ½ c. first and add little by little as needed...this is not to be too wet).

Mix for 30 seconds to one minute.

Put a piece of saran wrap on the table - do one piece on top and one piece on the bottom.

Roll out with rolling pin. Flatten no less than ¼ inch thick.

Let sit for 3-5 minutes.

Take off one side of saran wrap and apply to affected area.

Secure in place with ace bandage.

If using for pain, leave on overnight for several hours during the day.

If using on spider or snake bites, change every 15-20 minutes.

**To see a hands-on video of how this done, go to the following link:**

<http://video.google.com/videoplay?docid=1119172029562591128>

### WHAT IS ACTIVATED CHARCOAL?

Activated charcoal is used in water filters, medicines that selectively remove toxins, and chemical purification processes. **Activated charcoal is carbon that has been treated with oxygen.** The treatment results in a highly porous charcoal. These tiny holes give the charcoal a surface area of 300-2,000 m<sup>2</sup>/g, allowing liquids or gases to pass through the charcoal and interact with the exposed carbon.

The carbon **adsorbs a wide range of impurities and contaminants**, including chlorine, odors, and pigments. Other substances, like sodium, fluoride, and nitrates, are not as attracted to the carbon and are not filtered out.

Because adsorption works by chemically binding the impurities to the carbon, the active sites in the charcoal eventually become filled. **Activated charcoal filters become less effective with use and have to be recharged or replaced.** Several factors influence the effectiveness of activated charcoal. The pore size and distribution varies depending on the source of the carbon and the manufacturing process. Large organic molecules are absorbed better than smaller ones. Adsorption tends to increase as pH and temperature decrease.

**Contaminants are also removed more effectively if they are in contact with the activated charcoal for a longer time, so flow rate through the charcoal affects filtration.**

**Links to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/04/activated-charcoal.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/activated-charcoal.html>