

# ACTIVATED

# CHARCOAL

# COMPRESS

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CMG Archives

<http://www.campbellmgold.com>

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## IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.**

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## Introduction

The following describes the preparations and use of an activated charcoal compress. Such compresses are used to absorb toxins from wounds and abscesses, etc.

## Method

Empty sufficient contents from charcoal caps, or crush a sufficient quantity of charcoal tabs.

Slowly mix in small amounts of spring or filtered water (not tap water) to make a consistent paste. Do not start with too much water - the final paste should be moist but not crumbling or dripping.

Spread the paste on one half of a creased kitchen paper towel of suitable size.

Remember that the compress size should cover the whole of the afflicted area of skin, etc.

Fold the other half of the kitchen paper towel over the top of the paste.

Fold over all of the edges and tape (not staple) them closed to prevent the contents from falling out.

Position the compress over the afflicted area and cover it with kitchen wrap or cling film to keep in the moisture. If the charcoal dries out, it will not be able to adsorb the toxins, etc.

Carefully secure the compress and cling film to the skin with surgical or other suitable tape.

Leave the compress on the skin for 2 to 4 hours (longer if indicated) or overnight for more severe conditions.

Change the compress often depending on the severity of the condition.

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