

CHARCOAL

THERAPY

by

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IMPORTANT

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Introduction

Charcoal therapy was developed prior to 1923, and is an effective method to remove toxic elements and organics from the body. It was first used to deal with the poisons of the Industrial Revolution.

The therapy can be used for any condition where toxins, heavy elements, or biological material needs to be removed.

Activated charcoal, also known as active charcoal or activated carbon, refers to the type of carbon, which is processed with oxygen in order to increase the number of "pores". Consequently, this is a highly porous form of carbon with an increased surface area for the adsorption of other substances. A gram of superior quality activated charcoal is estimated to have a surface area of about 500 square meters. Because of its properties, activated charcoal has the ability of adsorbing substances up to thousand times of its own weight.

Activated charcoal has been used for its medicinal purposes since ancient times; and today, activated charcoal supplements are available, tablets, capsules, and in liquid form.

(Picture Right - Activated Charcoal Tabs)



Activated charcoal is also effective in the removal of any poisons in the body, and especially in the digestive tract. Thus, activated charcoal can effectively absorb 60 per cent, or more, of the poisonous substances from the stomach and intestine.

Another benefit of activated charcoal is for the body detoxification, and the toxic wastes present in the body can be absorbed by using an activated charcoal supplement - it is a common ingredient in colon cleansing products.

Additionally, various disorders of the digestion process, including bloating, gas formation, malodorous gas, and diarrhoea can be treated by using activated charcoal.

(Picture Right - Activated Charcoal Caps)



Some authorities are of the opinion that activated charcoal helps to lower blood cholesterol level.

The charcoal water therapy will also remove the bacteria and uric acid associated with gout and rheumatic conditions.

Dead, deformed, and damaged cells are also picked up and eliminated by this treatment.

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Charcoal Water Therapy

Activated charcoal should be used in conjunction with spring or filtered water (never use tap water).

Take 1 x 260 mg activated charcoal tabs/caps with a glass of water (room temperature) 6 x daily between meals.

The results will be dramatic!

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Poisoning

This treatment is suitable poisoning.

Take 8 x 260 mg activated charcoal tabs/caps with water, per hour, - repeat 8 x or until charcoal appears in the motions.

Then take 4 x 260 mg activated charcoal tabs/caps with water, 4 x daily until the condition is fully resolved.

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E-coli

The best alternative treatment for E-coli is to take Activated Charcoal tabs or caps:

Take 8 x 260 mg Activated Charcoal tabs/caps with water, per hour, - repeat 8 x or until charcoal appears in the motions.

Then take 4 x 260 mg activated charcoal tabs/caps with water, 4 x daily until the condition is fully resolved. Ensure that there is charcoal in the stools until the condition is fully resolved - increase frequency of treatment if required.

Acidophilus

Acidophilus should be taken to replace the intestinal flora which has been disrupted because of the infection and diarrhoea.

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General Digestive Health

Activated Charcoal can be used as a support to digestive health.

Recommended are "easy to swallow" gelatine caps, which provide 260 mg of 100% activated charcoal.

Take 2 x 260 mg activated charcoal tabs/caps, 3 x daily, after meals.

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