

Charcoal - God's Humble Doctor

(From: *CharcoalRemedies.com The Complete Handbook of Medicinal Charcoal & Its Applications* © 2005)

Charcoal is all around us. It is a cleaning agent for our water, food, air, and the environment. Medically, it is just as versatile. Activated medicinal charcoal is one extraordinarily simple super natural home remedy. The medicinal uses of charcoal are as ancient as the pyramids of Egypt and as modern as the most sophisticated Emergency Room of the 21st century.

Why? Why use a simple benign home remedy like charcoal as a first choice instead of drugs and hospitals? The 4th leading cause of death in America (106,000+ per year) is from properly prescribed drugs in hospitals (JAMA, July 2000). 80,000 people die each year in hospitals from nosocomial infections.

Charcoal is **SAAFE**: Simple, Affordable, Accessible worldwide, Free from adverse side effects, Easy to use.

Who uses charcoal? Doctors, babies, truck drivers, nurses, chemists, musicians, housewives, ministers, children, tourist guides, veterinarians, farmers, missionaries, artists, businessmen, pilots, submariners, writers, your neighbor next door... and your ancestors. Isn't it about time you tried it yourself!

Historically charcoal has been used to control wound odors and intestinal gas (1500 B.C.). Cleopatra used it as a beauty aid, while Hippocrates recorded the use of charcoal for epilepsy, chlorosis (severe iron-deficiency anemia) vertigo, and anthrax (A.D. 50). Europeans discovered North American Indians eating charcoal for indigestion and gas (A.D. 1500's). Charcoal was used routinely in naval, military, and civil hospitals in the mid 1800's

“Charcoal mixed with bread crumbs or yeast, has long been a favourite material for forming poultices, among army and navy surgeons. The charcoal poultice has also obtained a high character in hospital practice as an application to sloughing ulcers and gangrenous sores, and recently, this substance has afforded immense relief in numerous cases of open cancer, by soothing pain, correcting foetor, and facilitating the separation of the morbid structure from the surrounding parts. It is unnecessary to mention other instances of its utility; for in this form Charcoal is now admitted into the London Pharmacopoeia, and it is in general use in all naval, military, and civil hospitals.” James Bird (1857)

Charcoal tablets were sold in the 1908 Sears & Roebuck catalogue:

“Every person is well acquainted with the great benefit derived from willow charcoal in gastric and intestinal disorder, indigestion, dyspepsia, heartburn, sour or acid stomach, gas upon the stomach, constant belching, fetid breath, all gaseous complications and for the removal of the offensive odor from the breath after smoking.”

Today, hospitals around the world depend on charcoal in Emergency Rooms for accidental poisoning, drug overdose, and attempted suicide. It is also used in hospitals in wound dressings, ostomy bags, hemoperfusion cartridges, kidney and liver dialysis units, scavenging systems to capture laser plume and anesthetic gases, as a marker in breast cancer, to treat anemia associated with cancer, pruritis, to control wound odors,...

Home use of charcoal includes indigestion, heartburn, acid reflux, nausea, vomiting, diarrhea, insect bites, pink eye, infection, pain, diabetic ulcers, poison ivy, infant colic, Candida, ... and to treat the sick house syndrome.

Missionaries use charcoal to treat dysentery, cholera, tetanus, typhoid, infection, boils, tetanus, diphtheria, poisonous snakebites, hepatitis, wound infection, gangrene, and more.

Modern Research has reported that charcoal used superficially is able to draw toxins from deep tissue and deep organs (*The Lancet*, Sept. 30, 1980) and it is able to reduce total cholesterol as much as 43% and triglycerides by 76% (*The Lancet*, Feb., 1986). Charcoal adsorbs Tetanus and Diphtheria toxin, and endotoxins released by *E-coli* and *Vibrio cholerae* (*Activated Charcoal in Medical Applications*, Cooney, 1995). Studies are being conducted to confirm the large anecdotal evidence of charcoal's benefits for Crohn's sufferers.