

cian, following the imperatives of good, timely medical diagnosis and treatment. Under these circumstances, or in emergencies when medical care is not immediately available, charcoal may be administered in the following situations:

Ingested Poisons. 2 tablespoons of charcoal mixed in a glass of water, swallowed or via gastric tube. Promote vomiting after 3-5 minutes (unless poisoning by acid, alkali, petroleum product, or if risk of convulsions). Repeat charcoal and emesis 3-4 times. Give a final charcoal dose for complete intestinal absorption of residual poison.

Diarrhoea. 2 tablespoons of charcoal mixed in a glass of water every 4-8 hours until diarrhoea is controlled. Do not delay medical attention if the patient is a baby, does not respond promptly, is vomiting or bleeding.

Straight charcoal slurry has the unappealing appearance of black mud. An acceptable alternative, when conditions are less serious, is to use colloidal charcoal supernatant. Sounds potent, but is simple to prepare and much more palatable. Simply mix a quarter cup of powdered charcoal in two quarts of water, let stand until the charcoal has settled and pour off the clear liquid. This "supernatant" still has millions of microscopic particles suspended in the water.

Skin Infections. Prepare charcoal packs by mixing powdered charcoal and water to form a thick cream. Pour the mixture onto a suitable sized square of old sheeting and spread it to within an inch or two of the edge. Cover with a second piece of sheeting and apply the pack directly to the area of infection or inflammation. Cover the pack with plastic film and hold everything in place with a final outside cloth wrap or binder. Change the pack with a new charcoal mix every 6-8 hours, The mix can be improved to stay moist longer and stick together better by boiling one tablespoon of flaxseed in a pint of water before adding the charcoal.

Tips

Use your toothbrush to mix charcoal, then brush your teeth. Swallow watered charcoal as you brush. Charcoal can remove tarter and plaque."

- *Amazing Charcoal, the Universal Antidote* by C. Garry Hullquist, MD.

Charcoal Products

Food-grade Charcoal from Coconut



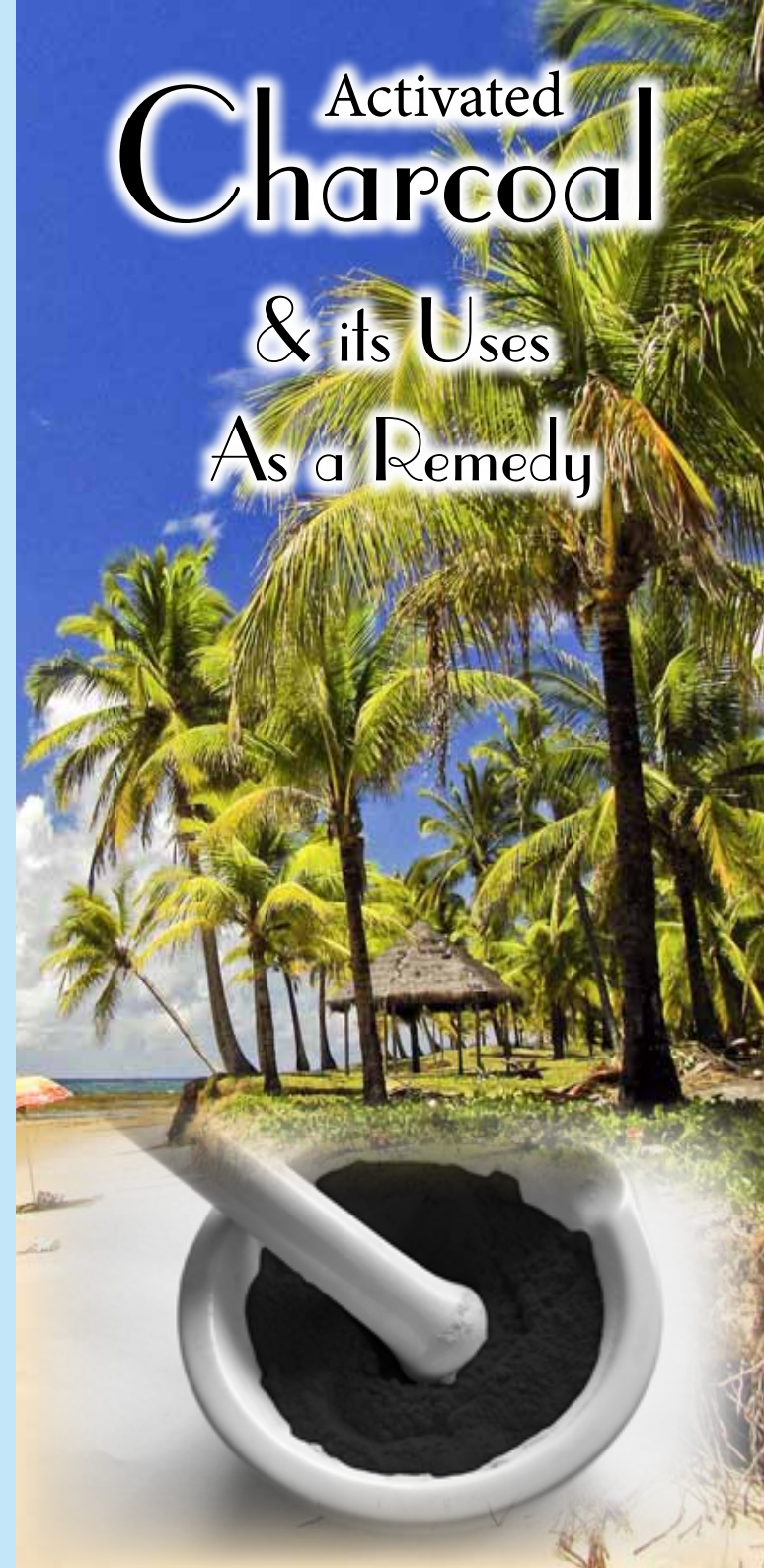
Online Shop:
www.steps.org.au/charcoal
Phone: (03) 9739 4093
Email: admin@steps.org.au



Steps to Life (Aust) Ltd.
P.O. Box 907
Lilydale, VIC 3140

Activated Charcoal

& its Uses As a Remedy



Uses of Amazing Activated Charcoal

A Natural Remedy Used by People for Many Generations

Activated charcoal has been used successfully by many people for many generations as a first-choice natural remedy for a whole range of health problems. If the problem persists it is important to seek the help of a qualified medical practitioner.

Some of its remedial health uses over the years have included

- **An antidote for poisoning** where expert medical assistance is not available. In the booklet 'Amazing Charcoal' by C. Gary Hullquist, MD, activated charcoal is described as 'One of the most effective life-saving remedies known to man, inexpensive, free of side-effects, an absorbent par excellence, activated charcoal was 'rediscovered' by medical professionals in the 1960s as a general oral antidote for poisonings and drug overdose. p 4
- **Filters for water purification, removal of cigarette toxins, gas masks, air purification, kidney dialysis, etc.**
- **Poultices** for removing splinters, treating boils, infected finger and toenail cuticle, etc
- **Treatment of diarrhoea and gastric upsets.**
- **Skin infections.** Make activated charcoal into a thick cream by mixing with water or olive oil, spread it on the affected area and then cover with a plastic wrap and an old piece of sheeting.
- **Removal of bad breath**
- **Taking the pain and swelling out of insect bites**
- **Reducing swelling in strains and sprains**
- **Alleviating colic in infants**
- **Treatment of allergic reactions to poisonous plants**
- **Infections: including pink eye, diabetic ulcers, abscesses, UTI, and gangrene**
- **Diseases such as gout, Tourista, tetanus, diphtheria, and cholera**

For a comprehensive description of the uses of activated charcoal for medicinal and other purposes we recommend that you obtain the award winning book of John Dinsley – ***The Complete Handbook of Medicinal Charcoal and Its Applications.*** It's a must for every families home library.

Noted USA medical practitioner and natural health remedialist, Dr. Agatha Thrash, makes the following recommendation of John Dinsley's book. - *'I heartily recommend CharcoalRemedies.com The Complete Handbook of Medicinal Charcoal and Its Applications. As a physician, as a mother and grandmother, as a public health educator for the past 41 years, I have come to fully trust the efficacy and safety of charcoal as a simple yet powerful home remedy. This book serves not only as a reference book of medicinal charcoal facts, but also brings together a hundred and fifty different charcoal experiences of individuals from around the world. People need this book. EVERY FAMILY, every healthcare worker, every traveller abroad, every health conscious individual needs a copy in their home library.'* Agatha M. Thrash, MD - Co-founder Uchee Pines Institute. Medical Examiner for the State of Georgia.

***The Complete Handbook of Medicinal Charcoal and Its Applications* is available from Steps to Life in our shop or from our online shop. (See back of this brochure for details)**

More Information About Activated Charcoal

Activated Charcoal is Safe

- Has safety record that goes back 3500 years
- Is rated Category 1 (Safe and Effective) by the FDA
- Is recommended by Poison Control Centers, Pediatric & Toxicologist Associations (USA)
- It has no known adverse side effects
- Is non habit forming
- Has an indefinite shelf life - does not age or spoil if properly stored

Charcoal is Easy to Use

- easy to make
- easy to take - orally
- easy to apply - as a poultice or bath
- requires no dictionary, prescription, license or degree

How is Activated Charcoal Made?

Activated charcoal begins as regular charcoal and is then "activated" with oxidizing gases, such as steam or air, at high temperatures. This oxidative process further erodes the charcoal's internal surfaces. This increases its adsorption capacity by creating an internal network of even smaller pores rendering it two to three times as effective as regular charcoal. But charcoal is not produced from wood alone. Bone char, coconut shells, peat, coal, petroleum coke, and sawdust are the most common starting materials for making activated charcoal. Many other materials have been experimented with, but generally are not as economical. - CharcoalRemedies.com web site.

The Steps to Life food grade activated charcoal range is produced from the coconut tree.



Limitations

Note the following limitations and uses of charcoal, taken from the book "Amazing Charcoal, the Universal Antidote" by C. Garry Hullquist, MD.

"Charcoal is not a cure-all. Nothing is. Specifically, charcoal is not an antibiotic, no can it be given intravenously. Long term, constant use can interfere with the absorption of essential nutrients like vitamins and enzymes,

Charcoal is not a panacea; it should not be used indiscriminately for every health problem as a substitute for competent medical care. It is best used in cooperation with your physi-

Please Turn Over ->