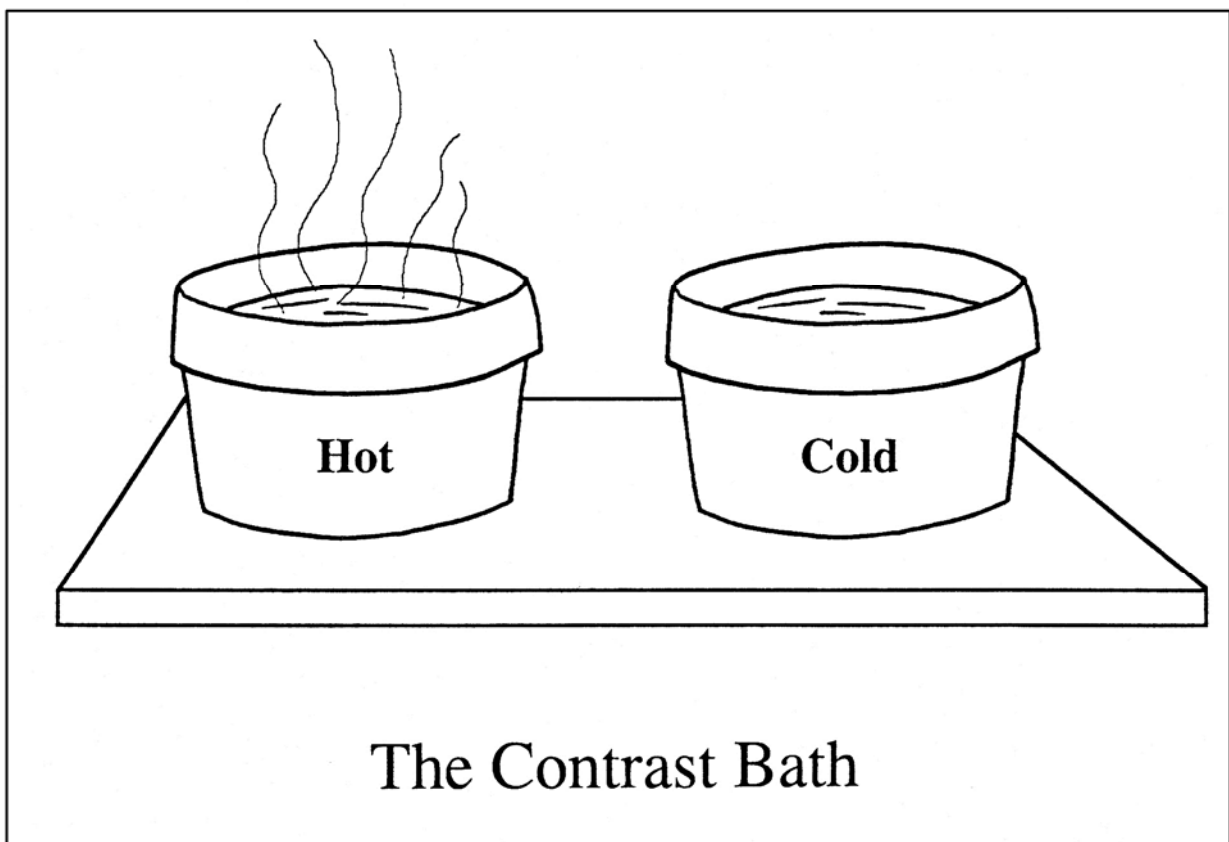


## God's Healing Way

Simple Home Remedies

1. The Contrast Bath
2. The Hot Foot Bath
3. Fomentations
4. The Heating Compress
5. Charcoal



### The Contrast Bath

#### THE CONTRAST BATH

**The contrast bath consists of immersing a body part alternately in hot and cold water.** (The hot and cold water may be applied with wash cloths to body areas that cannot be easily immersed in water.) This treatment may be combined with the application of a poultice or a heating compress.

The blood vessels expand or dilate with heat and contract with cold-increasing the circulation or blood flow to the treated body part. The increased blood flow [1] enhances the supply of oxygen and nutrients

to the body cells and [2] hastens removal of the cell's waste products. The result is increased cell metabolism and more rapid healing of the treated body part.

### **Treatment Indications**

- Localized infections
- Muscle or joint injuries
- Arthritis
- Headaches (contrast bath to the extremities)
- Edema (swelling of a body part due to fluid retention)
- Blood vessel disease of the veins or arteries to the legs and feet

### **Treatment Precautions**

- Do *not* use very hot or very cold water in cases of loss of feeling (numbness) or blood vessel disease of the legs and feet.
- Be careful not to spread infection; disinfect equipment after treating an open sore or wound.
- Avoid treating any area where there is a tendency to bleed or hemorrhage.
- If the treatment is to be followed by massage to the body part, end the treatment with the *hot* water bath.

### **Equipment Needed**

- Two large basins for the hot and cold water
- Tea kettle or pitcher of hot water
- Towel
- Sheet or light blanket
- Another basin of cold water and 2 washcloths for a cold compress to the head

### **Treatment Procedure**

#### 1. Preparation for treatment

- Have the room warm and all equipment assembled.
- Explain the procedure; assist the patient in preparation for treatment.

#### 2. Treatment

- Encourage confidence in the divine remedies by beginning each treatment with prayer.
- Begin with the hot water bath. Start with milder heat; increase the heat as tolerated. After 3 to 4 minutes-or the specified time-transfer to the cold water bath for 1/2 to 1 minute.
- During the treatment, keep the hot and cold baths at the desired temperature by adding hot or cold water as needed.
- Place a cold compress to the head if sweating occurs.
- Make 5 to 7 changes per treatment. Treat 1 to 4 times per day.

#### 3. Completion of Treatment

- After the last change, thoroughly dry the treated body part.
- If sweating occurs, dry the entire body; remove damp clothing, and dress in clean dry garments.
- Rest for 30 to 60 minutes after each treatment.

## Specific Treatment Recommendations

### Localized Infections, Muscle and Joint Injuries

Treat acute muscle and joint injuries with ice or cold packs, rest, and elevation of the affected body part for the first 12 to 24 hours.

- Begin the contrast bath treatment with water as hot as can be tolerated.
- Alternate from hot to cold water 5 to 7 times. End with the *cold* water bath.
- Repeat the above treatment 2 to 4 times per day.

### Arthritis

Begin the treatment with warm water (3 to 5 minutes); then change to cool water for 1 minute. Gradually *increase* the hot water temperature and *reduce* the cold water temperature as tolerated.

Alternate from hot to cold water 5 to 7 times. End with the *hot* water bath.

- Repeat the above treatment 1 to 2 times per day.

### Decreased Circulation (Blood Flow) to the Extremities

- Treat with *mild* heat for 3 minutes and *cool* water (no ice) for one minute. Test the hot water with your elbow to be certain that it is not too hot.
- Alternate from hot to cold water 5 to 7 times. End with the *hot* water bath.
- Repeat the above treatment 1 to 2 times per day.

PHYSIOLOGICAL EFFECTS OF HOT AND COLD	
<b>HEAT</b> Increases blood flow Increases inflammatory response Increases edema production Increases hemorrhage Decreases muscle spasm and pain Decreases stiffness in arthritis	<b>COLD</b> Decreases blood flow Decreases inflammatory response Decreases edema production Decreases hemorrhage Decreases muscle spasm and pain Increases stiffness in arthritis

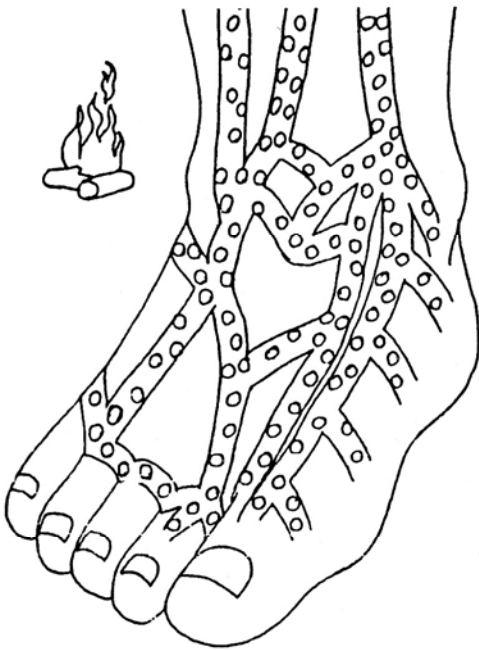
## PHYSIOLOGICAL EFFECTS OF HOT AND COLD

### HEAT

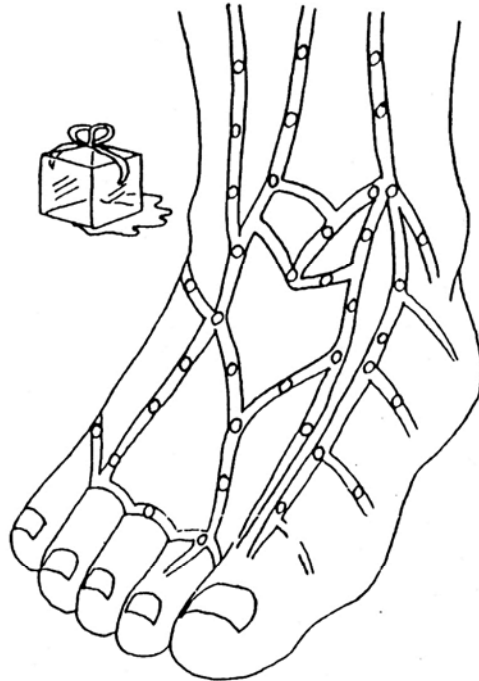
- Increases blood flow
- Increases inflammatory response
- Increases edema production
- Increases hemorrhage
- Decreases muscle spasm and pain
- Decreases stiffness in arthritis

### COLD

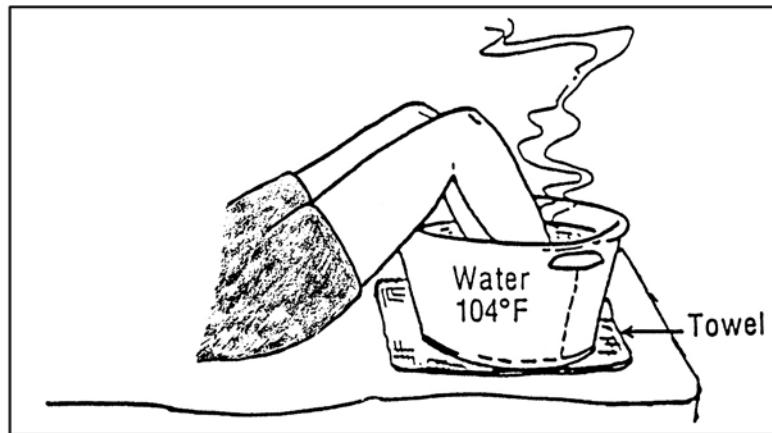
- Decreases blood flow
- Decreases inflammatory response
- Decreases edema production
- Decreases hemorrhage
- Decreases muscle spasm and pain
- Increases stiffness in arthritis



**HEAT**  
Increases Blood Flow



**COLD**  
Decreases Blood Flow



## THE HOT FOOT BATH

**The hot foot bath consists of placing the feet in hot water deep enough to completely cover the ankles.** It may be used alone or combined with another treatment such as fomentations or the heating compress. This treatment can be used for a variety of ailments, from headaches to stomachaches.

The hot foot bath affects the circulation of the entire body. Heat expands or dilates the blood vessels of the feet, which moves the blood from other body parts to the feet. The increased blood flow to the feet relieves congestion of the blood in the brain, lungs, and abdominal organs.

### Treatment Indications

- Prevent or shorten colds, chest congestion, flu or coughs
- Headaches
- Pelvic cramps or prostate disorders
- Stop nosebleeds
- Diminish pain anywhere in the body from toothache to backache
- Relieve fatigue and nervous tension
- Warm the body in preparation for massage or some other treatment

### Treatment Precautions

- Use only mild heat in diabetics and others with loss of feeling (numbness) or decreased blood flow to the legs and feet.
- When adding hot water, keep your hand between the hot water and the patient's feet to avoid burning them.

### Equipment Needed

- Foot tub—a large bucket or deep dishpan
- Basin of cold water—use ice if available—for the cold compress to the head
- Tea kettle or pitcher of hot water
- Pitcher of cold water
- Washcloths (for the cold compress to the head)—2
- Large towels—1 or 2
- Blanket and a sheet
- Large piece of plastic to put under the foot tub (to keep bed or floor dry)

- Glass of water and a drinking straw

## **Treatment Procedure**

### 1. Preparation for treatment

- This treatment may be given with the patient sitting on a chair or lying on a flat surface.
- Have the room warm, free of cold drafts, and all equipment assembled.
- Explain the procedure to the patient, and assist the patient in preparation for treatment.
- This treatment will be described with the patient sitting on a chair.
- Place a blanket over the chair, and cover the blanket with a sheet. Put a piece of plastic under the feet, and cover the plastic with a dry towel.
- Prepare the foot bath with enough warm water to cover the ankles.

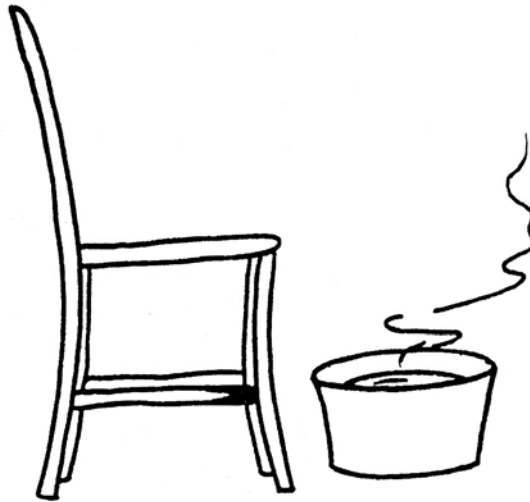
### 2. Treatment

- Begin each treatment with the most important element-prayer.
- Test the water with your elbow to determine the comfort level. Put your hands under the patient's feet and carefully immerse them in the warm water bath.
- Completely wrap the patient and the foot tub in the sheet and blanket. Leave the head and neck exposed.
- When sweating occurs, put cold compresses on the head and neck.
- Drink water freely throughout the treatment to replace the water lost in sweating.
- Periodically add hot water to the foot bath to maintain heat. Place your hand between the hot water being poured and the patient's feet (to avoid burning the feet).

### 3. Completion of treatment

- Lift the feet out of the hot water and point the toes upward. Quickly pour *cold* water over the feet.
- Remove the tub and place the feet on the dry towel. Thoroughly dry the feet and toes. Put on warm socks or slippers to avoid chilling.
- If sweating occurs, briskly rub the skin with a cold washcloth, and then dry the skin with a towel.
- Remove damp garments and replace them with clean, dry clothing.
- The patient must rest for approximately one hour after each treatment.
- If further sweating occurs during rest, take a lukewarm bath or shower to finish the treatment.

# PREPARATION FOR HOT FOOT BATH



## FOMENTATIONS

A fomentation is the application of a hot, wet cloth or towel to a body part. Fomentations are highly effective; they can be used to treat a variety of diseases. Each hot application is usually followed by a brief, cold application to the treated body part. (The cold may be omitted when treating pleurisy, kidney stones, and painful menstruation.) Fomentations benefit the body in the following ways:

- Increase the circulation of the germ-fighting white blood cells
- Help remove body wastes through the skin by increased sweating
- Relieve pain in the nerves, muscles, joints, and internal organs
- Reduce congestion of the internal organs by increasing blood flow to the skin surface

### Effects of Heat Applications

#### Brief, hot applications (3 to 5 minutes)

Increase local circulation or blood flow Relieve pain

#### Prolonged, mild heat applications (6 to 10 minutes)

Sedate and soothe the nerves Relieve muscle spasms

### Treatment Indications

- Chest congestion in colds or flu, bronchitis, pneumonia, asthma, and pleurisy
- To heal and to improve the function of the internal organs
- Painful nerves (neuralgia)
- Painful muscles and joints (back injuries, arthritis)
- Difficulty sleeping and nervousness (use prolonged, mild heat to the spine)
- To warm a body part in preparation for massage

### Treatment Precautions

- Be careful not to burn a patient who is unconscious, paralyzed, edematous (swollen tissues due to fluid retention), diabetic or otherwise has loss of feeling (numbness) and decreased blood flow to the legs and feet.
- Body areas where the bone lies close to the skin surface may need extra padding to prevent burning.
- Avoid chilling-change fomentations quickly; keep the body covered.
- Be careful not to spread infection; clean the equipment thoroughly.
- Do not apply fomentations if there is bleeding or hemorrhage.

### Equipment Needed

- Large pot of boiling water or a canning kettle
- Large bucket (if a foot bath is included in the treatment)
- Basin of cold water-use ice if available-for the cold compress to the head
- Tea kettle or pitcher of hot water
- Pitcher for ice water
- Large piece of plastic (to keep bed dry)
- Pillow
- Blankets-1 large or 2 small
- Sheets-1 large or 2 small



- Large, dry towels-4
- Washcloths (for the cooling compress to the head)-2
- Fomentations (may use large towels)-2 or 3
- Fomentation covers (a piece of thick blanket or a large, dry towel)-2
- Glass of water and a drinking straw

## **Fomentation Preparation**

### **Boiling Water Method**

1. Fill a large, covered pot or canning kettle with water. Heat the water until it boils.
2. Fold a towel lengthwise twice. Hold the towel at both ends and twist it tightly. 3. Immerse the twisted towel in boiling hot water. Hold the ends of the towel out of the water.
4. Lift the hot towel out of the water and stretch the ends of the towel apart to squeeze out all excess water.
5. Quickly drop one end of the towel to untwist it, and fold the towel widthwise twice.
6. Place the folded towel on top of a fomentation cover. Wrap the fomentation cover around the hot towel.
7. Roll up the fomentation (to conserve heat), and carry it to the patient.

### **Steaming Method**

1. Place a metal rack in a large covered pot or canning kettle.
2. Pour hot water into the container. Keep the water level just *below* the metal rack.
3. Take 3 large towels and fold each one widthwise twice.
4. Wet each folded towel, roll it up, and squeeze out all excess water.
5. Place the rolled, wet towels on top of the rack above the boiling water. Heat the towels for approximately 30 minutes with the lid on the pot.
6. Remove the first towel from the canning kettle with tongs or protective gloves.
7. Quickly unroll the heated towel on the center of a fomentation cover. Wrap the fomentation cover around the hot towel.
8. Roll up the fomentation (to conserve heat), and carry it to the patient.

## **Treatment Procedure**

1. Preparation for treatment
  - Have the room warm and free of cold drafts.
  - Have all equipment assembled. Cover the bed with a large piece of plastic. Place a sheet over the plastic covering.
  - Explain the treatment procedure in a quiet, pleasant manner. Assist the patient to disrobe and prepare for treatment.

- To place a fomentation under the spine, put the hot fomentation lengthwise on the bed. Cover the fomentation with a dry towel and have the patient lie on it.
- Prepare a foot bath with enough warm water to completely cover the ankles, and place a dry towel under the foot bath. Make sure the water is not too hot by testing it with the elbow. Then carefully place the patient's feet in the water.
- Completely cover the patient and the foot bath with a sheet and blanket. Leave the head and neck exposed.

## 2. Treatment

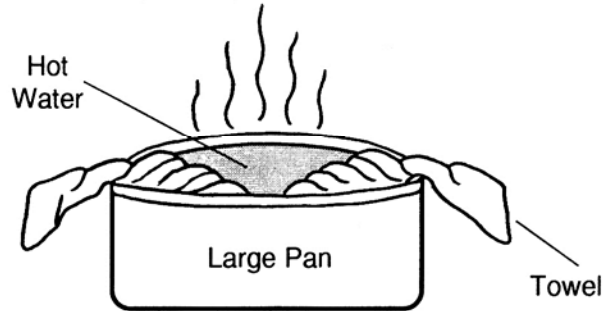
- Always remember that prayer invites the Great Physician's participation.
- Place a dry towel on top of the body part being treated before putting the heated fomentation on the patient. Then cover the fomentation with another dry towel.
- If the fomentation becomes too hot, lift it off the skin, and put another dry towel under the fomentation.
- Leave the fomentation in place for the specified length of time or until the fomentation cools.
- Remove the cooled fomentation and briskly rub the heated area with a cold washcloth for approximately one minute. Thoroughly dry the treated area before applying the next fomentation. Remember to keep the patient completely covered at all times during the treatment.
- Place a second fomentation on the treated area and repeat the proceeding steps until the treatment is completed. A treatment consists of 3 to 5 fomentation applications.
- As soon as the patient begins to sweat, put cool washcloths to the head and neck.
- During the treatment, have the patient drink water frequently to replace fluid lost from sweating.
- Keep the feet warm by periodically adding hot water to the foot bath. Place your hand between the hot water being poured and the patient's feet (to avoid burning the feet).

## 3. Completion of treatment

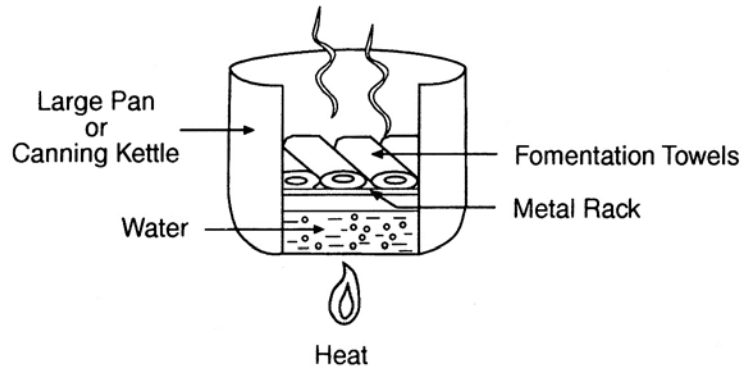
- After removing the last fomentation, briskly rub the treated area with a cold washcloth and then dry it.
- Lift the feet out of the hot water, and point the toes upward. Quickly pour cold water over the feet.
- Remove the foot bath and place the feet on the dry towel. Thoroughly dry the feet and toes. Put warm socks or slippers on the feet to avoid chilling.
- Remove sweat from the remainder of the body by briskly rubbing the skin with a cold washcloth and drying it thoroughly. Replace damp clothing with clean, dry garments.
- Have the patient rest in bed for approximately one hour.
- A lukewarm bath or shower may be necessary if further sweating occurs during rest.

## HEATING OF FOMENTATIONS

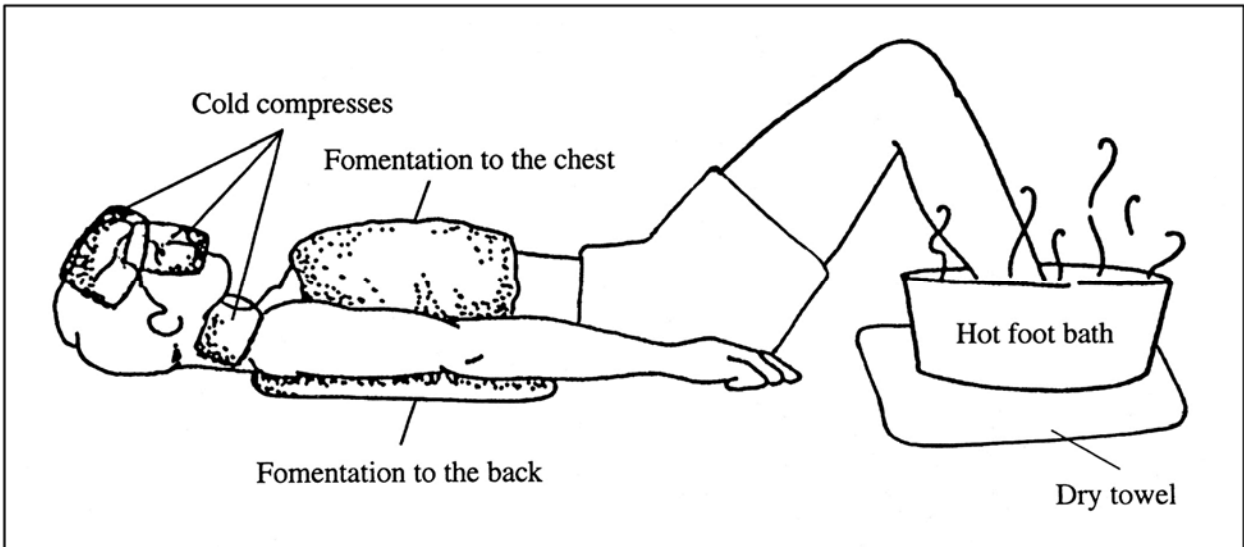
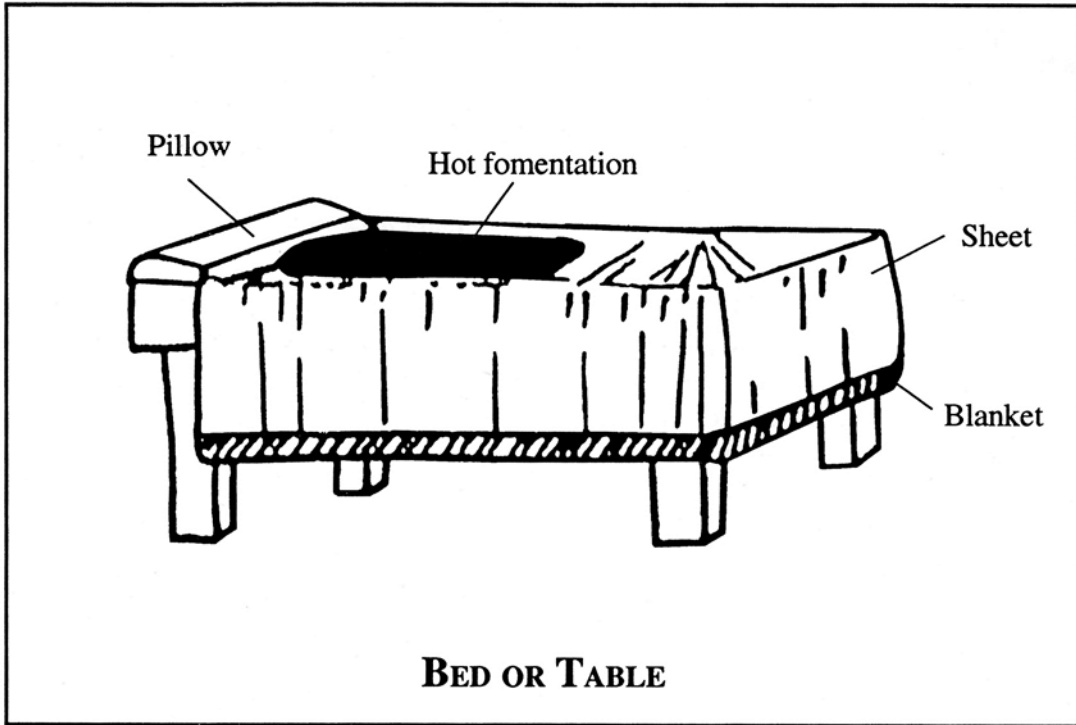
### Boiling Water Method



### Steaming Method



## PROCEDURE FOR FOMENTATIONS



## Lesson 12

## THE HEATING COMPRESS

The use of a heating compress involves the application of a cold, wet cloth--covered by a dry cloth--to a body part, which heats up the treated area. The compress consists of two parts: [1] a wet *inner* cotton flannel cloth or other loosely woven material of one or two thicknesses and [2] a dry *outer wool* cloth or other tightly woven material. The cold, wet inner cloth is applied directly to the skin surface. The dry outer cloth is then applied directly on top of the inner cloth.

The outer cloth must be snugly applied, and it must completely cover the inner cloth in order to exclude the air and heat up the compress. As the compress warms up, the heat causes the blood vessels in the skin to expand or dilate. The increased blood flow to the skin surface relieves congestion--the accumulation of blood--in the tissues below the surface of the treated part.

### Treatment Indications

The heating compress may be used to the throat, joints, chest, abdomen, and feet for the following conditions:

<b>Throat</b>	Tonsillitis, pharyngitis, laryngitis, earache
<b>Joints</b>	Pain and inflammation of arthritis, rheumatic fever
<b>Chest</b>	Congestion or coughs from colds or flu, bronchitis, pneumonia, croup, whooping cough, asthma
<b>Abdomen</b>	Constipation, slow digestion, chronic appendicitis, nausea of pregnancy, colic, difficulty sleeping, nervous conditions
<b>Feet</b>	The same indications as the hot foot bath.

### Treatment Precautions

- *Do not* use the cold, wet compress if the patient is not vigorous enough to warm it up; use a *dry* compress instead.
- Do not make the compress so tight that it is uncomfortable or that it interferes with the circulation or blood flow to the treated body part.

### Equipment Needed

- An *inner* cloth wide enough to completely cover the treated area and long enough to wrap completely around the body part
- An *outer* cloth wider than the inner cloth by 1/2 inch (1 to 2 centimeters) on each side
- Safety pins to hold the outer part of the compress in place

### Treatment Procedure

#### 1. Preparation for treatment

- Have the room warm and free of cold drafts. The patient must be warm before applying the heating compress. (Give a hot foot bath, if needed, to warm the body.)

- Explain to the patient that the compress will be cold at first, but that it will warm up in a short time.

2. Treatment

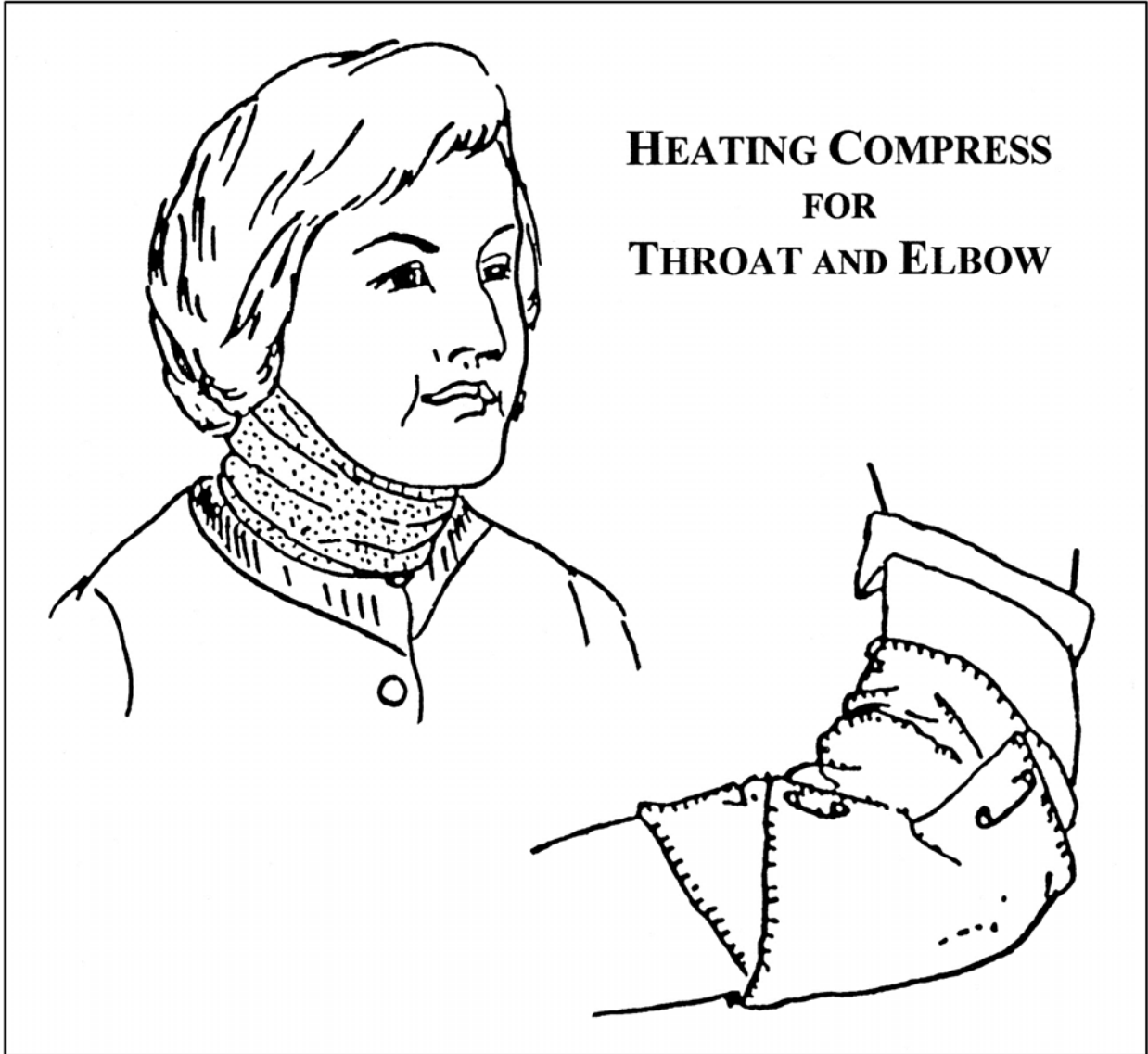
- Immerse the inner cloth in cold water; squeeze out *all* excess water.
- Quickly apply the cold, wet inner cloth to the body part being treated.
- Immediately cover the inner cloth with the dry outer cloth. Pin the outer cloth securely in place. Check the wet, inner cloth after 30 minutes to be sure that it is warming up.
- Leave the compress in place for several hours or overnight. If the compress is left on overnight, it will be dry by morning.

3. Completion of treatment

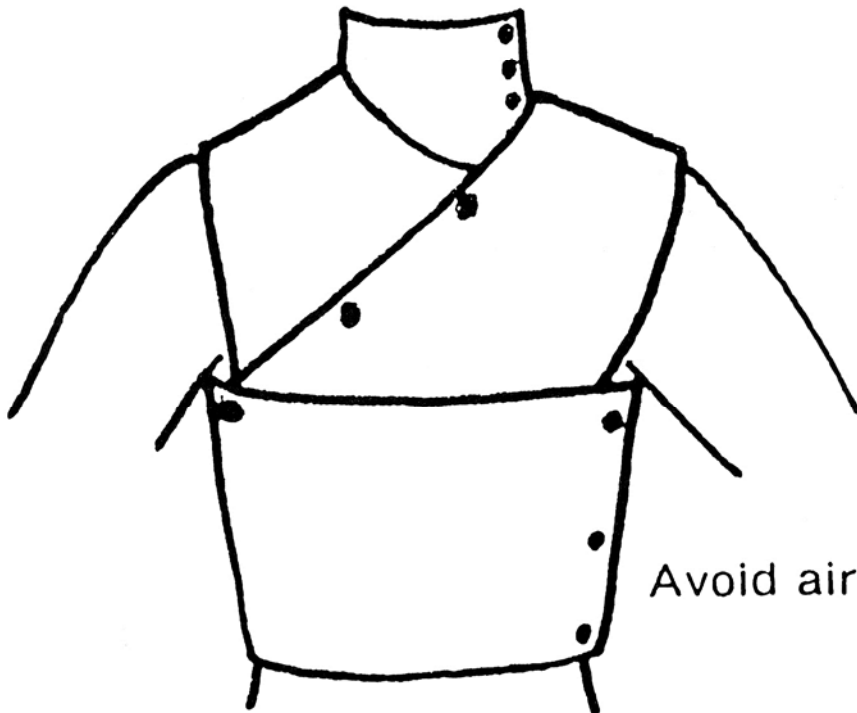
- In the morning, remove the compress and briskly rub the treated area with a cold washcloth.
- Dry the area thoroughly. Keep the patient warm and comfortable.

**Specific Treatment Procedures**

<b>Ears, Throat</b>	For earache, apply the heating compress close to the ears and around the neck. If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth.
<b>Joints</b>	If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth. Make a <i>medicated</i> compress by placing the dry inner cloth over the skin area that has been treated with a liniment.
<b>Chest</b>	See the illustration for the method of applying the heating compress to the chest. If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth.
<b>Abdomen</b>	Place the dry outer cloth on the bed. Lay the cold, wet inner cloth on top of the dry outer cloth. Have the patient lie on top of the compress with its lower edge below the patient's hipbones. Wrap the compress snugly over the abdomen. If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth.
<b>Feet</b>	Before going to bed, put on a pair of thin, wet cotton socks. Cover them completely with a pair of dry wool socks. The feet must be warm before applying this treatment!



## HEATING COMPRESS FOR CHEST



Avoid air spaces

1. Wrap the chest with a cool, damp flannel cloth or a damp cotton undershirt.
2. Completely cover the wet compress with dry wool or a tightly woven cloth. Pin securely in place.
3. Apply a heating compress to the throat.
4. Cover the entire chest and arms with a snug, long-sleeved garment.



## CHARCOAL

Charcoal or charred wood is formed when wood is heated in the absence of air. Charcoal has the unique ability to *adsorb* or remove poisonous gases, drugs, toxic chemicals, infectious bacteria, and viruses. A good quality of charcoal can be made from coconut shells and any wood such as eucalyptus, willow, pine, and oak. Charcoal can be easily made at home. Cut the wood to a uniform size and remove the bark. Stack the wood tightly together in a hole in the ground and start a fire. After the wood begins to burn, cover it with earth or a piece of tin. (If tin is used, pile earth on top of the tin.) Leave a small vent or opening for admitting limited amounts of air in order to maintain a slow burning process over several days. After the burning process is completed, leave the charcoal inside the covered hole until it cools, as heated charcoal will burst into flames when exposed to the air.

For medicinal use, break the charcoal into coarse pieces. Sterilize the charcoal by heating it in a clay pot or in an oven for 20 to 30 minutes. Grind the sterilized pieces into fine powder; store in a dry, tight container.

### The Charcoal Advantage

- It is simple to make and to use.
- It is inexpensive and easily available.
- It is harmless but highly effective.

## METHODS OF USE

### Oral

Charcoal has no toxic effects. Use charcoal as much as needed and as often as it is needed. Carefully stir 1 to 2 large spoonfuls (tablespoons) of charcoal powder into a small amount of water; fill the glass with additional water. Charcoal is best taken between meals. If food is the cause of the ailment, take charcoal whenever it is needed.

### Poultice

Charcoal powder can be mixed with water and used as a poultice. Directions for preparing a charcoal poultice are as follows:

1. Mix the charcoal powder into a little water until the mixture has the consistency of a paste.
2. Ground flaxseed or cornstarch may be added to the charcoal mixture to keep the poultice from becoming too dry. Mix 1 to 3 large spoonfuls of charcoal powder with 3 large spoonfuls of ground flaxseed or 2 large spoonfuls of cornstarch to a cup of boiling water.
3. Spread the charcoal paste on one half of a cloth or paper towel. Fold the other half of the cloth or paper towel over the charcoal paste.
4. Place the poultice on top of the affected skin area. Cover the entire poultice with a piece of plastic to keep it from drying out. (See Table 1, page 48 for preparing a charcoal poultice.)

**Caution:** It is best *not* to put the charcoal powder directly on the skin if the skin is cut or broken. Sometimes charcoal can give a tattooing effect if the skin is broken.

## COMMON USES OF CHARCOAL

### 1. Poisoning or Drug Overdose

Charcoal is the best treatment for poisoning or drug overdose.

- Induce vomiting *unless* petroleum products (gasoline, kerosene), alkali (lye), or strong acids have been swallowed. In these cases do not induce vomiting.
- Neutralize acids with baking soda in water. Neutralize caustics with vinegar in water.
- Stir in 1 to 2 large spoonfuls of charcoal in a small amount of water and swallow quickly. (See Table 3, page 50 for charcoal dosage schedule.)

### 2. Diarrhea

Charcoal is one of the most effective treatments for diarrhea.

Treat severe diarrhea in an adult by adding 2 large spoonfuls of powdered charcoal to a glass of water. Drink one glass of charcoal water *plus* one glass of clear water 4 times per day. Drink one more glass of charcoal water followed by one glass of clear water for *each* additional, watery stool. (Use one half of the adult dose of charcoal for a child.)

Watch for signs of dehydration: thirst; dry mouth; scant, dark yellow urine; loss of skin elasticity; and a sunken, soft spot in infants.

If dehydration occurs, a simple rehydration drink can be made by adding  $\frac{1}{2}$  to 1 small spoonful (teaspoon) of salt to 1 quart of vegetable broth or rice water. Give fluids in small sips every 5 minutes--even if vomiting occurs--until there is a normal output of urine.

### 3. Nausea and vomiting

Charcoal is very effective for nausea and vomiting. Give the full adult dose 1 to 2 large spoonfuls in  $\frac{1}{2}$  glass of water each time vomiting occurs. (For a child use  $\frac{1}{2}$  the adult dose.) If the charcoal is vomited, give another dose immediately. Always follow the dose of charcoal with a full glass of water.

### 4. Intestinal gas or bloating

Charcoal relieves intestinal gas or bloating. Take 1 to 2 large spoonfuls of charcoal in  $\frac{1}{2}$  glass of water as needed to control symptoms.

### 5. Eye and ear infections

Infections of the eyes and ears can be treated with a charcoal poultice. Put the poultice over the infected eye or ear, and leave it in place for at least 4 hours or overnight. Applying heat to the poultice increases its effectiveness.

### 6. Skin and joint infections

Infections of the skin and the joints can be treated with a charcoal poultice. Leave the poultice on for several hours or overnight.

## 7. Bee stings and spider bites

For *single* bee stings and inflamed mosquito, ant, or chigger bites, apply a charcoal poultice directly over the affected area. For severe allergic reactions to a bee sting, change the poultice every 10 minutes for one hour. Then leave a charcoal poultice in place for 8 hours or until pain and swelling are gone.

Directions for treating *multiple* bee stings and venomous spider, scorpion, or insect bites are as follows:

- Immediately wash the area of the bite or sting thoroughly with soap and water.
- Submerge the bitten area in cool charcoal water for 30 minutes to one hour. Prepare the cool charcoal bath with 1/2 cup of charcoal in 8 liters (2 gallons) of water.
- After soaking in cool charcoal water, apply a charcoal poultice. (See Table 2, page 49 for bee sting and spider bite treatment.)

## 8. Snake bites

If pain and swelling occur within 10 minutes of a poisonous snakebite, venom has entered the body.

- Immediately wash the bite area thoroughly with soap and water.
- Submerge the bitten area in cool charcoal water for 30 minutes to one hour (1/2 cup of charcoal to 8 liters or 2 gallons of water).
- Apply a very large charcoal poultice covering almost the entire extremity that has been bitten. Center the poultice directly over the bite. Keep the poultice moist by covering it with plastic. Remove the old poultice and place a new poultice over the snakebite every 10 to 15 minutes until swelling and pain are gone.
- Take charcoal powder by *mouth* as well. Take about 2 large spoonfuls in 1/2 glass of water every 2 hours for 3 doses, then 1 small spoonful every 4 hours for the next 24 hours. Each charcoal dose should be followed by 2 glasses of water. (See Table 2, for snakebite treatment.)

## 9. Jaundice in the newborn

If the newborn baby is very yellow, give a small spoonful of charcoal stirred in enough water to pass through a nipple every 2 to 3 hours. Place the undressed baby in the sunlight before 10 a.m. or after 3 p.m. (avoid hot, midday sun to prevent burning the skin). Cover the baby's eyes to protect them from the sun's rays. Continue treating the infant until the jaundice decreases or disappears.

## 10. Liver and kidney disease

Charcoal can benefit people with diseases of the liver and kidneys including liver or kidney failure. Give charcoal by mouth to help prevent toxins from accumulating in the body. Apply a large charcoal poultice to the mid-back for kidney disorders and to the abdomen for liver disorders.

## 11. Toothaches and gum infections

For gum infections, mix charcoal powder with enough water to make a paste. Brush the charcoal paste between the infected gums and the teeth. Leave the charcoal on the gums all night. Rinse the teeth and gums in the morning. For toothaches, spread the charcoal paste on a piece of gauze; roll up the gauze and place it between the cheek or tongue and the infected tooth.

## **Uses of Charcoal**

### **Internally**

*Charcoal powder, tablets, capsules*

- Poisoning
- Nausea and vomiting
- Diarrhea
- Intestinal gas
- Sore throat
- Bad breath

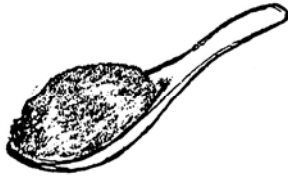
### **Externally**

*Poultice, bath*

- Bee, wasp, and insect stings
- Spider and snake bites
- Skin lesions from poisonous plants
- Skin infections
- Eye and ear infections
- Deodorizing agent

## Table 1. Preparing a Charcoal Poultice

1.



Activated charcoal



Add enough water to make a paste

2.

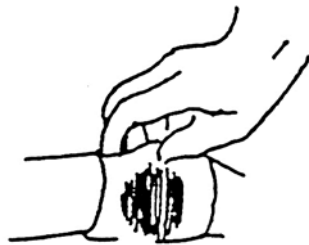


Spread paste on half of paper towel



Fold other half over charcoal paste

3.



Position poultice over afflicted area



Cover poultice with plastic

- The plastic cover keeps the poultice from becoming too dry.
- The edges of the poultice may be folded over or taped to keep the charcoal in place.

**Table 2. Charcoal Treatment Schedule****For Multiple Bee Stings, Spider, and Snake Bites**

	<b>Multiple Bee Stings</b>	<b>Spider Bites</b>	<b>Snake Bites</b>
<b>Initial Treatment</b>	Wash bite area thoroughly 1/2 to 1 hour charcoal bath Followed by a charcoal poultice	Wash bite area thoroughly 1/2 to 1 hour charcoal bath Followed by a charcoal poultice	Wash bite area thoroughly 1/2 to 1 hour charcoal bath Followed by a charcoal poultice
			Drink 2 large spoons of charcoal in a glass of water every 2 hours for 6 hours
<b>Continued Treatment</b>	Change poultice every 10 minutes for 1 hour Then leave on for 8 hours	Change poultice every 30 minutes for 8 hours Then change every 2 hours for 8 hours Then change every 2 to 4 hours until healed	Change poultice every 10 to 15 minutes until swelling and pain are gone (Add ice packs if pain and swelling persist) Drink 1 small spoon of charcoal in a glass of water every 4 hours for 24 hours

**Table 3. Charcoal Dosage Schedule****For Poisoning**

<b>Estimated total amount of poison (or medicine) taken</b>	<b>Charcoal powder to be used if person has <i>not</i> eaten in last 2 hours</b>	<b>Charcoal powder to be used if person has eaten in last 2 hours</b>
1 small spoon 1 to 2 tablets 1 to 2 capsules	1 to 2 large spoons charcoal stirred in a little water Rinse glass and drink the contents Follow by 2 glasses of water	4 to 10 large spoons charcoal stirred in a little water Rinse glass and drink the contents Follow by 2 glasses of water
1 large spoon 3 to 5 tablets 2 to 5 capsules	3 to 4 large spoons charcoal given as above	6 to 15 large spoons charcoal given as above
Unknown	1 to 5 large spoons charcoal given as above	5 to 15 large spoons charcoal given as above

Repeat all dosages within 10 minutes. Repeat all dosages anytime thereafter if the patient worsens.