

Charcoal Recipes

Charcoal Slurry

Stir 1 heaping tablespoon of charcoal powder into a glass of water & drink.

In case of Poisoning

1. Immediately drink 4-8Tbl charcoal mixed in a small amount of water
2. Refill glass with water & drink the remaining sediment
3. If the person has eaten within 2 hours more charcoal may be required
4. Repeat charcoal dosage in 10 minutes & anytime symptoms worsen
5. On the safe side, person should be taken to a hospital as quickly as possible
6. General rule: Treat children with $\frac{1}{2}$ an adult dose



Charcoal/Flaxseed Poultice

1. 2 Tbsp. charcoal
2. 2 Tbsp. finely ground flaxseed
3. 4 Tbsp. water
4. Mix into a jelly-like consistency
5. Spread jelly between paper towels or cloth
6. Apply patch to body area
7. Overlap the plastic
8. Cover with cloth or elastic wrap