

<b>First Aid/Minor Discomforts</b>	
<b>Gas</b>	One teaspoon stirred in glass of water. Drink with straw. Repeat every hour or as necessary to alleviate symptoms.
<b>Bad Breath</b>	One tablespoon stirred into water; let settle until water is mostly clear. Pour off top and drink freely
<b>Diarrhea</b>	One tablespoon stirred in water. Drink with straw. Repeat dosage with every loose stool.
<b>Poisonings</b>	Induce vomiting unless gasoline, kerosene, etc. or acid/alkali caustics have been swallowed. Give as much charcoal as possible mixed with water (start with two to three tablespoons of charcoal) through a straw. Repeat as often as possible until medical help can be obtained. Remember not to give anything that has to be swallowed to an unconscious patient. Refer to our book on charcoal.
<b>External Use</b>	
<b>Injuries/bruises</b>	Make a poultice by mixing powder with hot water to make a paste the consistency of soft ice cream. Spoon onto old sheet muslin and fold to cover, leaving only one layer of cloth next to skin. Dip into hot water and wring out periodically to keep cloth hot. For multiple applications, the charcoal can be sewn into a bag, and then dipped into the hot water. In a pinch, a paper towel can be used in place of the cloth.
<b>Eye Infections</b>	Make a poultice as mentioned above. Spoon onto paper towel, enough to cover by at least half inch around infected area. Fold over and apply. Cover with plastic and/or towel to keep surroundings dry. Do not put charcoal in eye.
<b>Insect Stings</b>	Make poultice as mentioned above. Use with paper towel. Cover area by at least one inch. Replace poultice every 20 minutes for severe problems, for the first 2 hours. Replace every hour until severity is reduced. <b>Remember, charcoal Adsorbs poisons very quickly—within 10 seconds usually.</b> As soon as the surface area has been exposed to the poison, it needs to be replaced quickly.
<b>Household Hints</b>	
<b>Deodorizer</b>	Use in Refrigerator/Freezer to eliminate odors. Put quarter cup in open cup, or pint jar with holes in lid
<b>Water Purification</b>	Stir tablespoon charcoal into half gallon of water and let settle. Strain through clean cloth for removal of chlorine and other pollutants—even some bacteria! Also, may be used to remove pesticides from juices by applying as above.
<b>To order Charcoal, visit us on the web at: <a href="http://www.hs-wholistic.org">www.hs-wholistic.org</a> or call 828-707-7644</b>	