

Simple Remedies

(Charcoal)

Website: [Healthy Christian Living - Living by the Blueprint](#)

"We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work..." {7T 62.1}

"God's people...SHOULD KNOW HOW to give the simple treatments." (WM 127.1)

"...It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." {MH 127.2}

"...Give those who are sick the simple treatments that will relieve them, and **THEN PRAY** with them. Thus they will open the door for the entrance of the truth..." {MM 320.2}

"Let us present the gospel to the sick, connecting Jesus, the great healer, with the simple remedies used..."
MM 29.1}

"Always study and teach the use of the simplest remedies, and the special blessing of the Lord may be expected to follow the use of these means which are within the reach of the common people.--Letter 100, 1903." {2SM 298.6}

"We cannot expect the Lord to work a miracle for us while we neglect the simple remedies he has provided for our use, which aptly and opportunely applied, **will bring about a miraculous result.** Therefore, **pray, believe, and work."** (Letter 66, 1901). {7BC 939.2}

*****TODAY WE ARE GOING TO BE TALKING ABOUT THE USE OF CHARCOAL:** (go to power point)

FEVER

"...a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. SHE HAD CONTRACTED FEVER WHILE ON THE CAMPGROUND... The physician...came to me and said, "Sister White, have you any light for me on this case? **If relief cannot be given our sister, she can live but a few hours."** I replied, **"Send to a blacksmith's shop, and GET SOME PULVERIZED CHARCOAL; make a poultice of it, and lay it over her stomach and sides."** The doctor hastened away to follow out my instructions. Soon he returned, saying, **"relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days."** {2SM 295.2}

PAIN:

"I have ordered the same treatment for others who were suffering GREAT PAIN, and it has brought relief and been the means of saving life..." (2SM 295.3)

SNAKE BITES/STING OF REPTILES & POISONOUS INSECTS:

"My mother had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices." {2SM 295.3}

BRUISED HANDS & LIMBS/INFLAMMATION:

“When working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstance; for his help was needed in clearing the land. I said to him, “Go to the place where you have been burning the timber, and get me some charcoal from the eucalyptus tree, pulverize it, and I will dress your hand.” This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work.” (2SM 295.3)

“Pulverized charcoal...we have used freely in cases of inflammation...” {2SM 298.5}

INFLAMMATION OF THE BOWELS/BLOODY STOOL:

“A brother was taken sick with inflammation of the bowels and bloody dysentery. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malarial fever. My husband and I thought we would stand this expense rather than have the heads of several families die and leave their wives and children unprovided for. Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach...the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better...The blessing of God had worked with the simple means used.—1899 {2SM 299.2}

SWELLING ON KNEE FROM INSECT BITE:

“On Thursday Sister Sara McEnterfer was called to see if she could do anything for Brother B's little son, who is eighteen months old. For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause.--1899 {2SM 299.3}

SWELLING ON THE KNEE:

“This boy...had been troubled with a knee-swelling for five years. For eleven months he was confined to his bed under the care of a physician. Sister McEnterfer had treated him with water compresses and pulverized charcoal, until the inflammation had been relieved. He was so much better that he laid aside his crutches, and attended to the cooking, as has been mentioned. But this was too much, and the knee troubled him again. It was necessary to give him a thorough course of treatment, so we took him to my own house and gave him constant care. There was a large swelling under the knee, which he called his 'egg.' This swelling was opened and discharged freely, and from it were taken pieces of bone. He improved rapidly...” {{GH, October 1, 1899 par. 6}}

INDIGESTION:

“I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs.

A little olive oil into which some of this powder has been stirred, tends to cleanse and heal. I find it is excellent." {PH144 24.3}

SEVERE INFLAMMATION OF THE EYES:

"The more severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case. This works, like a charm." {PH144 24.1}

THERE ARE MANY OTHER USES FOR CHARCOAL THAT ARE NOT IN THE SOP:

NAUSEA/VOMITING:

Adults: Take 2-3 Heaping Tablespoons of Charcoal in at least 16-20 oz. of water. Take every hour if needed.

Children: You can try 1 Tablespoon with them. Wait until after gag-reflux time to give it to them. This will prevent them from vomiting it up.

***For children, be sure to put charcoal in a sippy cup that is colored on the outside so they can't see the charcoal on the inside...otherwise, they are not going to want to drink it.

***Be sure to take 2 hours before or 2 hours after taking medication.

POULTICES OVER THE LIVER & KIDNEYS HELPS IN DETOXIFYING...ALSO HELPS OVER THE APPENDIX.

JAUNDICE:

Some charcoal in a baby's bottle, or mixed with some water placed in a baby's mouth along with a poultice over the liver can help reverse jaundice (be sure to place baby in direct sunlight as well). It will help bring those bilirubin levels down.

METAL TOXICITY:

Activated Charcoal helps remove metal poisoning from the body.

***If you're going to get the mercury removed from the teeth, it would be recommended to bring charcoal with you and take several tablespoons in water afterwards...or possibly before the procedure.

CHARCOAL IS ALSO GREAT FOR:

- Abscesses
- Air Borne Chemicals
- Allergies (peanut and other foods)
- Ant Bites
- Any Other Gum Problems
- Any Type of Poisoning
- Athletes Foot
- Bacterial Infection
- Bee Stings
- Bees and Yellow Jackets
- Bumps on Head (for pain)
- Candidiasis
- Cholera
- Colic
- Crohn's Disease
- Diabetes
- Diarrhea

- Diphtheria
- Drug Poisoning
- Excellent Antidote For: Mushrooms, Aspirin, Other Poisonous Plants, Iron Pills,
- Eye Problems
- Fevers
- Food Poisoning
- Foot Infections
- Foot Ulcers
- Gallstones
- Gas
- Gingivitis
- Heart Burn
- Hemorrhoids
- Hepatitis
- IBS
- Infected Wounds
- Injuries
- Kidney Failure or Problems
- Liver Problems
- May Be Used As A Water Filter
- Mouth Sores
- Odors
- Pain
- Pesticide Poisoning
- Pink Eye
- Pleurisy
- Prostatitis (inflammation of the prostate)
- Pyorrhea
- Rashes (place some in a bathtub and have the person sit in it)
- Snake Bites
- Sore Throat
- Step on a Rusty Nail
- Styes in the Eye
- Tetanus
- Toe Fungus/Infections
- Typhoid Fever
- Ulcers
- Upset Stomach
- Upset Stomach
- Urinary Tract Infections
- Whiten Teeth
- Wound Care (cellulitis, elephantiasis, bed sores, diabetic ulcers, etc.)

*****Charcoal made from coconut shells is the most effective for radiation poisoning.**

You may purchase the charcoal from coconut shells, from www.CharcoalRemedies.com

2 RECOMMENDED BOOKS ON CHARCOAL ARE:

1. CharcoalRemedies.com - www.charcoalremedies.com

2. Charcoal by: Dr. Agatha Thrash

- Go to www.ucheepines.org, you may learn a lot about charcoal there as well.

HOW TO MAKE A CHARCOAL POULTICE:

https://www.youtube.com/watch?v=ii_kvzRuUAo

Items Needed:

1. Activated Charcoal
2. Psyllium Seed Husk
3. Water
4. Saran Wrap
5. Rolling Pin
6. Something to Secure the Charcoal in place: example (ace bandage)
7. Mixing Bowl

USES:

1. Stomach and Intestinal Distress
2. Inflammation
3. Pain
4. Infection from Bacteria
5. Snake Bite
6. Spider Bite
7. Poisoning of all kinds
8. Adsorption of Chemicals
9. Washing Chemicals
10. Detoxifying the body

STEPS TO MAKE:

1. Mix $\frac{1}{4}$ c. psyllium seed husk with $\frac{1}{4}$ c. activated charcoal powder
2. Add $\frac{1}{2}$ c. to $\frac{3}{4}$ c. water to mixture (start with $\frac{1}{2}$ c. first and add little by little as needed...this is not to be too wet)
3. Mix for 30 seconds to one minute
4. Put a piece of saran wrap on the table - do one piece on top and one piece on the bottom.
5. Roll out with rolling pin. Flatten no less than $\frac{1}{4}$ inch thick.
6. Let sit for 3-5 minutes.
7. Take off one side of saran wrap and apply to affected area.
8. Secure in place with ace bandage.

If using for pain, leave on overnight for several hours during the day. If using on spider or snake bites, change every 15-20 minutes.

*****To see this done, go to google.com and then click VIDEOS right above...In the search space, type in Charcoal Poultice.**

HOW TO MAKE A CHARCOAL POULTICE:

<https://www.youtube.com/watch?v=ZRlnaCIDFzo>

<https://www.youtube.com/watch?v=ytQTZEJHUsk>

<https://www.youtube.com/watch?v=mwfaaHTsuYo>

http://www.buyactivatedcharcoal.com/charcoal_poultice

SOP ABBREVIATIONS:

2SM = Selected Messages, Volume 2

7BC = Seventh-day Adventist Bible Commentaries, Volume 7

7T = Testimonies to the Church, Volume 7

MH = Ministry of Healing

MM = Medical Ministry

PH = Pamphlet

Here is a link from an SDA husband & wife regarding charcoal, how and what to use it for, and how much to use. <http://www.swiftrunnerministries.com/charcoal-remedies.php>

***** Questions on next page*****

Simple Remedies–Charcoal

(Questions)

1. What kind of treatments are we to give to those who are sick? _____
2. How often are we to study and teach the use of the simplest remedies? _____
3. List the 11 things in this document that the SOP says Charcoal is good for:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
 11. _____
4. What 3 other problems can be healed with Charcoal that are not mentioned in the Spirit of Prophecy?
 - a. _____
 - b. _____
 - c. _____
5. Is Charcoal good for removing heavy metals from the body? YES or NO
6. Which 3 body organs is it good to put a Charcoal poultice over?
 - a. _____
 - b. _____
 - c. _____
7. What other 58 problems can Charcoal be used for?
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8. What type of Charcoal may be used to counteract Radiation Poisoning? _____

9. What are 2 great books on Activated Charcoal?

1. _____
2. _____

10. What 2 ingredients can you mix with charcoal to make a poultice?

1. _____
2. _____

(you have to watch all 3 short videos for the answer)