

REMEDY FOR WITHDRAWAL SYMPTOMS

Activated charcoal is a powerful remedy that can be used to help with detox reactions and drug withdrawals. It acts like a magnet for toxins, and comes in capsule, tablet and powder form. The powder can be used to draw toxins out of the body through the skin, on the belly where there is a rich blood supply, by placing a charcoal poultice on this area. Only activated charcoal sold for medicinal use at health shops or pharmacies should be used. It can be used for symptoms caused by recreational drugs, antidepressants, tobacco, alcohol, caffeine, amalgam filling removal, illness and a bad diet.

WHAT YOU WILL NEED

- Activated charcoal powder (available at health shops).
- Ground Linseeds / flaxseed powder (available at health shops).
- 1 meter (or more) of 100% white cotton fabric. The fabric must be thin, but be able to hold a gel without leaking.
- A kettle and clean water.
- A pair of scissors.
- Cling wrap
- An old snug-fitting vest or T-shirt.

RECIPE FOR ONE POULTICE

1 ½ Tablespoons ground linseeds (flaxseed powder).

1 ½ Tablespoons activated charcoal powder.

½ Cup boiled water.

METHOD

1. Before bed, change into your old vest or T-shirt.
2. Cut a piece of fabric, 35 cm wide and 40 cm long. The size of your poultice can be adjusted according to your size.
3. Fold the fabric in half (bring the 35 cm sides together). Press down on the edge to make a middle line, and open it.
4. Mix the ground flaxseeds and charcoal powder. Be careful not to inhale the powder.
5. Add the boiled water and mix until it forms a gel. The longer it stands, the thicker it gets. It must not be dry. If it's too dry after it has formed a gel, add a little water. If too runny add powder.

6. Leave one half-section of the fabric clean. Place the mixture on the one other half-section, away from the edges, next to the middle line and spread it over the section. Don't spread it all the way to the outer edges, otherwise it will leak. Leave 4 cm clean around the three edges.
7. Cover it with the other half-section like a sandwich and press down gently.
8. Place the poultice underneath your vest or old T-shirt, directly onto your belly (below and slightly above your navel) with the folded side facing down to prevent leakage.
9. Secure the poultice by wrapping cling wrap over it a few times (around your back and belly), and around the edges to keep the poultice moist and to prevent leakage. Use one hand to flatten it onto the skin as you wrap it. If your skin is sensitive to cling wrap, keep the poultice on your skin, and wrap the cling wrap over your vest. Do not wrap it too tightly (your breathing must not be restricted) but ensure that it is tight enough to have constant contact between your skin and the poultice.
10. Get into bed and keep your poultice on during the night for eight hours and then discard it. Several poultices can be made, frozen in freezer bags and defrosted before use. Warm each poultice before use. Natural heat is best (e.g. steamer), but a microwave can also be used.

PRECAUTIONS

- **Do not take activated charcoal tablets or capsules and prescribed medication at the same time, as this can make your medication ineffective. Wait two hours after taking your medication before taking charcoal tablets or capsules.**
- Do not use if you are allergic to any of the ingredients.
- If you want take activated charcoal tablets or capsules besides using a charcoal poultice to enhance your detox effect, drink a glass of water with the tablets to prevent constipation.
- Do not put activated charcoal powder directly onto an open wound. It will discolour the skin if it gets trapped inside.
- If you are addicted to drugs that cause severe withdrawal symptoms, seek professional help.

DETOX ENHANCEMENTS

- Eat fresh fruit, salads, vegetables and foods with fibre to clean the bowel (e.g. whole grains).
- Freshly made fruit and vegetable juices, such as carrot or apple juice, in small amounts can aid detoxification.
- Massage and hydrotherapy treatments also aid detoxification.
- Drink 8 glasses of water per day.
- Eat alkaline-forming foods (fruit and veg) as the body heals better when it is slightly alkaline.