

## Activated Charcoal

Activated charcoal is carbon that has been treated with oxygen. This makes the charcoal more porous. Porous charcoal has more bonding sites, causing things to be chemically attracted to the charcoal. In turn, this allows the charcoal to trap the chemical impurities that cause infection, inflammation and other toxic reactions in the body.

There are a number of uses for a charcoal poultice including:

- Pain reduction
- Pulling heavy metal toxicity from your body
- Reduce swelling
- Reduce inflammation
- Draw out infections
- Treat [bee stings](#)
- Minimize the pain and discoloration of bruising
- Heal burns
- Treat boils
- Minimize the pain and inflammation of bursitis
- Lessen the pain of ear aches
- Treat inflammatory eye conditions
- Draw out toxicity that causes liver disorders
- Lessen the pain of sore throats
- Lower pain levels and treat swelling from strains
- Treat pain from tendinitis
- These poultices can also be used to treat animals with similar conditions.