

Activated charcoal is used in water filters, medicines that selectively remove toxins, and chemical purification processes. [Activated charcoal](#) is carbon that has been treated with oxygen. The treatment results in a highly porous charcoal. These tiny holes give the charcoal a surface area of 300-2,000 m²/g, allowing liquids or gases to pass through the charcoal and interact with the exposed carbon. The carbon adsorbs a wide range of impurities and contaminants, including chlorine, odors, and pigments. Other substances, like sodium, fluoride, and nitrates, are not as attracted to the carbon and are not filtered out. Because adsorption works by chemically binding the impurities to the carbon, the active sites in the charcoal eventually become filled. Activated charcoal filters become less effective with use and have to be recharged or replaced.

Several factors influence the effectiveness of activated charcoal. The pore size and distribution varies depending on the source of the carbon and the manufacturing process. Large organic molecules are absorbed better than smaller ones. Adsorption tends to increase as pH and temperature decrease. Contaminants are also removed more effectively if they are in contact with the [activated charcoal](#) for a longer time, so flow rate through the charcoal affects filtration.

Instructions

1. First purchase some [activated charcoal](#) either online, at a supermarket or a health food store. Activated charcoal is the purest carbon, and has been used for its medicinal purposes since Egyptian times.
2. Activated charcoal can be used both inside and outside the body. Inside for treating poisoning, (Taken orally, activated charcoal can actually suck the poison and absorb it, so that the poison gets excreted when the person goes to the bathroom) and outside as a topical agent (if made into a paste with water) to take the pain away from stings and bites.
3. In case of accidental poisoning, always call the Poison Control first before administering the activated charcoal. If the idea of drinking charcoal doesn't appeal to you, you can mix it with soda pop.

The dosage for poisoning is the following:

- Babies (under 1) 1gram
- Children (1-12) 1-30grams w/at least 8oz water)
- Adults 30-100grams w/ at least 8oz water)

Remember to consult a clinic or physician by telephone first. I like Poison Control best because they answer immediately.

4. Activated charcoal is so amazing. We should all have it in our home. It is another one of Mother Earth's gifts to us. Let's use it!

Want to see what you can use [activated charcoal](#) for? Check this out. From my simple instructions, you too will keep activated charcoal in your home at all times.