

What Is Activated Charcoal

Charcoal is essentially pure carbon, and the terms “activated carbon” and “activated charcoal” are used interchangeably.

While coal comes from plant matter that loses its noncarbon components over a long time because of pressure and heat deep in the earth, charcoal is made quickly, by heating wood in the absence of oxygen. This leads to a charring (without burning the carbon into carbon dioxide), which drives off most everything except carbon. The process is done on a scale of hours, rather than the millions of years for coal.

If you've spent a few minutes browsing our site, you may have come across some basic information on [activated charcoal](#). And, while you may have been intrigued by many of its medicinal health benefits, you may still be asking yourself one simple question: what is activated charcoal? If you are interested in learning more about this amazing, natural remedy, read on. Here at [activatedcarbonactivatedcharcoal.com](#), we've worked hard to develop a resource that will hopefully answer all of your questions regarding what activated charcoal is and how it will benefit your life.

Chances are, you're familiar with charcoal--especially if you're a big fan of barbecues. Activated charcoal differs from the charcoal briquettes that you'll find in the bottom of your barbecue pit, first because of the activation process, and secondly because it is not impregnated with poisonous fossil fuels. The activation process dramatically increases the charcoal's surface area, and it is this tremendous surface area that gives it its superior ability to adsorb toxins, fight drug overdoses, and filter chemicals from your tap water.

What Is Activated Charcoal and How Will It Benefit My Health?

In fact, it is this increased surface area and network of tiny pores that gives charcoal most of its unique medicinal qualities. When taken internally, [activated charcoal](#) will cleanse your digestive tract and treat many problematic health conditions, such as excessive gas, heartburn, indigestion, and diarrhea. Externally, it can be used as a clarifying facial mask, to treat poisonous spider bites, and to soothe irritated skin.

If you're wondering what other uses activated charcoal has, consider any foul odors you may have lingering around your home, or a garden with pesticide-poisoned soil. Activated charcoal is wonderful for taking care of both of these issues as well as many others. Here at [activatedcarbonactivatedcharcoal.com](#), we'll give you all the knowledge you'll need, plus plenty of products that will get you on track for living a healthier lifestyle.