



ACTIVATED CHARCOAL

HEALTH & BEAUTY BENEFITS + RECIPES

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OVERVIEW

Activated charcoal is a black odorless and tasteless powder. It is a form of charcoal (usually derived from wood, peat or coconut shells) that has been heated in order to increase its ability to absorb things.

Activated Charcoal has been in use for a very long time. In fact, it was used during world war I as gas masks to prevent soldiers from being poisoned by chemical exposure. Also, in order to make water tasteless and odorless, it's been used to treat water since 19th century.

Activated charcoal and regular charcoal are almost identical – the only difference is that activated charcoal has been created solely for medicinal use. To create activated charcoal, regular charcoal is heated with a gas that causes the charcoal to expand, creating a porous surface that traps toxins.

BENEFITS AND USES OF ACTIVATED CHARCOAL

➤ Natural Absorbent

Activated charcoal works as natural absorbent, because it chemically binds other substances to its surface and can absorb thousands of times its own weight. It also has an incredibly large surface area due to all of its pores – one cubic inch of charcoal has the surface area equivalent to a 150,000 square-foot field. This is why just a bit of charcoal can absorb so many toxins, atoms, and ions.

In fact, it is so effective at grabbing and binding substances such as alcohol, drugs and poisons that it has been used for many years in hospitals as an alternative to stomach pumping.

Activated charcoal is not what's used for grilling. Though it is a medical grade version of what's used in air filtration systems.

1. Emergency Poison Treatment

Activated charcoal is administered in hospitals as emergency treatment for poisoning; as chemicals bind to it, it can help remove them from the body. It helps prevent the poison from being absorbed from the stomach into the body. Activated charcoal prevents the gastrointestinal absorption of a wide variety of drugs and toxins in emergency situations, and also increases their elimination even after they've been absorbed by the body. Sometimes, several doses of activated charcoal are needed to treat severe poisoning. However, this medicine is not effective and should not be used in poisoning if corrosive agents such as alkalis (lye) and strong acids, iron, boric acid, lithium, petroleum products (e.g., cleaning fluid, coal oil, fuel oil, gasoline, kerosene, paint thinner), or alcohols have been swallowed, since it will not prevent these poisons from being absorbed into the body.

Some activated charcoal products contain sorbitol. Sorbitol is a sweetener. It also works as a laxative, for the elimination of the poison from the body. Products that contain sorbitol should be given only under the direct supervision of a doctor because severe diarrhea and vomiting may result.

2. Reduce or Eliminate Gas

Activated charcoal can be used to straighten out your stomach discomfort. Activated charcoal can be effective for reducing gas, especially after eating foods, such as beans, that commonly create excess gas. It can also relieve an upset stomach or nausea. You have a few options in using it in this case. You can take activated charcoal in pill, liquid and or powder form. However,

it is worth repeating that activated charcoal should only be taken occasionally to relieve these symptoms, and should not be used every day.

While taking the powder form, mix into a glass of juice juice. You can drink activated charcoal in juice in-between meals but not with meals. A ¼ of a teaspoon can be added into your favorite green or other health-boosting juice recipes. Activated charcoal juices are best consumed as an occasional detox or pick-me-up; drinking them daily is not advised.

It's suggested that you drink lots of water when taking activated charcoal supplements, in order to avoid constipation.

- **Activated Charcoal Detox Juice Recipe**

Ingredients

1 litre water

2 lemons, juiced

1 tsp activated charcoal

2 tbsp maple syrup

Mix all ingredients in a mason jar and shake to combine and enjoy.

3. Teeth Whitening

To use activated charcoal for teeth whitening, you don't need a special toothbrush; a regular one will do just fine. You might want to have a second toothbrush for this purpose, though, only because the activated charcoal may discolor the bristles on the brush.

Using Instructions for S. L. BoSS Natural Teeth Whitening Powder

Dampen a soft tooth brush with water and dip the bristles into powder. Brush teeth for one to two minutes and rinse thoroughly with water. Brush again with regular toothpaste or coconut oil if desired.

Use once or twice a day for a brighter healthier smile.

Keep in a cool dry place and away from the reach of children.

- **DIY Whitening Toothpaste Recipe**

Mix desired amount of activated charcoal powder with water until it is thick enough to make it stay on your toothbrush. Brush your teeth gently or even just dab the mixture onto your teeth. Wait 3 minutes before rinsing.

For a quicker route, add a desired amount of activated charcoal to a natural toothpaste of your choice and brush as usual. Rinse well after brushing.

An option that works without a toothbrush is to use equal parts water and powdered charcoal (about a teaspoon should do it) and mix. Swish the mixture in your mouth for a minute, then hold it in your mouth for about five more.

The activated charcoal is odorless and has almost no taste, but is gritty, so may be a bit of an adjustment to get used to. You can use this method daily

to remove stains from teeth but note that natural discolorations won't go away with activated charcoal.

- **DIY Teeth Whitening Powder**

You can buy S. L. BoSS Natural Teeth Whitening Powder with Activated Charcoal for convenience but if you want to make yours, you can use the following recipe:

Ingredients

¼ cup of bentonite clay powder

½ cup of activated charcoal

1tbsp of baking soda(optional)

5 -10 drops of peppermint or spearmint essential oils

Sweetener(optional)

Glass or plastic jar

Add all ingredients in a jar, apply lid of jar and shake into an even mixture. Dampen tooth brush and dip into tooth powder. Brush tooth gently for 2 to 3 minutes. Rinse with lukewarm water. For best results, use twice daily.

Please note that activated charcoal is capable of staining crowns, caps or porcelain veneers.

4. Skin and Hair Detox

Because activated charcoal removes toxins, it can help reduce the instances of acne and other skin impurities you might suffer from. It also works wonders for completely removing makeup.

- **Clarify Facial Mask**

Recipe #1

Ingredients:

1tsp of S. L. BoSS bentonite clay powder

1tsp of S. L. BoSS Activated Charcoal powder

3 tsp of water, apple cider vinegar, rose water or any liquid of choice

Any essential oil of your choice

1 small non-metal bowl

A spoon or chop stick

Pour both bentonite clay and activated charcoal powders into the bowl, add liquid gradually and mix into desired consistency. Add 2-3 drops of essential oil; apply on face and allow to dry. Rinse with lukewarm after 15 – 30 minutes, and apply a gentle moisturizer after that. If you have sensitive skin, avoid using apple cider vinegar as it would cause more irritation. Face masks with bentonite clay can cause redness and slight skin irritation after application but it should be temporal. Therefore, it will be best to apply it in the evenings or when you are not planning to go out immediately in order to avoid exposure to the sun. Also avoid wearing makeup right after application. Apply sunscreen when going out. If you are new to face mask, it will be best to use it just once a week for the first 1-2 months and gradually walk up to twice a week if necessary. You might also experience breakout after the first few applications. Do not panic, it is a sign that the mask is pulling out toxins from your skin and bringing to the surface. Continue to use mask and the acne will clay off. If you continue to experience excessive breakouts,

persistent skin irritation after 3 to 4 applications, please stop and consult a dermatologist.

Recipe #2

Add a teaspoon (5 milligrams) of activated charcoal powder to warm or lukewarm water until a paste is formed. Add a teaspoon of honey (5 millilitres) or aloe vera gel and apply a thin layer of the mixture to your face. Rinse after 5 to 10 minutes.

5. Black Head Peel-off Mask

Add a ¼ tsp of S. L. BoSS activated Charcoal powder to about 1tbs of a regular peel-off mask such as Freeman Peel-off masks. Apply to face and allow to dry. Peel off and rinse face with lukewarm water. Apply a gentle moisturizer. Some people use a white non-toxic paper glue in the place of a peel-off mask but please do a thorough research before applying glue to your skin.

6. Eye Shadow

To use activated charcoal as a natural black eye shadow, use your eye shadow brush to collect a small amount of activated charcoal and apply as a regular eye shadow.

7. Detoxifying Shampoo

To add a detoxifying element to shampoo, add a teaspoon (5 millilitres) of S. L. BoSS activated charcoal powder to the regular amount of shampoo you use; wash and rinse as usual. For light hair, an extra rinse will remove any discoloration from the charcoal.

8. Acne Clarifying Black Soap

Adding 1tbs of S. L. BoSS activated charcoal powder to your soap making recipe gives your soap a detox and clarifying effect, removes dead skin cells, draw out toxins that causes acne from your skin, leaving you with a radiant younger looking skin.

9. Body Scrub

For a deep cleaning body scrub, add 1 teaspoon of activated charcoal powder for this purpose to your usual body scrub.

10. Insect Bites/skin irritation/minor wounds

Mix 1tsp of activated charcoal and 1tsp of bentonite clay powders with water to form a thick consistency. Apply to affected area and apply a siren wrap. After about 30 to 45 minutes, remove wrap and clean area with cold water. For more severe cases, seek medical treatment.

Important: It should be noted that activated charcoal is not recommended for daily use, but rather to be used as you would use any other deep-cleansing product. Don't use products with activated charcoal on dry hair or skin, as they are dehydrating and you don't want to lose more moisture. Also consume a lot of water after using activated charcoal internally.

Whenever trying out a new product, do a patch test to make sure that your body does not react to the product before using it.

Thank you so much for purchasing our product. Please kindly leave us a review/ feedback to let us know if you are satisfied with our product and/or services. Also feel free to send us an email if you have any questions or concerns about our products. Your satisfaction is very important to us.

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