

MAKING A CHARCOAL POULTICE

SIMPLE

1. Mix charcoal powder with a little water to form a wet paste. It should be moist but not crumbly or drippy.
2. Wrap the paste in a clean cloth or put in a sock and place on the wound for 2-4 hours. Keep moist. Change and re-apply.

BETTER

1. Mix the charcoal powder and flour in equal parts. Make enough to cover the area to be treated.
2. Add enough water to make a thick paste, moist but not crumbly or drippy.
3. Spread the paste evenly over an appropriate size cloth or paper towel, which will cover the wound or area to be treated.
4. Cover the paste with a second cloth or paper towel.
5. Position poultice over the area to be treated.
6. Cover the poultice with plastic (if available, plastic food wrap or a plastic bag works fine). Cut the plastic wrap to overlap the poultice by an inch on every side. This will keep it from drying out. If the charcoal dries out, it will not be able to adsorb the toxins.
7. Finish off by bandaging or taping the poultice securely in place. Leave it on from 2-4 hours, if applied during the day. Or better yet, leave it on overnight. After 6 to 10 hours another poultice can be applied.

Note: Poultices of any kind only work if there is continuous moist contact with the skin. If there is no plastic wrap available be sure to periodically apply some water to keep it moist.

More info: waterwellsforafrica.org or breakwaterfamily.com/missions/africa-outreach

