**Salt**

**Daily Intake** approx. 1-1½ Tsp.s per day.  
Use as seasoning, in water, or suck on throughout the day.

Increase amount with increased perspiration to maintain proper electrolyte balance. Stay well-hydrated.

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**Activated Charcoal (Internal)**

**Adsorbs Toxins** – Take for any kind of poisoning mix with a few ounces of water. If vomited, take another dose. Tooth whitener.

**Dose Internal** - no food eaten in last 2 hours: Mild Diarrhea ½-1 tsp., Severe Diarrhea or Poisoning 1-5 TBSPS, repeat dose in 10 minutes or if symptoms worsen. Follow with 16 oz. water.

**Dose Internal** - if food eaten in last 2 hours: Mild Diarrhea ½-1 tsp., Severe Diarrhea or Poisoning 1-5 TBSPS, repeat dose in 10 minutes or if symptoms worsen.

**Activated Charcoal (Topical)**

**Uses** – Bites/stings, infections, burns, gangrene, broken bones, etc.

**Poultice** – Mix A.C. w/water moisture retainer to keep A.C. wet (i.e. ground flaxseed or chia, oatmeal, etc.) Spread on paper towel/cloth, apply to area. Wrap with cellophane or plastic to retain moisture. Keep moist. Dry charcoal does not adsorb.

**Snake Bite** – Wash area w/soap & water, submerge in cold water (slows venom circulation), add A.C. to the water (½ Cup A.C. to 2-5 gallons). Leave submerged for 30 to 60 minutes. Apply charcoal poultice. Change poultice every 10-15 min. until pain & swelling are gone. Give A.C. orally.

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**Cayenne (Internal)**

Recommended: Organic African Bird or Mexican Habanero = 200,000-300,000 HUs  
Cold/Stuffed Nose/Internal Bleeding/Cramps/Circulation/Blood Clots/Digestion/Enzymes/Low/High Blood Pressure, Muscle Pain/Stiff – ½-1 tsp to 1 Cup hot water, steep 10 min, 2-3x per day.  
Sore Throat – (above) gargle, repeat Epilepsy – 1 tsp 1x/day  
Stroke/Heart Attack/Chest Pain/Circulation/Shortness of Breath – 1 heaping tsp. in 1 Cup warm/hot water. Repeat as needed.  
CAUTION: Pregnant/nursing women & those using blood thinners, seizure meds & muscle relaxants should not use cayenne internally.

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**Cayenne (Topical)**

**Sprinkle in Socks/Feet & Gloves/Hands** – Increases warmth & circulation.  
Inflammation/Joint Pain/Gout/Back Pain/Slipped Disk/Neuropathy – 1 TBSP to 4 TBSPS butter/oil, massage area 15 min. 2x per day.  
Wounds/Gangrene – Flush wound with clean water mixed with 1 tsp cayenne first, THEN pack with cayenne. It is styptic and will stop bleeding fast.  
*Internal/external burning sensations do not cause harm.

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**Chia Seed**

**Daily Intake** 1-2 TBSP per day. More not recommended.  
Can pull water out of the GI tract worsening dehydration. Soak in water/liquid for a min. of 20 minutes.

**Contains**: Calcium, magnesium, potassium, boron, phosphorus, iron, copper & zinc, tryptophan

**Benefits**: Cardiovascular, digestion, kidneys, liver & GB, sleep...