

Salt

Daily Intake approx. 1-1½ Tsp. 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.

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.

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.

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.

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...

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