

HealthCures101.com

# POISON

## What to do

This information is a collection of studies, observations, research and practical advice written for the purposes of helping people help themselves become disease-free.

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# POISON

(if it's really bad, of course call 911 Emergency)

## CHARCOAL \*\*\*\*\* in water

For poison and overdoses, the fastest best thing to take is CHARCOAL powder. Always have some handy in case of emergencies. Charcoal is used by emergency rooms in hospitals to quickly absorb mysterious toxic substances out of the body. It can absorb 10,000 times it's weight in foreign matter.

Mix several tablespoons charcoal in a full glass of water and drink down. It doesn't have any taste, so it won't make you nauseous. As a matter of fact, charcoal is great to take for nausea

If you don't have charcoal- use BENTONITE- (in water) it is also highly absorbant. Bentonite is a type of clay and it's quite effective.

I created an all purpose product called **CHARCONITE**- which is Charcoal, Bentonite and some herbs to help move it out of the body. Have some around at all time! Take them on trips so if you get sick in some foreign country, you'll have something. You can get it [HERE](http://www.BodyForceProducts.com). (<http://www.BodyForceProducts.com> )



## CHARCONITE

A super powerful combination of Charcoal and Bentonite to absorb ANYTHING toxic inside you, plus some herbs to help push it out through your digestive system. Perfect for gas, food poisoning, toxic environmental poisons, bad food, and even toxins created by illness and parasites. It goes through your system absorbing anything bad.

SEAWEED- has sodium alginate which binds with heavy metals and chemical poisons, pulling them out of body

For stings and bites, you can make a paste by mixing charcoal or bentonite with water and applying to skin to draw out poisons. (also drink some)

The above methods work for absorbing prescription and pleasure drugs, exposure to household or industrial chemicals, poisons in air or water, pesticides, etc.

Drink LOTS OF WATER

take high doses of vitamin C (10,000 mg) or 1000 mg every hour

Do enemas to help pass poisons through

Take lots of fiber to absorb and push through

Stop eating for a while and detox with lots of fresh vegetable juices

Take lots of seaweed

Do a LIVER CLEANSE- which includes taking lots of  
milk thistle\*\*\* helps a lot

licorice

dandelion

**TOCOTRIENOLS(rice bran solubles)\*\*\* is best source of complete B vitamins,  
also major source of vitamin E and amino acids - can help overcome poisoning**

Nutritional Yeast- high source of B vitamins and amino acids- can help overcome poisoning

coenzyme Q10

selenium

amino acids- L-cysteine and L-methionine

Inositol

brush skin with brush to move wastes out of lymph nodes

Overheat- in hot bath, sun or sauna- sweat the toxins out

### **FULVIC ACID-**

Fulvic Acids, Shilajit and Plankton.

(obtained from an organic prehistoric goo oozing from Himalayan rocks)

As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, **neutralizes toxins and can eliminate food poisoning within minutes**. When it encounters free radicals with unpaired positive or negative electrons, and it supplies an equal and opposite charge to neutralize the free radical. Fulvic acid makes minerals bioactive, bioavailable, and organic. so for example, it helps the body absorb calcium better which means accelerated bone growth and new tissue regeneration for people with osteo problems. Mineral deficiency subjects us to more diseases, aging, sickness and destruction of our physical well-being than any other factor in personal health. Minerals in their natural "rock" state are useless to us, but once a plant absorbs and transforms them, our body can utilize the now "organic minerals. Organic fulvic acids are created by micro-organisms in the soil, for the purpose of transporting minerals and nutrients from the soil into the plant. Fulvic Acid chelates and prepares the minerals to be accepted and used by our cells. At the same time it also seems to dissolve away years of calcified accumulations in our body, joints,

arteries and muscles, making us more flexible, limber and youthful again. Fulvic acid is a powerful antioxidant that can safely neutralize a free radical without becoming a free radical itself, AND has the added benefit of being able to cross the blood-brain barrier !

Fulvic Acid/Shilajit increases the core energy responsible for sexual and spiritual power the same force that is withered by stress and anxiety. The use of Shilajit is for renewing vitality. Its Sanskrit meaning is 'conqueror of mountains and destroyer of weakness.' People that have taken it claim it does wonders for more energy, relieve digestive problems, increase sex drive, urinary problems, diabetes, Anti-oxidant, Anti-inflammatory, edema, anemia, Arthritis, joint problems, lowers cholesterol, improve memory and cognition, improve diabetes, reduce allergies, handle stress better, improve the quality and quantity of life and it seemed to cure all diseases.

