

📌 Activated charcoal use & instructions

Do keep in mind that all activated charcoal is the same thing as it is reduced to activated carbon regardless of the wood or source material. I buy the cheapest I can find.

I have been using activated charcoal for over two years now with food grade diatomaceous earth every day mixed together in my meals or directly following a meal.

I actually take activated charcoal daily with DE to remove all of the chemicals, toxins, heavy metals, aluminum, mold, fungus, pathogens, bad bacteria, pesticides, herbicides and other things from my food. This way my body is not taking in toxins through my digestive system at all. At every meal.

Take 1/8th of a teaspoon to a teaspoon at a time of the activated charcoal. So you can take a teaspoon 3x a day if needed. It can be mixed up with the DE and taken at the same time daily without any problem or issues. The activated charcoal is negatively charged just like DE so it only removes bad things. The two together have a cascade effect in that the activated charcoal boosts the ability of the DE to get so much more accomplished as it is basically running interference and freeing up the DE to be far more effective. I learned all this from David Wolfe who is the greatest authority on all things activated charcoal. He recommends activated charcoal everyday with a meal if your goal is to be healthy for life as well as increasing your longevity by 47 years. Unfortunately the majority will take at least a few decades to catch up on the latest trends and information. Activated charcoal and DE both are negatively charged and they both work by adsorption not absorption. Adsorption is very different and only removes bad things. Look into it. This is well documented, yet we are surrounded by bad information. Since both DE and activated charcoal both remove toxins it is important to take them at least an hour or more apart from drugs of any kind. Expecting DE or activated charcoal to catch up with a drug that has an hour or more head start on it is not reasonable as there is no way it will ever catch up and outpace the drug.

DE and activated charcoal go with everything you need to take or use. By the way activated charcoal is negatively charged just like DE so it only removes bad things. Everything that is good is mostly negatively charged, neutral or if it is good for the body and positively charged it does not get removed. It is my personal belief that when the activated charcoal and DE enter the body it is programmed on what is to be removed and it does as it is programmed to do. But they are well known to be negatively charged and this will not be disputed by anyone. You can't get anything negatively charged to adsorb anything neutral or negatively charged and that means everything that is good for you is perfectly safe. Why so many people don't study this I will never understand. Also DE and activated charcoal both do not remove noble metals which are positively charged and they will not remove anything good for your body.

But doesn't DE and activated charcoal absorb everything?

This is impossible as DE, activated charcoal and food are all negatively charged and it would be a miracle to have any of the three to pull out anything good. Only toxins, bad bacteria, candida, parasites, pathogens and chemicals are in trouble. Trying to get a negative to absorb another negative is impossible.

Unfortunately the bad information people share is the subject that I have to spend the most time on. I get more questions about tales people tell instead of good information. How can DE and activated charcoal both of which are negatively charged by the body strip out the other negatively charged things that are good for us when there is literally no attraction at all because they hold the exact same charge? Even the beneficial positively charged stuff like noble metals are not removed because again these things are important to our body and health. The only thing that can possibly be removed is anything harmful or that simply does not belong in the body in the first place. If you are very intelligent you actually want something to pull out all of the bad stuff before it can enter the bloodstream itself in the first place. You have no idea what is in the food or water so it's imperative you detox food before it gets inside the bloodstream. This is easily done by using DE and activated charcoal with food daily. Thank you for the good question and allowing me to answer it.

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Most important videos you will ever see about activated charcoal.

<https://www.bitchute.com/video/MqH61GpCcoq3/>

<https://www.bitchute.com/video/P498WY7bbV45/>

This is a great article however they go completely in the opposite direction when talking about how it interacts with bad bacteria, pathogens and the like. Early on they speak truth about the fact activated carbon is negatively charged and therefore removes positive charged things but then takes this away later on. I guess they don't want it competing with synthetic drugs. You be the judge.

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<https://insightssuccess.net/new-is/activated-carbon-what-it-is-how-it-works-and-benefits/>