

Activated Charcoal and Honey

Natural Remedies For Toxins, Poisons, Wound Care & Burns

By Diana Wanamaker | www.peacockpetcafe.com

On a daily basis, our horses are exposed to chemicals, toxins, heavy metals and other foreign substances. Coming from the air, water and ground—in fly sprays, hoof conditioners, from buckets, in the fabric of their blankets, medications, vaccinations, etc. It is impossible to completely avoid them altogether, but its best to take all efforts to avoid as many of them as possible.

All these toxic substances weaken the immune system and over-work the liver. A weakened immune system or an over-burdened liver will cause health problems. Long-term exposure can cause cancer and tumors, as well as other more complex and serious health issues.

If you take a proactive stance and avoid as many chemicals and toxins as possible, you strengthen the immune system and keep the liver healthy.

That is why detoxing on a regular basis offers a safety measure against the many harmful particles our horses are unable to avoid.

Toxins and harmful chemicals have what is called a positive ionic charge. There are naturally occurring substances that have a negative ionic charge, which attract these positive ionic substances and bind to them.

There are three substances that are top choices for ridding the body of toxins. Bentonite clay (also zeolite clay), Spirulina (green algae, Chlorella, seaweed, etc.), and Activated Charcoal.

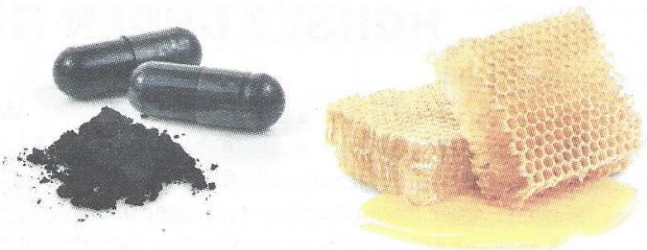
Today, I am going to talk about **Activated Charcoal** (also known as Carbon). It is produced by burning materials like coconut husks, bamboo, wood, coal, etc. It is best to choose an activated charcoal that is made from coconut shells, or a natural material. It is highly absorbent and is very effective at flushing out toxins and chemicals. It is not absorbed by the body, but attracts chemicals/toxins that adhere to it, as it passes through the digestive tract. It is then expelled from the body.

Activated Charcoal is known to be used by humans in cases of poisoning and is so effective that it has been used in emergency rooms across the world. Research has shown that activated charcoal works better than stomach pumping. It has been known to help with ulcers, digestive issues, whitening of teeth, odor control, filters in gas masks and water filters to remove toxins.

Activated charcoal comes in capsules and a powder form. It can be a bit messy when handling it in its powder form. Be careful when working with it because it can cause stains on your clothes. It's also very important to mix with water or a wet food. It may cause dehydration and/or constipation, so it is not to be used on a long-term basis.

It is most commonly used in horses for colic, toxin ingestion, flatulence, loose stools, sudden diet changes, overeating of grass or grains. It can also be used in a poultice for spider bites and stings from wasps, scorpions, snakes, ants, and bees—using a sweat wrap over the insect or snake bite and leaving it on for 4-6 hours. In any poison case, it needs to be administered immediately following the incident for the most effective results.

If there is a poison case, always speak with your Veterinarian or Animal Poison control center.



When using as a detoxification protocol, administer 2 hours after any medication or supplement, because activated charcoal can *decrease* the absorption of your supplements/medications. 1g of activated charcoal can absorb an area of over 1,000 square meters.

Ponies: 10g scoop 2x/day in wet food

Horses: 1-2 (10-20g) scoops 2x/day in wet food

Find a medicinal grade activated charcoal. Choose a quality product that does not have artificial additives or other ingredients and comes from a natural material. (www.naturallyanimals.co.uk)

The second natural remedy I want to talk about is **Honey**. Sweet, delicious Honey. Not only is it pleasing to the palate, but it has been proven to work as an antiseptic in healing cuts and scrapes, leg ulcers, burns, acne, and hospital acquired infections (MRSA).

It has been used as a healing agent since the times of Ancient Egypt and was used in World War II as an antibacterial to treat wounds. (www.undergroundhealthreporter.org)

It can alleviate allergies, aid in digestion, act as a natural enzyme, help with diarrhea, and fight infection.

It acts as a protective barrier to wounds, provides antibacterial, antiviral and anti-inflammatory benefits, and promotes the natural formation of healthy tissue in wound care.

Honey can also create a salve that keeps flies away from open wounds, while still acting as a reparative agent, and it is also known to help hair grow back on old scars.

Custom-blend your own salves for cuts, wounds, burns, scrapes, etc. Customize your salve or honey mixture by adding one of the following: herbs, essential oils, colloidal silver, garlic, cayenne pepper and many other ingredients to address a number of issues. Be sure to include Honeybee Pollen in your salve recipe.

Honey is especially useful for burns. It helps improve blood circulation, speeds up the healing process and moistens the skin. It will also prevent infection and relieve pain. There are several documented successful cases on the web that talk about healing burns with honey. (www.grandadventuresranch.com)

Honey can also be combined with different herbs to boost the immune system. With the correct herbal mixture, you can even get rid of stubborn sarcoids.

Keep in mind that not all honeys are created equal. Manuka honey is considered the first choice. Medicinal Manuka honey that has a minimum grade of UMF +10. The higher the grade, the more medicinal value it offers. As another option, it is recommended to buy honey from a local supplier. Raw, organic honey is a must, because it is an unprocessed honey in its purest form. Look for a Medicinal grade honey.

Diana Wanamaker is a writer, natural health educator and consultant, an animal communicator and intuitive healer, and a lifelong horse woman. Visit Diana online at www.peacockpetcafe.com or find The Peacock Pet Café on Facebook and Instagram.