

# Why you need activated charcoal this Festive season

Especially during the Festive season, activated charcoal is becoming an increasingly popular household essential. Known for its ability to bind and absorb certain toxins, it has long been used in the medical industry for specific types of poisoning. Today, however, it has also found a firm place in everyday use — from treating hangovers & upset stomachs to skincare.

Emergency rooms have relied on activated charcoal for decades because it can prevent the absorption of certain ingested toxins. Although it is not a cure-all and cannot neutralise all chemicals, many people keep it on hand when going out during the holidays.

Some use it as a precaution against neutralising spiked drinks, or to ease nausea, diarrhoea and digestive discomfort after a night out. In most instances; activated charcoal can be used to aid in sobering up, as it can help bind irritants or substances still in the stomach. However: in all cases of

suspected ingestion of spiked drinks or alcohol poisoning; medical help should be sought immediately.

With animal poisoning a real concern in many communities lately, more pet owners have begun using activated charcoal as a first-response step when they suspect their pets may have ingested poison. Vets often support this as an emergency measure — but emphasise that professional veterinary care must follow immediately.

Some nifty off-label uses for activated charcoal

- Teeth Whitening  
Many people mix activated charcoal powder with bicarbonate of soda as a natural whitening paste. Its mild abrasiveness helps brighten teeth with daily use, though dental professionals warn against excessive use, which may damage gums and tooth enamel.
- Weekly Skin Exfoliation  
Some use the same 50/50 mix of bicarbonate of soda and activated charcoal powder as a once-a-week exfoliant to absorb oils, impurities and surface toxins. Users report smoother skin and reduced pigmentation or dark

marks, though results vary.

- Gut Health Support  
Activated charcoal capsules have also become popular for reducing gas, bloating and general digestive discomfort. Many rely on activated charcoal after heavy meals or rich festive foods. It's no miracle cure, but many people find it genuinely helpful.

Activated charcoal remains a valuable tool: effective in a number of emergencies, helpful for digestion, and versatile in personal care routines. It is however important to remember that medical help should always be consulted immediately in extreme cases.

As celebrations pick up, many people feel safer carrying a small bottle of black capsules in their bag — a simple precaution that has stood the test of time.

WARNING



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In Memorium

\* 16.12.1984 † 22.08.2008



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In 'n snel veranderende wêreld, soek ons standvastigheid.  
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Lizé-Mari

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