

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.



PSBRA NO 2222406
VEILIGHEIDSDIENSTE VIR JOU
VERAAL 2000
MOTORFIRE
SOFTEART
MINIMOKORT
in Heilbron
Alarm / Paniekstelsels
Reaksie diens
Wagtdiens
Spotshot / Kamerastelsels
Elektriese beïnings
Rekenaar / IT Netwerke
Installasies & Herstel
SKAKEL NEEDS OM
DIENSTE TE AKTIEVER
U Winkelstraat 67 | Frankfort | Kees: 082 788 5375

In Memorium
* 16.12.1984 † 22.08.2008

In 'n wêreld vol onrus en geweld, soek ons vrede.
In 'n snel veranderende wêreld, soek ons standvastigheid.
Wanneer storms om ons woei, het ons iemand nodig om ons staande te hou en wanneer hartseer ons verskeur, het ons iemand nodig om ons te vertroos. Dit alles en meer is by Jesus te kry.
Daarom kan ons die dag ingaan met verwagting en volg waar hy ons ookal lei.

Lize-Mari

KONTRAKTEUR SPUITWERK
Betroubare en professionele sputwerk vir jou plaas.
diesel uitgestuif: R185 / ha 150 l water / ha
R195 / ha 200 l water / ha
KONTAK KOOS - 082 388 2277



KERSGESKENKE OM TE GEE:

Vir jou vyand - Vergifnis
Vir jou opponent - Verdraagsaamheid
Vir jou vriend - Jou hart
Vir 'n kind - 'n Goeie voorbeeld
Vir jouself - Respek
Vir almal - Liefde

Geseënde Kersfees en voorspoed vir 2026!

Geseënde Kersfees & Voorspoedige 2026!
24/7 SERVICES
BALANCING & WHEEL ALIGNMENT
AUTO, TRUCK & TRACTOR TYRES
FIELD SERVICES
FIT & REPAIR
BATTERIES

Heilbron, Langmarkstr. 22
After Hours: 082 552 9261
Frankfort, Barett str. 16
079 209 0750 | After Hours: 079 180 4337
Villiers, Arbeider str. 1
066 422 1866 | After Hours: 066 422 1866

WIESENTRAL
DIE BESTE BOD
THE BEST BID
FRANKFORT
LEWENDENHAWE / STOETVIE / SLAGVEE / WLD / ALGEMEEN / INVESTIGATINGS / LOSGOED / EINDOM / LIVESTOCK / STOOG STOCK / REAANTER STOCK / GAIN / DISSESS / RAAL / INVESTIBLE ASSETS / PROPERTY

FRANKFORT

PI MULLER
REKONDIS
066 966 9340

IAN GROBBELAAR
AFSLIEN
060 965 6207

CORJAN DE JAGER
REKONDIS
CORNELIA
079 506 8777

DAVID GERBER
REKONDIS
TWEELING / REEFE
PETRO SYKIN / FRANKFORT
062 489 7424

FANIE VO MIERWE
REKONDIS
FRANKFORT / CORNELIA
DRAKVELLE / REAANTER
062 494 3327

FANIE VO MIERWE JNR
REKONDIS
VILLIERS / CORNELIA
DRAKVELLE
061 180 6802

HUGO GROENEWALD
REKONDIS
HEILBRON / ZIEGENVILLE
DRAKVELLE
082 569 7205

WENTZEL VORSTER
REKONDIS
VILLIERS / CORNELIA
DRAKVELLE
082 566 1369

frankfort@wieissenral.co.za | 058 813 1867
Besoeek ons vir veelingsdatums