

SOP- INDIGESTION:

I will tell you a little about my experience with CHARCOAL AS A REMEDY. FOR SOME FORMS OF INDIGESTION, it is more efficacious than drugs. A LITTLE OLIVE OIL INTO WHICH SOME OF THIS POWDER HAS BEEN STIRRED TENDS TO CLEANSE AND HEAL. I FIND IT IS EXCELLENT." (2 SM 298.5)

Mix together:

3 parts charcoal

1 part olive oil

Take ½ to 1 teaspoon.