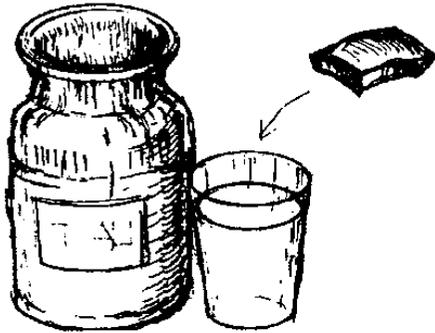


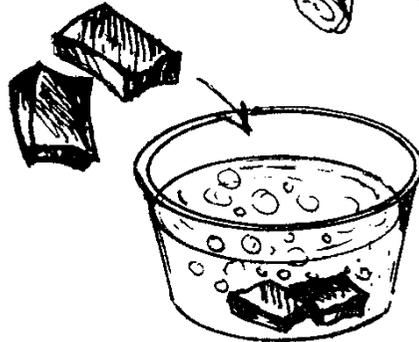
Regeneration

You can use the black stone again and again. To remove the poison, soak it in boiling water for ten minutes

.....then soak it in fresh milk for two hours

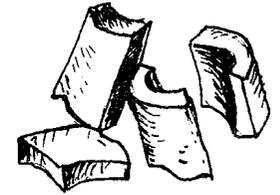


.....finally rinse it in clean water and dry it in the sun.



BLACK STONE

The black stone is a very effective way of treating snake bites, scorpion stings, bites of poisonous insects and boils. It is not actually a stone but a piece of bone that has been treated in a special way to make it very absorbent, so that when it is applied to a wound it sucks out the poison. It is easy to make, though it takes time.



Making a Black Stone

Choose a large and well dried thigh bone from a cow or bull. The easiest is to collect old bones that are lying around or get them from a butcher.



It is very important that the bone is dry and does not contain any grease. If the bone is not from an animal that has been dead a long time, but from a recently butchered animal boil the pieces twice in fresh water, then again with water containing soap or, even better caustic soda, NaOH, to remove all the grease. The bone needs to be handled with great care – do not expose it to quick temperature changes. So, do not throw it into boiling water, but rather bring it to the boil while in the water. Leave the bone pieces to dry for 3 days in the sun.



REAP

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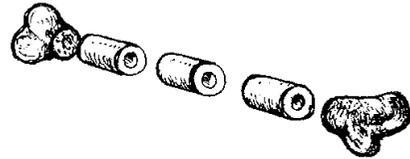
<http://www.reap-eastafrika.org>

REAP,
P.O. Box 21083,
Ngong Road,
Nairobi, 00505,
Kenya

Use a hacksaw to saw it into pieces approximately 2-3 cm long.



Throw away the ends



Cut these pieces into four and smooth them with a file or sandpaper.



Wrap the pieces in kitchen foil as used for wrapping food or cooking. Use a piece of foil about 15 cm X 15 cm so as to make sure that the piece of bone is kept away from any air. Put the pieces wrapped in foil into a charcoal fire for about fifteen to twenty minutes. The exact time will depend on the heat of the fire and the size of the bone.

Once they have cooled, remove the blackened bone pieces from the foil and test them by placing them on your bottom lip. They should stick.

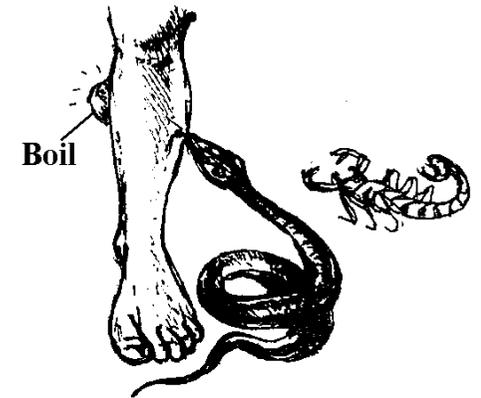


If they are still grey and do not stick they may need to be rewrapped in foil and returned to the fire for a few minutes. If they have turned into ash they have been in the fire too long and you will have to try again.

Using a Black Stone

If a snake or scorpion bites, press onto the wound to make contact with the liquid.

The stone sucks the poison out of your blood. As soon as the stone contacts the blood, it sucks itself tight onto the wound and does not let go until all the poison and



secretions have been absorbed. It drops off several hours later, but may take as long as a day.



With boils and small abscesses, press it onto the boil to make contact with the liquid. The black stone empties the boil, thus mechanically removing most of the germs.