

Vitamin C Flush

- Take 1 tsp. of vit. C powder in non-citrus juice every 15 min. until the bowels “flush.” This is the tissue saturation point.
- Multiply the number of tsp.’s of vit. C it took to reach this point by 0.75. This is the total number of tsp. of vit. C you need in a day.
- Divide this number by 2. Take this dose in the morning & evening.
- Example: If it takes 6 tsp. of vit. C to “flush” bowels, then:
 - $6 \text{ tsp.} \times 0.75 = 4.5 \text{ tsp. per day}$
 - $4.5 \text{ tsp.} / 2 = 2.25 (2 \frac{1}{4}) \text{ tsp. morning \& evening}$

Vitamin C is an important antioxidant that helps protect cells against damage caused by free radicals and supports the bodies immune system. It also plays a role in healthy gums, skin, vision, and connective tissue. Since vitamin C is water soluble, it must be consumed daily. The vitamin C flush will clean out the lymphatic system and provide you with the amount of vitamin C that your body needs every day.