

# TAKING VITAMIN C TO BOWEL TOLERANCE

Beyond Health recommends that almost everyone suffering from a chronic disease take Vitamin C (powder) to bowel tolerance.

Start out with a small amount and very gradually increase it at your own pace, gradually taking a little more each day. Take small amounts frequently rather than large amounts less frequently, at roughly equal intervals throughout the day.

Vitamin C can be taken at any time. Many people find it easiest to take some upon awakening, some with each meal, and some before going to bed at night.

If at any time along the way, you get abdominal discomfort: a rumbling stomach, excessive gas, or diarrhea, go back to the amount you reached before you encountered problems. Use this as your maintenance dose.

Whereas most people tolerate around 10-20 grams/day, there have been cases where 50 and even 100 grams have been needed to reach bowel tolerance. The ability to tolerate such large amounts means these large amounts are needed.

Similarly, if you are coming down with any kind of infection, your body requirements for vitamin C go way up. At the first sign of a cold or flu, take C every hour or even every half hour, and you can usually nip that virus in the bud. This may require 20 to 50 grams, and 100 grams is not unheard of. If you are unable to prevent the cold or flu, continue the same frequent doses of vitamin C, and your recovery will be much, much quicker.