

# How to do a Vitamin C (Ascorbate) Flush

Use only Beyond Health Vitamin C Buffered Powder, a 100% l-ascorbate, fully reduced, buffered mineral ascorbate form of vitamin C that contains the proper balance of the major essential buffering minerals.

Start on an empty stomach, first thing in the morning. Allow yourself the full day if needed to finish the flush. Most people saturate their ascorbate need within a few hours. Occasionally, the need is much greater, and it may take a number of hours to complete the flush.

Dissolve a half-teaspoon of C Buffered Powder (1.5 grams) in 2 or more oz. of water or diluted juice (juice diluted 1:1 with water). Plan to count and record each dosage. After dissolving the C powder and allowing any effervescence to abate (typically within two minutes), drink the beverage.

The amount of C you need depends on how quickly your body uses it up. Below are suggestions for how to best estimate your needs:

- A **healthy person** should begin with a level half-teaspoon dissolved in 1-2 oz. of water or diluted juice every 15 minutes.
- A **moderately healthy person** with 1 teaspoon every 15 minutes.
- A **person in ill health** with 2 teaspoons every 15 minutes.
- If after four doses there is no gurgling or rumbling in the gut, you should double the initial dosage and continue every 15 minutes.

Continue with these instructions at the proper time intervals until you reach a watery stool or an enema-like evacuation of liquid from the rectum. This is as if a quart or so of liquid is expressed from the rectum. **CAUTION:** Do not stop at loose stool. You want to energize the body to "flush out" toxins and reduce the risk that they may recirculate and induce problems.

At this time, stop consuming the C for the day.

**HOWEVER**, if your dosage is more than 50 grams of C, you should consume a dosage of C of at least 10% of the total needed to induce the C flush in the later afternoon or evening. Many people find that preparing a "batch" of C allows for easier and more timely consumption rather than making up a new batch at each interval. **Example:** 30 grams (10 teaspoons) may be dissolved in 10-20 oz. of liquid. If this method is chosen, we recommend using a capped, dark bottle to avoid air or light (photo-) oxidation of the C. Dissolved C is stable for a day if kept cool or cold and tightly sealed.

## **Repeat of the C Flush**

For the most rapid progress, once a week is recommended, for a period 3-6 months.

## **Daily Consumption Between C Flushes**

Between flushes, consume 75% of the total C you need to induce the flush. You may take it in powder or capsule form, in divided doses throughout the day. The usual sufficiency need for a person in a state of good health is 2-10 grams/day.

If you are taking 8 grams, for example, you could take 3 grams with breakfast and lunch and 2 grams with dinner. If you are taking 15 grams, you could take 3 grams upon arising, at each meal and before bed. For larger amounts, take your C in more frequent doses.

During stress or illness, many times more C can be taken (and is appropriate to take) than at other times. Doses from 50 grams to 200 grams or more a day are usual for immune dysfunction states like cancer, chronic viral and bacterial infections, and other serious inflammatory or autoimmune diseases.

If you wish to or must stop vitamin C for any reason, it is quite important to taper gradually. Sudden cessation of C does not allow the body time to accommodate to the change, and the body will continue to metabolize/excrete large amounts. You must reduce your vitamin C level by several grams/day over a sufficient period of time to prevent this from occurring.

## **Changing Need**

As you become healthier, C is used more efficiently and is better conserved in your body, and less will be needed to achieve the desired effect. As your need decreases, you may notice loosening of the stool. This is a sign that it is time to taper C intake. As you become familiar with your body's responses, your need for and best timing of C is likely to become clear through direct experience with this protocol.

## **Outcome of C Flush**

Many helpful things happen at the ascorbate saturation level that will not happen otherwise. Many people report feeling improved well-being after the completion of a C flush. This may be of short duration, initially, but is a promising sign for long-term improvement. As toxins are eliminated from the

body and as it is energized through the action of the C, you should feel progressively better for longer periods of time.

## Cautions

Be sure to consume adequate water with each dose. The approach described above will help you in this regard, and any concern about fluid or electrolyte loss from the stool is thus minimized. Some people report gas or fullness, or even cramps, while doing the flush. This is almost always due to dissolving the C in too little water or rushing the procedure.

Room temperature liquid is best for absorption.

## Tips

- \* Most people find that the flush is easy to do. Since the amount of time can vary quite a bit, it is best to do your first flush on a day when you can stay home for most of the day. Once you have done a flush, you will have a better idea of how much time is needed.
- \* For most people, it takes somewhere between 3-8 teaspoons of C to flush. It could differ for others: 15, 20, or more than 50 grams depending on your health status and how quickly your body uses up C.
- \* Sometimes people remain bloated for the rest of the day. Occasionally, people have loose stools for a day or so after doing the flush.
- \* Some people have reported **hot** stools that seem to burn the anus after several evacuations. If so, you can use a natural salve, such as calendula ointment, to soothe the area. This tends to cease after the first few times you do the flush.
- \* People with hemorrhoids, irritable bowel disease, or inflammatory bowel disease may find that the C activates their tissues in the healing process. They may need to increase C and bioflavonoids slowly over time before doing a C flush.
- \* Usually, people find that they feel better than they have in a very long time after the first C flush. Some report a greater sense of well-being after the second or third. The overall consensus is that as time goes on, doing flushes helps people feel increasingly better.

## **Supporting Supplementation**

When introducing higher dosages of vitamin C your cellular machinery works harder and more efficiently. The following supplements may be helpful to allow your repair to go most smoothly.

### **When energy disturbances, cramps, and magnesium deficits are likely:**

Beyond Health Choline Citrate: 1 teaspoon twice daily in juice or water  
Beyond Health Magnesium Formula: 1 tablet twice daily with choline citrate  
Perque Endura Guard: 1 capsule twice daily

### **When digestive problems and inflammation are significant:**

Beyond Health Probiotic Formula: 2-4 capsules with each meal  
Beyond Health Cellular Repair Formula: 2-10 tablets twice a day

### **For additional information please contact:**

Beyond Health  
1-800-250-3063  
[mail@beyondhealth.com](mailto:mail@beyondhealth.com)