



Heal Your Gut. Get Your Life Back.

VITAMIN C FLUSH

A vitamin C flush delivers very high doses of vitamin C in order to achieve tissue saturation – and in the process, supports the immune system and rapid healing.

A vitamin C flush can be done anytime you might be feeling run down, recovering from illness or trauma/surgery, or your immune system simply needs a boost.

If you are chronically ill, tired, or have gut issues, you are sure the benefit from a Vitamin C Flush.

HOW TO DO A VITAMIN C FLUSH

The vitamin C flush involves taking as much vitamin C as your gut can tolerate, in order to saturate your body. When you've reached 'bowel tolerance', or the point at which you can no longer absorb vitamin C from your gut, you will experience an enema-like evacuation of liquid from your bowel. For this reason, it is important to choose a day to flush when at home, near the bathroom.

Begin the flush first thing in the morning, before you eat. I prefer to do the flush while fasting, but it's OK to eat.

Take 1 dose of vitamin C (see below how to determine the dose), mixing into half a glass of water and drink it.

Repeat this every 15 minutes, recording each time you take a dose, and continue until you need to use the bathroom. You are looking for the bowel to pass a watery stool. Once this occurs, the flush is finished and you can stop drinking the vitamin C.

The next time you go to the bathroom after the flush, your stools may still be a bit watery, but things should return to normal pretty quickly.

*Note what total amount of vitamin C you took to achieve bowel tolerance.

DETERMINE THE DOSE

The amount of vitamin C needed depends on how quickly your body uses it up/ how much you need. The needs go up quickly in times of sickness, so you might not always need the same dose every time you do the flush.

Below are suggestions for how to best determine your needs based on how healthy you are:

- A healthy person begins with 1 gram dissolved in half a glass of water every 15 minutes.

- A moderately healthy person begins with 3 grams every 15 minutes.

- A person in ill health begins with 5 grams every 15 minutes. This is also the dose recommended when you have an acute infection (start of a cold/flu for instance).

* If after four doses there is no gurgling or rumbling in the gut, you should double the initial dosage and continue every 15 minutes.

**Most people will need 10 to 30 grams to achieve a flush.

YOUR OPTIMAL DAILY DOSE OF VITAMIN C

Your optimal dose of daily vitamin C is approximately 75% of the dose needed to achieve bowel tolerance.

This is the dose I would recommend you continue with on a daily basis after the flush, in divided doses throughout the day. So if you needed 20 grams to achieve the flush, take 15 grams per day, in divided doses.

Overtime, as you get healthier, your needs will reduce, so adjust the dose accordingly.

WHICH VITAMIN C IS BEST FOR THE FLUSH

For the flush, we recommend using a buffered form of vit C. Here are 2 that we like:

[Option 1](#)

[Option 2](#)

Perque Potent C Guard is another good option to use for the flush.

HOW OFTEN CAN YOU DO A FLUSH

You can do the flush as often as once per week if you are very sick. Once per month or every few months is good for most people.

You can also do a flush at any point if you get sick with a cold/ virus (best done at the very first sign of a cold).

If feeling a bit bloated or unwell after a flush, take a binder, such as activated charcoal. Magnesium glycinate can also be helpful.