

### **Ascorbic Acid Flush**

(useful for allergies, immune system, detoxification)

- Place 1000mg of ascorbic acid powder in a cup of water or juice (can also take in pill form)
- Take every ½ hour, keeping track of how much has been taken, until diarrhea results
- Count how much it takes to produce diarrhea. Subtract 1 from this amount and take the resulting drink every four hours for 1-2 days
- During therapy, make sure the stool retains a tapioca-like consistency. If it again becomes watery, decrease dosage as necessary
- Find your maximum dose (1000mg under the amount that causes diarrhea) and take that amount of vitamin C in capsule or tablet form each day (the dose will decrease in time)
- Repeat therapy once a month if needed