

The Vitamin C Flush

Try This Simple Test Yourself

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Let's consider the use of an inexpensive nutrient that can have profound implications. And more importantly, patients can get involved to establish levels. It has been called many names, "The Vitamin C Calibration Test" or "The Vitamin C Flush." I have even heard docs refer to it as a "One Day Cell Detox Program."

For over 10 years I have heard Dr. Russell Jaffe who holds both an MD and PhD talk about two main themes to assist the body in repairing itself. One is to eat a higher percentage of alkaline foods, which by its very nature increases vitamins, minerals and reduces metabolic acids produced by excess protein, stress and a poor diet. The second theme he promotes in every lecture I have heard is that we need to have sufficient vitamin C to keep the body in a rebuilding and repairing mode. As we age, stuff breaks down. The secret to longevity is to make sure we rebuild and repair. Below you



can learn more, but I think you'll enjoy this brief summary.

So what is it about vitamin C that some outstanding men of science like Dr. Linus Pauling, Dr. Carl Pfeiffer and Dr. Albert Szent-Gyorgyi have devoted a major part of their lives to? First of all we recognize that guinea pigs, monkeys and man are virtually the only animals that can't manufacture vitamin C from glucose. Therefore they must get their vitamin C from food. "If we were to extrapolate the amount of vitamin C rich foods that guinea pigs and monkeys consume in the wild and convert it

to human body weights, we would need to consume anywhere from 5-15 grams of vitamin C per day to meet their daily intake." And that level goes up if we are exposed to a poor diet, stress, toxic metals, or injury. Most patients are exposed to more than one of these factors!

Dr. Jaffe calls vitamin C the most potent, safest and most abundant antioxidant cofactor. "Vitamin C aids in the maintenance of cellular membranes, cellular respiration, the peroxidase cleansing system, the restoration of vitamin E / selenomethionine complexes,

and sulfhydryl enzymes like glutathione synthetase." Anything that will restore glutathione gets my attention. Dr. Jaffe goes on to say ascorbate is also involved in hormone biosynthesis and increases cellular resistance to many common viral infections perhaps due to its interferon-like activity.

Dr. Carl Pfeiffer also an MD, PhD in his book "Mental and Elemental Nutrients" calls vitamin C one of the body's strongest reducing agents. "Vitamin C is needed for iron absorption, folic acid utilization, wound healing, healthy bone, cartilage and connective tissue. It assists in the detoxification of lead, excess iron, copper, bromide, arsenic, benzene and many pesticides such as DDT and lindane. vitamin C also reduces the action of cancer causing compounds. There are many factors which create a greater need for vitamin C such as increased estrogen, stress, infection and injury." Using a qualitative EEG, Dr. Pfeiffer and colleagues found vitamin C to have an anti-anxiety or sedative effect. Dr. Pfeiffer also stated that less than 1000 mg of vitamin C could result in an increase in cholesterol.

Dr. Ron Rosedale is another one of my favorite MDs; his discussions on insulin are amazing. He highlights in his book "The Rosedale Diet" from a 2001 study published in "The Lancet" that people with the lowest blood levels of vitamin C were two times more likely to die of heart disease as those with the highest levels. He casually mentions that vitamin C also significantly slows "glycation, the process by which glucose binds to proteins interfering with their normal function."

Having said all that... let's get to what I'll call The "Vitamin C Flush". Dr. Michael Wald really set off my internal buzzer when he made the following comment in a lecture given to the IAACN in 2008. He said "One of the ways to

reduce the parasitic load in someone's bowel is with a vitamin C flush." He also made the comment, "Always do a vitamin C flush FIRST before you replant probiotics. A vitamin C flush reduces the cellular waste and gives the probiotic a greater opportunity to establish residence if the waste is removed." The vitamin C flush is a great way to reduce cellular "acidity" and assess your individual vitamin C levels. Vitamin C in the ascorbate form is an excellent buffer and helps regenerate or reactivate antioxidants.

Here's how to assess your levels. When a patient has a day off... use 1 teaspoon of Mixed Ascorbate Powder with a small amount of juice and water and drink every 30 minutes for 2 hours. If there are no results then change timing to every 15 minutes. Continue until bowel tolerance is experienced, bowel tolerance is described as explosive diarrhea. If someone has Crohn's or severe IBS, we may want to increase the levels of ascorbate gradually and not stress an already tired organ by inducing diarrhea. Calculate the number of teaspoons to achieve diarrhea and multiply by .75; for example, 75% of 8 teaspoons would be 6. Using this example consume 6 teaspoons mixed with juice and water and drink throughout the day. Optimally it would be nice to repeat the calibration test monthly however sometimes that is not practical. But you can have the patient continue on this dose until bowel tolerance is achieved and decrease by 75% again.

Whenever I hear of things that seem a little different I personally do them myself. I encourage you to try the "Vitamin C Flush" yourself so you can feel the benefits and realize... it is really very simple. Sometimes it is good to get back to the simple things before we apply the more high tech approaches. Give it a try.

Thanks for reading this week's edition. I'll see you next Tuesday.