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HOME :: June 24, 2010

HowTo

Research

Protocols

eBooks

eLibrary

Videos

Products

Case Studies

Contact

Favorite Blogs

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PEMF-Education

Oxygen Multistep

HowTo Blog

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PEMF Systems

Health Solutions

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## Vitamin C Flush

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[Vitamin C](#) is a well known antioxidant.

It is known to cause diarrhea at high levels. This is known as “bowel tolerance”. Bowel tolerance is known to cause diarrhea. Here is an [excellent paper by Dr. Robert Cathcart](#) which talks about sustained consumption of Vitamin C just below “bowel tolerance” levels.

These instructions suggest use of vitamin C beyond bowel tolerance resolve ANASCORBEMIA which results from high levels of systemic stress. Individuals in a high stress often utilize large amounts of antioxidants.

Instructions:

- Obtain powdered Vitamin C
- Take 1 heaping teaspoon every;interval;hour to 1 1/2; hour, (interval is a matter of personal choice). Longer intervals tend to give longer for the body to use the excess to resolve ANASCORBEMIA. Shorter intervals are useful when bowel clearance is a time priority.
- Until Bowel movement
- Stop taking spoonfuls

Generally this method will result in an initial bowel clearance and two or three loose stools following. The method serves two purposes:

1. Resolves systemic deficiency of Vitamin C
2. Releases bowel contents

Many detoxification systems and nutrients that tend to mobilize toxins require elimination. Detoxification any substance which exits through the liver mandates bowel flow. Absent bowel flow, as with constipation, increases the likelihood that toxins will reabsorb in the digestive system

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