

## **Ascorbic Acid Flush**

Because Vitamin C (ascorbic acid) promotes the healing of wounds and protects the body from bacterial infection, allergens and other pollutants, it is often beneficial to flush with ascorbic acid. This therapy can help treat chemical allergies and chemical poisoning, influenza and sprains, and it can help prevent other illnesses, including cancer and AIDS.

### **PROCEDURE FOR ADULTS**

Pour 1,000 milligrams of ascorbic acid in a cup of water or juice. To make this drink, use ascorbic acid in the form of either *esterfied* Vitamin C, such as *Ester-C* or a buffered product such as calcium ascorbate. Take 1 teaspoon every ½ hour, keeping track of how many teaspoons have been taken until diarrhea begins. Count the number of teaspoons needed to produce diarrhea. Subtract 1 from this amount, and take the resulting ascorbic acid drink every four hours for one to two days. During therapy, make sure the stool retains a tapioca-type consistency. If it again becomes watery, decrease dosage as necessary. Repeat once a month.

### **PROCEDURE FOR INFANTS AND CHILDREN**

Place 250 milligrams of ascorbic acid in a cup of water or juice, using an *esterfied* Vitamin C product, such as *Ester-C* or a buffered product, such as calcium ascorbate. Give to the child every hour until a tapioca-like consistency is produced. If the child or infant does not produce this stool within 24 hours, increase dose to 500 milligrams every hour, and keep the child on this schedule for one or two days. *Do not exceed 500 milligrams per hour.* Children should be given treatment only under medical supervision.