

VITAMIN C FLUSH

Why do it

The Vitamin C Flush creates a short term diarrhea for the purpose of flushing out undesirable microbes and toxins in the small intestinal tract. Mercury and other metals are often found in conjunction with yeast/candida overgrowth or other microbe imbalances and rarely occur in isolation. This may contribute to:

- Blocked/impaired function of small intestinal disaccharidase enzymes that may contribute to food intolerances, esp. grains
- Digestive problems such as bloating
- Leaky gut
- Poor amino acid assimilation, neurotransmitter synthesis and breakdown
- Mood disorders

By removing microbes from the small intestine it is returned to a more sterile environment as it should be. Microbes can metabolize mercury in the gut into its more toxic methyl mercury form if it is not removed or successfully conjugated and excreted through the bile.

When to do it

This should be done after each amalgam removal. If doing removals on consecutive days, do the Vitamin C Flush after the last removal.

We also suggest to do this on a day you are home such as the weekend.

PROTOCOL

- Vitamin C powder (NOT Calcium ascorbate)
- Activated charcoal

Have a good breakfast. Start the flush 1 hr after an early lunch.

- Take 2 tsp. Vitamin C in 100mL of water every 20 min. until diarrhea occurs, then STOP. This may occur after 5 – 8 doses.
- Drink more water if needed.
- Take 2 caps activated charcoal after the flush to stop the diarrhea and absorb toxins. Take only 1 cap if you are prone to constipation.

This information is for educational purposes only. It is not meant to substitute for the advice provided by your healthcare practitioner. Always consult with a registered healthcare practitioner if you are not sure.