

POWER IN MY HANDS

**Thank you Lord
for another answer!**

**High dose
Vitamin C**

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See all new references particular to Covid 19 in yellow highlight

Thank you Lord for another answer! - High dose Vitamin C

Introduction

As I write this booklet, I am amazed at how much I am learning about Vitamin C. Every time I think I have finished, I find another fascinating detail to add, another disease that it cured in the past. Dr Klenner was curing pneumonia, polio, chicken pox, shingles, measles, mumps and many other diseases consistently back in the 1940's before vaccinations¹⁵ Although I have read and document here some testimonies of remarkable recovery, I would like to share first hand what high dose Vitamin C did, and is doing, for my husband and myself. My husband, who is a born sceptic, tells people openly about his remarkable recovery. When his health was taking a nose dive at an alarming rate, my answer to prayer was high dose Vitamin C. It quickly and effectively boosted his immune system, which subsequently halted his downward spiral of failing health, catapulting him back to a healthier state than before he became sick.

The Broken Gene in humans

I don't know why we humans lost the ability to synthesise our own Vitamin C. I don't even know whether we ever could. All I do know is that our immune system needs a certain amount, (much more than you'd think), to fight the constant barrage of viruses and bacteria that try to invade our bodies. Otherwise, we are left open and vulnerable to all kinds of diseases, colds and flu. I admire those who live solely on raw vegetables, fruit, nuts and seeds etc., as our ancestors did way back in Genesis 1. Whether they, lacked the complete gene for Vitamin C synthesis, I've no idea, but I'm sure they would have been eating the very best of food from the very best of soils, packed with all the nutrients they needed. (I once saw a video of a 70 year old woman who ate just like that. She looked like the daughter of her aged infirm husband; she was so beautiful, energetic and full of life). Ultimately, I'm sure that is the way to go ; plants grown in organic, mineral rich soil, for optimum health and long life. However, Vitamin C is cheaper to buy than the Vitamin C you'd get from an orange. It is very beneficial to eat loads of fruit and veg, because of all the other nutrients, but if you are very sick you, just couldn't get enough Vitamin C in you to do the trick. ¹ I have come to believe that if someone is sick its usually due to some

breakdown in the balance of requirements that the body needs to stay healthy, whether that is rest, good nutrition, exercise etc. Of course these balances needs addressing. High dose vitamin therapy is an aid to support us as we are addressing these requirements.

Our health in our own hands!!

However when a serious virus or bacterial infection invades the body even a healthy individual can be severely challenged. Vaccines virtually eradicated very powerful viruses' like polio, diphtheria and tetanus, but new or reappearing mutated strains of disease continue to challenge microbiologists year after year. The race to get ahead of new mutations such as the Zika virus, with the appropriate vaccine or anecdote seems like an impossible task. Little did I know, being passionate and writing this booklet about Vitamin C that less than two years later in 2020 we would be in the midst of a world crisis due to the pandemic of Covid 19, a corona virus. No vaccine to date has been created and there is no cure for the disease except for the individual's own immune system. The chinese medics are even now in March experimenting and finding positive results for preventing the spread and halting the death of some of those infected. *'It is one thing to be sick from a virus and another thing entirely to die from a viral-instigated disease. It must be emphasized that a mere 200 mg of vitamin C/day resulted in an 80% decrease in deaths among severely ill, hospitalized respiratory disease patients.'*²⁰ However, news of vitamin C research for COVID-19 is being actively suppressed. See more on... <http://orthomolecular.org/resources/omns/v16n12.shtml> . Andrew Saul, a leading expert on Vitamin C is being banned from Facebook and other social media. However he continues to be a leading encouraging voice of hope that refuses to be quiet about findings that even the Chinese government is not blocking. The following link is worth listening to <https://www.brighteon.com/646ad120-775a-4464-a0d1-609be7a0a9dc> on this suppression.

For dosages in this crisis please refer to...

http://www.doctoryourself.com/cathcart_C_summary.html

Vitamin C (When the world is not in a pandemic crisis)

The beauty of taking high dose Vitamin C is it covers such a vast range of ailments that you find your taking it for one thing and other stuff is being dealt with. High level doses of Vitamin C works as an: Antioxidant, Antibiotic, Antihistamine, Antitoxin, Antipyretic, Antidepressant.¹

When asked why high doses of a vitamin are so effective in curing disease, Dr Andrew Saul quoted *'One vitamin can cure so many things because the deficiency of one vitamin can cause so many things.'*

Because your body is so efficient in healing itself, you can reverse and prevent many diseases easily, cheaply and effectively, aiding your own immune system to work at its optimum level again. (Even if it has been impaired by the use of antibiotics, chemotherapy, etc.). To add a few teaspoons of powdered Vitamin C to your bottle of daily water and drink it occasionally through the day may seem too simple. But in so doing, you are performing an effective procedure to give your defence system something that it desperately needs to function efficiently. It is a small price to pay to make up for that missing link in that broken human gene.

Dividing a high dosage is key

I believed that in writing my testimony it might help others to avoid and alleviate various ailments. I'm also writing this booklet because whenever I tell my friends about Vitamin C they usually run out and buy a tube of 500 mg tablets from their local supermarket and take one once a day; they may as well go and buy a tube of Smarties. Then I end up looking stupid because it doesn't work. You need at least, at the very least ten times more than that and dividing the dose throughout the day is crucial as your body can only assimilate so much at once. So, giving more detail in this booklet, rather than trying to explain verbally, will hopefully save time and confusion with those who are interested.

Testimony

I was curious... I'd realised I'd not heard my husband Alan complaining about his bowel

condition for many months. He had suffered for years with a rather distressing problem of needing frequently to go to the loo. Whether this was IBS or some other bowel condition, the doctors didn't seem to know, or be able to do much about it, but nevertheless it was an uncomfortable situation especially whenever he travelled. When I asked him whether he was still suffering from it he replied 'I've not even thought about it for a long time'. 'Oh my word' I thought 'Could it be the Vitamin C has solved another problem!'

The journey that changed everything

Looking back to six months earlier we were booked to travel to Germany for a much needed holiday. It had been a tough time as Alan's recurring bladder infections, seemed to be destroying him. They were becoming more frequent and more intense. He was on his fourth infection and next load of antibiotics. We knew that if he got another infection while we were in Germany, it would be a nightmare of a cost and we would have to get him back quickly. It seemed likely that we would have to cancel as he seemed so weak, but after a few days, as the antibiotics kicked in, we decided to risk the journey.

Within the time period of just a few months, Alan had taken six courses of antibiotics for one reason or another and his strength seemed to be spiralling downwards as infection after infection hit him. He would be up awake sporadically throughout the night needing the bathroom, sometimes vomiting. He had become so weak he had difficulty walking even to the shops around the corner. He had also suffered with three tooth abscess, all within this period of a few months. One of my theories was that the repeated antibiotic treatment had impaired his immune system. To top all that his sugar levels had gone out of control and had been referred to a specialist diabetic clinic. Also, the doctors were concerned as his prostate-specific antigen was dangerously high and to make matters worse, his kidneys were working at only 22%. His organs were taking a hammering and the thought of another infection was unthinkable.

Alan had obviously begun to realise the seriousness of his condition because as we drove to Germany, somewhere near Brussels, he surprised me as he turned to me and asked for my help. He knew that I had an insatiable curiosity for research into natural treatments, and that for years had more or less taken my health into my own hands. Alan had previously looked upon me as a health fanatic and he had decided to take the 'safe' route, relying on

the doctors' knowledge and his daily ritual of taking sixteen prescribed tablets . However, although that had got him by in the past, he was beginning to realise that whatever the medical profession was doing for him right now wasn't working!!

'Help me!', was music to my ears! I was delighted! NOW... I COULD HELP HIM! As Leonard Cohen sings in Suzanne... For *'only drowning men can see him'*.

A systematic plan of action

Because Alan had so many other health problems, I decided that we'd focus first on the most urgent. It was imperative to stop the bladder infections. Also, his glucose levels were so out of control that it was crucial we brought them down. I told him we would take each problem, one step at a time and fight it from every angle. I knew that if we could fill his bladder constantly with Vitamin C (which makes the urine more acidic), it could prevent further infections, so he started drinking it throughout the day. (This doesn't work with all bacteria, because some thrive in an acid environment) We had a hunch that Alan's soaring sugar levels were causing the infections. On researching into this, it seems that many diabetics can suffer with recurring bladder infections. So, much to my surprise and admiration he went ahead and cut out sugar from his diet. Alan's friend Lada Herink had once advised us to use hydrogen peroxide for mouth hygiene, and I figured that by remedying any infections there, it would take some of the load off of Alan's struggling immune system.

A quick recovery and some pleasant surprises!

The upshot is that consequently Alan recovered quickly and was back to playing tennis and winning, within weeks of our German trip. He has not had an infection or had to use antibiotics since that holiday in **early 2018. (March 2020)**

A narrow escape - no insulin injections...pew!!

There was dramatic improvement of Alan's diabetic condition which could be due to his low sugar diet, but was a surprise to his clinician. After we arrived back from Germany, after assessing his, pre-German trip HbA1c test result, the lady told Alan that it was likely

he would have to go on insulin injections. When I asked if we could have a bit of time to turn things around, she was adamant about the unlikelihood we could do anything to change the verdict, but agreed to give us a couple of months. His readings had been up in the 90's mmol/mol when we went back they had plummeted to 61. (48 mmol/mol being the norm).

PSA levels plummeted and bowel condition disappears!

Another surprise, is that Alan's bowel condition seems to have disappeared. Also, one of the most significant and measured results, Alan's Prostate-specific antigen levels had plummeted from 5.08 to 2.09. This was within three months of starting his Vitamin C 'treatment'.

How high dose Vitamin C helped me

I had suffered with recurring bladder infections since being a young woman. In the latter years it was becoming essential that I could get a course of antibiotics quickly when the symptoms arose. Going on holiday meant finding old packets to take with me (not advisable, but as a safety precaution, that is what I did). After a few years and after a really bad case of flu that seemed to go on for months, I was tired of the antibiotics and my dependency on them. I researched and started on the powdered Vitamin C, diluting about 3- 4 teaspoons in a large bottle and drinking it through the day. If flu is going about, I get a few minor symptoms and may feel slightly under the weather for a day or few hours. My boosted immune system fights quickly and effectively. Then the symptoms pass without the usual after effect of bronchitis or sinusitis, or recurrence of the virus. After a couple of years or more on Vitamin C without a urine infection, I did have an episode when, although Vitamin C was helping to alleviate the symptoms, it was not killing the bacteria. I decided to go on antibiotics. It appears that it was E.coli bacteria, that was sensitive to Trimethoprim, probably a strain that is not affected by acidic conditions.. There are certain bacteria that have adapted in such a way and in those cases antibiotics are useful. Taking Vitamin C however is great when you are on a course of antibiotics as it helps them to be more effective. Plus any infection quickly depletes the cells of vital

Vitamin C so replenishing them is always a good idea.

Another Testimony...

The case of Mr. Allan Smith, a farmer in New Zealand, is another inspiring one. He had fallen ill from double pneumonia and leukaemia. The doctors were about to pull the plug from his life supporting machine but his family insisted that they first try high doses of vitamin C. The doctors agreed and after administering mega doses of vitamin C, Allan walked out of hospital. Daily Health Post: How to Cure Pneumonia Naturally With Vitamin C.⁷

...And another

An 11 month old boy was so sick. He had been on 12 courses of antibiotics in his life. He had a high fever, watery eyes, laboured breathing and thick mucus. He would not sleep and cried keeping the family up all night. His mother and father gave him vitamin c about every 15 minutes. The baby improved in hours and slept through the night. All his symptoms had disappeared in 48 hours. He had received about 20,000 mg of vitamin c per day and never had diarrhoea.

The benefits and problems with antibiotics. ¹⁶

My sister Miriam, as a baby in the late 1940's, had septicaemia and was told they could do nothing to save her, except to try the then experimental treatment of antibiotics. They saved her life. However, I wonder if in her later years her constant use of antibiotics for chest infections impaired her own immune system leaving her vulnerable and contributing to her cancer and subsequent death. I am grateful that antibiotics have saved many lives, I am also grateful for the discovery of Vitamin C as an alternative in some cases. Dr Andrew Saul claims that they were curing even polio way back in the 1930's with mega high doses of Vitamin C and that, in huge quantities, it can treat anything from a measles to Ebola.¹ Apparently Dr Saul brought his own fever down in two hours when he had viral pneumonia and his cough disappeared.

Of course the added concern with antibiotics is that there is a real danger that some

bacterial strains are becoming resistant, and doctors are increasingly reluctant to prescribe them. The thought that frightened me somewhat and made me feel out of control was 'What if I caught a serious infection and they refused to give me antibiotics? Or prescribed them too late...? or gave me the wrong ones?' I'm so glad I can take the health of my immune system into my own hands to prevent a lot of disease. Much more research is needed and there are other alternatives to antibiotics such as colloidal silver, hydrogen peroxide etc. However, a lot of these need a doctor to administer and in serious illness even Vitamin C would have to be taken in such large doses that it would need to be administered intravenously by an expert. Therefore, again, I thank God that we are living in an age when antibiotics are available and still effective in most cases, yet I do pray that more research will be undertaken and doctors are open to the alternatives.

Instructions and Some important details

1. A teaspoon of powder is between 4,000 – 5000 mg. 3 teaspoons have been sufficient for Alan and I. I make us both a concoction of 3 to 4 teaspoons of powder in two 750ml glass bottles and we drink it over a period of 24 hours. As I previously stated, it is important to not drink it all at once, as the body will only use so many milligrams at one time, The rest will be wasted and flushed out in the urine.
2. I buy my powdered Vitamin C from Amazon. There are several brands. It has to be L- ascorbic acid not D-ascorbic which is synthetic. Whilst in Germany, I bought a small tub of the man made stuff from the chemist and it had a really weird effect on me. The box said to take a dose, the size of a very small pea chopped in half, daily. I took 3 whole teaspoons and felt like I was dying.
3. Its best to get non GMO 100% pure pharma grade. There are different brands, but I like Classikool... You can do your own research. I buy a kilo, £16.99 free postage, which lasts Alan and I about 6 weeks. **Since I wrote this, I had a dream in February 2020 that there would be panic buying because of the Corona Virus so I so went out and bought extra provisions in case of difficulty buying. Sure enough at this update, this brand from Amazon is currently unavailable! From Classikool the price has rocketed to £29.99**
4. Usually people take Vitamin C when they are in the throes of a cold or flu. At this point the immune system has already failed to do its job properly and it will take a little time and extra Vitamin C to boost its efficiency. Its far better to keep your immune system working at optimum level all the time to protect yourself from anything unexpected. My advice is take it daily or if a virus or infection hits, take a look at Dr Saul's site and try the mega doses which acts like an intravenous drip when taken frequently. For the viral pneumonia, he took 2,000 mg Vitamin C tablets every 6 minutes (about half a teaspoon. That is 20,000 mg an hour). He says, *'If you're healthy, 15,000 mg a day is great. If you're sick as a dog, then take more'*¹
5. Vitamin C is a biologically unstable molecule that oxidises upon exposure to air,

light, and heat. When you add it to water it starts to slowly degrade. I don't make more than one bottle for each of us at a time.

6. Dr Saul recommends you take the dose up to bowel tolerance. This simply means that as you increase the dose you will come to a point that your bowel movement is watery. This is the point that you are at your optimum level of Vitamin C. Apparently the sicker you are the more you can take before you reach this point. This level of dosage is also used to cleanse your system and is known as a Vitamin C Flush. To learn more about this, see link below³.
7. I don't see why anyone should stop taking Vitamin C daily. However, if you have been on a mega high dose such as a flush and wish to stop, then it is a good idea to come off gradually, taking less each day. Again, if you go to the link below, you can learn more about how to do this.³
8. It seems that drinking the Vitamin C solution with or after meals reduces its acidity or you can take it with calcium or sodium bicarbonate, if you have a sensitive stomach. I researched into Ascorbic acid and gastritis/ulcers to see if taking it has any detrimental effect on the stomach. Conversely, it would appear from an in-depth study that you can treat ulcers with Vitamin C. It reduces the risk of bleeding and of the forming of cancerous growths.¹³
9. There is a condition called hemochromatosis, which is an overproduction of iron in the blood. People with this condition should not take vitamin C because it helps the body to absorb iron.
10. Because the molecular weight of glucose is 180.16 while that of ascorbic acid is 176.12, high blood levels of Vitamin C can produce a false high reading on a finger prick blood glucose test. This could be a problem for those who are on insulin for diabetes as the false reading could lead the person to take an overdose of insulin consequently taking their glucose levels to a dangerous low, causing hypoglycaemic shock. To get an accurate reading if taking more than 15,000 mg a day of Vitamin C is to wait 8 hours while it is out of the system. Please see website below for more information.¹⁸

Interesting facts about Vitamin C

1. Our inability to synthesise Vitamin C, we share with a few animals such as guinea pigs, apes, and some bats, boney fish and some birds. The reason we can't synthesize vitamin C is because of the brokenness in the L-gulono-γ-lactone oxidase (*GLO*) gene which is responsible for coding the enzyme which catalyses just the one last but vital step of vitamin C biosynthesis. Because of the processed diet we now exist on and the lack of nutrients in the soil we in the Western world are seriously depleted in this essential vitamin.
2. Medical doctors have been using high doses of vitamins to cure disease for over seventy years. Doctors prevented and cured polio with high doses of Vitamin C in the 1940's. Vitamin C has healed symptoms for AIDS/HIV patients. On 200,000 mg a day patients were symptom free.⁵ Dr. Thomas E. Levy writes that properly dosed Vitamin C will reliably and quickly cure nearly all cases of polio and hepatitis.⁶ It is very sad that one of my best friends had a brother who was crippled all his life and died in his fifties as a result of polio. When a breakthrough is made in medicine, it amazes me why it is ignored for so long. Nearly eighty years later and still the majority do not know that high dose Vitamin C cures many diseases.¹⁵ For some reason, the media, medical profession and the pharmaceutical companies warn us not to try the very thing that will be most helpful.
3. Food Cravings go away at high doses of Vitamin C. Smokers that quit while taking Vitamin C, don't seem to get the food cravings to replace the smoking.¹
4. Dr Rath wrote to Angela Merkel indicating that she was outlawing natural health. After explaining how vitamin C can be used to prevent heart attacks and cancer his letter states: *'Ignoring the progress of natural health science is likely to have different consequences for you and any other political decision taker who disregards the available scientific evidence. Now, when it is absolutely clear that vitamin C selectively kills cancer cells while leaving healthy cells unharmed, this scientific fact becomes a highly political issue. I call upon you and political decision takers around the world to promote this knowledge in order to improve the health of your people and protect them from the harmful and unnecessary side*

*effects of conventional approaches such as chemotherapy. Failure to act will expose you – and other politicians – to being held responsible for gross negligence. Moreover, continuing to obstruct the implementation of life-saving knowledge in natural health by political means is maliciously risking the health and lives of millions and, therefore, would meet the criteria of a crime against humanity.'*⁴

5. You may hear that Vitamin C causes kidney stones. Dr Andrew Saul states specifically that it does not and that there is not a Vitamin C kidney stone in existence. Vitamin C stops the unity of calcium and oxoid that creates them. In theory it would appear that it could create them. But it just doesn't. Plus Vitamin C actually dissolves most kidney stones.¹

Orthomolecular Medicine News Service, dated February 11, 2013, clears up the confusion about Vitamin C and kidney stones.¹⁴

6. Children and babies benefit greatly from taking Vitamin C. You can find the recommended doses on www.orthomolecular.com The link is below¹⁰
7. Vitamin C is immensely helpful at killing viruses that antibiotics cannot. It is also helpful in bacterial infections to aid antibiotics adjuvantly , to do their job more effectively.

Conclusion

My hope in writing this booklet is that the reader will be alleviated from much of the discomfort of viral and bacterial infections. Also from the sometimes never-ending cycle of antibiotics, impaired immune system, infections, antibiotics and its eventual consequence. I would advise the reader to do their own research into the many testimonies of the cured 'incurable'. The links below are a good start. The truth brings a freedom from the fear and torment that certain diagnoses can cause to individuals and their families. Knowing that there are other options out there that work, is such a great relief.

A Word about Cancer

Vitamin C isn't the full story, but its a large part, insomuch as it an aid to the immune system. that system is the very best defence system in the world and worth cherishing. There are other aids to the immune system; for instance, fasting will reboot, regenerate and reset it. I've just read a news article about a young mother, and wife of a rugby star, who had Hodgkins disease; a cancer of the lymph nodes. The doctors sent her home to die as they could do no more for her. She had to tell her daughter that she was going to heaven, her heart broke as she watched her little one cry on hearing the dreadful news. The lady decided to go on a juice fast and take cannabis oil. Subsequently, she kick-started her own superior defence mechanism and she is now free of cancer. In the article, the medical profession warned against trying alternative treatments. Can we please... right now... press the pause button... for a light bulb moment!!!! This lady would certainly have died if she had not tried an alternative solution.¹¹

The medical profession is invaluable; where would we be without the doctors! When I fell down the stairs in 2013 and broke my shoulder and wrist, an expert bone specialist operated and stuck me back together again with bits of metal. However, even they know they haven't got all the answers, which is painfully apparent when it comes to terminal cancer! Chemotherapy, radio therapy and surgery may get rid of the tumour, but cannot build the individual's own healing mechanism, and rather, depletes and weakens the immune system. The tumour may disappear but the cause of the cancer, if not addressed can cause further devastation. This amazing immune system we have been blessed with is

perfectly and divinely designed, when it is working properly, to seek out and destroy any dangerous thing that could threaten the organism.

Fear of Cancer – A thing of the past?

The fact is that many people have been cured of cancer by taking an alternative route. Many have trodden an arduous path of discovery and risked thinking 'outside the box' to give us the luxury of having a wider choice of treatments for ourselves and our families. The reason serious diseases have caused so much fear is because we have seen and heard the horror stories, often in loved ones that seemed to have no choice except to face a gruelling battle with sometimes only a slim hope of recovery. Yet there are many people who have dared to believe, act and lived to tell their story! Felicity Corben Wheeler was sent home to die from an aggressive cancer of the pancreas in 2003. She undertook certain alternative therapies including the Gerson therapy. She is alive and very well fifteen years later and broadcasting her own television programme; Get Well Stay Well, which is aired on the Revelation Channel. She speaks on YouTube how there is only one system that can get us well, so that we stay well, and that is our immune system¹² If brave voices like Felicity's and many other can be heard, they will ring out the truth with a clarity, silencing the cacophony of doubt, that panics the diagnosed into making uninformed rash decisions. Surely, the truth will make us free!

New information

The following is new information to me in March 2020 and is taken from a quotation from Robert Cathcart in http://www.doctoryourself.com/cathcart_C_summary.html

I want to emphasize first that the main reason that massive doses of vitamin C work against infectious diseases has little to do with the vitamin C functions as ordinarily understood. They work in massive doses because we are throwing away the vitamin C for the extra electrons carried. These extra electrons neutralize the free radicals (molecules missing electrons) that mediate all inflammations and cause the symptoms and deaths from these infectious diseases. It is not really a matter of medicine; it is a matter of chemistry. Doses of ascorbate which are massive enough to force a reducing redox potential into tissues affected by the disease will always neutralize the free radicals.

REFERENCES

- ¹ <http://fatburningman.com/dr-andrew-saul-the-megavitamin-man-high-dose-vitamin-c-diy-health/>
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- ⁵ http://www.doctoryourself.com/aids_cathcart.html
- ⁶ Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins. Dr Tom Levy
September, 2002
- ⁷ <https://dailyhealthpost.com/how-to-cure-pneumonia-naturally-with-vitamin-c/>
- ¹⁰ <http://orthomolecular.org/resources/omns/v05n11.shtml>
- ¹¹ <http://www.dailymail.co.uk/news/article-5778709/Rugby-star-Tom-Youngs-wife-claims-incurable-cancer-disappeared-alternative-therapies.html>
- ¹² <https://www.youtube.com/watch?v=dwNGsh5ow04> Search on YouTube for Get Well Stay Well – Immune System.
- ¹³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3874117/>
- ¹⁴ <http://orthomolecular.org/resources/omns/v09n05.shtml>
- ¹⁵ <http://www.doctoryourself.com/vitaminc.html>
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- ¹⁷ <http://www.doctoryourself.com/ascorbate.html>
- ¹⁸ <https://riordanclinic.org/wp-content/uploads/2014/12/89024578.pdf>
- ¹⁹ <http://www.doctoryourself.com>

Disclaimer

AN IMPORTANT NOTE: Any form of self-treatment or alternative health program necessarily must involve an individual's acceptance of some risk, and no one should assume otherwise. No liability or responsibility shall be held by the writer of this article.

Instructions

(Just in case you have not had time to read the booklet)

If you are healthy and wish to prevent infections

1. A teaspoon of powder is between 4,000 - 5000 mg. Start with 1 teaspoons on the first day, making the solution up in the morning and drink it over 24 hours. I find it convenient to use a large 750 ml bottle. You can divide it into glasses or smaller bottles if you like, or however you normally drink your water.
2. It is important not to drink the solution all at once, (Not because it is dangerous - there has never been a Vitamin C overdose or fatality, the only danger is not having enough) The body will only use so many milligrams at one time, The rest will be wasted and flushed out in the urine.
3. Increase the dose the next day to 2 teaspoons, On the third day increase to 3 teaspoons. (If you find you get diarrhoea cut back until you find your ideal dose. See below about bowel tolerance). Somewhere between 1 tsp (approx, 5,000mg) and 4 tsp (approx. 20,000) is keeping your immune system working at a good level. I take about 15,000 and when flu is going about I may get a few mild symptoms as my immune system is fighting effectively for a few hours, then I am well again.

If you are sick and wish to treat sickness

1. If you are on antibiotics finish the course. You can take Vitamin C alongside increase their efficiency.
2. For viral pneumonia, Dr Saul took 2,000 mg Vitamin C tablets every 6 minutes (about half a teaspoon. That is 20,000 mg an hour). He says, *'If you're healthy, 15,000 mg a day is great. If you're sick as a dog, then take more'*.
3. Taking the dose to bowel tolerance simply means that as you increase the dose you will come to a point that your bowel movement is watery. This is the point that you are at your optimum++ level of Vitamin C. Apparently the sicker you are the more you can take before you reach your bowel tolerance. This level of dosage is not dangerous, and in fact some people use this point of tummy rumble and diarrhoea, to help detox and cleanse their system. This is known as a Vitamin C Flush.

A few more important details

1. Vitamin C is a biologically unstable molecule that oxidises upon exposure to air, light, and heat. Basically it loses its power and when you add it to water it starts to slowly degrade. Therefore don't make more than one bottle at a time, or store in a dark cool place
2. I don't see why anyone should stop taking Vitamin C daily. However, if you have been on a mega high dose such as a flush and wish to stop. then it is a good idea to come off gradually, taking less each day.
3. People with hemochromatosis should not take Vitamin C as it helps the body to absorb iron. Also If you are diabetic on insulin, please read point 10 on page 9 of booklet.