

# C-Flush Instructions Handout

## What is a 'C' Flush

Higher doses of vitamin C have been shown to have a natural laxative effect, which can provide some relief for constipation sufferers. To get a high enough dose of vitamin C, supplements are required. This is what we call a 'C' Flush.

## How to do an Ascorbic Acid 'C' Flush

### STEP 1: Purchase pure or buffered ascorbic acid powder

Example products for pure ascorbic acid:

<b>Australia &amp; NZ</b>	NutriBiotic, Ascorbic Acid Powder Link: <a href="https://iherb.co/vezWWzU9">https://iherb.co/vezWWzU9</a>
<b>USA &amp; Canada</b>	Pure Encapsulations, Ascorbic Acid Powder Link: <a href="http://amzn.to/2go37Rr">http://amzn.to/2go37Rr</a>
<b>United Kingdom</b>	Pure Encapsulations, Ascorbic Acid Powder Link: <a href="https://amzn.to/2kFesSv">https://amzn.to/2kFesSv</a>

### STEP 2: Complete on an empty stomach

Start on an empty stomach, first thing in the morning. Allow yourself one full day to complete the entire flush if it is your first time. Most people saturate their ascorbic acid needs within a few hours. Occasionally, the need is much greater, and it may take a number of hours to complete the initial calibration 'C' flush.

*NOTE: Wait a minimum of 2 hours after taking the contraceptive pill or other medications before commencing the 'C' flush. Or take medications after.*

### STEP 3: Estimate your starting dose

A **mildly** constipated person begins with a level half-teaspoon (1.5g) dissolved in ¼ cup of water or diluted juice every 15-20 minutes.

A **moderately** constipated person begins with 1 teaspoon (3g) dissolved in ½ cup of water or diluted juice every 15-20 minutes.

A person who is **chronically** constipated begins with 2 teaspoons (6g) dissolved in 1 cup of water or diluted juice every 15-20 minutes. 6g is the maximum dose and where most will need to start.

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## STEP 4: Start the drink

Dissolve your starting dose in liquid. Each half-teaspoon (1.5 grams) of ascorbic acid powder requires  $\frac{1}{4}$  cup of water or diluted juice (it tastes bitter so I recommend the diluted juice). For example, if you take 3g of ascorbic acid powder, you will need  $\frac{1}{2}$  cup of liquid. After dissolving the ascorbic acid, drink the beverage within a few minutes.

Count and record each dosage on the Calibration Chart attached at the end of this handout. The amount of ascorbic acid needed depends on how quickly your body uses it up.

## STEP 5: Following drinks (2, 3 and 4)

Wait 15-20 minutes from when you started the previous drink (use a timer). Use the same quantity of vitamin C for 4 consecutive drinks (1 hour).

## STEP 6: Increase dose if needed (drinks 5+)

If after four doses of either 1.5g or 3g there is no gurgling or rumbling in the gut, you should double the previous dosage (e.g., up to 3g or 6g maximum dose in 1 cup of water or diluted juice) and continue every 15-20 minutes. Use a timer. If you started with 6g, continue with this dose.

Continue with these instructions every 15-20 minutes until you reach a watery stool or an enema-like evacuation of liquid from the rectum. This is as if a cup of liquid is expressed from the colon.

*CAUTION: Do not stop at a loose stool. You want to energize the body to flush out toxins and reduce the risk that they may recirculate and cause you symptoms. Once you achieve the enema-like evacuation, stop consuming ascorbic acid for the day.*

*EXAMPLE*, it may look like this: 4 doses of 1.5g – 1 formed stool but no other movement, 4 doses of 3g – some rumbling and another looser stool but no other movement, 5 doses of 6g – flush effect achieved and drink stopped. Now you can work out your requirements and next time you complete a flush start at the maximum dose you required (in this case, 6g every 15-20 minutes).

## STEP 7: Finish the flush

Do not consume any more vitamin C doses once you achieve a waterfall-like bowel motion.

Record your final dose and calculate the total vitamin C consumed. This will help determine the amount of vitamin C you use per drink for future flushes (e.g. 1.5g, 3g or 6g).

If flushing continues beyond 1-2 hours after stopping the drinks you may like to use a binder like activated charcoal to help with drying up the excess liquid, and binding gasses (see notes on problem solving).

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## Helpful hints:

### Outcome of "C" Flushing

Many people report a subjective sense of improved well-being after the completion of an ascorbic acid flush. This may be of short duration initially, but is a promising sign for long-term improvement. As toxins are eliminated from the body and as it is energized through the action of the ascorbic acid, you should feel progressively better for longer periods of time.

### Changing Ascorbic acid need

As you become less constipated, the ascorbic acid is used more efficiently and is better conserved in your body, so less will be needed to achieve the desired flush effect. This is the time to taper ascorbic acid intake. As you become familiar with your body's responses, your need for and frequency of ascorbic acid is likely to become clear through direct experience with this protocol.

### Frequency of Ascorbic acid flush

Complete as a one-off flush, or ongoing if you experience great relief from symptoms.

If you are on a gut-healing protocol where pathogens are being removed, once per week is recommended.

However, you select the frequency that meets your needs. The less constipated you get, the less frequently you will need to complete a flush. Discuss with your practitioner the right frequency for you if you are unsure.

**Symptoms during the flush:** you will experience bloating as the colon fills with liquid and vitamin C. This may also cause some nausea and discomfort. Please know this is a normal part of the process and is mostly relieved when the flush is achieved. Most clients experience some residual bloating for the remainder of the day but this will generally clear overnight.

**Timeframes:** The amount of time to complete the flush can vary quite a bit, so it is best to do your first ascorbic acid calibration on a day when you can stay home for most of the day. Once you have done a calibration flush, you will have a better idea of how much time is needed. Usually a few hours in the morning to complete the whole process is a good estimate.

**Dosing:** For most people, it takes somewhere between 3-8 teaspoons (9-24g) of ascorbic acid to flush. It could differ for others: 40, 50, or more than 80 grams depending on your level of constipation and how quickly your body uses up ascorbic acid. I needed over 60g on my first flush so don't be alarmed if you feel like you are taking too much – your body likely needs the vitamins and minerals!

**The taste:** Consider diluted lemon or lime juice as the ascorbic acid tastes bitter. Look for something with minimal sugar and 100% natural ingredients.

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## Problem solving:

### *Potential Challenges with completing a 'C' Flush*

**Dehydration:** Be sure to consume enough liquid with each ascorbic acid dose. The approach described above will help you with this. Any concern about fluid or electrolyte loss from the stool is thus minimized.

You may need to drink additional water between vitamin C doses to help minimize fluid and electrolyte loss in the body as the vitamin C draws all liquid into the colon. Room temperature liquid is best for absorption.

Some clients report gas or fullness while doing the calibration 'flush', but that is often due to dissolving the vitamin C in too little water or rushing the procedure.

**Cramping:** Cramps may occur, though rarely, and it is usually because too little liquid is used to dissolve the ascorbic acid. Try adding extra liquid to help with the flushing process.

**Nausea:** When you get close to reaching your flush-point you have most likely consumed a lot of liquid and this may make you feel nauseous or like vomiting. Try slowing down the speed at which you consume each drink. You may need to sip the drink over 5+ minutes, but keep the timer set to every 15-20 minutes. Avoid bending over or too much movement when nausea starts.

**Nausea and upper GI pain or reflux:** If you experience upper GI discomfort this is likely from using an unbuffered source of ascorbic acid which can be hard on the GI tract. You can source a buffered version of the supplement to experiment with if this happens to you.

### **Bloating and loose stools after the flush:**

Sometimes clients remain bloated for the rest of the day of a calibration.

Occasionally, people have loose stools for a day after doing the "C" flush. This is normal and ok. You can use activated charcoal (or other binders) to reduce bloating and loose stools if needed.

Ensure you take activated charcoal at least 1+ hours away from all food, medication and supplements

**Burning stools:** Some clients report hot stools that seem to burn the anus after several evacuations. You can use a natural moisturizer or oils on the toilet paper and apply after each evacuation to soothe the area.

### **Contraindications:**

Do **NOT** complete a C-flush if you:

- Are pregnancy
- Have hemorrhoids or other structural issues with the colon
- Have IBD
- Have kidney or liver conditions (including kidney stones)
- Experience reactions to vitamin C
- Have issues with oxalates
- Not recommended for children or frail elderly people

Excess vitamin C is not absorbed and is instead 'flushed' from the body. However, always consult your medical practitioner before consuming high doses of vitamin C or attempting an ascorbic acid (vitamin C) flush.

WebMD – Review side effects & interactions: <https://wb.md/2INEvaA>

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## Calibration Chart

Use this chart to track your progress over the weeks of calibration and “C” Flushing.

Date	Tally of doses	TOTAL grams of ascorbic acid
E.g., 9/6/2019	1.5g:1111, 3g: 1111, 6g: 11111 = 13 doses	48g (calibration)
E.g., 16/6/2019	6g: 1111111 = 7 doses	42g