



## Ascorbate Calibration “C Cleanse”

When possible, it is best to start (especially the first use of this protocol) on an empty stomach, first thing in the morning. Allow yourself that day to finish the cleanse. Most people saturate their ascorbate need within a few hours. Occasionally, the need is much greater, and it may take a number of hours to complete the initial calibration cleanse.

1. Plan to count and record each dosage.

A **healthy person** begins with a level half-teaspoon dissolved in 1-2 ounces of water or diluted juice every 15 minutes

A **moderately healthy person** begins with 1 teaspoon every 15 minutes

A **person in ill health** begins with 2 teaspoons every 15 minutes. (If after four doses there is no gurgling or rumbling in the gut, you should double the initial dosage and continue every 15 minutes.)

2. Continue with these instructions at the proper time intervals until you reach a watery stool or an enema-like evacuation of liquid from the rectum. This is as if a quart or so of liquid is expressed from the rectum. CAUTION: Do not stop at loose stool. You want to energize the body to ‘cleanse out’ toxins and reduce the risk that they may recirculate and induce problems. At this time, stop consuming the buffered ascorbate for the day.
3. Record you results: **Number of teaspoons to induce flush:** \_\_\_\_\_ X 0.75 = \_\_\_\_\_

### Daily Consumption of Ascorbate after Calibration (C Cleanse)

Between calibrations, consume 75% of the total ascorbate you need to induce the cleanse. You may use the ascorbate as a liquid, tablet or capsule taking two to four or more doses per day. The usual sufficiency needed for a person in a state of good health is 2-10 grams/day.

### Outcome of Ascorbate Cleanse

Many people report a subjective sense of improved well-being after the completion of an ascorbate calibration. 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 ascorbate, you should feel progressively better for longer periods of time.

*These protocols have been adapted from The Joy of Food: The Alkaline Way Guide Book, Russell Jaffe, MD, PhD, CCN*