

Tuesday Minute Transcript

This Week's Topic

The Vitamin-C Calibration Test Try This Simple Test Yourself



“The Vitamin-C Calibration Test is a great way to reduce cellular acidity & assess a patient’s (or your) vitamin C ascorbate levels.”

Thanks to nutritional science, we can implement highly specialized treatment plans involving hi-tech nutrients and often expensive lab tests but sometimes we forget to do the simple inexpensive things. I'd like to expand on the use of an inexpensive nutrient that can have profound implications and most importantly, patients can get involved to establish levels. It has been called many names, “The Vitamin C Calibration Test” or “The Vitamin C Flush.” I have even heard doctors refer to it as a “One Day Cell Detox Program.”

For over 10 years I have heard Dr. Russell Jaffe, who holds both MD and PhD degrees, talk about two main themes to assist the body in repairing itself. One is to eat a higher percentage of alkaline foods which by its very nature increases vitamins; minerals; and reduces metabolic acids produced by excess protein, stress, and a poor diet. The second theme he promotes in every lecture I have heard is that we need to have sufficient vitamin C in the ascorbate form



to keep the body in a rebuilding and repairing mode.

As we age, stuff breaks down. The secret to longevity is to make sure we rebuild and repair. If a respected doctor like Dr. Jaffe keeps going back to the same basic principle year after year, I think it's time we cover it here on the Tuesday Minute. There is a tab below where you can get more details, but I think you'll enjoy this brief summary; and I hope you have your staff watch these with you.

There is no easier way to get your staff excited about health and what you do than to educate

them on what it "is" that you do. So what is it about vitamin C that some outstanding scientists like Dr. Linus Pauling, Dr. Carl Pfeiffer, and others have devoted a major part of their lives to? First of all, we recognize that guinea pigs, monkeys, and man are virtually the only animals that can't manufacture vitamin C from glucose; therefore, we must get our vitamin C from food.

If we were to extrapolate the amount of vitamin C rich foods that these animals consume in the wild and convert it to our body weights, we would need to consume anywhere from 5

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-15 grams of vitamin C per day to meet their daily intake. That level goes up if we are exposed to a poor diet, stress, toxic metals, or injury.

Dr. Jaffe calls vitamin C ascorbate the most potent, safest, and most abundant antioxidant co-factor. "It aids in the maintenance of cellular membranes, cellular respiration, the peroxidase cleansing system, the restoration of vitamin E/selenomethionine complexes and sulfhydryl enzymes like glutathione synthetase." Anything that will restore glutathione gets my attention. Glutathione is valuable among other things in the detoxification of drugs, chemicals, and heavy metals like mercury. He goes on to say ascorbate is also involved in hormone biosynthesis and increases cellular resistance to many common viral infections perhaps due to its interferon-like activity.

Dr. Carl Pfeiffer, also an MD PhD, in his book "Mental and Elemental Nutrients" says vitamin C has an anti-anxiety effect and it mobilizes heavy metals. He calls it one of the body's strongest reducing agents. It is needed for iron absorption, folic acid utilization, and wound healing. It is needed for healthy bone, cartilage, and connective tissue. It assists in the detoxification of lead, excess iron, copper, bromide, arsenic, benzene, and many pesticides such as DDT and lindane. Vitamin C ascorbate also reduces the action of cancer causing compounds.

Other factors such as increased estrogen and excess copper also create a greater need for vitamin C. Using a qualitative EEG, Dr. Pfeiffer and colleagues found vitamin C to have an anti-anxiety or sedative effect. Dr. Pfeiffer also felt that less than 1000 mg of vitamin C could result in an increase in cholesterol. Having said all that, let's get to what I will refer to as "The Vitamin C Calibration Test."

Dr. Michael Wald really set off my internal buzzer when he made the following comment in a lecture given to the International and American Associations of Clinical Nutritionists in 2008. He said, "One of the best ways to reduce the parasitic

load in someone's bowel is with a Vitamin C Flush or Calibration Test." He also made the comment, "always do a Vitamin C Flush first before you replant probiotics. This reduces the cellular waste and gives the probiotic a greater opportunity to establish residence if the waste is removed."

The Vitamin C Calibration Test is a great way to reduce cellular acidity and assess your individual vitamin C ascorbate levels. Vitamin C in the ascorbate form is an excellent buffer and helps regenerate or reactivate many of your antioxidants.

Here's how to assess your levels: when a patient has a day off, use 1 teaspoon of Mixed Ascorbate Powder with small amount of juice and water. Drink the entire dose and repeat every 30 minutes for 2 hours. If there are no results, then change timing to every 15 minutes. Continue until bowel tolerance is experienced. Bowel tolerance is described as explosive diarrhea.

Calculate the number of teaspoons to achieve bowel tolerance and multiply by 75%. That's your daily dose. For example if 12 teaspoons cause bowel tolerance, 75% would be 9 teaspoons. Of course, everyone's tolerance for vitamin C is different. As watery stools occur, decrease by 25% each time.

Wellness patients may continue for a few weeks; however, chronic patients will require longer therapies which suggest repeating the calibration test monthly. If someone has Crohn's or severe Irritable Bowel Disease, we want to increase the levels of ascorbate gradually and not stress an already tired organ by inducing diarrhea.

Whenever I hear of things that are new to me, I personally do them myself. I encourage you to try the Vitamin C Calibration Test on yourself so you can feel the benefits and realize it is really very simple. Give it a try.

Thanks for reading this week's edition. See you next week.