



**Important Warning**

**This information is only for patients of Michael Cheikin MD. Risk of serious injury if performed without proper ongoing medical supervision.**

**Purpose of the Vitamin C Calibration/Flush**

- 1) Determine current optimal dose of Vitamin C;
- 2) Achieve some detox (Vitamin C will clear bowels, and supports glutathione re-generation);
- 3) Healing role at proper dosing (bowels, immune, adrenals, connective tissue, etc.);
- 4) Can enable higher dose of niacin.

**Requirements**

- 1) Six hour block of time, usually beginning early with breakfast (you will not be able to eat for 4-6 hours)
- 2) Powdered buffered Vit C, approximately 50 grams. With buffering and minerals, this weighs approx 100 gm.
- 3) Follow-up high dose Vitamin C until the next flush (approx. 2-4 weeks)
- 4) Optional--glycine, organic apple juice, salt solution(s)

**PLEASE READ THE FOLLOWING BEFORE BEGINNING THE CALIBRATION/FLUSH**

**A)** When possible, it is best to start (especially the first time) first thing in the morning (as early as 7-8am), one hour after a light breakfast. It might take 6 or more hours to finish the "flush"

**B)** Room temperature liquid is best for absorption. Cramps may occur, though rarely, and it is usually because too little fluid is used to dissolve the ascorbate. **The optimum concentration is approximately 2.5 gm Vitamin C per 2 ounces** of water and/or juice, or more diluted if desired.

**C)** Use your cell phone or other timer to keep on schedule. Be sure to take a dose every 15 minutes.

**D)** Starting the fifth dose, double the initial dosage (usually from 2-4 oz) and continue every 15 minutes (see grid).

**E) END POINT = "CALIBRATION DOSE" = CD = WATERY STOOL**

**F)** Continue this protocol at the proper time intervals until you reach **the "calibration dose" = a watery stool or an enema-like evacuation of liquid** from the rectum. This is as if a cup or more of liquid is released from the rectum. **CAUTION : Do not stop at loose stool or small amount of water. You need to completely "flush out"** any mobilized toxins to reduce the risk that they may recirculate and induce problems. Most people require between 25 and 50 grams.

**G) Once you achieve watery stool**, stop consuming the buffered ascorbate. After 1 hour, you can eat a light meal (fruit, cooked greens, smoothie) even if your bowels remain loose. You also want to keep up with hydration to make up for all the lost water.

**H) That night with dinner or later, take vitamin C pills or powder of at least 10% of the Calibration Dose** (i.e. if you took 50 grams to achieve Calibration, take at least 5 grams in the evening), even if there is still some diarrhea.

**I)** Beginning the next day, or when your bowels have stabilized (occasionally two days), **your daily dose of Vitamin C (caps or powder) should be between 50-75% of the Calibration Dose**. Spread Vitamin C into 2-4 doses over the day. You can use powder or pills. **This dose will continue until your next Calibration (a few weeks)**. If the bowels are too loose or there is stomach aches/ gas/cramping then reduce the daily dose to tolerance.



J) Preparing a “batch” of ascorbate can be easier than mixing every 15 minutes.

Equip:

1. 1/2 gallon pitcher or jar (64 oz)
  2. Vit C buffered powder, 100 gm
  3. 32 oz juice of your choice (apple, pineapple, other?)
  4. funnel
  5. 8 oz cup
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1. Start with a 1/2 gallon pitcher or jar
  2. Add all the powder to the jar (100 **grams of buffered powdered C = 20 rounded tsp OR 11 flat TBSP; = net 50 grams of C**)
  3. **Add half of the 32 oz juice. It will fizz a lot, and will turn to a pale brown.**
  4. **When fizz is done, add balance of juice and 8 oz of water**
  5. **At this concentration, there is 2.5 grams of Vit C per 2 oz.**
  6. Dissolved ascorbate is stable for a day if kept cool or cold and tightly sealed. You can keep in the refrigerator and use ice if desired.
  7. **For the first hour, drink 2 ounces per 15 minutes** (see table below); **starting the 2nd hour, drink 4 oz every 15 minutes.** If you have any left over, store in refrigerator and finish over the night (see below) and the next day.

Ecologic Formula Notes 8/25/2018

- 1) each flat tsp weighs 2.5 gm, rounded = 4.9, flat TBSP = 9 gm (more due to compaction!)
- 2) 2.5 gm/ C per 4.9 gm = 51% C, so for 25 gm C, need 50 gm powder = 5.5 flat TBSP



**Date of Calibration/Flush:**

**Before Calibration:**

That morning, eat a simple protein breakfast 1 hr before starting  
 Can take am meds with breakfast, move lunch meds to later in day  
 (With breakfast: probiotic 50B, interfaze plus 2, enzymes 2, aller-dmg 2, glycine 2, nac 1)

		Hour	Time	grams of Vit C		liquid ounces*		Note any effects, more on back <input type="checkbox"/>
				dose	total	dose	total	
Day 1	1	0:00		2.5	2.5	2	2	<input type="checkbox"/>
	2	0:15		2.5	5.0	2	4	<input type="checkbox"/>
	3	0:30		2.5	7.5	2	6	<input type="checkbox"/>
	4	0:45		2.5	10	2	8	<input type="checkbox"/>
	5	1:00		5.0	15	4	12	<input type="checkbox"/>
	6	1:15		5.0	20	4	16	<input type="checkbox"/>
	7	1:30		5.0	25	4	20	<input type="checkbox"/>
	8	1:45		5.0	30	4	24	<input type="checkbox"/>
	9	2:00		5.0	35	4	28	<input type="checkbox"/>
	10	2:15		5.0	40	4	32	<input type="checkbox"/>
	11	2:30		5.0	45	4	36	<input type="checkbox"/>
	12	2:45		5.0	50	4	40	<input type="checkbox"/>
	13	3:00		5.0	55	5 capsules		<input type="checkbox"/>
	14	3:15		5.0	60	5 capsules		<input type="checkbox"/>
	15	3:30		5.0	65	5 capsules		<input type="checkbox"/>
	16	3:45		5.0	70	5 capsules		<input type="checkbox"/>
	17	4:00		5.0	75	5 capsules		<input type="checkbox"/>
	18	4:15		5.0	80	5 capsules		<input type="checkbox"/>
	19	4:30		5.0	85	5 capsules		<input type="checkbox"/>
	20	4:45		5.0	90	5 capsules		<input type="checkbox"/>
	that night			10% of CD (see paragraph G above):				
Day 2				50-75% of CD (see paragraph I above):				
Day 3				50-75% of CD:				
Day 4				50-75% of CD:				
ongoing				continue as above until next Calibration in 2-4 weeks				

\* ounces based on 50 gm Vit C (100 gm buffered powder) in 40 oz fluid

**After Calibration:**

Take probiotics, eat fruit for a few hours after (more to come)  
 Take C later that day/evening, approximately 10% of calibration dose (can use remaining mix)