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**How find your Bowel Tolerance (for use when NOT sick):**

What is a Bowel Tolerance? This is the dose where you start to feel gas and rumbling, it occurs at the maximum point in which your body can absorb C orally. This is a gentle and simple way to get started with C and achieves the main goal, which is to get blood levels as high as possible so healing can occur.

***Take note of each dose you consume; you will need it later to find your daily Bowel Tolerance dosage.***

1. Acquire high-quality ascorbic acid in capsule, tablet or powder form\*

2. Days 1-3: Take 1 gram (1,000mg) every 4 hours, getting in 4,000mg your first day. *For some people, they may never need to exceed this dose, but for most, it will be a starting point*

3. Days 4-7: Take 2 grams (2,000mg) every 4 hours, getting in 8,000 mg.

4. Days 8-11: Take 3 grams (3,000mg) every 4 hours, getting in 12,000 mg.

5. Days 12-14: Take 4 grams (4,000mg) every 4 hours, getting in 16,000mg.

*\*This is a suggested schedule only; your body may do fine at a faster pace or may need to go slower, some people may need to start with 500mg at a time vs 1,000mg.*

*\*There is nothing wrong with using capsules or tablets, but powders have the least fillers.*

Once you have reached gas & rumbling, total your daily intake up until that point and subtract 10% from the total, this is your daily Bowel Tolerance number. *(example, at 12,000mg you begin to feel gas/rumbling. 12,000 – 10% = 1,200. 12,000 -1,200 = 10,800mg. Your BT is roughly 11,000mg daily)*

Please master the above first before moving on to a Flush, which is a powerful detox strategy and remedy for many GI complaints.

This statement has not been evaluated by the Food and Drug Administration. This regime is not intended to diagnose, treat, cure or prevent any disease.