Detailed Flush Directions

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[http://www.boweltolerance.org/the-flush.html](http://www.boweltolerance.org/the-flush.html?fbclid=IwAR2tFfE1NTDkHkjxQeBwm7St8Vssb-HLzl2T8GIvg41HAqUj63900Ul_giA)

**Detailed Flush Directions**

**When to do a flush:**

1. When you suffer from digestive issues

2. After illness

3. When you are having less than one bowel movement per day

4. After giving birth

5. To flush out toxins

**Adult Flush**

Take 3-5 grams of ascorbic acid or sodium ascorbate every 15 minutes until you experience rumbling or gas. Stop and wait or slow down. Sometimes if you continue on you will experience prolonged flushing. This will deplete nutrients and is not recommended. Keep track of the total dose amount that causes a flush. Subtract 10% from that dose and divide that amount up throughout every day. Over time the dose will go down as the body detoxes and heals. Flushing is quick watery or loose stools. Not prolonged diarrhea. After the loose bowels stop, continue taking 1-2 grams every hour for the rest of the day.

**Child Flush**

Children can benefit from a flush as well. Use 1-3 grams of ascorbic acid or sodium ascorbate every 15-30 minutes. When they begin complaining of stomach upset slow down. Lower the dose to 1 gram every 15 minutes until loose stools occur. Keep track of the total dose amount that causes a flush. Subtract 10% from that dose and divide that amount up throughout every day. Over time the dose will go down as the body detoxes and heals. Flushing is quick watery or loose stools. Not prolonged diarrhea. After the loose bowels ease up, continue taking 1 gram every hour for the rest of the day.

**Pregnant women and babies are not recommended to do the flush.**

2-4 ounces of water is enough for one teaspoon of ascorbic acid. Stay hydrated but don’t overdo it or the bloating will be worse. Coconut water, sole, or other sources of minerals is a good drink to use.

Things that may help a flush move along easily:

1. Not eating beforehand

2. Juicing and other sources of fiber

3. Coconut oil melted in warm water

4. Sometimes a light meal towards the end of a flush will push it along