

# DAILY VITAMIN C RECIPE

## OK PRODUCTS ARE:

- Vitamin C Crystals
- Soy Lecithin
- Lysine - Lysine helps make the above two bind together

I get these products from iHerb - <https://au.iherb.com/>

## METHOD:

Dissolve 1/3 cup of Vit C in 1/3 cup of water in a blender  
(warm water helps to dissolve it better)

Then add 1/4 cup lysine and 1/4 cup water and blend

Then add 1/4 lecithin and blend. Then add another 1/3 cup lecithin - blend together again (this keeps the proportions correct)

Keep adding Lecithin and blending until the mixture resembles 'Goo' - Could be another 4 tablespoons, but just blend one at a time. Too much and it won't blend properly, and become too thick.

Need to keep adding until all water is absorbed.

Trial & error is the way. You need it to stay in the blender when you turn it upside down!

A bit like the green slime consistency the kids had when they were little.

**I use a 1200watt blender because anything smaller can't handle the load when it gets thick.**

Put into a container in the fridge overnight. This will completely absorb any water.

## DIRECTIONS OF USE:

1 teaspoon per day on an empty stomach.

Pop in the mouth & use a glass of water to wash it down.

OR - Put this into a small glass of water or orange juice - not too much water

It will not absorb but you drink it down like an oyster shot... just swallow it.

This teaspoon will have approx 2000 - 2500mg Vit C

By taking it this way, the Vit C stays wrapped in what is essentially fat, until it gets to your stomach, where it will slowly dissolve, releasing the full dose directly into the blood stream.

If you feel like a cold/flu is coming on, take a dose every 2 hours, or as often as you can, until symptoms go. You'll be amazed how quickly they go!!

**Here's a link to a doctor who cured himself of Pneumonia using Vit C –**

<https://www.youtube.com/watch?v=WKIMY-mbGeU&feature=youtu.be>