



SICK AND TIRED OF BEING SICK AND TIRED?  
READY FOR A BODY YOU CAN RELY ON WHEN IT COUNTS?

# '28 days to **ROCK-SOLID RESILIENCE**'

*A MINI-COURSE WITH MAXI-RESULTS*

Your 1-minute-a-day, step-by-step guide to **harness the superpower of Vitamin C**; *heal* inflammation, *protect* against virus and lifestyle injuries, *restore* your **Antioxidant superpowers** and *take control* of your future health. Like magic!  
(But it's biochemistry) Just.Add.C.

JAYE ALLAN

## Intro!

Hello friend! Whether you're just starting your health journey or a ways down the road and want to try a new approach, welcome to a powerful new chapter of well-being in your life! I know that by grabbing this *super easy*, implementable guide, you're ready to rocket-fuel your body's natural resilience to disease and degeneration (without the hassle and expense). You're ready to find out how much better life can be when you just Add C! This simple challenge will give you ***all the tools you'll need*** to safely and easily build up and optimise your C intake, in turn giving ***virtually every cell*** in your body the antioxidant muscle it needs to get you fired up in fierce good health.

Sound good but you're not quite sure where to start? I got you. Getting peeps started on the right foot is kind of my sweet spot. I love to help people set up for success in health, working with you right at your starting line, which can be a challenging time without a little help!

So, here's my advice for making the most of this guide: ***Dig into the contents and use them as soon as possible.*** Don't let this become another aspirational PDF sitting on your desktop, however tempting it might become to move onto something else. Your future body will thank you, and I'm not even kidding a little. Schedule regular times in your calendar marked "ADD C NOW", give yourself an hour to soak up the course videos, fill out your baseline health assessment and order your C. A little planning today will reap rock-solid results at the end of the line. Multi-millions before you haven't regretted their decision to Add C and reap the benefits.

And remember: it won't happen unless you do the thing! K? Ok. Lets get started!

*To your Health!*

*xx Jaye*



*Jaye's a health researcher and passionate Vitamin C Fangrrl.. (Ask her family!) After it dramatically saved her own health in her 20s, her mission has been to help bring relief to every body from the myriad sufferings caused by our genetic lack of Vitamin C (saving endless doctors visits, time lost at work, and a fortune on supplements and/or drugs). With a Bachelors degree in medical nutrition and a passion for the incredible benefits in taking ENOUGH of this simple, safe, and sensationally effective Vitamin, Jaye knows every single body deserves the benefits of a highC life – including you!*

## The Serious Stuff

Before we dive into the good stuff, let's go over some cautions because there *are* a few things to consider. In my research, I've noticed that even awesome nutrients can cause adverse, even contrary reactions if they're taken in excess (sometimes even at the recommended doses).

And because nutrients can be easily self-administered, I also noticed that people in need sometimes (understandably) hope that if a little could be helpful then more might be more helpful, only later finding out too much of a good thing can come with negative consequences. Ahem.. guilty as charged.

When I came across Vitamin C's matching duo of large-scale proof of effectiveness and long-term safety profile at high oral doses, I was elated! I knew I'd found an answer. Finally, I can advise almost any person to take high doses of C, and if they get passionate about it and want to take more, they can!! They'll either benefit massively or hit a natural safety mechanism of osmotic diarrhea.

*The entire reason* I now focus on just *one* message - that health just gets better when you add C - is that I believe this exciting combination of efficacy and safety makes vitamin C ***the most beneficial nutraceutical in existence.***

After nearly a century of use and millions of recorded doses, oral megadoses of C have never yet been shown to have significant adverse health effects<sup>1</sup>. But I need to add a disclaimer - I'm a health coach, not a doctor. As such, ***these are general and optional guidelines*** for taking Vitamin C that may not suit your individual case<sup>2</sup>. Some indicated conditions may need professional supervision when taking high dose C. We'll take a brief look at these next.

So read the whole workbook before starting, use it sensibly, seek integrated medical advice if you have any issues on the precautions list and/or feel you'd benefit from professional guidance, and you'll be ready for smooth sailing into your Resilience Era!

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<sup>1</sup> *This program advises the use of oral Vitamin C only. Intravenous (IV) C should only be administered by a physician. This program advises taking Vitamin C as sodium ascorbate. **Always read the label of any product you take.***

<sup>2</sup> *This program and any advice within has not been evaluated by health regulation authorities. No part of this program is intended to diagnose, treat, cure, or prevent any disease. If symptoms persist see your healthcare professional.*

### PRECAUTIONS:

After exhaustive research to find any possible significant side-effects of taking high dose oral C, including on-the-ground human guinea pig work (my poor family and friends now twitch to the phrase 'take your C!') and in the medical literature, there *are* some cases that *may* warrant caution. It's worth noting many of the following issues are still controversial and/or theoretical, and there *are* examples of successful concurrent medical C use by doctors, but to be safe, if any of these issues apply to you, ***seek the advice of a competent holistic doctor or practitioner and use C only as directed.***

- Genetic or induced Hemochromatosis or other high iron-related diseases: C increases absorption of minerals, including iron, from the gut. There's evidence that high doses of C may increase iron levels in the blood, which could exacerbate an existing high-iron disease.
- G6PD deficiency: There's evidence that a genetic lack of the G6PD enzyme can increase the risk of red blood cell instability in susceptible individuals taking high dose C. This is only a real concern for IVC. If you're wondering if you have genetic G6PD deficiency you can have a blood test. (Many people with G6PD deficiency find out young)
- Gastric ulcer/inflammatory bowel disease/tooth enamel erosion: Taking the acidic form of C (ascorbic acid) can exacerbate irritation of these issues. In this case, using exclusively non-acidic sodium ascorbate is recommended. (See step 2 for more on this)
- Kidney disease/kidney stones/uric acid issues: Still a controversial issue. Many practitioners have used C to *dissolve* stones and uric acid issues, but there could still be a theoretical risk in oral dosing and dosing on sodium ascorbate.
- Medications: Vitamin C can cause faster liver phase 2 detox and excretion of some medications depending on when they're taken and how they interact with C. **If you're taking meds, consult a knowledgeable integrative practitioner before starting this program.** Commonly taken compounds that may be affected include some antidepressants, amphetamines, alcohol, barbituates, some heart meds, some contraceptive meds, some antipsychotic meds, iron-reducing meds, blood thinning meds including aspirin, some chemotherapy agents, and oral iron supplements.

*This course has been designed to work with any general health and supplement program and will suit generally healthy people wanting to get serious about building resilience.*

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## A Brief Overview

I know getting started is often the biggest hurdle between you are and where you want to be, which is why this guide is here to make blasting through that obstacle as easy as possible. There are **5 key steps ahead of you** that I will walk you through, and at the end, you’ll see it’s ridiculously easy to get your body rock-solid resilient just using little ole vitamin C. I’m on a mission to convince you the value of the best addiction possible – the AddC lifestyle.

### PROVE

*Find your motivation: Get clear on why you (and every other human) need way more C than you thought.*

### PREPARE

*Learn which C will suit you and why, where to source your goodies and how to make your challenge run smoothly. Plus set a baseline health assessment.*

### PORTION

*The secret sauce: how to get your doses right, balanced, tailored especially for you.*

### POLISH

*How to keep momentum up without the hassle, easily manage any pesky bowel or detox effects that may arise with tried & true hacks and tricks*

### PAYOFF

*You’ve done it! 28 days of anti-inflammatory, collagen-laying, immune-boosting goodness. Fill out your finish line health assessment and compare it to the baseline. Then, we’ll explore your next steps and how to make Adding C your go-to for the rest of your (most likely longer) life.*

## ▲ Step 1 **PROVE**

Understand why you need more Vitamin C. Like yesterday.

- *What does C even do*
- *Why we aren't taking enough*
- *How safe is lots of C*
- *How you'll know its working*



### **WHAT DOES C EVEN DO?**

You're on fire baby! No, not the burney flamey kind, a fire you can't see but that's raging around and within you 24/7. Let me explain: The thing that makes life.. well.. *livingness*, is the energy released inside your cells thanks to oxygen combustion. Which is awesome and miraculous and you'd not want it any other way.

Buuuut.... problem is, **combustion produces free radicals**; those pesky positively charged molecules that will do anything to tear off electrons from other molecules just minding their own business, and in the process turn them into radicals too. Like downstairs teenage neighbours, they just want to keep that keg party going forever..

Fear not! Riding into the evolutionary picture like John Wayne on a hoss comes Vitamin C; easily made in the liver from glucose, **entirely safe in virtually any amount**, and with two negatively charged electrons packed into its saddlebag ready to neutralise those radicals.

Its unique chemistry makes it supremely suited to putting out those flames without lighting other stuff. In fact, without a little Vitamin C in our bodies, we'd all pretty soon die a horrible death, literally bleeding out as our veins and arteries dissolved into mush (which is why scurvy is usually only wished on pirates..)

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OK, so I've convinced you we all need a bit of C. But (and hear me out here), what if we **added more C** than 'imminent death-prevention' level? In this case things can get a bit more interesting...

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‘28 DAYS TO ROCK-SOLID **RESILIENCE**’ ADD C FOR A BODY YOU CAN RELY ON.

For many nutrients, more isn't really better, but when it comes to C, 90 years of research and millions of use-cases have proven that more is *definitely* better! There's no scientific doubt Vitamin C is an ultimate molecular fire-fighter and a ***kick-ass antiviral*** that gets more effective the more you take of it.

Because once the basics are taken care of, extra C in your body becomes available to build more functional immune cells, stronger, more flexible collagen and muscles, and to get cracking on wound healing, skin repair, adrenal refuelling, mood enhancement and much more. Sounds good where do you sign right? But wait..

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To gain access to this array of health benefits you'll have to shift mindset; when it comes to how much you need to take to get these results, you're gonna need to drop the 'milli' and begin ***thinking in grams***.

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## WHY WE AREN'T TAKING ENOUGH

To understand why that should be so, I've got a little more bad news for you. Unfortunately, you *don't* make abundant C in your liver out of glucose to put out fires and build strong, flexible body tissue. In fact, along with the rest of humanity you make ***exactly zero C*** in your liver. Problemo.

Because almost ***every other living thing*** on earth *does* manufacture this simple molecule from their diets. And not just a little. Rats make 5 *grams* (not milligrams) a day, Goats 10 *grams* a day, rabbits 6 *grams* a day, and plants? Of course, they're our vital human supply of C. Just a select few creatures have ***lost the gene*** to produce C; humans, the great apes, a type of bat, a parrot, and, funnily enough, guinea pigs. (Which is why they've been so useful for pre-human drug testing; like us they don't have any house-made vitamin C to detoxify stuff before it can have an effect.)

And so, pondering in this existential moment, you might begin realise that the most pervasive genetic deficiency in all humankind is actually ***the loss of our ability to make Vitamin C***. Which kinda sucks for us.

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The bottom line? This genetic downfall is why, unlike everything else, we humans ***need to eat our C***. And not just enough to stop us dying, enough to get us thriving. We need to eat like gorillas! Or at least, a similar amount of vitamin C as gorillas..

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## WHAT’S AN ‘OPTIMAL DOSE’..

To build rock-solid resilience with vitamin C supplementing you’ve got to get into your body the amount of C your body *actually* uses. Which isn’t the way we usually know to take C. Historically you might chew a tablet or two if you get sick and think that 1 gram is a megadose over the Recommended Daily Allowance (RDA) of 90-200mgs!

Surprisingly, the RDA for C has actually been controversial for a long time. You can see it just doesn’t address our biological need because it’s intended to stop people dying of scurvy and that’s about it. But we want more! And C can give us that.

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Like anaesthesia before surgery, just adding a little bit ***ain’t gonna do***. You’re going to want enough to do the job properly!

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Exactly *how much more* is also a point of contention. My distillation of the 100 years’ worth of on-the-ground use is that *healthy humans* need anywhere from **6-12 grams a day** to *remain* at optimal C plasma and tissue levels. Sick or stressed humans often need even more than that.

Even within the same person your optimal dose can change. Get sick? Your optimal dose will increase exponentially. Working out, a stressful job, exposure to pollutants or radiation, all these things will mean your optimal dose needs to be higher.

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Practically, for most people ‘optimal’ dosing sits around an easily obtained 8-10 grams a day. This course is designed to get you to that number.

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## HOW SAFE IS LOTS OF C?

Astonishingly, little ole vitamin C is ***literally*** the most tested, taken and studied molecule of any drug or nutrient known to mankind, and millions of treatments, hundreds of thousands of cases studies, and thousands of research articles all say the same thing: Vitamin C is **GRAS** (Generally Recognised As Safe).

There are thousands of mind-blowing case studies from doctors on public record and millions of people have been dosing themselves for nearly 100 years, taking a ***physiologically optimal amount*** of C that works with their bodies in terms of size, energy consumption and exposure to radicals (including sickness).

Even in traditionally thought-of ‘large doses’ - what we’ll call ‘optimal doses’ in this challenge - there are **no known significant side-effects** from taking high oral doses of C. So there’s plenty of wiggle room for you to find your perfect portion without worrying about doing damage by taking too much. And the good news is you don’t have to be too precise about it. You’ll discover your *Optimal dose* in Step 3 of this challenge.

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See ‘The Serious Stuff’ at the front of this workbook for a couple of rare conditions that might need some caution and there’s a couple of annoying but harmless effects we’ll talk more about in Step 2 and 4.

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### HOW YOU’LL KNOW ITS WORKING

As soon as you start your challenge, your adrenals will soak up that C, regulating cortisol and adrenaline production, beginning to **calm and balance mood** and giving sturdiness to the stress response.

Within a week your immune system will greedily grab C, locking it into white blood cells and bone matrix, bringing exponentially better **protection against viruses** and other immunity challenges. It’ll also roll up its sleeves to fight any existing viral attack.

On the way it’ll stop in at your liver and give it the support it needs to clear free radicals, unreacted metabolites and other toxins. Within two weeks **your brain will begin to absorb C**, settling inflammation, supporting its own white blood cells, and detoxifying heavy metals and other inflammatory particles, giving you a clearer head.

As you continue to throw that powder into a glass of water, C will begin to regulate pain signallers in your nervous system and aches and stiffness can **begin to melt away**. (Optimal dosing of Vitamin C is known for its pain-relieving qualities.)

Within a month, as your muscles and tendons repair with new stronger collagen, they’ll reward you with **greater mobility** and flexibility. Your vascular system including your heart will begin to **relax and repair**, your overworked and underpaid gut will begin to thank you for offering it a massive antioxidant anti-inflammatory hit through the day, and your cellular mitochondria will have absorbed enough C to better regulate your metabolism, giving you **energy to burn**.

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**'28 DAYS TO ROCK-SOLID RESILIENCE'** ADD C FOR A BODY YOU CAN RELY ON.

Within 6 weeks of optimal dosing, your body will have reached its **saturation level**, and a maintenance schedule is all you'll need to keep the benefits locked in forever.

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The cherry on top of all of this? You get to achieve life-changing results **for very little money and time**. Which makes feeling better accessible to virtually any body with a health challenge (or who wants to avoid one). And that is a very good thing.

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**TL;DR:**

- Humans suffer a **genetic devolution** that means we can't make Vitamin C
- Daily C **in gram amounts** is essential for *optimal* quality of life in humans
- The RDA at 200mgs is waay below the Optimal human DA of 6-12grams
- The optimal daily amount can vary with stress of any kind, even within the same person, especially when they get sick.
- 90 years of research and regular use continues to prove **C is incredibly safe**
- Vitamin C is easy to take and doses don't need to be precise to get results
- It takes about 6 weeks for a healthy human to become saturated with C
- The results that this simple molecule can deliver are the **biggest bang** for a tiny buck out there on the market.

*Convinced you need C in your life? Ready to do this? OK let's get started!*

## ▲ Step 2 **PREPARE**

Get set up for smooth sailing through your challenge.

- *Which form of C to use*
- *Where to source goodies*
- *Set a baseline assessment*
- *Tips for smooth sailing*



### WHICH FORM OF C TO USE

When it comes to Vitamin C you're spoilt for choice – there's an overwhelming amount of supplements out there, and they also seem to come in quite a few different types! This might cause you to give up on life just trying to decide what to take, but don't do that, because the basics are **actually really simple**.

Supplements can use different names but Vitamin C is only one thing – **ascorbic acid**. If ascorbic acid gets to party down with sodium bicarbonate then bicarb will generously donate a sodium ion to ascorbic acid and now that Vitamin C is 'buffered' (meaning a neutral pH) and we call it **sodium ascorbate**\*.

And if sodium ascorbate gets to shake it with some plant lecithin under laboratory conditions it'll become **liposomal Vitamin C**. Now, like a fat-soluble torpedo, liposomal C will slip untouched past the gut into the blood and become highly bioavailable to nerve and brain tissue that otherwise finds it hard to get a date with ascorbate.

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*\*In case you're worried about getting excess sodium in your diet, the amount found in the challenge dose of sodium ascorbate is much less than a pinch of table salt a day.*

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## THE BEST FORMS FOR THIS CHALLENGE

Ascorbic Acid is fabulous stuff but its also quite acidic and taken on its own can eat away tooth enamel and irritate the gut lining. Not so fabulous. But sodium ascorbate, virtually flavourless, just as effective, and buffered to a neutral pH by the addition of sodium\* is a bit like Mary Poppins, **practically perfect** in every way for our challenge

Liposomal C stays intact in the gut and is well absorbed through cell walls. It's proven to **drastically increase** the blood concentration of C and has no upper dosing limit that could trigger osmotic diahorrea (like the powders do). Liposomal C is a valuable new player in the get-healthy game.

## WHICH IS BETTER - LIPO C OR POWDER?

Can you do this challenge without Liposomal C? Absolutely. It's a pretty new invention and most of the results in the literature are gained from oral powder dosing alone. But adding Liposomal C can really boost your levels with very little effort.

Taking Liposomal C is also the **closest equivalent** to intravenous C, perhaps even better in some ways due to the way its absorbed (see resources for more info about understanding absorption) and its longer half-life. It's also convenient to take travelling because one teaspoon is equivalent to 4 or 5 teaspoons of powder and won't give you the runs.

Having said that, don't underestimate the **power of powder**. SA powder appears to have a vital impact on nourishing beneficial gut bacteria and reducing gut inflammation (the gut being a primary immune and neurotransmitter site) and of course it's much cheaper and feedback often says it tastes better!

### WHAT TO TAKE - SHORT ANSWER

**There's really just three types of C to care about on your labels: sodium ascorbate (yes thanks!), liposomal C (yup throw it in that shopping cart) and - optional - ascorbic acid (a little if you must).**

*A CAUTION: Many C supplements are blended with other nutrients or even other types of C but steer away from high amounts of these in this challenge. They're unquantified and could have unpredictable effects at higher doses than recommended. (See Resources section for other forms of C you might encounter and why they aren't recommended for this challenge.)*

## WHERE TO SOURCE YOUR GOODIES

### POWDERED C (SODIUM ASCORBATE)

This is easier than you might think to source. What would a health food shop be without a jar of C on the shelf I ask you? And it comes in many flavours and blends. But you’ll be taking high doses and so you’ll want to source a supply of high-quality sodium ascorbate (SA) *powder* (tablets are uneconomical and unnecessary). Do yourself a favour and **go for pure**.

There are generally no restrictions on the amount of C you can purchase. Pure SA comes as a pure white powder and can be easily sourced online on ebay or amazon (just make sure it’s a reputable seller). Sometimes people like to add a little ascorbic acid to their mix to give it a bit of a tang. Again, pure **pharmaceutical grade** AA powder is the best option. (a ratio of 1:5 parts AA:SA will more than suffice for the challenge duration).

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HINT: 400g of Sodium Ascorbate powder will be enough for one person on this challenge but pure powder is often incredibly cheap in bulk so you might want to splash out on a larger order that’ll last you longer.

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### LIPOSOMAL C

This can be a little harder to source but as news of its efficacy spreads, it’s getting ever easier to find. A quick search at your local health food shop or online will reveal your possibilities.

Things I look for in a liposomal C are:

- source Non-GMO **sunflower lecithin-based Liposomal C** (as opposed to soy) to ensure high doses aren’t inadvertently dumping phytosterols or pesticides.
  - Look for glycerin or up to 10% ethanol as a preservative, with sodium ascorbate (not ascorbic acid) as the base nutrient.
  - There shouldn’t be a lot else in this mix. Liposomal C needs Water, SA, Lecithin, sometimes a thinner (ethanol or glycerin) and sometimes a preservative.
  - Sometimes flavouring is added, go for natural flavouring over artificial.
  - Its best to stick to pure Liposomal C rather than a nutrient blend.
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Liposomal C is definitely more expensive than the powder but a little Lipo C goes a long way, and the challenge is structured to maximise the potential for Liposomal C while using the least possible.

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## SET A BASELINE ASSESSMENT

While it might feel like a long time, 28 days can fly by and it can be difficult to recall how you might have been feeling when you first started your ADD C challenge. Hopefully many improvements will become obvious on the way!

The best way to know if Adding C is working for you is to **find a starting point** and compare at the end. You’ll want to take 5 minutes before you start your challenge to print out and fill in your baseline health assessment. It’s been specifically designed to identify health points most obviously related to C deficiency. Individually they can seem unrelated, but when put together we can begin to see a pattern. Then when you’ve finished the challenge you’ll fill out a completion assessment and compare results. This should encourage you to keep the benefits flowing into a **permanent AddC lifestyle!**

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Take a moment to complete your questionnaire and reflect on your current state of health, body and mind. Write down any extra niggles, irritants, allergies or issues not included and see if they haven’t shifted in 28 days!

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### TIPS FOR SMOOTH SAILING.

- *Read the serious stuff* closely to ensure you aren’t in a caution category
- *Gather enough C to last you 28 days* – consider if any partners or family members might join. 400G sodium ascorbate powder and 200ml Liposomal C is enough for one.
- *Have some charcoal tablets on hand* in case you get any flatulence effects.
- *Follow dosing relatively closely.* Even if you’re sure it’ll be fine to start out strong, building up slowly without event is much more likely to keep you coming back than taking too much too soon and getting the runs!
- *Adjust as needed* (We go into this closely in step 4) Working with an ADDC lifestyle takes a little time to adjust to, and its best to find your way slowly towards your optimal maintenance dose. Ease off or take more as your body tells you.
- *Plan around your lifestyle.* Updosing C is best done consistently so notice if you miss doses and work out ways to take C with you. Have gym? Put C in your drink bottle. Out all day but have time at home in the evenings? Plan ahead briefly in the morning and take a dose with you. Tend to forget your supps? Set an alarm to stay on track.
- *Pay attention to your body,* notice if it needs more water, or whether a dose at night before bed can be larger than a morning dose.. Listen to your limits and adjust

#### HELPFUL EXTRAS TO GATHER BEFORE YOUR CHALLENGE

- a ½ teaspoon size measuring spoon (to hold a standard 2 gram powder dose)
- charcoal powder to ease any flatulence or loose stools
- a dedicated small pot or glass jar with screwtop lid to transfer C to. A 200g glass will hold enough C and can sit neatly on your bench ready for anything.
- Use the purest water you can find. This will also help C be more bioavailable.

#### TL;DR:

- Humans suffer a **genetic devolution** that means we can't make Vitamin C
- Daily C **in gram amounts** is essential for *optimal* quality of life in humans
- 90 years of research and regular use continues to prove **C is incredibly safe**
- Vitamin C is easy to take and doses don't need to be precise to get results
- It takes about 6 weeks for a healthy human to become saturated with C
- The results that this simple molecule can deliver are the **biggest bang** for a tiny buck out there on the market.

#### THE CHECKLIST: HAVE YOU

- ☒ decided on the best type of C for your personal taste and goals?
- ☒ sourced your C? 400g Ascorbate and 200ml Lipo C for one player
- ☒ got any others in your house who might also be tempted to try?  
If so, double up your order and double the fun.
- ☒ read and actioned any tips to set up to support yourself?
- ☒ completed your baseline health assessment?
- ☒ if you're on meds, do you have supportive medical supervision?
- ☒ if you're having IVC at any point, have you mentioned your challenge to your practitioner?

## ▲ Step 3 **PORTION**

The secret sauce: start slow, ramp up, optimal dose, maintain!

- *How to take C*
- *What to expect*
- *How to use the schedule*
- *The schedule*



### HOW TO TAKE C

- ▲ For powder: dissolve a dose into at least 400ml water – ie, a big cup's worth (any less and you might get that salty taste). Lots of water is awesome to flush out reacted C ready for fresh C, flush out any toxins, and to help C rehydrate and re-energise cells. Mixing in  $\frac{1}{2}$  and  $\frac{1}{2}$  juice and water works well to disguise any 'salty' taste.
- ▲ Liposomal C – here's how I take it; I pinch my nose, take a teaspoon neat, and follow with a slurp of something to wash it down. (hint: coffee does not taste great!)

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HELPFUL TO KNOW: Lipo C is fat soluble, so some brands will stay 'gloopy' in water and you can quickly place the C in a small amount of water, 'shotting' it down before it sticks to the side of the glass or your tongue. Some brands will partially dissolve in water and you can mix it into water/juice and take that way. You can also add it to smoothies or juice, but that may not disguise the taste.

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### WHAT TO EXPECT

There *are* a couple of hurdles to be aware of, and we aim to manage them easily and continue to increase to your optimal dose over time.

1. The main and most obvious limitation to taking gram doses of powdered C (Liposomal C does not have this effect) is the effect of *too much in a single dose* –diarrhoea caused by C drawing too much moisture into the gut at a time (osmotic diarrhea). It's not a crampy, uncontrollable experience like a tummy bug would be, just a single episode related to the

amount you took in the last ½ hr. Episodes will scale up from slightly looser stools to explosion city, depending on the size of the last dose.

If you’re getting diarrhea, it’s totally normal (it’s why we get the runs when we eat too much fruit). And it’s a pretty reliable indicator we’ll call ‘bowel tolerance dosing’. Got diarrhea after your 4-gram dose? Cut back to 3 grams on the next dose and try that. Still nothing at 2 grams? Go ahead and add another ½ a gram next time and test that. Once you find your reactive dose, ease off and stay at that ‘optimum’ level.

The beauty of taking C this way is that you can really start to relate to your body’s ability to absorb C in a unique way. (We’ll go over some more ways to manage bowel tolerance in Step 4)

Of course, this reliability can be super useful in getting your bowels back to an optimal twice-daily routine, and for many people suffering constipation, it can become a godsend. *But fear not, my friend, this program’s max dose of 2 grams is tolerable without effect for most people.*

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2. If C is good for *us* then its *really good* for our aerobic gut bacteria! Sometimes they get a little excited and, in the beginning, flatulence can be an annoying side effect. This can most often be sorted by taking a Charcoal tablet or two – usually around midday as the gut bacteria are busy digesting C and food.
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3. The other main complaint is taste. Sodium ascorbate can have a slight mineral taste some people don’t enjoy straight. But a fab feature of SA; its easily disguised in almost anything. Add a splash of juice to your water or even just more water, (bubbling water is nice), add to homemade icypoles, smoothies, soups, be creative and you’ll easily find ways to hide the taste. (and let me know I’m always looking for recipes!)

Liposomal C can also have a distinctive taste. It can taste slightly bitter, ‘greasy’ and sometimes ‘eggy’ due to the lecithin content. My poor kids have grown up with it and will take it straight from the spoon, but I still struggle! Because its fat soluble, you can have it in milk or a smoothie, even juice can hide the taste a little. But sometimes depending on your brand, it’s a case of block your nose and down the hatch.

## THE SCHEDULE EXPLAINED

How do you find your optimal dose? You scale. Start slow; the first 3 days are all about introducing C to your life; they’ll give you time to get to know how you like to take C and how it fits with your tastebuds, gut and lifestyle. Then, on days 4-6, you’ll ramp up your

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dosing a little more and see how that feels. Days 7-9 are loading days - here you’ll push your doses out to 14 grams a day and see how that feels.

Pay attention to factors like: when you have time to take C, how your body feels with that extra dose because you’ll use this information in the next phase.

Days 10-14 you’ll now have a good understanding of your limitations and can modify as you see fit. Don’t notice any gut reaction at 14 grams? Add another gram at bedtime. Getting diahorrhea at 12 grams? Ease off to 10 or even 8 grams a day.

The good news is that you don’t have to be too precise to keep your blood and tissue levels high. Forget a dose? You have tissue reserves! Just carry on as usual and you’ll be fine. Get sick? If you ever forget to take C, the best encouragement will be when you start feeling pain or getting sick again. Just jump back into the program for a few days.

*On page 20 is your suggested schedule: here’s how to understand it.*

- Sodium ascorbate powder (SA) doses are in *gram amounts*. (2G sodium ascorbate fits exactly in a level ½ metric teaspoon).
- Liposomal C is measured in *1 level teaspoon (tsp)*. 1tsp= 5ml liquid = 1G of C.
- In the Optimal and bespoke phases, you’ll create your own dosing based on what you’ve learnt for the remainder of the challenge.
- We’ll look more at how to maintain your optimal levels in Step 5.

**YOUR ‘28 DAYS TO ROCK-SOLID RESILIENCE’ SCHEDULE**

DAY	ON RISING	BREAKFAST	DAYTIME	DINNER	BEFORE BED	DAILY C
1-3 (test)	1tsp. LC	1g SA powder	1g SA powder	1g SA powder	1 tsp. LC	5 g
4-6 (ramp)	1tsp. LC	2g SA powder	2g SA powder	2g SA powder	1 tsp. LC	8 g
7-9 (loading)	1tsp. LC SA powder	2g SA powder	1tsp. LC 2g SA powder	2g SA powder	1 tsp. LC 3g SA powder	14g
10-14 (optimal)	1tsp. LC __g powder	__g powder	__g powder	__g powder	1tsp. LC __g powder	10-14g
15-28 (bespoke)						10-14 g
Maintenance (combo)	1tsp. LC 2g SA powder	-	2g SA powder	-	2-4g SA powder (Optional - 1tsp. LC)	7-10g
Maintenance (powder only)	2-3g SA powder	-	2g SA powder	-	2-4g SA powder	7-9g

LC = Liposomal C SA = Sodium ascorbate powder 2grams = ½ metric teaspoon 1 tsp (teaspoon) = 1 gram Sodium ascorbate.

#### DOSING TIPS TO MAKE IT EASY

- Print out your schedule and cross out Phases as you finish. Write your preferred dosages into phases 4 and 5 as you discover them.
- Try to stick to timings. The schedule's laid out in the optimal way to absorb the most C for the least effort. (see Understanding Absorption in the FAQ's.) Taking your whole day's dose in one go WILL cause diarrhoea!
- Add your middle-of-the-day dose to a bottle of water before you leave home and sip on it throughout the morning, save the hassle of prep at work
- Taking a larger dose of C powder at bedtime can mitigate diarrhoea and flatulence issues, plus taking C overnight can help settle gut inflammation.
- Keep a pot of C by your sink, with a dedicated 1/2tspn measure, and make it easy to take your dose
- Fresh mix is best, but C powder will keep in water for several hours.
- The best dose is the one you'll take! Make it simple and stress-free, and make it work for you. You really can't go wrong and C is very forgiving!

#### TL;DR

- Taking C is simple, quick and easy.
- The main issue with taking C powder is single-episode diarrhea. Manage with the correct dosing schedule. (Liposomal C doesn't cause diarrhoea.)
- The schedule is structured to build up your tolerance and to learn how C affects you, then for you to tweak as suits your body and lifestyle.
- Taking C is super flexible and forgiving. If you stop for any reason, just jump back in and start where you left off. (Have I mentioned that the best dose is the one you take?)

## YOUR '28 DAYS TO ROCK-SOLID RESILIENCE' SCHEDULE

DAY	ON RISING	BREAKFAST	DAYTIME	DINNER	BEFORE BED	DAILY C
<b>1-3</b> <i>(test)</i>	<b>1tsp.</b> LC	<b>1g</b> SA powder	<b>1g</b> SA powder	<b>1g</b> SA powder	<b>1 tsp.</b> LC	5 g
<b>4-6</b> <i>(ramp)</i>	<b>1tsp.</b> LC	<b>2g</b> SA powder	<b>2g</b> SA powder	<b>2g</b> SA powder	<b>1 tsp.</b> LC	8 g
<b>7-9</b> <i>(load)</i>	<b>1tsp.</b> LC <b>2g</b> SA powder	<b>2g</b> SA powder	<b>1tsp.</b> LC <b>2g</b> SA powder	<b>2g</b> SA powder	<b>1 tsp.</b> LC <b>3g</b> SA powder	14g
<b>10-14</b> <i>(optimal)</i>	<b>1tsp.</b> LC ___g powder	___g powder	___g powder	___g powder	1tsp. LC ___g powder	10-14g
<b>15-28</b> <i>(bespoke)</i>						10-14 g
<b>Maintenance</b> <i>(combo)</i>	<b>1tsp.</b> LC 2g sA powder	-	2g SA powder	-	2-4g SA powder (Optional - 1tsp. LC)	7-10g
<b>Maintenance</b> <i>(powder only)</i>	2-3g SA powder	-	2g SA powder	-	2-4g SA powder	7-9g

**LC** = Liposomal C   **SA** = Sodium ascorbate powder   **2grams** = ½ metric teaspoon   **1 tsp (teaspoon)** = 1 gram Sodium ascorbate.

‘28 DAYS TO ROCK-SOLID **RESILIENCE**’ ADD C FOR A BODY YOU CAN RELY ON.

## ▲ Step 4 **POLISH**

Keep momentum, tweak your dosing, smash the finish line.

- *Managing bowel tolerance*
- *Are you Detoxing?*
- *Taking C with other supplements*
- *C won't judge you*



### **MANAGING BOWEL TOLERANCE**

If you're following the recommended schedule and still experiencing episodes of diarrhoea here's some ways to fix that:

**REDUCE** Cut each dose down by 1/3 or even in half for a day or two until your body adjusts.

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**REPLACE** If you find powder a little much to handle but want to continue to up your C levels, swap a daily powder dose (or 2) for a teaspoon of liposomal C which won't cause diarrhoea.

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**REBUILD** Try having a rest for a dose or two then rebuild again. Play around with this until you find your 'sweet spot' dose.

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**STREEEEETCH** Vitamin C is most effective taken little and often. In fact this is the optimal way to take C (it's just that most people don't have the time.) You can try sipping on a dose of C over an hour or two, allowing optimal absorption and less bowel stimulation naturally.

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**INCREASE** double your water intake with each dose of powdered C - this will dilute powder and can on its own be good medicine for the body.

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NOTE: It's possible to take high high doses and never get diarrhea. This can be due to a viral or inflammatory issue that's soaking up C as fast as you can supply it. In that case, you can keep taking more! *If you want to updose over 20gs a day see an integrative GP to monitor your kidney function and determine any underlying health issues.*

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‘28 DAYS TO ROCK-SOLID **RESILIENCE**’ ADD C FOR A BODY YOU CAN RELY ON.

## ARE YOU DETOXING?

Detoxing is a pretty loaded word in the health industry. Our bodies are ‘detoxing’ compounds and byproducts of metabolism all day, every day. That’s where Vitamin C **shines the brightest!** But the implied meaning of ‘detoxing’ in this context is – am I clearing *extra* toxins because of C *and* is that giving me symptoms? ie: headache, lethargy, flu-like symptoms etc.

Well, it’s a bit of no and a bit of yes. Vitamin C won’t willy-nilly pull toxins into your system that you aren’t ready to clear. Its purpose is to **put out fires**, not create them. Having said that, if C supports your system to the point where it now has the ability to reactivate natural clearance processes that were offline before, then you might experience a sense of regression. For instance, C supports your immune system to come online so now you notice flu-like symptoms or a viral flare-up. It’s possible that C could temporarily ‘allow’ that response to happen.

In this case you’re much more likely to find that as you take **more** C your flare-up symptoms reduce rather than increase. (You might also find you can now take more than your own previous optimal dose). But it’s also totally OK to cut down your dosing and build up again slower **next time**. Realise your body might take some time to get used to the abundance of help now available. You just need a slightly longer game. But hang in there, the long term results are **totally worth it!**

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NOTE: It’s theoretically possible to be allergic to anything, but a C allergy has yet to be shown in the research. There have been instances where people have been allergic to compounds in a C mix (like bromelain or quercetin). That’s another good reason to ensure you only take the pure stuff for this challenge.

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## TAKING C WITH OTHER SUPPLEMENTS

Taking supplements can be an overwhelming headache of confusion, expense and disappointment. If you’ve been there, I feel you! That’s why I advocate for Vitamin C as the **first** (and maybe only) supplement you need to reach for. If nothing else, **start with C**. It’s the best bang for your buck on the market.

But if you want to uplevel, C is a **fantastic** supplement booster. It lowers gut inflammation, allowing **better absorption** of your other supps; it generally doesn’t interfere with other supps (except for some minerals) and will, in many cases, mean you **don’t need to take as much** to get a similar outcome. (It’s still controversial, but caution is warranted when taking C simultaneously to a mineral supplement like copper or iron, as C can decrease their efficacy.)

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So go ahead, take C with all your other vitamins and nutrients (except for iron). It’ll do them good!

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‘28 DAYS TO ROCK-SOLID **RESILIENCE**’ ADD C FOR A BODY YOU CAN RELY ON.

## C WON'T JUDGE YOU

Like a sneaky wine (or four) on a Friday night?

Couldn't resist that glutenous French baguette in the café?

Somehow ended up eating preserved food with sulfites or nightshades in it?

Maybe you can't kick the ciggie or drug habit yet.

Maybe you are working to reduce your anxiety but find it hard to do 'all the things'.

Maybe you doom scrolled til 2am before a big day at work or with the kids.

Perhaps you overdid exercise/workload/travel and you know you'll feel like s&t the next day.

Maybe you had to hold the toddler streaming with snot and sneezing in your face..

Maybe your doc has told you there's some 'signs' to keep an eye on..

My friend, ***no-one's perfect***, and life throws us so many curveballs.. but the good news I'm ***so excited about*** is that C won't judge you for any of that. It'll just ***keep showing up***, calming inflammation, settling adrenals, boosting brain cells, and getting you up and out the door with pep while guarding your immunity with all its half-life.

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Just because the house re-catches alight doesn't mean we shouldn't throw water on it. Don't punish yourself with thoughts of "when 'things' are perfect, *then* I'll deserve to look after myself"—*no more*. Let's stop the self-judgement and take the support where we can find it!

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All C asks is that you take some more of it in those times of physiological, emotional or mental stress! It's truly ***so good*** to *know* you can rely on C to be there to safely detox damage that was unavoidable or irresistible. Now, you ***become much freer*** to expand into stress without wrecking your nervous, immune or cardiovascular system. Of course, I'm not advocating constantly putting your body into stress; we all need to strive for balance, but C will be there when you need a little or even a lot more help. Awww now isn't that nice?

### TL;DR:

- Managing bowel tolerance is simple; adjust your dose as needed
- Vitamin C won't cause detox symptoms, but it can kickstart immunity, and there can be initial re-activation of some viruses. The solution is often to take more C.
- It's totally fine to take C with your other supps, (take away from iron supps)
- Vitamin C enhances nutrient and supplement absorption
- Vitamin C will help through all life choices - even the ones we judge as 'wrong'

'28 DAYS TO ROCK-SOLID **RESILIENCE**' ADD C FOR A BODY YOU CAN RELY ON.

## ▲ Step 5 **PAYOFF!**

You've done it! Check your outcomes, and where to next..

- *Compare your results*
- *Maintaining optimal levels*
- *Supercharge your C routine*
- *The beginning of resilience*



### COMPARE YOUR RESULTS

Congratulations! You've stuck with your schedule for 28 days! Your body is primed to heal and feel better. You might already have noticed some shifts in your health baseline. Let's compare to when you started and see what's shifted.

#### ASSESS YOUR OUTCOME SO FAR.

Print out your completion assessment, grab a cuppa and take a few minutes to reflect and fill it out. Then use your initial self-assessment to remember how the categories were for you on day one, and compare areas that score lower on the scale now. Pat yourself on the back for any positive changes you can see, and know that you're just getting started.

If you haven't noticed anything in particular change, take heart. Like a seed that'll grow into a mighty tree one day, the longer you take C, the more new healthy cells will be created in bone and muscle, nerve, heart, liver, pancreas, brain and other longer-turnover cells. The repair just keeps on going. In a year, you'll have a totally new 'body by C'!

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**BONUS TIP:** It can be fun to re-do this assessment again in 6 months and notice any further improvements on your initial baseline.

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‘28 DAYS TO ROCK-SOLID **RESILIENCE**’ ADD C FOR A BODY YOU CAN RELY ON.

## MAINTAIN OPTIMAL LEVELS

By now, you might well be addicted not only to the ‘high’ feeling of well-being that high-dose C brings but also the physiological response as your body welcomes what it never knew it was craving - vitamin C. Embrace it! You’re well on your way to rock-solid resilience from stress and sickness, and now it’s time to start settling into maintenance mode.

Maintenance should be **simple and easy**. You’ll want to keep up that high C intake while tweaking it and making it work seamlessly with your lifestyle. You’ll have figured out your optimal dose in the challenge. Hovering at this level or just a little below will be your own **personally tailored maintenance dose**.

### MAKING MAINTENANCE WORK FOR YOU

At the end of the program, I offer two alternative frameworks for a basic maintenance schedule: the combo program using both forms of C and the *powder-only* program. Choose one depending on your financial and taste preference.

If liposomal C isn’t for you, you *don’t* have to keep taking it in maintenance mode. Is it best to keep it in the mix? Ideally, yes, but a top-up every few days will still give great benefits.

## PLAY WITH YOUR MAINTENANCE

**SPACE** out your dosage - Take C at least 3 times a day if you can. (Remembering that, the best dose is the one you take!)

**TEST:** Don’t forget to test your bowel tolerance levels occasionally to ensure your baseline optimal dose hasn’t changed.

**DROP** the liposomal C daily - consider it a ‘top up’ you can take weekly.. or

**SWAP** one daily dose of powdered C for liposomal C if the budget allows.

**PLAY** with timing - drop breakfast/dinner dosing for the rising/ bedtime doses if its easier.

**'28 DAYS TO ROCK-SOLID RESILIENCE'** ADD C FOR A BODY YOU CAN RELY ON.

**REDUCE** if time is a major issue for you - at least make it easy to take C **once a day** in one format or another. Maybe you can put SA into your drinking water to give your body a continual 'wash ' of C throughout the day. Some is much better than none.

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**ADJUST** As you go through life, your situation might call for adjustment of how you take C. Some people find that lowering their dose from optimal can bring back their aches and pains or allergies etc.. in that case you'll want to get back up to that optimal level ASAP.

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**EASE** - make it easy to Add C to your life and it'll quickly become a non-negotiable for you.

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### BONUS TIP

**UP-DOSE** if you've been exposed to cold or flu, or an unusual amount of stress (which lowers immunity like crazy), or even if you'd like to pre-empt your Saturday hangover - take 1-2 teaspoons **LA** and 2-3 grams of SA as soon as possible on top of your normal regime. Want to uber-hack this tip? Set a timer and take another dose in the middle of the night to give yourself 24hr coverage.

## SUPERCARGE YOUR C

You've just added C to your life, and your future self is already giving you a high five! But in the spirit of C, if a little is good then more might be better right? If you don't already have your favourites, here's a list of foundation supplements I recommend to add on top of C. They'll support its function and bolster rock-solid-resilience for a lifetime. (I've listed in order of spend-first importance).

- Extra Magnesium and Zinc (pretty much all of us are deficient in these)
- Natural-base B vitamins (water soluble and need replenishing every day)
- Multimineral (all of us can use more minerals)
- A liver tonic to keep up metabolite clearance (I use supports that have Silimarin compound from St Mary's Thistle it's clinically proven to help.)
- R-alpha lipoic Acid and Natural full-spectrum vitamin E. These compounds work synergistically with C to renew each other via different pathways. This combo has been shown to be particularly helpful to reduce cardiovascular inflammation.

‘28 DAYS TO ROCK-SOLID **RESILIENCE**’ ADD C FOR A BODY YOU CAN RELY ON.

## THE BEGINNING OF RESILIENCE

Vitamin C once saved me from the horrors of a panic disorder (later found to be a result of mercury poisoning from my job as a dental nurse). Since then, despite many other ‘sexier’ nutrients, foods and health hacks catching my eye, it just kept showing up for me, my loved ones, my friends and clients, stopping us from catching every bug that sweeps through school and work, strengthening our bones, muscles and hearts, and relieving us of pain, itching, allergy, infections and more.

After resisting the science because it was too simple, too basic, too unbelievable, I’ve become a convert. Maybe the simplest things really are the best after all..

And I’m honoured and privileged to pass this knowledge onto you now. Use it on yourself, your family, friends, spread the word that a resilient, strong immune system and body are within reach just by adding enough C to do its job. *There’s no need to suffer through the curse of our genetic legacy any longer.*

Let this be the starting line of a long, amazing journey with your body and your health. You’re creating a foundation that cannot be bought. It cannot be recreated on a diet of pharmaceutical stop-gaps and hopes and wishes. The AddC lifestyle is different, simpler, freer and calmer. And you’re about to see that for yourself!

Enjoy the process!

Xx Jaye

**COMING SOON: BONUS UPLEVELLER**

## BESTIES – ADD THE POWER OF HYDROGEN

If two available hydrogen ions on a C molecule work so well, why wouldn’t 10? Or 100? The core of the effectiveness of C is its ability to **donate electrons** to free radicals and then take itself out of the equation, becoming **basically inert** in the process. Its unique structure is irreplaceable in our biology.

‘28 DAYS TO ROCK-SOLID **RESILIENCE**’ *ADD C FOR A BODY YOU CAN RELY ON.*

But. There is a way to add more hydrogen ions into this mix. Ions that can run defence for C, throwing down their electrons to feed attacking radicals, protecting C as it strives for its goal tissue. There are lots of antioxidants that'll do this, with differing potential to be effective but, like B-grade zombie movie nutrients, some actually *become* radicals after their job is done!

One molecule that *isn't chemically specific* is literally just.. well.. hydrogen ions. Hydrogen ions are the secret sauce of Vitamin C, so maybe we can just add more of those? Turns out we now can! But where can you find a source of these magical hydrogen ions? That's easy.. its little ole Water. New technology lets us treat water to produce an incredible amount of these hydrogen ions that can then be ingested to support C. They're also an incredibly effective anti-inflammatory in their own right. Win win!

It's a more expensive option and just taking your C to your optimal dose will be more than enough to create rock-solid resilience, but if you're into upleveling your body to peak resilience, you'll love adding hydrogen ions to supercharge your lifestyle.

CLICK HERE to shop for Hydrogen water products. I'll show you my favourite products why I like them so you can get hip to the hype of hydrogen water.

**COMING SOON: PERSONAL CONSULTING**

### **(drill down into your individual results and get diamond-focussed results)**

LIMITED ADDC COACHING WITH JAYE - Book a session with Jaye to dive deeply into the ADDC way of life, fine tune your supplement regime (if you don't have a practitioner), using C to support your individual lifestyle and get BIG results in health, wellness and longevity. We start with an initial 45 min session and a follow-up 1/2 hr session 2 weeks later, plus personal email support, weekly check-ins etc. Make the investment to AddC and your body will thank you back.

## **FAQ's**

### **CAN I CHEAT ON AMOUNTS?**

This schedule has been finely balanced so you can see out what works best for your body and your lifestyle, and at the same time, the regularity allows you to take smaller doses, avoid the bowel effects, and get the most out of your program. (see FAQ's Understanding

## ‘28 DAYS TO ROCK-SOLID RESILIENCE’ ADD C FOR A BODY YOU CAN RELY ON.

Absorption for more about this). So, definitely play around with the gram dose, do your best to stick roughly to the time blocks, and if life happens, just jump back in and keep going, you’ll catch up in no time. (You won’t need to ramp up again if you already know your general bowel tolerance.) Always remember, the best dose is the one you take!

### UNDERSTANDING ABSORPTION

To get C into your tissues you’ve got to be able to absorb it. There’s two different ways to do this on this program – water soluble and fat soluble.

Water soluble – Vitamin C has saturable absorption receptors in the gut. That means that they can only take in a certain amount of C at a time. (They take about ½ an hour to digest and be ready for another molecule of C) because we have diaphora as our gatekeeper, the key to getting good tissue saturation of C is little and often. Think of your C powder as constantly ‘washing’ over your gut and tissues. Taking it regularly means it can get the best chance of absorption. Add to that its half-life (time it takes to excrete ½ the amount of C) is only ½ an hour in the blood, you can see **regularity is key to absorption**. In this process there is some collateral loss – and this can lead to a misunderstanding that taking too much C is just creating ‘expensive urine’. This would be analogous to saying that if pouring water onto a burning house means some water leaks away that we are wasting water. And remember you *are* on fire, and vitamin C is here to help. Let’s not begrudge the bit that gets away in the process 😊

If you want to get really freaky with absorption, you can take 1 gram of powder hourly all day (See step 4) but for practical purposes this challenge spaces your C powder doses out in manageable slots of up to 5 doses a day, settling back to 3 slots a day on maintenance. (and the middle of the day dose can literally be just a teaspoonful hrown into your drink bottle.) That’s totally fine to get the biggest manageable bang for your buck.

Fat soluble: Liposome is the name for small fat globules that are able to be absorbed into cell walls. Fat globules have empty centres, and we can take advantage of that by putting a few vitamin C molecules into them. So, liposomal C will not be available in the gut, but absorb straight into the gut wall, or even into the blood.

This means that they can have much greater reach, can distribute C into fatty tissue like brain and nerve cells, and lasts a lot longer in the body than water soluble C. They are totally different absorption pathways. Liposomal C is best taken on an empty stomach but if you don’t remember in time, as always the best dose is the one you take!

**‘28 DAYS TO ROCK-SOLID RESILIENCE’** ADD C FOR A BODY YOU CAN RELY ON.

## OTHER TYPES OF C

There are several other forms of Ascorbic acid reacted with minerals other than sodium, including magnesium ascorbate and calcium ascorbate (Ester-C). Ascobyl palmitate is a fat-soluble form of C not well absorbed in the gut. Good for skincare. For our purposes we want to steer away from that list. Taking high doses of these can throw the body's mineral balance out of whack and cause problems over time. Sodium is such a well-tolerated mineral and is in such small doses in C that it won't affect sodium balance and in fact, is an essential part of increasing vitamin C absorption in the cells.

Often Vitamin C comes in a mixture with other bioflavonoids, herbs or minerals. Again, not practical and maybe dangerous in large doses. In fact, the cheapest, simplest and safest forms of C to do this challenge with is just pharmaceutical grade Sodium ascorbate powder and sunflower lecithin based Liposomal C liquid. Save the combo C for the recommended dose on the bottle.

What about intravenous Vitamin C? taking sodium ascorbate (ONLY!) intravenously can be a wonderful boost to your challenge. Especially if you are already quite sick. However its really strongly recommended that you have a doctor administer this. IV C while very safe, has a couple of indications that its best a knowledgably practitioner be available to assist with. If you have access to IV C, great! Usually its more expensive, and of course is still water soluble so will need topping up asap. That's where this challenge comes into its own.. a roadmap to your optimal dose that can work very well inbetween IVC doses.