

How to Make Liposomal Vitamin C

(Taken from the book – How to make Liposomal Vitamin C by Cheryl Hines and tips from Dr. Jess Armine)

For a 48 oz. batch

¾ cup sunflower lecithin granules (I use Swanson Sunflower Lecithin to avoid the soy). **Please use the granules NOT the powdered product.** (<https://www.mysunflowerlecithin.com/product/organic-sunflower-lecithin-granules-50/>) Lekithos, Inc.

If using sunflower lecithin powder, decrease dosage to ½ cup

30 oz. distilled water

¼ cup sodium ascorbate powder (I use NOW Foods)

12 oz distilled water

Put 30 oz. distilled water in blender. Add the ¾ cup sunflower lecithin. Mix on low for 5 min. Then in a separate glass container put 12 oz distilled water and ¼ cup sodium ascorbate powder and mix until dissolved.

Then add the sodium ascorbate/distilled water mixture to the blender with the lecithin. Mix for 1 min. Then take that and put it into your ultrasonic cleaner. Stir often. You need to keep it in there for 30 min. Mine has 8 min. cycles. During the last cycle test the ph meter. (Ph meter available at our store) pH will be about 6.6 – 6.8. It needs to be around 7 – 7.5.

Take 2-4 oz. out and put into a glass jar along with a ½ tsp baking soda. Mix and then add back into the cleaner. I usually have to do ¾ a tsp sometimes a 1 full tsp to get it to the correct ph.

I strongly suggest you get the 2.5 liter cleaner at Harbor Freight. You can order it online for 82.00 right now. Take 1-6 oz as prescribed. On days you are more stressed you can do 10 ounces!

Note: 1 ounce (not 1 tsp) = 1000mg

It doesn't taste bad at all either!! Super easy and cheap to make. It is 8 cents per 1,000 mg of C verses \$ 1.00! You can store this in the refrigerator for 2 weeks.

I highly recommend you get the book, Curing the Incurable by Dr. Levy and I also recommend you get the book by Cheryl Hines, How to Make Liposomal Vitamin C. I have links for everything below.

You would want to make sure that you do not have hemochromatosis as giving yourself vit c will cause your iron to raise. Some people also have a rare snp, g6pd which could cause a problem if vitamin c is taken as well.

As always, talk to your doctor or practitioner before starting a new therapy.

http://www.amazon.com/Curing-Incurable-Vitamin-Infectious-Diseases/dp/0977952029/ref=sr_1_1?ie=UTF8&qid=1388149128&sr=8-1&keywords=curing+the+incurable+dr+levy

<http://www.harborfreight.com/25-liter-ultrasonic-cleaner-95563.html>

<http://www.swansonvitamins.com/swanson-premium-sunflower-lecithin-granules-non-gmo-16-oz-454-grams-granules>

<http://www.swansonvitamins.com/now-foods-sodium-ascorbate-8-oz-pwdr>