

# My Vitamin C Stockpile

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# Vitamin C in Costco

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- **I visited my neighborhood Costco store and found its Vitamin C shelf is empty.**
- **There are smart people out there who knows that Vitamin C is useful against this Chinese Virus.**





# My Vitamin C Stockpile

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- **You are invited to my workshop to look at my Vitamin C stockpile.**
- **I just received 100 Kg of sodium ascorbate and 50 Kg of calcium ascorbate.**
- **Now I have 125 Kg of sodium ascorbate and 120 Kg of calcium ascorbate.**





# My Vitamin C Stockpile

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- **Vitamin C (sodium ascorbate and calcium ascorbate) is purchased in 25 Kg boxes.**
- **I package them in 1 lb plastic Ziploc bags and distribute them to my friends.**





# Sodium Ascorbate

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- **Here are about 50 sodium ascorbate bags I packaged a few days ago.**
- **Chinese Virus can be cured with sodium ascorbate.**
- **My secret recipe is:**
  - **Take 10 grams every 4 hours until diarrhea.**





# Sodium Ascorbate

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- **The most efficient use of sodium ascorbate is intravenous infusion.**
- **My secret protocol is:**
  - **First day, 6 gram at a rate of 1g/h.**
  - **Next 3 days, 1 gram at a rate of 1g/h.**





# Sodium Ascorbate

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- **I am sitting on 125 Kg of sodium ascorbate.**
- **It is enough to save 12,500 patients infected by the Chinese Virus.**
- **People in US are still dying in the thousands.**
- **I love to donate it to hospitals, if the physicians know how to use it.**





# Calcium Ascorbate

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- **Here are about 40 calcium ascorbate bags I packaged a month ago.**
- **Calcium ascorbate is the best health supplement because it supplies both Vitamin C and calcium to your body.**







# Calcium Ascorbate

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- **My secret recipe is:**
  - **Take 10 grams daily to maintain your health.**
- **Take it once daily. Too much calcium requires ascorbate to expel the excess.**
- **Take large amount of sodium ascorbate to fight off viruses.**





# Why 10 Grams Daily?

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- **Dr. Robert Cathcart treated 30,000 patients, asking them to take Vitamin C until they developed diarrhea.**
- **Most diseases were cured when patients developed diarrhea.**





# Why 10 Grams Daily?

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- **Dr. Cathcart also found that healthy people developed diarrhea after taking 4-15 grams of Vitamin C.**
- **I recommend you to take 10 grams of Vitamin C to start. If you develop diarrhea, reduce the dose; otherwise, increase the dose.**
- **Diarrhea shows how much Vitamin C your body needs.**





# RDA of Vitamin C

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- **The current Recommended Dietary Amount (RDA) of Vitamin C is 90 mg/day, set in 2000 by the Food and Nutrition Board, Institute of Medicine, National Academies.**
- **It used to be 60 mg/day.**





# RDA of Vitamin C

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- **The best selling supplement in Costco is a big bottle with 500 pills each having 1000 mg Vitamin C.**
- **It is marked as having 1111% of RDA, 11 times recommended by your nutrition experts.**
- **Would you take a drug 11 times the dosage recommended by your doctor?**





# RDA of Vitamin C

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- **If you are already taking 1000 mg Vitamin C every day, can you be convinced that you actually need 10 times that amount, 10 grams/day, to keep you healthy enough to resist infection by the Chinese Virus?**





# The Best Medicine

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- **After the 2003 SARS crisis, I wrote this book “Vitamin C is the best medicine”.**
- **I started to buy Vitamin C in bulk and re-distribute it.**
- **I should be insanely rich by now.**





# The Best Medicine

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- **It was said: “Build a better mousetrap, and the world will beat a path to your door”.**
- **I have the best medicine. How come the world has not beaten a path to my door, yet?**

