# The Vitamin C Hack: Antioxidant Power For Your Body Transcript

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## Introduction and Guest Background

Well. Hello, everybody. Welcome back. Hard deck. Joel Cohen at the reversing heart disease. Naturally. Summit, third year, 3.0. You probably recognize this handsome face, doctor Russell Jaffe Jaffe, MD, PhD, because he has been a guest before.

We're very honored. There's two challenges with this interview. One is that I could spend a half an hour reading all the accolades that are, Doctor Jaffe's, you know, resumé or CV.

But bottom line, he got an MD and a PhD from Boston University over 50 years ago. He doesn't look at that's even possible. He's board certified in clinical and chemical pathology.

He got to his credit a bit frustrated with conventional science and medicine and really has been a free thinker. I don't know that you could even find where he's been wrong along the way, but, he's outside the norm, which we love.

He's worked on colon cancer and cardiovascular health and lab testing and platelet function and drug allergies and food allergies. And I'll end his biography there only because I want to get to the, I hate to call it the meat, but the main topic of our interview, the second challenge is I could speak to Doctor Jaffe literally for days.

And the one topic we're going to focus on, and then we'd have to shift to all the other topics. But, that's a joy and a challenge I'm up to. And I know he's up to, but.

Good day, Doctor Jaffe. Welcome. Thank you. It has been about 50 years that I've been involved with cardiovascular research and rethinking the causes, not just the symptomatic consequences.

And I'm delighted to talk with you, especially as part of this summit. Thank you. And I well, I already tell people, if you want to know more about Doctor Jaffe, he has a personal website, Doctor Russell jaffe.com.

Pretty straightforward. And if you want to know more about one of the commercial enterprises he does, he has a absolutely high quality supplement company perk.

Rather interesting name. Are we a name? We made a piggy. You is like Kleenex. It's a name we made up. It's been around. And and it turns out. And I only learned this afterwards in Spanish.

It's a word and the name of a very famous cyclist. Someone who competed in the tour de France. And so, wonderful. Not not us, not us. What we do is unique.

All active dietary supplements with better bioavailability and evidence that they are superior. Well, a topic that I believe is untouched until now, this third year of our summit.

## Vitamin C, Linus Pauling, and Ascorbate Science

And so important since we're talking about reversing heart disease, is the role of vitamin C, vitamin C, testing vitamin C supplements and cardiovascular health.

And I have to say, I'm looking forward to this interview. I think about Linus Pauling, PhD, a double Nobel Prize awardee. I don't know if you had course to meet him over the years.

That's good. Oh, no. No, I didn't have time with Linus and I specifically asked him because he initially recommended nine grams a day of ascorbate. Then he went to 18g a day, and I said, Doctor Pauling, individuality

rules biology.

You know that. He looks at me and he says, doctors are too stupid to understand biology, biochemistry, physiology. They can only remember a number like 200 cholesterol, 100 LDL and 18g of ascorbate.

So yes, I had the privilege of touching the hem of his garment. And I think today we stand on his and others shoulders in regard to rediscovering how essential and more essential every day in the 21st century, if you want to be well and thrive, is how much ascorbate you need to deal with, to neutralize, to detoxify the burdens of high tech living.

Okay, and the other name that comes to mind and then we're going to go to this name is, a series of books by Thomas Levy, MD. JD, you know, an interesting combination.

I've read the books. They're on the topic of vitamin C, and they're somebody you've also encountered over the years. Oh, strongly. And a colleague. But and let me focus his part of our discussion because he knows that most vitamin C is impaired.

And so he has long recommended liposomal ascorbate, which we do not recommend because our nature's ascorbate is 100% taken up by the body. If you have a liposomal product, about half is the liposome and the other half is what you put into it.

You might put ascorbate in, but between the heat and the air under which these liposomes are made, the ascorbate is probably vanishingly low. And the guy keto Gilani acid, the oxidation product is high.

So I agree with his message, which is that ascorbate in biology is as important as light and oxygen. That's what Albertson said. And I had a moment with him as well.

But he won a Nobel Prize, right? He won a Nobel Prize for how muscles work. He also was the first man to isolate ascorbate, the reducing substance that we now call vitamin C.

And he says that his wife was quite a good cook, but his wife would make chicken paprikas, which means paprika and chicken. Right, right. And he did not like it.

So he took all the paprika out of the garden because paprika remained red even after it dried. And he, as a chemist, thought there must be a reducing substance that keeps the vivid red, red.

And from that he isolated ascorbate and became world famous, and was technically on the faculty at Boston University when I was a student, and he was still active in Wood Tone Laboratory, a very distinguished place, to do research.

And he would go down to the ocean almost every day in his 90s. He was a remarkable mentor and mentor. Somebody needs to write a book about, you know, world breakthroughs because of wife's cooking.

And that would probably why that. Would be a good seller. All right. Our stories. Yeah. I've got other book to write first. And you've got a wonderful book called Shout Out called The Alkaline Way.

Everybody, please. We won't have time to talk about it. No, but please take a look at the website you mentioned, Doctor Russell jaffe.com. You can download for free many digital things that we have put out.

And if you go to YouTube, Doctor Russell Jaffe is a channel on YouTube that actually is becoming quite popular because we tell the truth about today's healthy living.

Right? And that really you are, you know, in so many ways a visionary and things that are being talked about right now about metabolic health and health biomarkers you've been talking about for decades, and you back it up with incredible science.

But I want to ask the last question. First, we're going to talk about why one might want to test themselves and take much larger doses of vitamin C than maybe the government recommends that maybe their primary care doc and their cardiologist recommends, because it probably doesn't come up at all.

But what's the downside? Somebody got here, here's here's here's the nub of the problem and the answer solution. All in a sentence or two okay. If you start with damaged ascorbate.

The uptake by the body is low because it's already damaged.

## Why Nature's Ascorbate Matters

If you start with nature's ascorbate, 100% comes in easily, effortlessly and helpfully. To correct the antioxidant deficiencies that are caused by the pro oxidative anti nutrients which we are bathing in today, from hormone disruptors to solvent residues to toxic metals to mold products to radioisotopes.

And all of these are anti nutrients, which means you will need more ascorbate. But I recommend nature's ascorbate. And we have developed and popularized to some extent what we call the C cleanse.

We let vitamin C come into the body, fill up all the needs of the body for vitamin C, and then pump into the rectum, which embryological comes from the kidneys, pump into the rectum toxins and fluid and have a flush.

Have a cleanse. Let's go there in one minute. I still want to circle back. Sure. Let's assume you're using nature's ascorbate, which we're going to define for the audience in a minute.

So everybody get your pen and paper out. Right. Don't tell me, is there anybody listening that might not be able to take a, a multi gram daily dose of vitamin C, kidney stones?

All these may be trying to address those very common concerns and legitimate questions. We dissolves over 200 kidney stones in a very famous doctor in New York City over two years using nature's ascorbic.

But it turns out that kidney stones do not form because of ascorbate. What is said incorrectly is that oxalate forms from ascorbate, and that is true.

But we and others have published that it saturates at about one gram. So whether you take 110 or 100g of ascorbate, you make the same small amount of oxalate.

And ascorbate is very good at picking up the calcium and extra minerals that are the matrix. The the PS stones. Now the next concern is ulcerative colitis, and I'm scheduled for surgery to remove part of my colon or my intestines.

I know a lot about that. We have hundreds of examples of people who were able to avoid surgery by doing the C cleanse. Sometimes you need to take a few extra things before and after a cleanse, especially if you're repairing and recovering your digestion, your microbiome, your metabolome, your detoxification systems all of which ascorbate is critically important.

But nature's ascorbate is important. Okay. So the answer is pretty close to nobody. Nobody knows no one. The one category. Yeah. Where I would go very slow is when people subjectively say, I'm afraid.

Okay. How I would like to deal with your concerns and or fears with evidence at the end of that five minute discussion, you might still be afraid. I always honor the needs of the individual.

Okay. In terms of medical symptomatology, pathology and physiology, there is no contraindication to a properly done C cleanse. All right. Very good. Now let's flip the question. Yeah.

You got a lot of heart patients listening all over the world watching all over the world to this summit. And they have

not been using any kind of vitamin C let alone.

And we're going to get there everybody. So stay there with your pen and paper. Nature's version of, vitamin C. What are some of the benefits that they might now receive by incorporating a new protocol, which is adding vitamin C to their program of the right type and the right quality.

Right. If you take enough of the right ascorbate, your connective tissue, your collagen, elastin and basement membrane infrastructure of your body will be properly renewed.

You have billions of cells. They're called dendritic cells, fibroblast granulocytes, billions of cells that are waiting to get enough ascorbate and magnesium to do their job of repairing your infrastructure.

If you want to have healthy bile and a healthy liver, a healthy spleen, a healthy kidneys that's able to handle the toxins of high tech living, you need ascorbate based on your individual C cleanse, right?

All right. And go on. Or is that enough? Well, I let let me bring up just a slight, Segway, which is lots of listeners are tuning in because they have learned the importance of the, a molecule called lipoprotein, little AA, right.

They are dealing with it. And certainly Doctor Pauling proposed a unique function of vitamin C, and those the 20 to 25% that. Well, no, no, let me jump in on that matter.

Matthias Roth worked with Professor Pauling and continued his work in Germany. And the premise is that how much proline, an amino acid and another amino acid, lysine, you take, determines your connective tissue.

College and elastin infrastructure. That is not true. It was a as often, on his behalf Pauling's behalf. It was an elegant hypothesis. We don't have all the time, and we don't have all the time.

I would like to, because this was my PhD was proving what we proved and disproving what we disproved about college and cross links and how they form, and how essential it is to have the cells energized with nature's ascorbate to do that repair function where it's needed and when it's needed.

Otherwise you get inflammation, autoimmunity, chronic disease, little things like that.

## The C Cleanse Protocol

Now, does the triad of the proper vitamin C with adequate lysine and proline lead to, excellent collagen cross-linking and function? It improves things a little bit, but not enough to actually be recommended.

What I recommend is nature's ascorbate based on the personalized need. Fully buffered, fully reduced. All ascorbate. Nature's ascorbate. As we have called Perc potency or equivalent.

As long as it's made under a nitrogen blanket, the antioxidant is preserved. So you would you would recommend that to cardiovascular patient. Whether they learned they've inherited lipoprotein or whether they have it.

I'm specifically saying that if you want to manage LPA, the best by far is to do the C cleanz plus are magnesium and choline citrate to deal with the metabolic acidosis that you likely can document in your morning urine pH.

This is one of the predictive biomarkers that we recommend for thriving today. So those that are listening and scratching their head go to Doctor Russell jaffe.com.

Read the book The Alkaline Way and learn that you can first thing in the morning. Just dipstick your urine and see it's p-h. And you'd rather be alkaline basic than acidic.

And it's a very simple test of your metabolic health. And you can influence it if it's acidic because you want to live the alkaline ways. Some of that is diet, and some of that is supplementation.

So a person gets excited about the concept that they can naturally improve their, cardiovascular health with regular or daily vitamin C supplementation of the proper kind.

So maybe before we talk about the proper kind, I want to say that say that to the end. You've mentioned the term c cleanse. And for most people viewing this, they do not know what that is.

That's something you know, is credited to you for decades as a test you can do at home. So why don't you tell us you know what it is? What is testing a little bit about how you perform it and what you got to get to do it the right way, which is the, your version, the potency.

Nature's ascorbate. Nature. We asked. About. Tell us about the C cleanse, and then we'll finish up with the right kind of vitamin C, right. So. Every 15 minutes you take between one and a half, three and six grams.

If you're a healthy person to 1.5g every 15 minutes, if you have some symptoms, I would do three grams every 15 minutes. And if you're like most people today with chronic afflictions and just getting by, I would do six grams every 15 minutes in water.

Appropriate healthy water. And that means in two hours you will have taken 48g of ascorbate and most people will cleanse within that time. We tell. Us what plant people are in, visualizing what.

I can't well, what I will say, what I'm happy to say. And we do this. As far as I know, my children and my parents do this or did this. What it means is you have like an animal from within.

You have such a flush on a cleanse to complete the process and this is urged do not do bowel tolerance which would recirculate harmful and irritating toxins.

You do the c cleanse to get rid of the toxins and the extra fluid. You will look and feel better. Your wrinkles will be fewer, your vitality will be a little bit more, and sometimes noticeably more.

Just from doing the C cleanse. Now we have written this up. Yes, it's available for free to download from Doctor Russell jaffe.com. Please take a look at this and or our YouTube videos about thousands of cases with every wrinkle you could imagine.

And as I said before, the only contraindication is fear. All right. So we're literally saying for listeners and viewers, you're taking a day when you can spend perhaps the morning doing a this is the original biohacking doctor Jarvis.

Yes. This is thank you, thank you, I accept that I accept that that honor. Your decades before the guy that says he was the original biohacker. And, and you're a scientist and he's not.

But we'll stop there for. Thank you people taking a biohacking morning where they have a tub of vitamin C powder. Nature's ascorbate. They have water, they have a bathroom.

And every 15 minutes you're going to dose vitamin C. And it says right on the protocol. And many places of Doctor Jaffe's website, I'm looking at one at Percom, called the Ascorbate Cleanse or the C plus, where every 15 minutes you're going to drink more vitamin C until your stomach starts to rumble.

And then ultimately you will deposit some contents in the toilet. Correct. But very politely said yes, you want to get the schmutz out, okay. And when you're calling it a flush, a lot of people are thinking of niacin and turning red. But we're. Not. No no no no.

Very important to distinguish that if you take, you know, like 500 or 1000mg of niacin, you might get red in the face and flush. No, no, this is a cleansing flush through the rectum of the trough.

And if it's a small amount of vitamin C, perhaps you grab it and you know 90. Well, let me let me give you some ranges. If you're if you're healthy and asymptomatic, you will probably cleanse on five grams or less.

If you're minimally symptomatic between 5 and 10g. And you will cleanse 80% of Americans with a cleanse between 10 and 100g. And then there's a few people who really need a lot to get things going again.

And then it reduces substantially over time. The reigning queen of ascorbate to cleanse was a nurse who took 320g. And then she cleansed. And I said to her, ma'am, why did you persist?

And she said, I have psoriatic arthritis. I've been in pain for years. The only thing that got me out of pain was this C cleanse, and I came here tonight to tell everyone in the audience my experience.

All right. So and you're. Probably all. Your protocol is adjusted. If one senses that they're quiet. Oh, yes. No, let me let me thank you for asking about that.

If after two hours. Because you're absolutely right, this should be done on a weekend, this should be done when you have unencumbered time. If after two hours you're not getting ready to cleanse and have not yet cleansed, I would stop and then I would talk with your health coach, talk with your health professional, talk with one of our team of people about why you seem to need so much more.

And we'll show you how to get there safely and effectively. But you should not persevere for 12 hours trying to cleanse when you might need. You know what I would call a substantial amount?

Okay. And viewer Mary Jones from Peoria, Illinois just making that up. Yeah, I did that Doctor Jaffe and it took me eight grams of vitamin C till I had my C flush.

How much should I adjust and start taking daily? Because I don't want to have that experience every day. So no no no no no. There is one person who cleansed every day for more than 15 or 20 years, and he is the only person that I allowed to do this because he said he needed it.

But no, this is once a week every week and you re cleanse because probably initially the amount needed to cleanse will go up because your body is beginning to repair itself from years or decades of slow atrophy and Terabithia and problems, then it will plateau for a period of time, and we want it to plateau and then we want it to come back down.

So you do it weekly to cleanse, and you take between half and three quarters of that amount spread through the day. What many people do is they get up in the morning knowing how many grams they want for that day.

They put it in a jogger's bottle with some water and they sip on it all day. So in the example I gave of a, person who had their C flush at eight grams, their biohacking at home, five grams, six grams didn't do at seven grams, their stomach is rumbling.

Eight grams they've just had the biggest movement on the toilet.

## Benefits, Safety, and Heart Health

Yeah. It's unmistakable. You know, it's not just saying that's a Sunday. On Monday they're going to start taking 75% of that split through the day and their.

Water by least half. So at least four grams. But I would suggest even better would be three quarters of that amount, which would be six grams. And you put that in a jogger's bottle with a quart of liquid, quart of water or tea or something, and you sip on it all day.

Okay. So I think people are getting the picture and I urge everybody again, you won't remember this, but. Com backslash lifestyle backslash self-test backslash ascorbic cleanser.

Just go to your search engine. You know go to your search engine. Please. I apologize for having such a long string, but yes, this is available for free download.

We want you to understand and follow through. I hope this has been inspiring, has been an interesting for me to unpack some of these questions which are very, very important if you understand them.

This hopefully will motivate you to take action. Yeah. And if you do search Perc part ascorbate cleanse protocol, you'll see written pages. You'll see, video that gives you the nuances, the frequency and the doses.

So do your research before you bio hack. The last topic I want to cover with you is why is potency card made by perc? You know the difference. We already talked about liposomal vitamin CS and all the other vitamin CS out there in the market.

This was your area of research, your PhD, your passion. What is it about your product that allows this very efficient absorption and activity? Different than we're hearing from a lot of people that, you know, we can't absorb vitamin C well, at all.

Yes. Many people read and report that about 250mg, in a day is your max uptake of ascorbate. That turns out to be completely wrong. That's your daily value, which probably should be more today.

But it was established many decades ago as the minimum amount that you need throughout the day. What others like Emmanuel Tarrasch and many, many others, Roger Williams in his beautiful world, within point out that the amount of ascorbate is proportionate to the amount of anti-aging nutrients, the amount of hormone disruptors, the amount of toxins you are exposed to.

The average American gets 20 micrograms of toxic minerals of a variety of source each day. Too many people get exposed to mold or radioisotopes and don't realize it, but the body does.

Ascorbate is nature's solution to high tech toxic living. It does many, many things. Books have been written about how remarkable ascorbate is as a small molecule that, in biology is essential in its natural native form, will be reduced fully by for all L ascorbate.

That's what you want and need, not what your body hungers for. That's what is 100% taken up easily and effortlessly between the stomach and the small intestine.

And when all the antioxidant needs are met, then you can begin to flush out toxic matter much whenever you want to call it. But things you don't want to keep in your body because they harm you.

And yes, we prove in essence this on Foxhound dogs and miniature pigs in the 1970s that the diet heart hypothesis was irrelevant, that all these lipid fractions are mostly unimportant, but once critical is not measured, which is oxidize cell Leo and oxidized cholesterol one or the other.

They are measurable from Mayo Clinic, Arup, and other fine laboratories throughout the world and along with other predictive biomarkers, determine whether your cardiovascular system is renewed.

Your heart and brain are renewed or not, and I want them renewed because I want to be dancing at an advanced age, and I want you dancing with me. I know that your tagline and a beautiful thought, and that happened to be the recent sermon by my local rabbi.

So, I'll have to send that to you. Let me ask you a practical question. Viewers and listeners now are going to go look up the ascorbate flush and the original biohacking, and they're going to go look up Perc potency guard and why it's different, and read about it because your website is, so much data and there are great recipes over there. Do.

And then finally people are going to go to their supplement, drawer and they're going to pull out vitamin C. And I just did this as a real life experiment, and they're going to read a bottle that says vitamin C.

And this is a high quality company. High quality company. But let me you. Vitamin C as ascorbic acid and As a

ascorbic acid that is absolutely disclosed correctly disclosed as damaged vitamin C.

When you say ascorbic acid today, you mean ascorbate made in air. If it was fully buffered and fully reduced and done under a nitrogen blanket, you would know that because it's hard to do an expensive.

And we have done it since 1987 because it's the right thing to do. Okay, so if we turned over right potency guard I'm trying to do this quickly. Yes. You should find several legitimate sources online.

## Potency Guard and Product Quality

We have a number of legitimate sources and a few troublemakers, but we try to feature the people that make available, including online, the quality of perk products, which means all actives, no binders, fillers, excipients, flowing agents, colorants, gluten glues.

None of that is needed. We have pioneered capsules. We have pioneered liposomal miscellaneous soft gels. We have pioneered the pioneered under the tongue drops and lozenges that are absorbed through the mouth before swallowing.

So in order to get them in. Because today. Again. Sorry, Pat. No, no because today many people have digestive, mal, digestive enteric pathogen meaning atrophy of the digestive tract.

And this ulcers which means the wrong forms of bugs. And we want to correct all of that. So when I turn your bottle of potency guard, you call them capsules.

It says vitamin C, but in parentheses sees as 100% L ascorbate fully reduced and buffered close parentheses. So it is different. And you've done a very convincing job of explaining to us, why quality matters, why science matters, and why we probably should stop using damaged vitamin C, right?

Amen. And. Right. Correct. All correct. Thank you for making basically vegan capsules because. Oh no no, no, we do. Yeah. We want to have whatever is best for people and animals.

People are animals. Yeah. Thank you. Great people. There are viewers. I can tell you that our beloved corgi benefited greatly from our vessel health card, which means b-complex that you dissolve under the tongue, and co Q10, which were little micelles, soft gels, and I think lived several years longer.

And we had such a loving dog. And I will complete this thought as long as the dog could smell Rebecca because his eyes and ears weren't working so well.

But as long as he could smell Rebecca, he was fine. As soon as Rebecca would leave him alone, he would start woofing not barking. Just where's Rebecca?

And then she would come back and he would stop doing this. And we said, look, you have to take the dog with you because we we don't want the dog just walking around looking for you.

Yes, we are all animals, but if we're sentient, if we're self-aware, if we're willing to take yes for an answer. This is part of the discussion that I'm very happy to have as part of this summit, because I do think some of what we've discussed is life saving, on the one hand, and novel, it's not a repeat, it's not a book report.

It's a personal report. Excellent. And I think we'll wrap it up here. Honoring your corgi makes me think of my 16 year old Schmoodle. And yes, I'm going to alter her though she has a holistic that and gets hyperbaric oxygen therapy.

We're going to have to do a reversing, pet illness summit because I think that would be phenomenally well. Sign me up. Thank you for your time, doctor Jaffe again.

Doctor Russell Jaffe, dot com perc p r q u e.com, which we now learned is a Spanish word and just a wealth of

information. The book, the altcoin way, another and thriving.

In the 21st century. We have book recently traveling in the 21st century. It's on audio. It's on Kindle, it's in print. And yes, thank you for the opportunity to, to show people how to save their lives.

Well, we need help. We're actually getting an interesting nationwide discussion about metabolic health and metabolic illness. And, I think you've been, you know, again, a pioneer and an original and OG biohacker again, I love that.

I'm going to have to get you a, t shirt and t shirt line. Yes. Great line. And thank you for acknowledging the fact that we have been saying for a while what many other people are now coming to and as you know, when you start in original science, very often people don't get it quite right.

And then you're a little controversial for a period of time. And then eventually they've known it all along. And so I'm waiting for that. Yeah. No, I mean, it's shocking.

However, if I were a member. But very good. Have a wonderful day. Thank you for your brilliance.