

Recipe for Liposomal Vitamin C

Please note: This recipe does not taste good. It works well externally for cancer and sunburn, and internally for getting high doses of Vitamin C into the system.

Items needed:

- Vitamin C Powder - 5000 mg
- Non-GMO Lecithin granules
- Distilled water
- Ultrasonic jewelry cleaner

1. Soak 3 TBSP Lecithin in 1 cup distilled water for 2-4 hours (until the lecithin mixture turns goopy)
2. When the lecithin mixture is goopy, mix 3 TBSP Vitamin C Powder and 1 cup distilled water in a good blender on medium-high for 1 minute. Pour this mixture off into a quart jar.
3. Pour the goopy lecithin mixture into the blender and mix on medium-high for 1 minute.
4. Add the Vitamin C mixture from the quart jar back into the blender. Blend the Vitamin C and Lecithin mixtures on medium-high for 1 minute.
5. Pour this mixture into an ultrasonic jewelry cleaner for 8 minutes. (Mine runs in 3-minute cycles, so I just do 3 cycles).
6. After 8 minutes pour the mixture into a quart jar.
7. Repeat steps 5 and 6 until all of the mixture has had 8 minutes in the ultrasonic machine.
8. Store your liposomal Vitamin C in the refrigerator

Recipe by Tara Eyre