Homemade Vitamin C

Make your own vitamin C at home, and make it better than any store-bought vitamin C

Vitamin C Recipe

So you may not know that almost all of the vitamin C supplement manufacturers are making their vitamin C from genetically engineered corn. What! You exclaim. How am I supposed to get enough vitamin C into my family if I don't buy store bought supplements? Answer: **You make your own!** What you are about to read is something that the giant pharmaceutical companies don't want you to see.

Even the health food stores don't want you to know about this secret. You can make your very own vitamin C supplement that is ten times better than anything you could buy in a store at NO EXTRA COST TO YOU!

Does it have a 1,000 mg of vitamin C per dosage? Nope. Does it have the USRDA amount per dosage? Not at all. Has it been approved by the FDA? Absolutely not!

What homemade vitamin C does have is live enzymes that allow the vitamin C to be 100% assimilated into your body. It has its own natural source of rutin, hesperidin, and bioflavonoids. It's easily acquired, easy to make, and even tastes good, too. It's just orange & lemon peels.

It's that easy. Any organic orange or lemon peels left over from the fruit you buy will do the trick. Save all of your peels after you eat the inside of the fruit and cut them into thin strips. Place them on a plate on your dining room table and let them dry at room temperature for a couple of days until dry and crisp. You can also dehydrate the peels with a food dehydrator and then store them for about a year in a dry

container. For consumption, one idea is to break up peels into smaller pieces and mix them with your favorite tea. This makes the tea taste great, but the downside to this approach is that heat destroys the enzymes. A better option is to place the peel strips into your coffee grinder and grind them into a powder (which won’t hurt the enzymes) and use to mix with your early morning smoothie. One rounded teaspoon will supply you with more organic vitamin C complex, rutin, hesperidin, and bioflavonoids than your body needs for the day, regardless of your size. And this homemade citrus peel powder mixed in your blender with some fresh organic apple juice tastes good too.

Check out these articles if you are looking for tips to boost your immune system, or heal from chemotherapy. Also, be sure to read up on Leaky Guts and Autoimmune Diseases.

Recommended Supplements:

- Total Nutrition Formula

Further Reading:

- *Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula*
- *Homemade Calcium and Magnesium*
- *Things You Should Know About Garlic – DIY, Recipes, Other Tips*