

How to Make Your Own Liposomal Encapsulated Vitamin C...

by Mary Joan, Clinical Counselor-A Conscious Living Health Blog (2017) health excerpts...
<http://mjclive.com/healthy-living/how-to-make-your-own-liposomal-encapsulated-vitamin-c>

You can make your own Liposomal Encapsulated Vitamin C at home...

It's easy to make: Cheaper than Lypo-Spheric Vitamin C, higher quality than standard Vitamin C, and you always have a fresh, abundant supply available. I've been trying this now for the past 3 months, and what has really amazed me is the fact that it has firmed and toned my skin in a way that none of the expensive Vitamin C anti-aging creams have been able to do. And I've also noticed that minor nicks, scratches, and bruises heal in a few days. Vitamin C seems to turn back the clock in terms of aging.

Bonus Benefits...

It also clears up, or reduces the discomfort associated with, chronic and even acute health conditions, such as:

- Sinus congestion, colds, the flu, viruses.
- Bacterial overgrowth in the stomach and intestines.
- Acid reflux, bad breath, gas and bloating.
- Inflammation all over the body.
- Chronic fatigue.

It also improves memory because of the Phosphatidylserine and Phosphatidylcholine in the Lecithin. Many report weight loss. This is an individual thing – depending on what's causing your weight gain. This is often related to hidden health issues and inflammation in the body. These are only a few of the many benefits of taking Liposomal Encapsulated Vitamin C daily. Let your body surprise you with how it uses this new support for your health.

What is Liposomal Vitamin C and Why Encapsulate it?

Liposomal Vitamin C simply means that the Vitamin C has been surrounded by a protective layer of lecithin, which allows it to get into the blood, without being broken down by stomach acids. That's why this encapsulation process works so well to deliver the most Vitamin C to the body. It's a superior way to get Vitamin C circulating around the body. Studies have shown that Liposomal Vitamin C transports more Vitamin C into your system than taking it directly into the blood in the form of an IV injection. In fact, recent research found that Liposomal Encapsulated Vitamin C taken orally is 6 to 8 times more bioavailable than taking Vitamin C through an intravenous drip, costing you at least \$100 per injection. What a saving! 70% more efficient than an IV. Safer, because every IV carries a risk of infection. And you control the making of it yourself, so you are sure you are getting a clean, wholesome product.

Man Returns From Brink of Death With the Help of Liposomal Vitamin C...

A news video from New Zealand detailed the astounding recovery of a man with Swine Flu and Leukemia – because of Vitamin C injections. The family fought with the hospital to continue him on Vitamin C IV therapy. The doctors were skeptical, and reluctantly gave him the Liposomal Vitamin C. When they took him off the IV drip, the family continued giving him Lypo-Spheric Vitamin C. His recovery was later termed miraculous.

What You Will Need To Make Your Own Liposomal Vitamin C...

1. Vitamin C – Ascorbic Acid

I get a large bottle of Natural Factors Vitamin C Crystals 2.2 lbs. Best to buy in bulk so you won't have to keep running out to buy it.

2. Lecithin

Lecithin comes in 2 forms: dry granules and liquid lecithin.

- I find that the liquid lecithin saves you a huge amount of time, because you don't have to fiddle with trying to get the granules to dissolve by soaking it for 3-4 hours. You already

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have to deal with dissolving the Vitamin C in dry form, so having the lecithin in liquid form is a real help.

- It also makes the process of combining the two work more easily together.
- And you only need to use 50% of the required amount of liquid lecithin to get the same result. Note: For purists, Lecithin is commonly sold as a soy product, and it's not easy to find non-GMO soy these days. If you want to get the purest lecithin that is non-soy based, try Sunflower Lecithin. I go for the organic, sunflower lecithin, obtained by cold pressing sunflower seeds, without the use of any chemical solvents. The only place I know of that has pure, non-soy, non GMO, 100% organic liquid lecithin is from My Sunflower Lecithin. It comes in 3 sizes: 16 oz. and 32 oz and 1 gallon.

An Alternative Liquid Lecithin...

Love Raw Foods Sunflower Lecithin is a less expensive sunflower source, without all the extras that purists prefer.

3. The Power Behind the Process – A Good Blender...

It is helpful to have a power Blender. I use a Blendtec Total Blender, and blend it using the Smoothie button. The Vitamix Countertop Blender is another power blender that does a great job with this process. Once you try one of these, you just can't go back to a regular blender.

4. Bringing It Together with an Ultrasonic Liquid Processor

Finally, in order to bind the Vitamin C crystals with the lecithin – you need a sonicator or an Ultrasonic Liquid Processor. This machine agitates the mixture until it sticks together into a thick mass that can be spooned into your smoothie in the mornings, or mixed with any juice. Sonication is a word used to describe what happens in the Ultrasonic Unit. It is used to evenly disperse nanoparticles in liquids that produce liposomes which carry the vitamins into the tissues. For a more detailed explanation see: Wikipedia

I use the iSonic P4810 Commercial Ultrasonic Cleaner which I ordered from Amazon...

This same machine is also available for a few dollars less under the name Joy4Less Professional Grade Ultrasonic Cleaner 4810. Tip: There are smaller Ultrasonic machines available costing much less. I'm not sure how well they work. I find this one works great. You can set it for 10 minutes and walk away without having to watch it. It produces enough for 5 days, so I don't have to keep making it every day. This is the one recommended by Arthur Doerksen in the below listed video. Don't be seduced into getting a larger model like the P4820 which has a rectangular bowl. The smaller P4810 is square and the vibration reaches all parts of the contents equally. Whereas the rectangular shape of the larger model doesn't seem to do quite such a good job.

Where's the Recipe?

Of course, there is nothing better than being able to watch someone making their own Liposomal Encapsulated Vitamin C. And one of the best videos out there is Arthur Doerksen's YouTube Video. I use a variation on his recipe which you'll find below the video below. This video shows the process using dry lecithin granules. You will need to soak the granules for 3-4 hours. If you are choosing to go with liquid lecithin, remember to use 50% less lecithin, and there is no soaking required. Factor Ready Note: The video mentioned is posted on You Tube and can be accessed via: <http://mjclive.com/healthy-living/how-to-make-your-own-liposomal-encapsulated-vitamin-c>

My Recipe...

Liposomal Encapsulated Vitamin C:

This recipe is an adaptation of Arthur Doerksen's recipe in the video.

2 cups warm water

1 tbsp of ascorbic acid crystals

4 tsps liquid lecithin

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- 1) Pour the water into the blender
- 2) Add the Vitamin C and blend on "Pulse" in your power blender until the Vitamin C is dissolved.
- 3) Add the liquid lecithin to the blender containing the dissolved Vitamin C solution.
- 4) Blend on high for 40-60 seconds
- 4) Pour the whole thing into the Ultrasonic Unit.

Set the timer on the Ultrasonic processor for 10 minutes.

Agitate the mixture with a wooden chopstick until it becomes thick.

When the timer shuts off, you should have a thick mixture, that you can pour into a Mason jar. Place in the fridge. As it stands a thin liquid may accumulate in the bottom. You can also use this in your juices.

Helpful Tips on Perfecting Your Method ...

You may need to spend a little time working at this to perfect the process. Everyone seems to do it a little differently, because everyone is working with different ingredients – dry or liquid – and different machines: blenders and processors. Don't give up, you will eventually find what works for you.

The Encapsulated Liposomal Vitamin C will keep in the fridge 3 days. Cover the top of the bottle with cling wrap rather than the metal bottle lid, because Vitamin C can corrode the metal. The Vitamin C begins to oxidize as soon as it's exposed to air. So making it in small batches is better.

My Secret: For the best tasting Liposomal Encapsulated Vitamin C...

Aim to get a smooth, thick, viscous liquid that clings together, as the final result. This coagulated mixture is proof that you have encapsulated your Vitamin C.

What Makes Liposomal Vitamin C Superior to Other Forms of Oral Supplementation?

Recent clinical trials have shown that Liposomal encapsulated Vitamin C achieves in the body, serum levels of Vitamin C nearly double those previously thought possible by ingesting the best forms of oral Vitamin C.

That's because when you take the vitamin in tablet, powder or capsule form, as it travels through the digestive tract, it goes through an oxidation process which dissipates most of it. Most of it is expelled through the gut before it ever reaches the cells. But, before this new innovation, that's all we could expect.

For example, when we take a standard form of Vitamin C, such as you find in the Emergen-C packets, maybe 17-19 % of it could be expected to reach the bloodstream. But liposomal encapsulated Vitamin C, such as Lypo-Spheric Vitamin C can be expected to reach upwards of a 93% absorption rate.

We now have a process that preserves and delivers the Vitamin C intact, right into the parts of the body that need it most. This process encases the supplement in lecithin, protects it and allows it to pass through the digestive system without being digested by enzymes, acid secretions, and bile salts.

To give you an idea of how small these Nano-spheres are – one nanosphere is the size of 300 nanometers in diameter. 3000 nanospheres laid out in a single line would be the size of this hyphen '-'. Because of their size and composition, nanospheric transport provides the perfect delivery system to allow precious vitamins to move through the bloodstream whole and complete, to find the cells which need them, that can then grab onto them, and incorporate them into their cell structure, thus repairing themselves. And the whole body which is an integrated organism, benefits.

The Next Best Thing to Making Your Own...

You can order Liposomal Encapsulated Vitamin C from Amazon.com. Lypo-Spheric Vitamin C comes in boxes of 30 packets, which you can put in a juice or smoothie, and easily carry in your purse or backpack. This is the same Vitamin C given to the man mentioned, which saved his life.

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Lypo-Spheric Vitamin C was my first experience with Liposomal Encapsulated Vitamin C. It's quicker and more convenient than making it yourself. However, I still love being able to make my own, in my own kitchen, to have access to a fresh, unlimited supply, and to know exactly what is in my Vitamin C. My doctor was blown away when I told him how this is made. Try Lypo-Spheric Vitamin C and watch your body show you how it appreciates having access to a fresh, high quality, abundant supply of Liposomal Encapsulated Vitamin C, to play with everyday.

Important PS from FactorReady.com: Vitamin C is reportedly very beneficial in dealing with many serious health issues, including most cancers, and especially when administered in mega-dose amounts via IV and/or liposomal methods. Considerable information may be found on this at web sites such as Dr. Thomas Levy at PeakEnergy.com and Dr. Andrew Saul at DoctorYourself.com , along with Liposomal at LivOnLabs.com. Appropriate administration, guidance and any dosing and methods utilized is of course always strongly recommended to be strictly under the direct supervision of a medical doctor and faculty experienced in such Vitamin C medication usage. Nevertheless, this article presents Vitamin C information possibly helpful under special needs and/or economic situations where no other equal alternatives are available. A whole foods plant-based diet would usually be called for as well, with deletion of any present animal and dairy products (except for healthy wild caught fish for protein) per "The China Study" report book by Dr. T. Colin Campbell. An Irish medical doctor successfully used this diet with many of his cancer patients as documented in his book, "Stop Feeding Your Cancer." The fresh and frequent juicing of organic fruits and vegetables (especially carrots) is recommended to obtain prompt and effective anti-cancer nutrition. Also, if appetite and energy lacking, consider the Superfoods available at LivingFuel.com that may be drank in lieu of meals, and the special liquid immune system revitalizer supplement at LifeOne.org. Stay Well, Stay Prepared and Stay Prayed up!

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