

Subj: **Re: caleb**
Date: 8/19/2004 5:54:08 PM Eastern Standard Time
From: @msn.com
To: PETERSKLAR@aol.com

Hello Mr. Sklar:

I just wanted to say **thank you** for the advice. We did go to a health store and get the Vitamin C that you had told us to get. He is feeling great and ready for the workshop! I can't thank you enough for your "health tips two weeks before the workshop" and your help with the ester-C. Our entire family has benefited from this information. It has brought a whole new awareness to all of us.

Sincerely,

Ginger Strain

Caleb Woodley's mom

>From: PETERSKLAR@aol.com
>To: @msn.com
>Subject: Re: caleb
>Date: Thu, 12 Aug 2004 10:44:34 EDT

>
>I would increase his vitamin C by about 25% each dose for a couple of days,
>then another 25%- three doses daily or until bowel tolerance. (If he gets
>crampy or loose stools, cut back to lower dose.)

>
>Make sure the Vitamin C is ester-C (buffered for best absorption and minimal
>stomach stress), and that it contains nearly 25% of the amount of the C in
>bioflvonoids, for better body cell receptivity. (Ex: 500 mg Vit.C should have at
>least 100 mg bioflavonoids.)

>
>Get a good health food brand- not some inexpensive drug store stuff.

>
>The above considerations make all the difference in the world in
>effectiveness. Otherwise, save your money.

>
>Thanks for the notice. -P