

Buttercup, Me & Vitamin C

By Theo Farmer

Illustrated by Katie Kelm

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[Click here](#) to purchase printed copies of this book so you can gift them to every child that you know to spread the truth about vitamin C to upcoming generations. By purchasing printed copies of this book, you are also supporting the expansion of orthomolecular regenerative farming.

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In memory of

**Cameron Wadman (Dec 15, 1986-Oct 15, 2012)
and Princess Buttercup (Jul 8, 2013-Jun 24, 2019).**



Foreword

Because I am known as *The Megavitamin Man*, I am frequently asked when and how I first came to be so keenly interested in vitamin C. That's easy to answer: when my first child was born. I remember holding this tiny little boy in my arms, looking down at him, and thinking: "From now on, I have to be right." One way his mother and I were right was to give him vitamin C from birth (in addition to breastfeeding, of course). As he, and subsequently his little sister, grew, they always got their vitamin C several times a day. When they went off to school, they took unobtrusive candy-looking chewable Cs with them. When they got sick, which was not often, they got still more C.

One of the many things I like about this book is that it specifically mentions Drs. Frederick R. Klenner and Robert F. Cathcart. This is the very first children's book that I have seen that does so. Indeed, most nutrition textbooks omit these two brilliant physicians who pioneered high-dose vitamin C therapy decades ago. It is from them, and Drs. Linus Pauling and Abram Hoffer, that I first learned to use vitamin C in safe, effective high doses.

You, as a parental reader of this book, are fortunate. Your child is even more so. This information is valuable. Presented as a delightful children's tale, the real message in *Buttercup, Me and Vitamin C* is how your child can understand why vitamin C is so important for him or her to take as a supplement. I have no financial connection whatsoever with the supplement industry. I simply have been saying, for 45 professional years as a health educator: "Take enough C to be symptom free, whatever the amount may be."

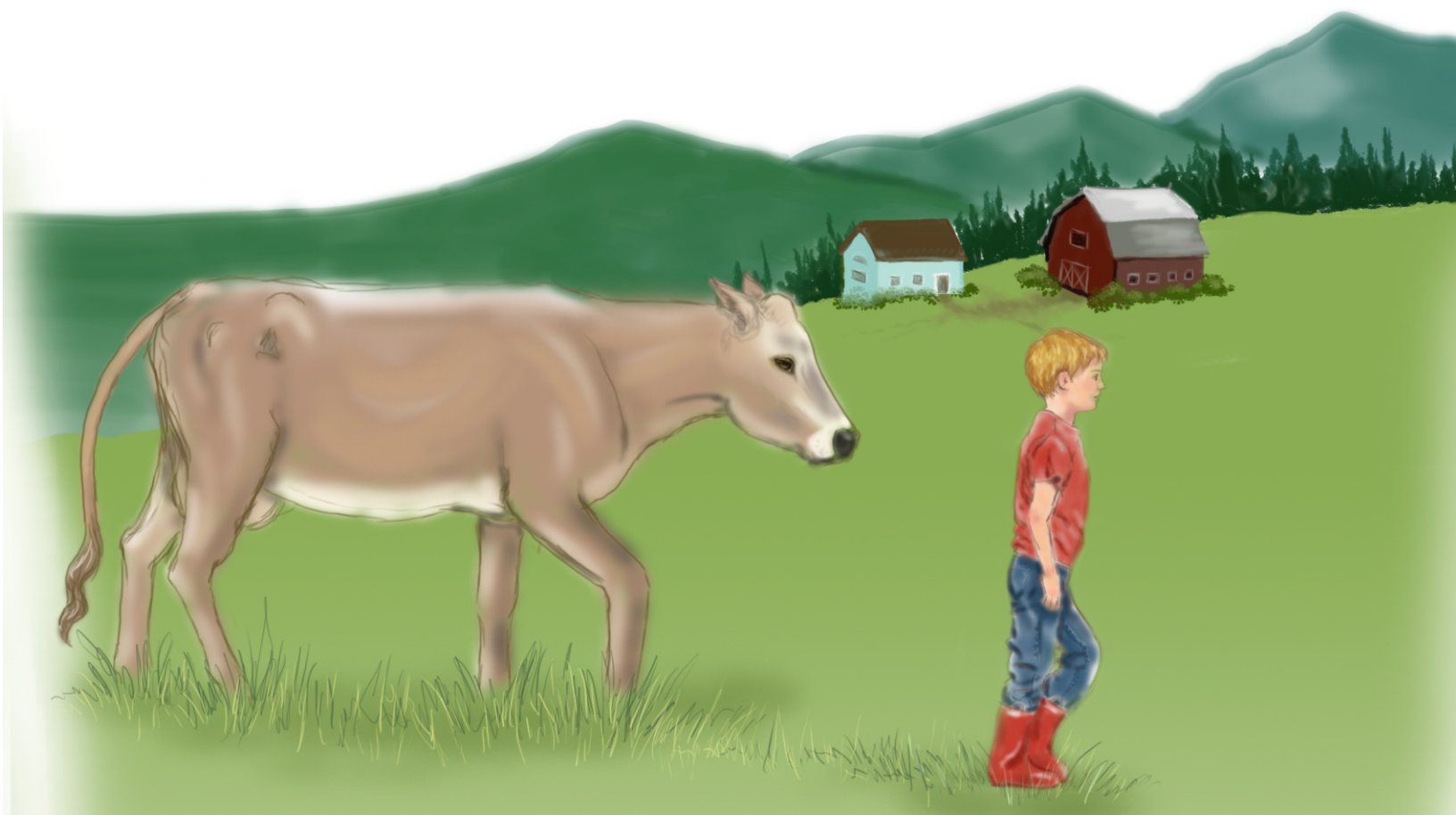
My children did. It worked. They were raised all the way into college and never had a single dose of any antibiotic.

May I add that I am a former dairyman, and I like cows.

Andrew W. Saul

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Editor-in-Chief, Orthomolecular Medicine News Service

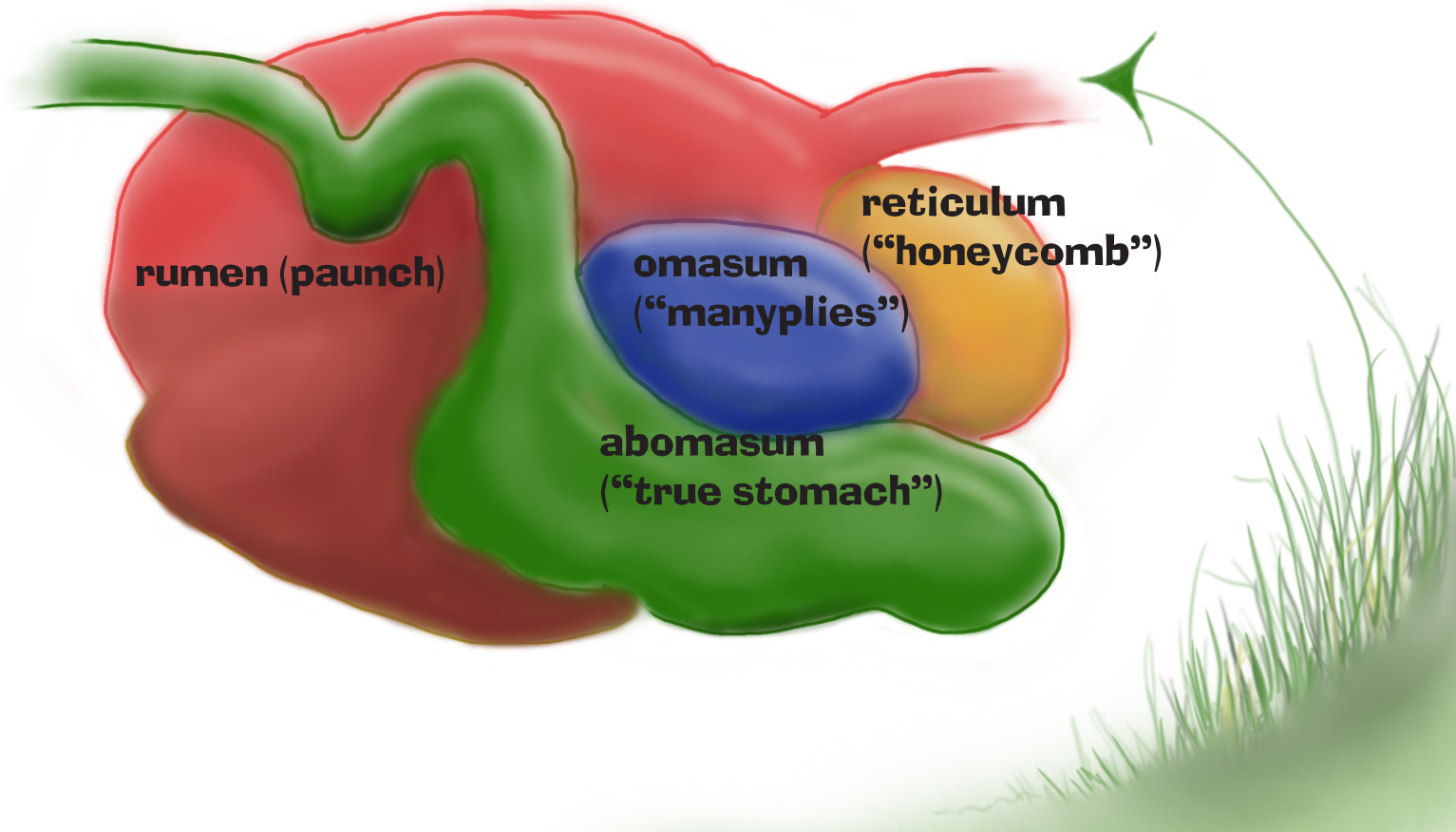




My cow is named Buttercup. She is my cow. She's different than me but the same, and here's how.



She grazes on pasture and drinks lots of water. She eats grass and plants that us farmers call, “fodder.”



To use grass as food, she has three extra tummies.
I have just one stomach for all of my yummys.



**My stomach is just like her fourth one no question.
The first three she has ferment grass for digestion.**



Four stomachs are one way I'm different than cows, but her fourth one's the same, and we all know that now.



We're the same and we're different at the same time. It's fun to learn all about cows with a rhyme.



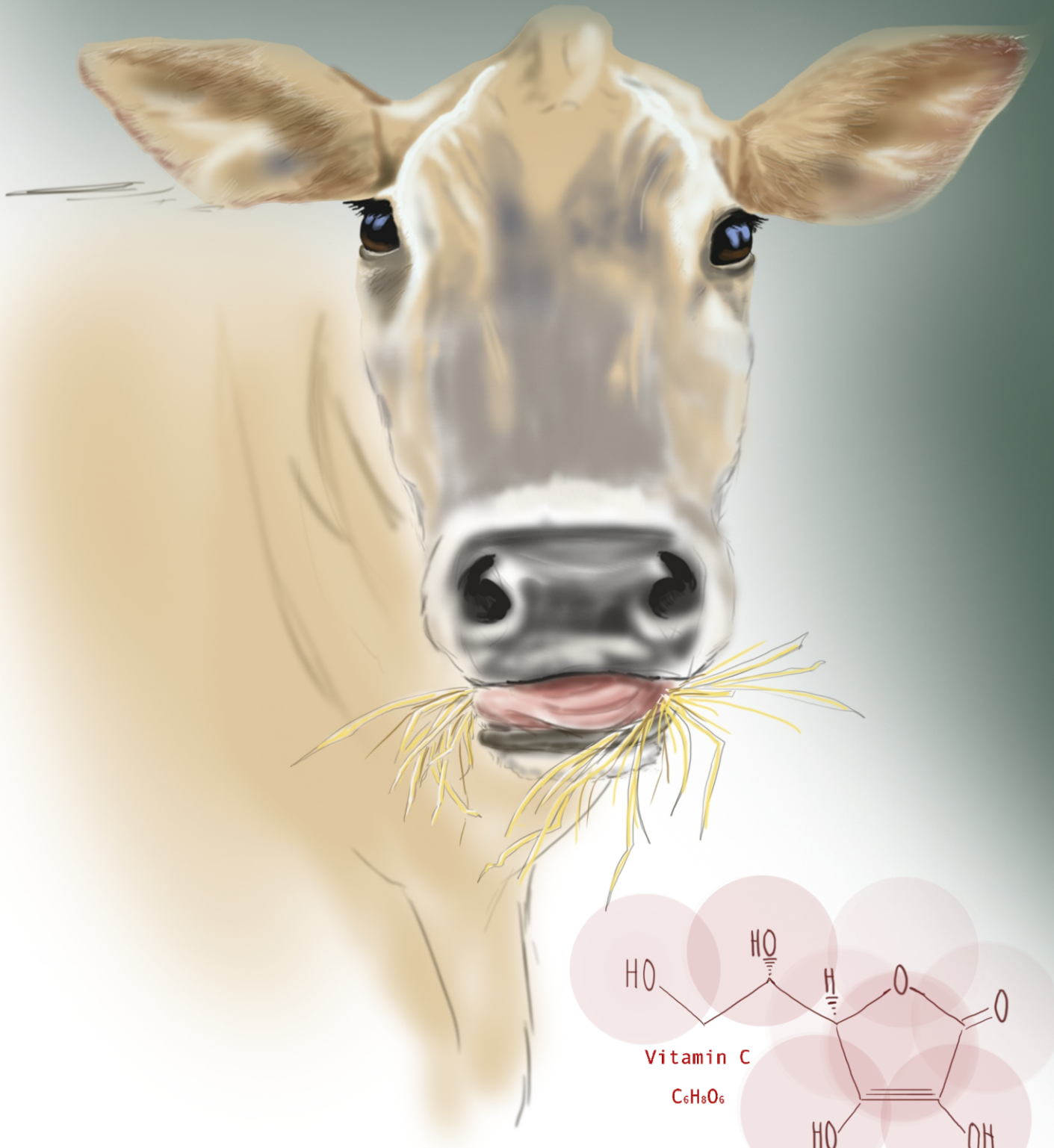
Another way Buttercup's different than me is that all day her body makes vitamin C!



When I feel yucky, in bed nice and warm, I think about Buttercup out in the storm.



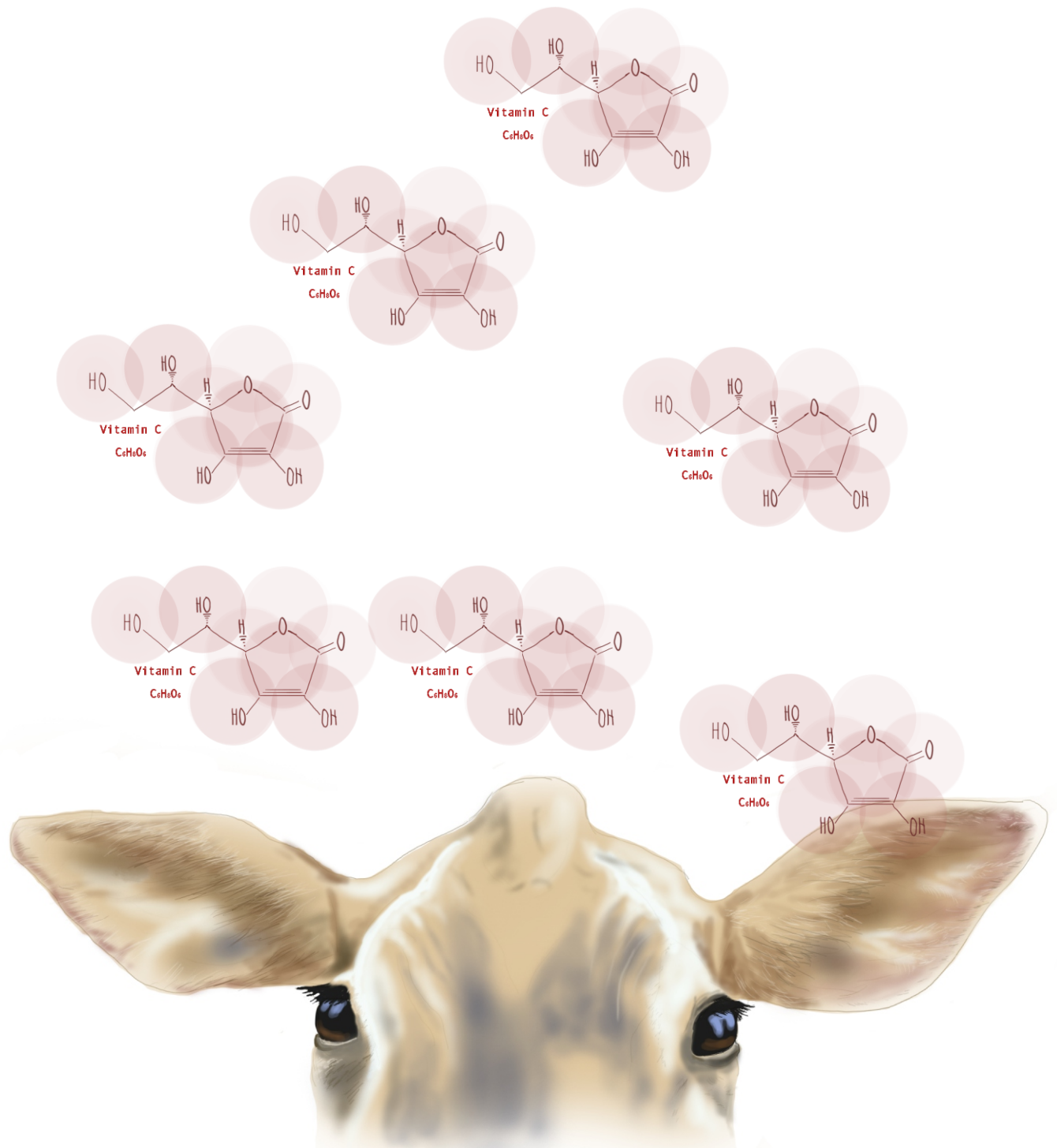
**If she caught this cold would mom tuck her in bed?
No. She doesn't get colds as long as she's fed.**



**Using some of her food, she'll make vitamin C.
Making vitamin C? That consumes energy!**



She makes more whenever her body is stressed and less when she's healthy and happy and blessed.



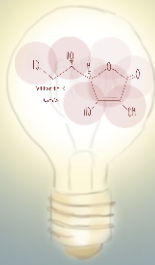
**She never gets measles and never rubella. The vitamin C keeps her healthy I tell ya.
It's different for humans: No vitamin C is made by our bodies to combat disease!**



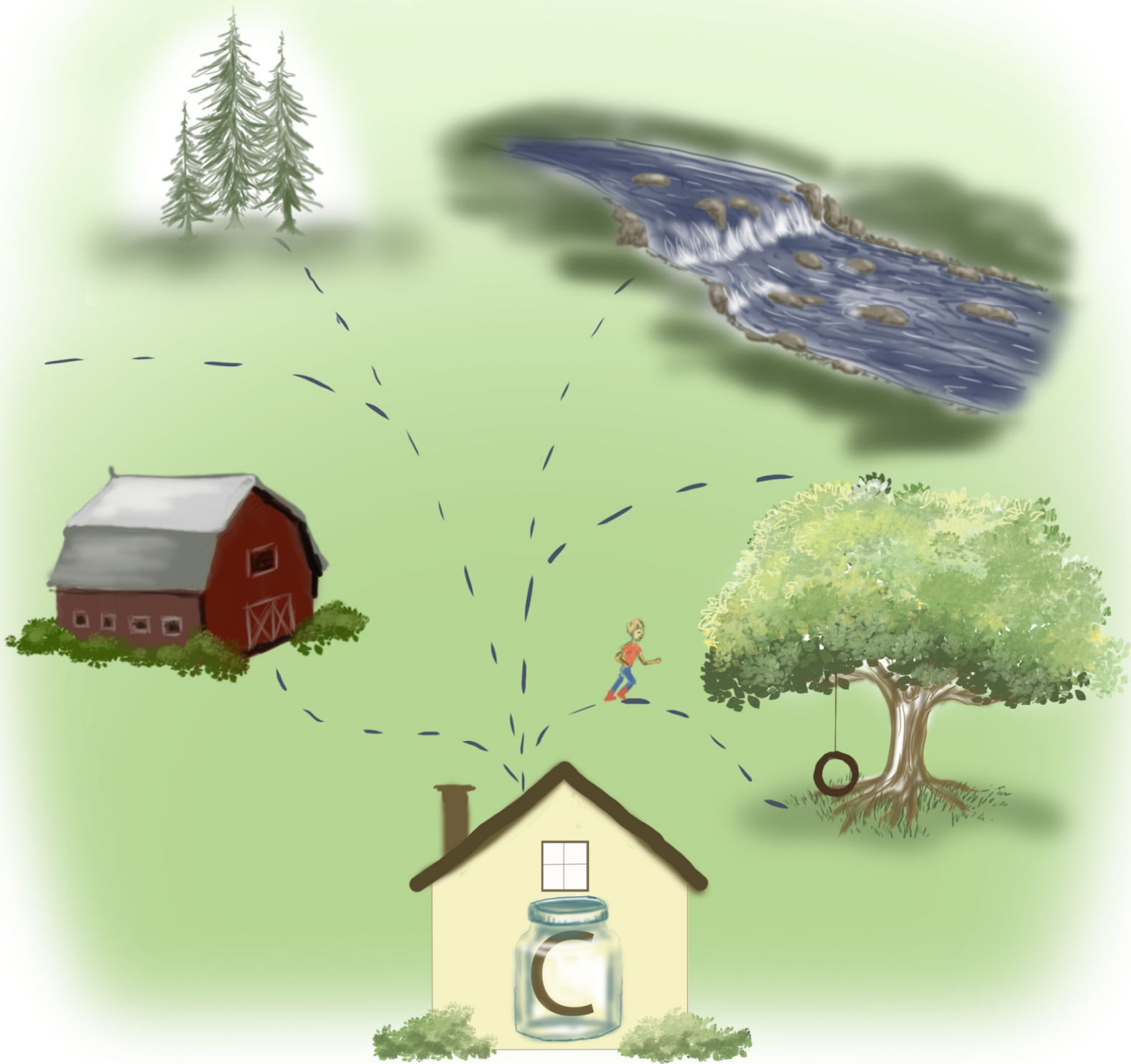
If we don't take enough, we can get scratchy throats, colds and flus, runny noses, but what about goats?



Goats make vitamin C and they make it a lot. They can make more than cows. But not us. WE CANNOT!



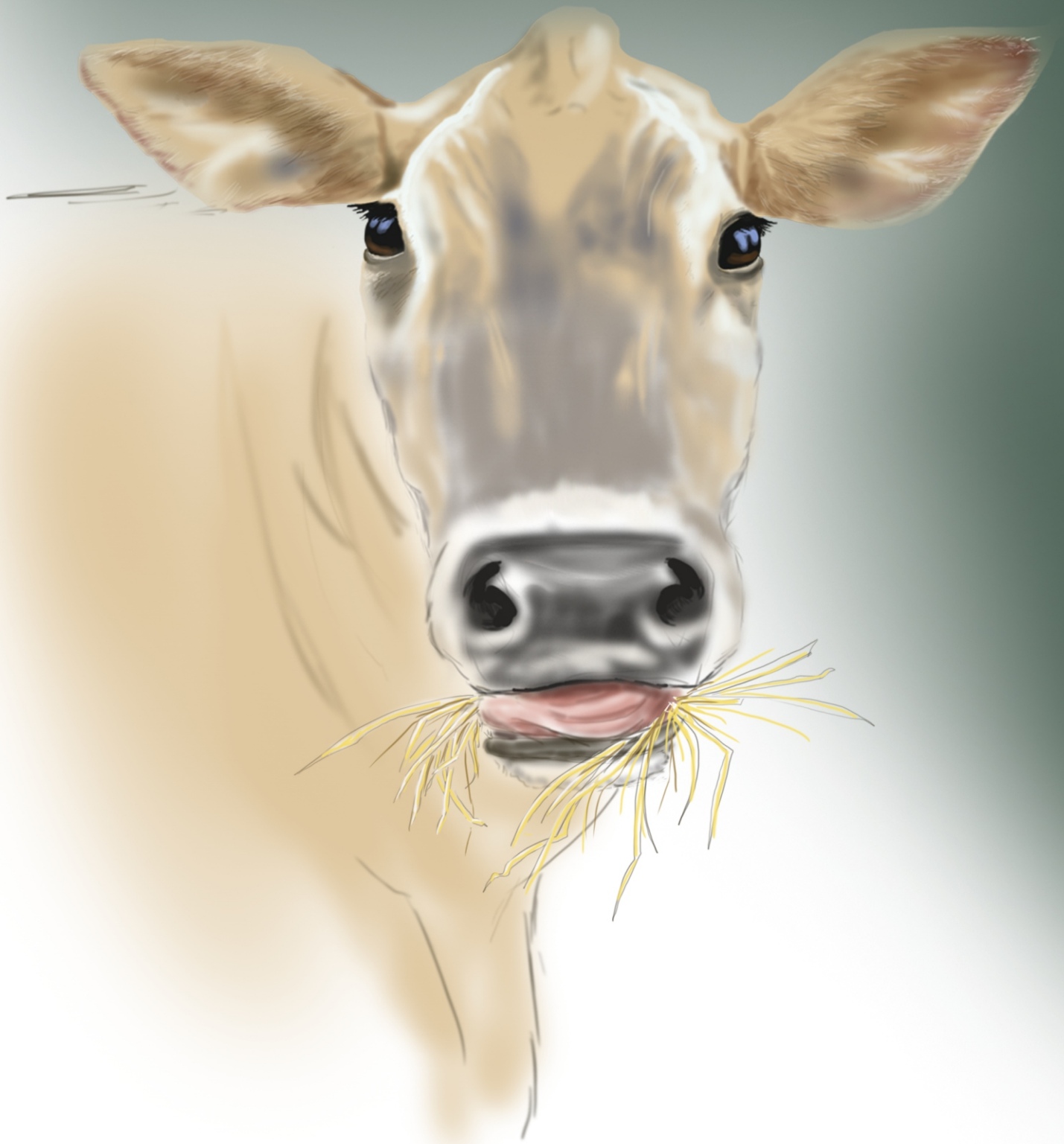
**But what if I take it like
Buttercup makes it!!!**



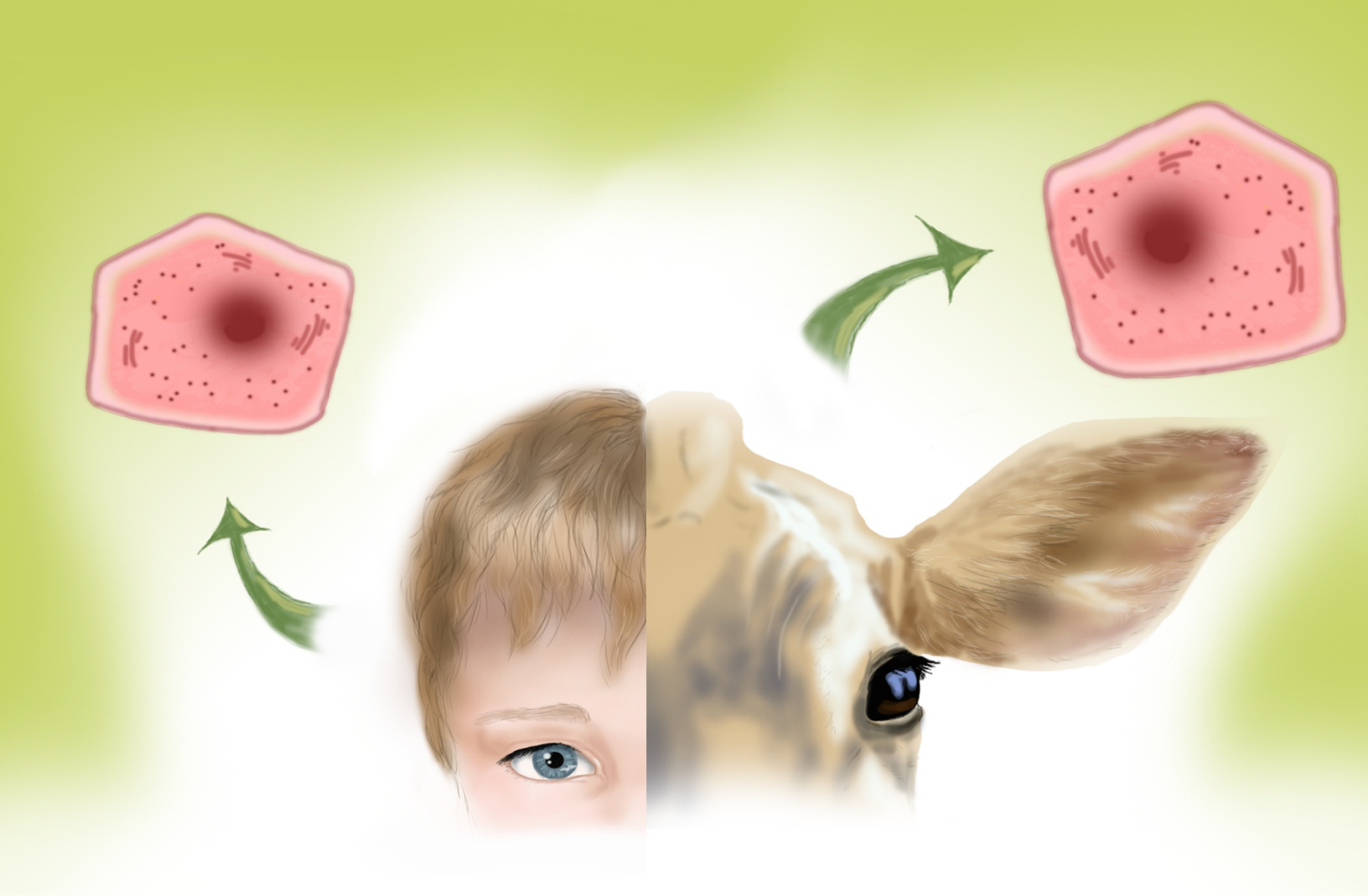
She makes C all day, so I'll take it at nine. Then I'll take more at noon and then two or more times.



I can match in my body what Buttercup makes. I can take even more C if that's what it takes. And if I get sick, I can take C more often. I'll take it and take it until I stop coughin'.



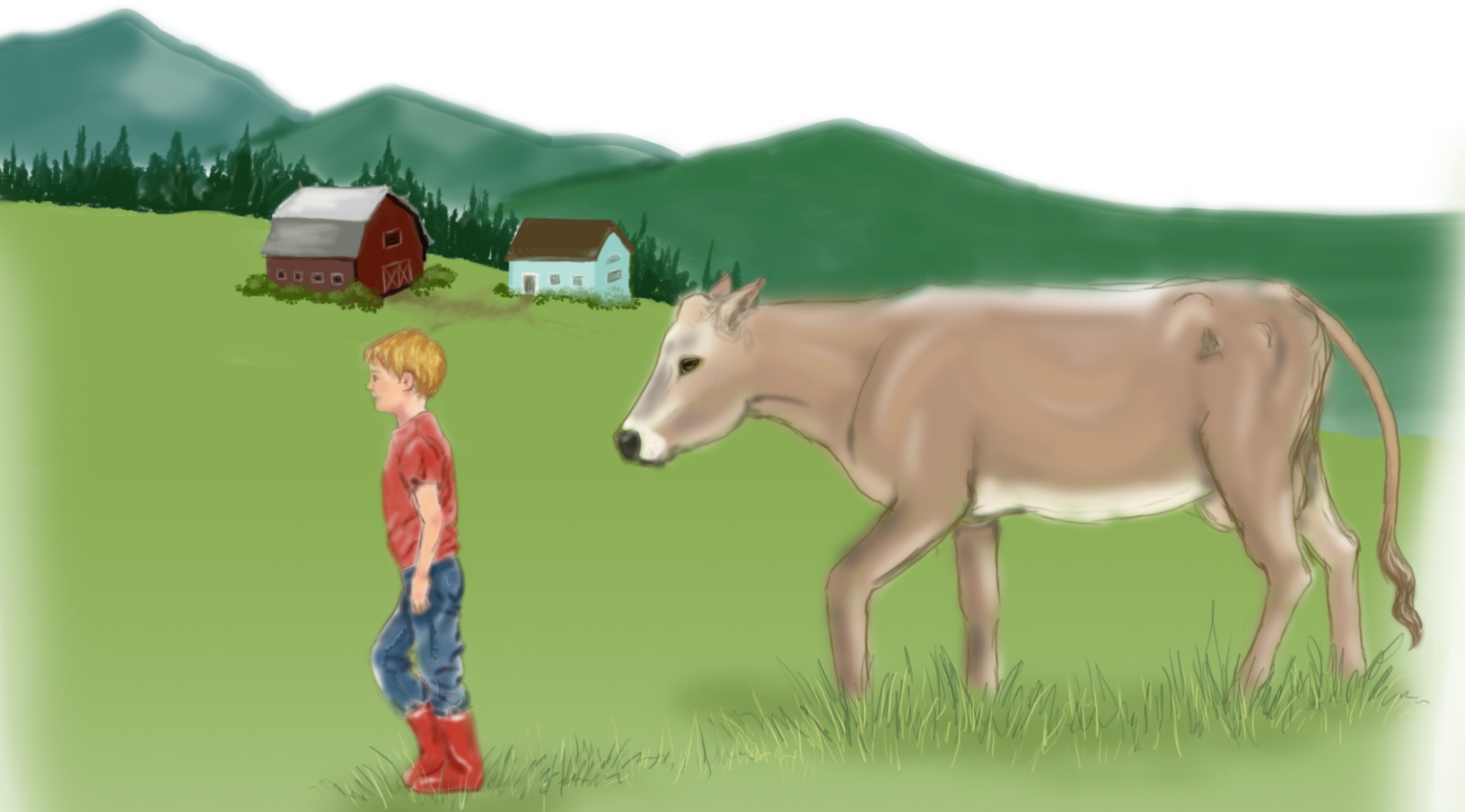
I'll take it until my sore throat goes away. I'll think about Buttercup chomping her hay. Never a sniffle because she makes C. We're the same but we're different, take it from me.



The cells in my body and hers are the same. The cells in my skin and my hair and my brain. The vitamin C makes our bodies robust. She makes it all day, and I'll take just as much.



We're the same and we're different at the same time. It's fun to learn all about cows with a rhyme.



By studying nature's design, we discern, and discover abundance in all that we learn.

Mommy and Daddy's Guide to Vitamin C

Teaching children to take vitamin C frequently each day can be challenging because few people have even learned that animals spend lots of energy making vitamin C all day to stay healthy and that humans make NONE of this common healing agent. Animals use up to 30% of the energy in their diet to make vitamin C in their body, converting glucose to ascorbate (vitamin C). Humans are blessed with an energetic advantage, in that we use no energy to make vitamin C. We also learned a century ago how to make vitamin C outside of our bodies, so we can match the levels that other animals make without using our internal energy to make it. By matching those high levels, we become very healthy and resistant to disease.

The purpose of this book is to teach children (and their parents) about the human need for continuous intake of vitamin C to match the levels that the vast majority of animals make each day. Teaching your children about vitamin C is a lifelong gift, one that will help them grow strong and live long healthy lives. The little farmer comparing Buttercup's similarities and differences can be motivation for your child to "take it like Buttercup makes it."

Telling the Truth

Parents teach their children that it's always best to tell the truth. Telling the truth is best for many reasons and one of those reasons is that it makes life easier: you don't have to remember any lies.

Linus Pauling was a really good scientist who liked to tell the truth. After becoming the only scientist in history to be awarded two unshared Nobel Prizes, he wrote a little book in 1970 titled "Vitamin C and the Common Cold" while he was a Chemistry Professor at Stanford University. One of the chapters in the book criticized the pharmaceutical industry of his time for selling highly-toxic cold remedies when all people needed to know was that their bodies had a much higher need for vitamin C to prevent colds. Linus Pauling had many things to remember, and he didn't want to have to keep track of lies, so he always told the truth. He started "Orthomolecular Medicine", which uses only nutrients found in nature for optimal growth, healing, and prevention of disease.

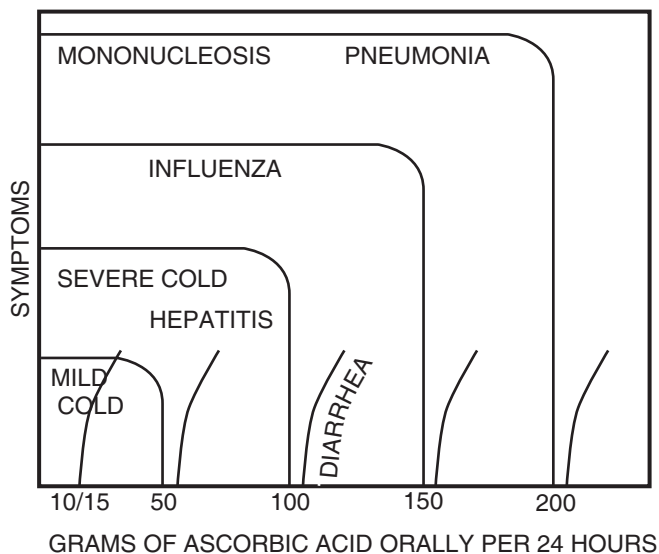
When Pauling's Stanford colleague, Dr. Robert Cathcart, who fought seasonal allergies and frequent colds, discovered the power of vitamin C to take away his own allergy and cold symptoms, his medical practice turned to vitamin C research on patients around Lake Tahoe, California. He treated thousands of people for many diseases using only oral vitamin C (ascorbic acid powder dissolved in water). He found that by giving vitamin C to his patients at levels similar or higher to what animals make daily under stress, the symptoms of all the diseases can be subdued or managed with no long-term side effects.

Cathcart also described human bowel tolerance for vitamin C. He discovered that bowel tolerance for vitamin C increases with the stress of a disease allowing the gut to absorb more vitamin C to combat the disease. He coined the term “100-gram cold,” meaning that managing the symptoms for some colds can take 100 grams of vitamin C per day, which is about what a goat can make on a stressful day. Cathcart discovered that our bowel tolerance indicates how much vitamin C we need on a given day.

Titration to Bowel Tolerance

Cathcart, was trained at Stanford University, so like Pauling, he was highly credentialed and respected. However, Cathcart had difficulty getting his vitamin C discoveries published during his life. Fortunately, his paper titled “Titration to Bowel Tolerance” is easily found on the internet.

In his paper, Cathcart published a chart that shows if you don’t take enough vitamin C, nothing happens to disease symptoms. But as soon as you achieve a high enough level in your body, all the symptoms go away. When symptoms start to come back, taking high amounts of vitamin C will again make the symptoms go away. If you look at Cathcart’s symptoms curve in his chart, you see that the symptoms are flat while the dose increases, meaning the symptoms don’t change. Then, once the right dose is achieved, the symptoms fall to zero. Right above that level, and the person will experience diarrhea (nowadays called “the flush”).



An adult with a cold can take frequent small doses (titration) that might add up to 100 grams of vitamin C in a day before they control the symptoms of their cold. But, amazingly, that day their bowel tolerance will allow them to take 100 grams. Cathcart found that some diseases, like pneumonia and mononucleosis, required 200 grams per day or more in an adult, and bowel tolerance increased to accommodate those doses.

Prove It!

The nice thing about Cathcart's vitamin C research is that any human can prove it works simply by trying it when they get virus or allergy symptoms. Vitamin C, pure ascorbic acid, has no toxicity, so large amounts can be taken to shut down disease symptoms with no negative issues except short-lived diarrhea. And many people who use vitamin C with their kids' diseases find that their kids can take a LOT with no bowel tolerance issues.

What About Pregnancy?

In 1970, a doctor from North Carolina named Dr. Frederick Klenner published, in the Journal of Applied Nutrition, a paper describing a series of 300 consecutive uncomplicated births he had overseen with his patients. Modern birthing centers cannot get close to having 300 consecutive uncomplicated births. Today, at least 100 out of 300 births end in a C-section delivery.

So what was Dr. Klenner's secret?

All of Dr. Klenner's pregnant women took between 4 and 15 grams of ascorbic acid daily during their pregnancy. Klenner insisted they take those amounts, and for good reason. Those levels match levels that are typical in animals that make vitamin C. Klenner's results are easy for any woman to replicate. If you start taking high doses of vitamin C from before conception all the way through the pregnancy and labor, you will experience the difference, and repeat what Klenner showed us. When you meet the body's need for vitamin C and maintain high levels of ascorbate that are similar to the levels that other mammals make all day, pregnancy and birth are much easier and the baby is inevitably far healthier.

The "Klenner Protocol" for vitamin C is 5 grams per day the first trimester, 10 grams the second, and 15 grams the third. Another way to meet your individual need during pregnancy is to learn your bowel tolerance for ascorbic acid each day and stay just under that amount through your whole pregnancy and labor. During labor, it is important to have a drink with you that has a high level of ascorbic acid for sipping (call it "laborade") so you get 1-5 grams per hour. It's easy to make a vitamin C baby.

Healthy Kids

When kids are healthy, without any symptoms, they should get 2 or 3 doses of vitamin C per day just to optimize their growth and prevent illness. A guideline for how much ascorbic acid children should take is one gram per year of age. This guideline was endorsed by Pauling and other truth-filled vitamin C scientists. Pauling was very critical of government recommendations for vitamin C intake, claiming they barely kept people from dying.

People who take high doses of vitamin C every day over long periods of time come to understand that the higher level of ascorbate (vitamin C) you can maintain in your body, the healthier you can be, and you can prove it. The only limitation, an inconvenience really, is an individual's "bowel tolerance" for vitamin C.

It is usually fairly easy to get kids to take vitamin C in juice or water or other foods. Giving it to them frequently each day is as important as how much you give them. Kids can take a lot, and the measurements don't have to be too accurate. Each individual is different, so the individual need for vitamin C can vary dramatically. Your four-year-old may do best on 4 grams a day or 12 grams a day or more, or less, so the guideline of 1 gram per year of age is only a starting point.

Healthy Babies

If a baby is less than 1 year old, the guideline is about a tenth of a gram per month of age per day when they are healthy. That's pretty simple too. For newborn to 1 month old, you can measure 1/8 tsp (500mg) of ascorbic acid powder into a small bowl, dip your clean finger in it a couple times a day and swipe your finger in the baby's mouth. They will make a funny face and maybe gag a little until they are used to the tart taste, but after a couple months, they'll look forward to it. Use that 1/8 tsp up in about 5 days, and you're giving your baby the amount suggested by vitamin C researchers endorsed by Linus Pauling. Some kids who grow up taking vitamin C in large doses daily crave it when they need it.

Sunburn, Burns, Radiation, Exercise, Shock, Stings, Allergens, Toxins

Once you learn, experiment, and study more about vitamin C taken to bowel tolerance, it is easy to feel that it is God's gift to modern man to thrive in the world. Beyond viral and bacterial diseases, healing and preventing sunburn, preventing soreness from exercise, preventing blistering when burned, neutralizing reactions to insect stings, shutting down allergic reactions, preventing or resolving shock, detoxing ingested and injected poisons, and much more are all possible with this Orthomolecular method.

Vitamin C Research History

Vitamin C was discovered in 1907, when it was also discovered that, like humans, guinea pigs don't make vitamin C. Guinea pigs must get enough vitamin C every day in their diet or they become sick and die. By restricting the guinea pig's vitamin C intake, you can give them all the diseases that humans get. This is the main reason guinea pigs are the classic pharmaceutical test animal. Monkeys also do not make vitamin C, and they are also used for as pharmaceutical test animals. Orthomolecular medicine does not require animal testing. The dark secret about guinea pigs and monkeys is that if they get enough vitamin C every day, you can't give them the diseases that humans get.

Humans are similar to guinea pigs: we don't make vitamin C and if we take enough vitamin C every day, and up to 10 times more when we're sick, we become robust and disease-free. This information has been known for more than a century, but it is not taught...a lie by omission, unless you know about Orthomolecular Medicine.

Medical research that restricts the vitamin C intake of a guinea pig to give them diseases that humans get is unethical when all they need to do to keep the guinea pig healthy is give them the vitamin C they need in their diet. Likewise, an ethical health industry would simply stop making most drugs, close most of its doors, and tell humans they need to take large amounts of vitamin C every day in frequent doses.

What Form of Vitamin C is Best?

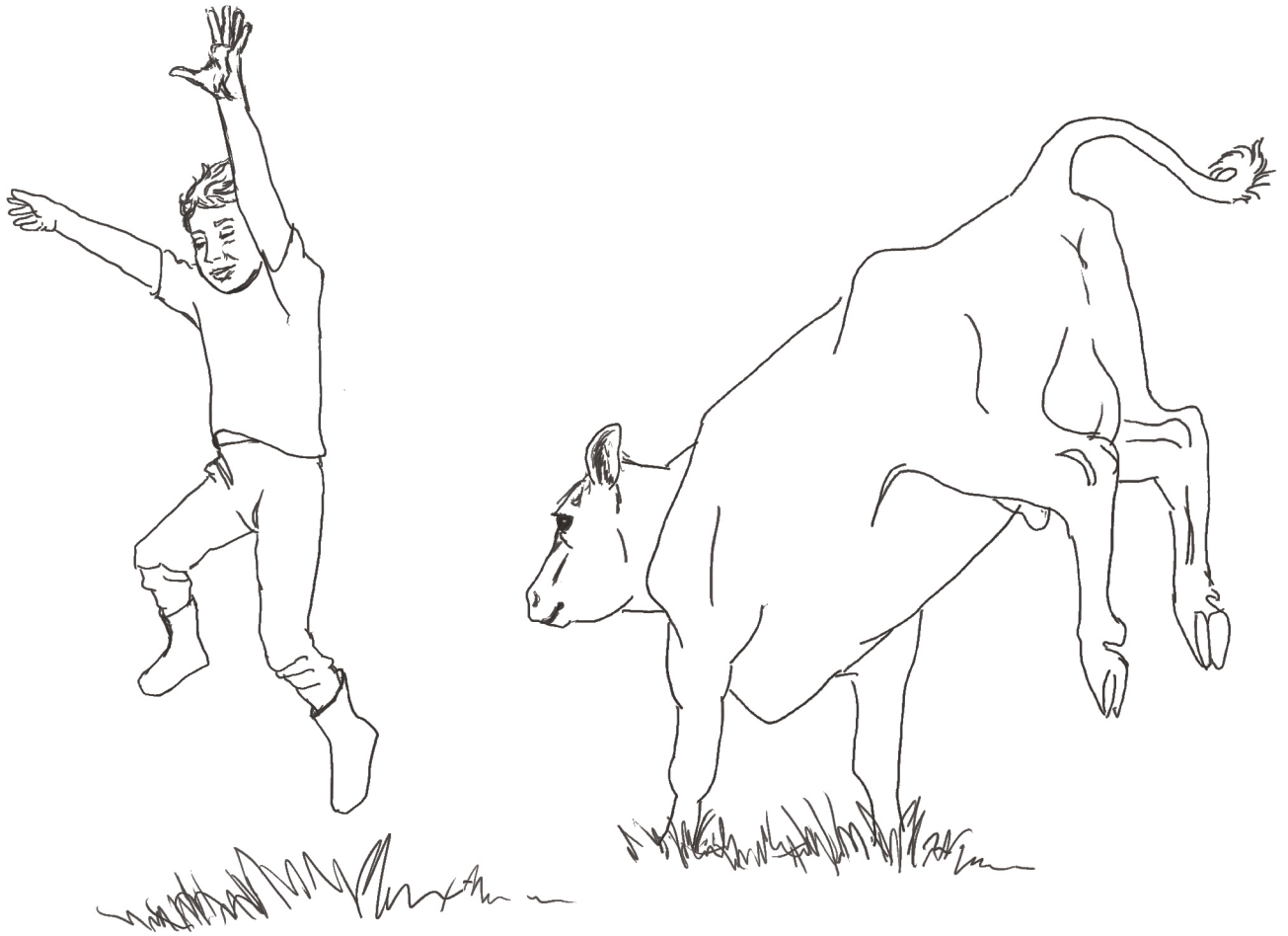
It is best to use ascorbic acid powder and dissolve it in water or foods. Ascorbic acid is what animals make in their bodies, converting glucose (blood sugar) to vitamin C. 1/4 tsp of ascorbic acid powder is about 1 gram, so a healthy 4 year old should get about a teaspoon of ascorbic acid powder (4 grams) per day in divided doses.

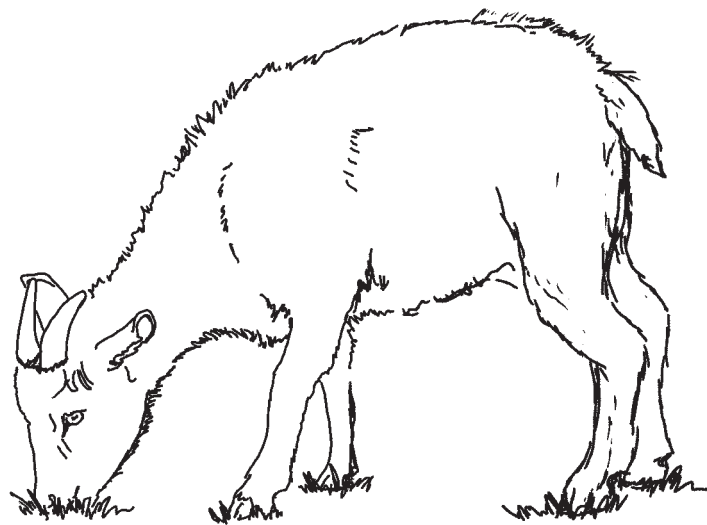
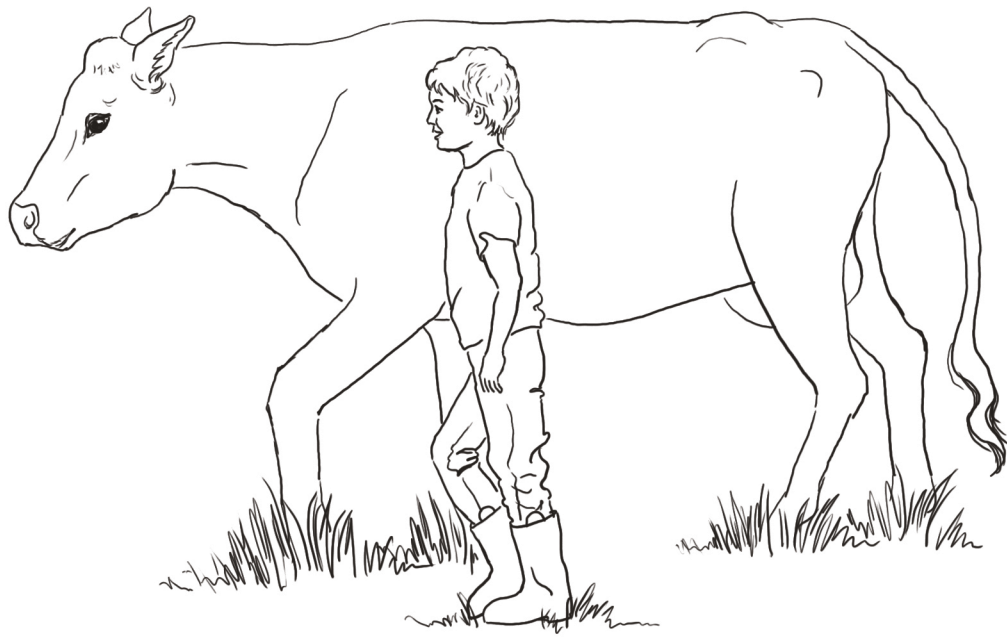
Gas, Gurgles, and Flushing

The only issue with taking high doses of vitamin C are bowel tolerance issues. Standard medical writing cautions people to stay away from high doses because of "gastric upset." But the truth is that near bowel tolerance levels of vitamin C are actually what adults need every day to offset the daily oxidative stress of living. Exceeding bowel tolerance, getting diarrhea from taking so much vitamin C in a day, is called "flushing," and it is a therapeutic detoxing flush. So "gastric upset" is not a bad thing in the case of Vitamin C. Vitamin C flushing, if you know about it, eliminates any need for laxatives and can be corrective to the gut damage and inflammation that are at the root of the global chronic disease epidemic.



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About the Author

Theo Farmer and his wife Kira Wadman founded Helios Farms Inc. and HFPMA, a private membership association, a community that is pioneering Orthomolecular Livestock Farming based on the nutrient science endorsed by double-Nobel-Laureate Linus Pauling, the intelligence of raw milk, and the new human biology revealed in the human microbiome project. Theo's focus is to present people with truthful, provable information and help them make the cognitive leaps needed to understand, experience, and spread truth. Theo's primary goal is to create and live in a new truth-based paradigm that obsoletes the existing fear-based paradigm.

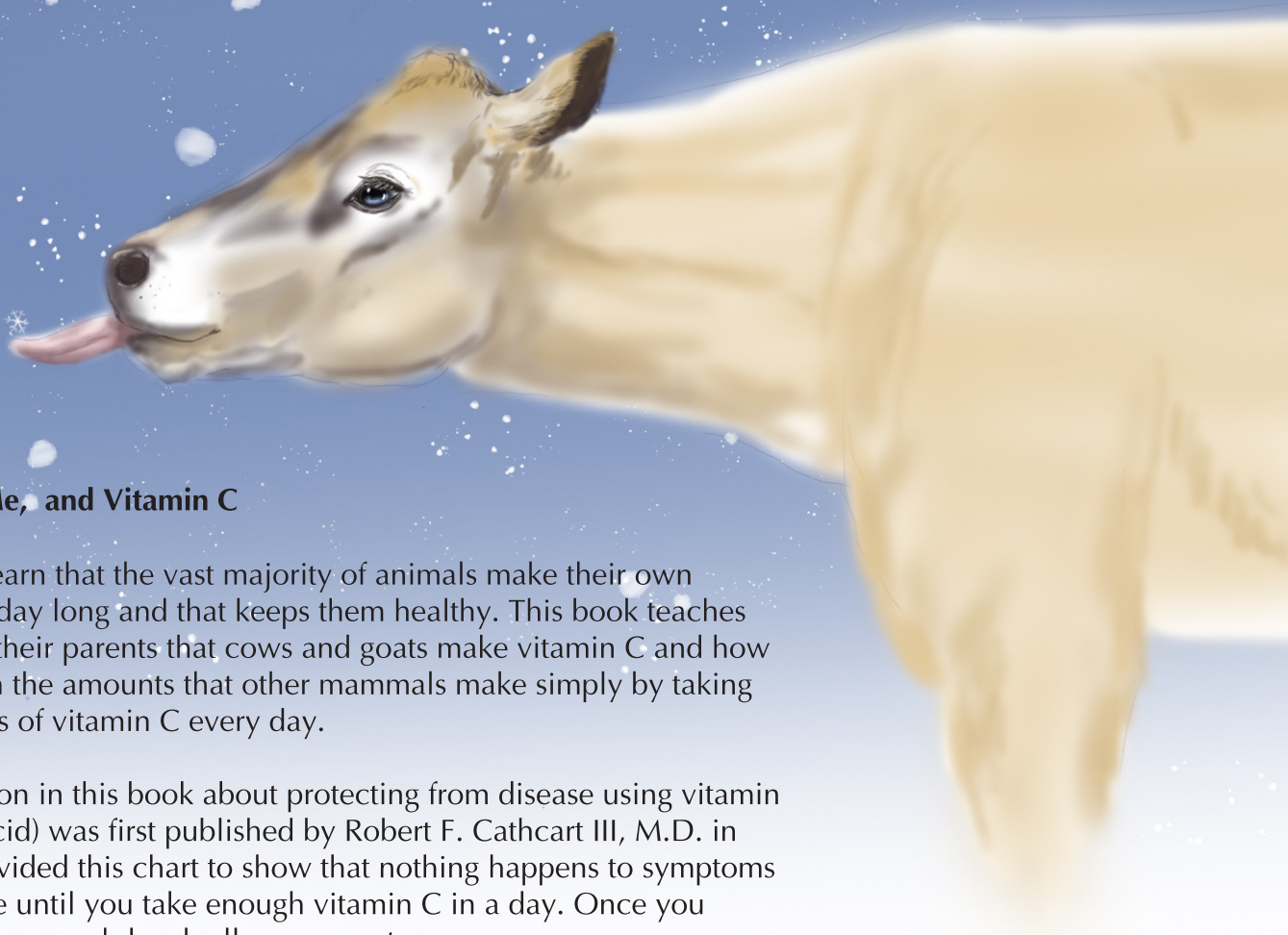
You can join HFPMA, a private membership association, at www.hfpma.online where you will find interesting and helpful food and health information and can subscribe to Theo Farmer's blog. You can learn more about orthomolecular livestock farming at www.heliosfarms.com.

About the Artist

Katie Kelm

Katie Kelm is a Pacific Northwest artist who gains her inspiration from the diverse creation that surrounds her. In addition to illustrations, she is often creating custom, rustic paintings on anything from saw blades to boat oars. When she's not working on her art, Katie enjoys homesteading, homemaking, and homeschooling with her family on their hobby farm in Oregon.

[Click here to order copies of this book so you can gift them to all the children you know](#)



Buttercup, Me, and Vitamin C

Few people learn that the vast majority of animals make their own vitamin C all day long and that keeps them healthy. This book teaches children and their parents that cows and goats make vitamin C and how we can match the amounts that other mammals make simply by taking frequent doses of vitamin C every day.

The information in this book about protecting from disease using vitamin C (ascorbic acid) was first published by Robert F. Cathcart III, M.D. in 1980. He provided this chart to show that nothing happens to symptoms from a disease until you take enough vitamin C in a day. Once you achieve a high enough level, all your symptoms go away.

