



Quantum Leap Holistic Healing™

Dr. Cass Ingram's Vitamin C Deficiency Self-Test

(Source: The cure is in the forest, Dr. Cass Ingram)

*Take the following test to determine any degree of
vitamin C deficit.*

*Each response is worth **one point** unless otherwise noted.*

Add up your score.

Which of these apply to you?

- 01.** weakness
- 02.** muscle weakness
- 03.** depression

QuantumLeapHolisticHealing.com | ThriveToInfinity.com

© Thrive to Infinity™

Thrive To Infinity™
Real Results. Lasting Change.



Quantum Leap Holistic Healing™

04. feel exhausted easily
05. easy bruising (2 points)
06. nose bleeds (2 points)
07. blood vessels burst easily (2 points)
08. varicose veins (2 points)
09. spider veins (2 points)
10. popped veins/spider veins around the ankle (3 points)
11. hemorrhoids and/or rectal bleeding (2 points)
12. smoke on a daily basis (2 points)
13. smoke more than a half pack to one pack daily (add 3 more points)
14. smoke one to two packs daily (add 3 more points)

QuantumLeapHolisticHealing.com | ThriveToInfinity.com

© Thrive to Infinity™

Thrive To Infinity™
Real Results. Lasting Change.



Quantum Leap Holistic Healing™

15. smoke more than two packs daily (add 4 more points)
16. exposed regularly to second hand smoke (2 points)
17. regularly work around chemicals
18. drink alcohol on a daily basis (2 points)
19. smoke cigars or pipes regularly (2 points)
20. rarely eat fresh fruit (3 points)
21. avoid the consumption of citrus fruit (3 points)
22. eat fresh dark greens only rarely (2 points)
23. swollen gums (2 points)
24. bleeding gums (3 points)
25. vague joint aches
26. stiffness of the joints and/or arthritis

QuantumLeapHolisticHealing.com | ThriveToInfinity.com

© Thrive to Infinity™

Thrive To Infinity™
Real Results. Lasting Change.



Quantum Leap Holistic Healing™

27. aching in the bones or teeth
28. poor wound healing
29. irritability
30. bursitis-like pain
31. highly susceptible to colds/flu
32. petechiae – *tiny hemorrhages due to capillary bleeding under the skin* (3 points)
33. chronic anemia
34. visible hemorrhages under the skin (4 points)
35. take aspirin regularly (2 points)
36. take other anti-inflammatory drugs regularly (2 points)
37. thinning of the skin or excessive skin aging

QuantumLeapHolisticHealing.com | ThriveToInfinity.com

© Thrive to Infinity™

Thrive To Infinity™
Real Results. Lasting Change.



Quantum Leap Holistic Healing™

38. joints get stiff in cold weather
39. cold weather stresses the body
40. dryness of the mouth
41. listlessness and/or lethargy
42. hardening of the arteries (2 points)
43. chronic heart disease (2 points)
44. under a high amount of stress (2 points)
45. drink several cups of coffee daily
46. eat sweets regularly or use pure white sugar in drinks or food
47. take diuretics on a daily basis
48. intolerant to hot weather (heat exhaustion/heat stroke)

QuantumLeapHolisticHealing.com | ThriveToInfinity.com

© Thrive to Infinity™

Thrive To Infinity™
Real Results. Lasting Change.



Quantum Leap Holistic Healing™

49. chronic headaches
50. pale complexion and pale lips
51. loose teeth
52. eat mostly cooked food (70% or more)

Your score: _____

1 to 5 points: possible mild vitamin C deficiency

6 to 11 points: moderate vitamin C deficiency

12 to 17 points: severe vitamin C deficiency

18 to 23 points: extreme vitamin C deficiency

24 to 28 points: profoundly extreme vitamin C deficiency

29 and above: scurvy or pre-scurvy

QuantumLeapHolisticHealing.com | ThriveToInfinity.com

© Thrive to Infinity™

Thrive To Infinity™
Real Results. Lasting Change.



Quantum Leap Holistic Healing™

<i>Vitamin C deficiency</i>	<i>Amount of capsules to take</i>
mild vitamin C deficiency	one capsule daily
moderate deficiency	two or more capsules per day
severe deficiency	three to four capsules daily
extreme and profoundly extreme	at least three capsules twice daily
pre-scurvy or scurvy	three capsules four times daily

**TAKE PURE
RADIANCE C®**



<https://amzn.to/2SPx2U1>

QuantumLeapHolisticHealing.com | ThriveToInfinity.com

© Thrive to Infinity™

Thrive To Infinity™
Real Results. Lasting Change.