

## Vitamin C is one Vitamin I find Essential

Fortunately, we have people on our planet that set themselves apart from everyone else in their ability to make observations of the cause and effect of changing circumstances.

One such person was Dr James Lind, a Scottish naval surgeon, who in 1747 discovered that a nutrient in oranges or limes (now known to be Vitamin C) prevented scurvy. Another was Dr Tadeusz Reichstein of the Swiss Institute of Technology who observed that dogs, and most other animals (when stressed), can produce their own Vitamin C. Unfortunately, this ability is not available to humans, most primates, fish and some birds.

Of all Vitamins, Vitamin C is the most widely sold, and for several good reasons:



- We were first made aware that Vitamin C was 'good for preventing colds, or at least reducing their severity,' and I can personally attest to that.
- Vitamin C mineralises the bone and stimulates bone forming cells to grow.
- It has since been discovered that Vitamin C is a potent antioxidant with increasingly diverse uses in disease prevention and providing support to the immune system, and dampening oxidative stress, which is what ageing is.
- As an antioxidant, Vitamin C has been shown to prevent endothelial dysfunction (vascular thickening).
- Vitamin C also alters fatty acid profiles and coagulation factors to prevent strokes and there is evidence that Vitamin C reduces cellular DNA damage, the first step in cancer initiation.
- Research shows Vitamin C is essential for the growth and repair of our body's cellular tissue.
- Vitamin C is vital in collagen synthesis.
- Vitamin C helps heal wounds and repair and maintain healthy bones, teeth, skin and cartilage.

My observation, based on taking **Vitamin C powder** (Calcium Ascorbate) for more than 35 years, shows it is important to take sufficient - half a teaspoon of Vitamin C powder dissolved in orange juice is a minimum ((half a teaspoon is equivalent to drinking the juice of 30 oranges).

Can you take too much? Yes, you can, and you will most likely get diarrhoea the next day. All this means is that you should reduce the dose for the next few days.

*Geoff*