

Are you getting enough... Vit C?

## A tale about Anascorbemia...

A well nourished person would have around 5 grams of Vitamin C (Ascorbic Acid) in their bodies however if they have worked out down the gym, have suffered symptoms from a disease or chronic health condition then their supplies have been rapidly used up. With your bodies store of Vitamin C depleted you enter a phase called Anascorbemia. And this puts your health at greater risk for many more problems related to the failure of the many metabolic processes dependant upon ascorbic.

Your check up with the Express Health Check is simply the safest, quickest way to find out.

Our immune systems are specifically designed to efficiently combat attacks from bacteria, virus and fungai that sometimes needs a bit of help along the way.

## VITAMIN C

### Foods Sources

V	Valencia Orange	Cabbage, Red	Orange
I	Issai Kiwi Fruit	Cantaloupe	Papaya
T	Turnip Greens	Carambola	Pineapple
A	Apricots	Cauliflower	Potato
M	Mango	Cauliflower, Green	Prickly Pears
I	Ivy Gourd	Collard Greens	Pummelo
N	Nori	Chilli Pepper, Hot	Radishes
C	Cantaloupe	Gooseberries	Raspberries
	Apricots	Grapefruit	Rutabagas
	Beans, Yellow Snap	Guavas	Spinach
	Bell Pepper	Kiwifruit	Squash, Summer
	Blackberries	Lemon	Strawberries
	Broccoli	Lime	Sweet Potato
	Brussels Sprouts	Nori	Tangerines
	Cabbage, Green	Mango	Tomato
	Cabbage, Pe-Tsai	Melon, Honeydew	Watermelon
		Okra	
		Onion	



On April 4, 1932 Vitamin C was first isolated by CC King at the University of Pittsburgh.

For these bugs to survive as long as they have, they have been figuring out how to overcome our immune system for a long time.

So if you are feeling out of sorts or under par it could be that a good helping of Vitamin C is all that is needed for a quick pick me up to help bridge the nutrition gap.

Vitamin C, in high enough doses is an anti biotic, anti histamine, anti toxin,

anti pyretic and anti viral that is often overlooked but the overall healing effect does not just stop there. You can think of Vitamin C as giving your immune system the boost it needs to combat disease.

The Recommended Daily Amount or Nutritional Reference Value have been worked out without regard to their therapeutic effects in large doses.

To find out what your saturation level is needs a bit of experimentation as this is indicated quite simply by your tummy gurgling or reaching bowel tolerance. The amount you take by mouth before you get loose stools.

Interestingly the more poorly your are, the greater your tolerance is and it is something you can easily test for yourself.



Maintenance dose levels can vary from day to day.



One strategy to help beat the common holiday cold would be to find your tolerance with a 1g dose a month before your holiday starts and keep increasing the dose amount to a level you are comfortable with.

To get over that stuffed feeling, or having to cope with a sluggish bowel movement, then why not try increasing your Vitamin C intake.

You will experience loose bowels along with other health improvements!!

Experimentation and tenacity is the key, working with symptom prevention ideas for your continued good health is a better alternative to finding a cure.

Did you know a bottle of coke has more acidity in it than 10 grams of Vitamin C !! That a sick person can generally tolerate over 100g of Vitamin C before reaching saturation levels...

How much you take is very individual, depending on a lot of factors including where you are with your health, your size, time of year etc. And as a guide here are some examples for daily consumption.

Condition	Grams per day	Number of doses per day
Well Being	4 to 20	4 to 6
Mild Cold	30 to 60	6 to 10
Severe Cold	60 to 100+	8 to 15
Viral	100 to 200+	12 to 25
Bacterial	30 to 200+	10 to 25
Allergies	15 to 50	4 to 8
Stress or Anxiety	15 to 25	4 to 6
Rheumatoid Arthritis	15 to 100	4 to 15
Candida	15 to 200+	6 to 25

With water soluble vitamins they need to be taken over the course of a day unlike fat soluble ones that can be taken all at once.

Mix the required amount of Vitamin C in a glass of water and sip throughout the day.

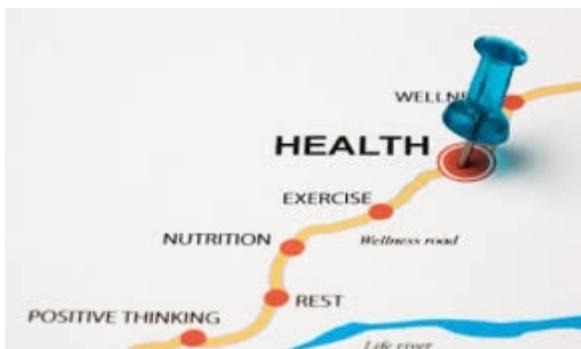


In the table below is a guide based on taking up to a 2 gram dose dissolved in water over a five hour session.

Vitamin C Usage guide for Five hour sessions										
Frequency	60 mins		30 mins		15 mins		10 mins		6 mins	
Dose(s) per Hour	1		2		4		6		10	
Number of Doses	5		10		20		30		50	
Grams per Dose	Rate/hr	Grams								
1.0	1g	5g	2g	10g	4g	20g	6g	30g	10g	50g
1.5	1.5g	7.5g	3g	15g	6g	30g	9g	45g	15g	75g
2.0	2g	10g	4g	20g	8g	40g	12g	60g	20g	100g

To help with the taste, try adding an eighth of a teaspoon of Baking Soda (Bicarbonate of Soda) for each heaped teaspoon of Vitamin C (approx 10 grams). Use a large glass as it will fizz up.

Working with prevention ideas for optimum health leads to laying the foundations for nutrition to be part of your continued good health program making you as strong as you can be on the inside.



By giving your body the best chance it has to combat modern day demands placed on it you may want to consider using anti aging practices and products that can make you feel great... on the inside, but more about those later.

One of the most important principles from Orthomolecular Medicine is biochemical individuality. Every individual responds to substances differently. This includes Vitamin C.

Essential mineral and vital vitamin levels can now be clearly measured before the symptoms of deficiency diseases appear. Vitamin C is one of the health markers reported on with our Express Health Check in the Trace Elements report.

Tryptophan is an amino acid (Report 24) that is the precursor for your body to make the happy hormone Serotonin, these are primarily made in the gastro intestinal tract, another good reason for paying attention to gut health.

Collagen (Report 19), known as the substance that holds the whole body together and can be found in the bones, muscles, skin and tendons. Made by having the correct balance of nutrients



from your diet... and yes vitamin C is a key helper for the production of collagen.

*“Knowledge is Power” and when you apply that to spending ten minutes a week to learn about your health... what better investment can you make?*

So if you want to find out how much Vitamin C is inside you...  
then give me a call today on 01202 640264 for your Express Health Check.

Helping you bridge the nutrition gap.

*One of the most interesting discoveries you can find out about yourself today!*

Here's to your best health.

*Kevin*

Web resources:

<a href="http://qplushealth.co.uk/expresshealthcheck">qplushealth.co.uk/expresshealthcheck</a>	<a href="http://doctoryourself.com">doctoryourself.com</a>
<a href="http://vitaminfoundation.org">vitaminfoundation.org</a>	<a href="http://doctoryourself.com/titration.html">doctoryourself.com/titration.html</a>
<a href="http://lpi.oregonstate.edu">lpi.oregonstate.edu</a>	
<a href="http://anh-europe.org/campaigns/food4health">anh-europe.org/campaigns/food4health</a>	<a href="http://www.food.gov.uk/multimedia/webpage/vitandmin/more_about/42726">http://www.food.gov.uk/multimedia/webpage/vitandmin/more_about/42726</a>

Double Noble Prize winner Dr Linus Pauling is well known for his curative work with Vitamin C. Andrew Saul for his work with Dr. Abram Hoffer, Dr. Hugh Riordan, Dr. William J. McCormick, Dr. Frederick Robert Klenner, Dr. Robert Cathcart III and other physicians who have moved into nutritional practice and away from drug and surgery practice. Kris Kessler with his work going beyond the popular Paleo diet.

#### Disclaimer:

The information is for educational purposes only, and is in no way intended as medical advice, as a substitute for medical counselling, or as a treatment / cure for any disease or health condition and nor should it be construed as such.

Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle, or exercise activities.

This information is provided as-is, and the reader / viewer assumes all risks from the use, non-use, or misuse of this information.

Any form of self-treatment or alternative health program necessarily must involve an individual's acceptance of some risk, and no one should assume otherwise.

Persons needing medical care should obtain it from a medical doctor.

Consult your doctor before making any health decision.

Always ask for a nutritional solution before enquiring about a medical intervention and any side effects.