

# IV THERAPIES



# Vitamin C

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 <https://healingsanctuary.clinic/iv-nutritional-therapy/>

# Vitamin C

## **Purpose of Vitamin C:**

Humans are rare in that they are unable to synthesize or form Vitamin C on their own making it an essential nutrient in our diet acquired from outside sources. Vitamin C is required for the manufacturing of collagen (an essential connective tissue component), certain neurotransmitters, and the compound L-carnitine which is necessary for converting fat into energy. Vitamin C is an important antioxidant as well as supporting other antioxidants. Vitamin C is important for the absorption of iron from plant based sources. Research shows that Vitamin C protects the body from damage caused by free radicals. Vitamin C could prevent or delay some cancers, heart disease, as well as other diseases caused by oxidative stress.

## **Vitamin C and Scurvy:**

The benefits of Vitamin C are vast, but hundreds of years ago the connection between Vitamin C and scurvy was unknown. Scurvy is a disease in which a severe lack of Vitamin C causes a loss of collagen. This is seen as a loss of teeth, bleeding sores, bleeding gums, fatigue, bone pain, edema, anemia, depression, and if left untreated, death. Once thought to be a disease of pirates in antiquity, scurvy is still prevalent in the world today. It is estimated that 7.1% of people in the United States have Vitamin C levels low enough to cause scurvy. It is estimated that 95% of homeless in Paris are scurvy level Vitamin C deficient. Scurvy affects lower socioeconomic classes more than other by depriving them of Vitamin C rich foods. Others include chronic liver disease patients, those with gastric bypass surgery, and those on dialysis.

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## **Vitamin C Therapy:**

According to Higdon at the Linus Pauling institute, a review of various studies found that high Vitamin C levels are associated with a reduction in high blood pressure, reduced heart disease, and incidence of stroke. Further, this review found that Vitamin C in conjunction with conventional therapy may play a crucial role in reducing heart attack injury and prevent dangerous arrhythmia (abnormal heartbeat) following heart surgery. Higdon further points out that though research does not support Vitamin C in preventing colds, it does shorten their duration. It is important to supplement with vitamin C before cold symptoms start for full effect.

Research cited in Stengler and Anderson showed that high dose Vitamin C showed an anti-cancer effect in patients. Research suggests that Vitamin C acted as an agent assisting hydrogen peroxide which is thought to limit tumor or cancer growth and may even suppress a person's genes that may lead to tumor formation. Stengler and Anderson further point that Vitamin c was given to cancer patient undergoing chemotherapy as an adjunct therapy felt better with less chemo associated fatigue, less insomnia, less constipation, and less pain. Further a reduction in nausea allowed for less chemo associated anorexia.

# Vitamin C

Here at The Healing Sanctuary, we promote the use of Vitamin C in a beadlet/ powder form. With time, most people can acclimate and titrate up to 10 grams of Vitamin C per day which is 2 teaspoons. Doing so may offer the benefits above from optimizing Vitamin C potentially reducing illness, improving collagen which may decrease aging, reduce ligament, and muscle strains, stretch marks, acne, and many other benefits. High dose Vitamin C is considered very safe and with few side effects. This is given as an IV and up to 100 grams/day. At these levels, Vitamin C becomes a prooxidant with powerful anticancer and healing benefits.

We encourage patients to take 10 grams of our special provided beadlet form of Vitamin C orally on a daily basis as well as high dose Vitamin C at least once a month.

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