

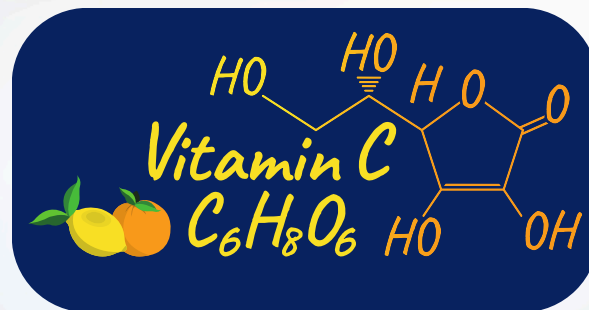


Vitamin C



What is 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 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*.

Vitamin C



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.*



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 (2 teaspoons). This can potentially aid in **reducing illnesses, 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 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.

*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.