

THE LITTLE VITAMIN THAT COULD

StoneTree Naturopathic Clinic, Collingwood, ON

We've known since the 18th century that scurvy, the scourge of sailors and soldiers, could be treated with fresh foods high in vitamin C. But even now, some 300 years later, we continue to learn more about this remarkable vitamin.

Beyond holding scurvy at bay, we know that vitamin C also helps to:

- Support healthy skin and bones
- Produce stress hormones
- Absorb iron
- Breakdown unneeded cholesterol
- Boost our immune system

At high doses, vitamin C also has an antihistamine action, and recent research shows that, when used in very high doses intravenously, vitamin C can have anti-cancer effects as well.

But while scurvy may be rare in modern times, vitamin C deficiency is still with us. Symptoms can include listlessness, fatigue, weakness, shortness of breath, muscle cramps, aching bones, joints and muscles, decreased appetite, dry skin, easy bruising and increased infections.

Why We Keep Running out Of “C”

Guinea Pigs and primates (that's us) got the short end of the genetic stick when it came to vitamin C – we can't make our own, and need to get it through our diet.

And while it's found in many food sources – citrus, bell peppers, brussel sprouts, broccoli, cauliflower, kiwi fruit, melons, mango and papaya, to name a few – not everyone's diet is high fruits and vegetables.

Add to that the fact that refined carbohydrates, like sugar and white flour (which we DO consume a lot of) tend to interfere with our vitamin C levels, and you've got a perfect storm of conditions for vitamin C deficiency.

Moving Beyond Diet

It's easy to increase your vitamin C intake through oral supplementation. The most common side effect of taking high doses, however, is diarrhea. Vitamin C can also be delivered intravenously as a safe and effective way to get higher doses into the body while avoiding this side-effect.

However you get your vitamin C, just remember its amazing role in your body!

*To learn more about intravenous vitamin C treatment, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com*