

HUMANS DIE WITHOUT VITAMIN C

Vitamin C is an essential nutrient to human life.

Without adequate amounts, we have illness.

Without it, we die.

Guinea pigs, monkeys, apes, flying mammals, insects, invertebrates, many bats, some fish and bird species, as well as humans* do not make vitamin C, so are dependent on food for adequate amounts. When facing significant health stressors, C-making animals can dramatically increase ascorbic acid production by as much as 13 times normal levels, which could explain why animals typically remain very healthy until they reach old age. Although domestic cats and dogs produce some vitamin C, they don't make as much as other animals.

*Humans: research shows that fetuses and newborns create their own C, and continues for some time through infancy. In most cases, this ability is lost with age. The umbilical cord blood of infants had 400% more C levels than their mother's blood. In another study, the growing fetus appeared to have vitamin C brain levels ranging between 400% and 1,100% higher than most adults. Research on breast-fed babies showed that vitamin C levels persisted at a level 200% higher than that of the mother, with no correlation to the C levels measured in the breast milk. Breast-fed infants also maintained the same or higher levels of C compared with infants fed formula supplemented with C.

If you think you're getting enough C from your diet, think again. One orange from the 1930's is equal to 20 oranges in 2019 for C content. Mono cropping, GMO, pesticides, herbicides, shipping, spraying for ripening and longer storage, as well as sitting on grocery shelves and at home, all deplete C. The vitamin C content in foods decreases rapidly by the day. So by the time you get around to eating the fruits or vegetables, the C content is extremely low.

Chronically low vitamin C is common, even in wealthy countries as Canada, but it's misdiagnosed and we are given a pharmaceutical band-aid to suppress symptoms of illness. The Canadian Recommended Daily Allowance (RDA) of C is NOT enough to prevent a healthy person from scurvy in today's modern toxic world. Vitamin C has a short life within the body, and supplemental C dosing is required several times throughout the day as the body quickly uses what it needs. The key for health is how much you take per dose and how often. Large doses all at once may result in loose bowels. A healthy adult's C requirement could be as little as 3,000mg/day. A chronically ill person may need as much as 100,000mg/day.

Critically low vitamin C levels result in scurvy: skin bruising, internal bleeding, scurvy rash (many little purple dots on skin), confusion/mental fog, fatigue, lack of energy and strength, exhaustion, restlessness, bleeding gums, spongy gums and loose teeth, head and neck tension, headaches, mood swings, depression, aches and painful bones and joints, leg pains, anemia, low grade fever, intolerance/sensitivity to light, slow wound healing, shortness of breath, allergies, frequent nose bleeds, osteoporosis and more.

RISK FACTORS FOR CRITICALLY LOW VITAMIN C (hypoascorbemia)

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| <ul style="list-style-type: none">• Autoimmune issues• Chronically ill, infections• Hospitalization• Intracellular infections- Lyme, Epstein-Barr• Stomach disorders-Crohn's, SIBO, Celiac, Candida, fungus, viruses, bacteria• Prescription and over-the-counter medications• Chronic pain & inflammation ie arthritis• Root canals, mercury fillings and implants• Diabetes, kidney disease• Stress, especially chronic stress• Consuming margarine, corn oils, canola, safflower & sunflower oils, rice bran oil, Mazola etc (all are inflammatory)• Pregnant and lactating mothers• Iron overload disorders• Low bone density/osteoporosis | <ul style="list-style-type: none">• Alcohol consumption• Cigarettes, vaping• Inadequate diet• Sugar consumption (excluding whole fruit), high fructose corn syrup etc.• Stress• Radiation- x-rays, cell phones, WiFi, cell towers, smart appliances, smart cars, electric cars, airplanes, body scanners• Heavy metal and chemical exposure• Covid vaccine spike protein, graphene• Heart disease, cancer• Chemotherapy / radiation• Allergies• Babies fed only cow's milk or plant-based beverages during the first year of life• Processed, refined & restaurant foods• Schizophrenia (requirements increase up to 10 times that of non Schizophrenic) |
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This is not a conclusive list

ROLES OF VITAMIN C

- Collagen production which makes up our connective tissue in bones, joints, ligaments, muscle and repairing wounds, regenerating tissue
- Mood stabilization as it aids in synthesizing chemicals that enable a positive mood and energy, helps with depression, anxiety
- Adrenaline production for adrenals (hypothalamic-pituitary-adrenal axis [HPA])
- Stress response balancing and regulation
- Cortisol regulation- reducing risk of hypothyroidism
- DNA proteins protection
- Cellular communication restoration
- Blood vessel and arterial walls remain pliable and free from damage due to free radicals
- Free radical scavenger- is an electron donor
- Heart disease protection
- Nitric Oxide improvement dilating arteries for better blood flow
- Strong bone matrix composition
- Hydrogen peroxide production in large doses (kills bacteria, fungi, mold, viruses, Lyme etc)

ROLES OF VITAMIN C con't

- Oxygenates cells
- Antihistamine (anti allergy), antioxidant, anti-inflammatory
- QoQ10 replacement in large enough doses
- White blood cell manufacture (WBC)- WBCs can concentrate vitamin C up to 8000% more than the blood level
- glutathion production and re-circulation
- Heavy metal, pesticide, fat soluble chelator (grabs onto and eliminates them from our body)
- Cancer prevention, antioxidant, builds strong immunity
- Gastrointestinal ulcer protection
- Blood pressure reduction
- Kidney stone prevention-kidney stones are formed from oxalate with calcium. C stops the oxalate from bonding with calcium. Kidney stones can result from not enough C, not too much. C has been used to eliminate stones.
- Chemotherapy benefits- does not interfere with chemo, can lesson side effects, and can enhance benefits of chemo
- Fevers are lowered
- Destroys chlorine chemically (drinking water, swimming pool exposure)
- Hypothyroidism and hyperthyroidism are linked to oxidative stress, C can help regardless of the condition you have
- Memory and learning, neurotransmitter production
- Progesterone level increased (hormone made following ovulation, supporting a healthy mood, better sleep, reduced anxiety, easier periods, improved brain function)
- Gout protection
- Flu, encephalitis, measles, polio, viral hepatitis etc resolved
- Erectile dysfunction reduction
- Fats and protein metabolism

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