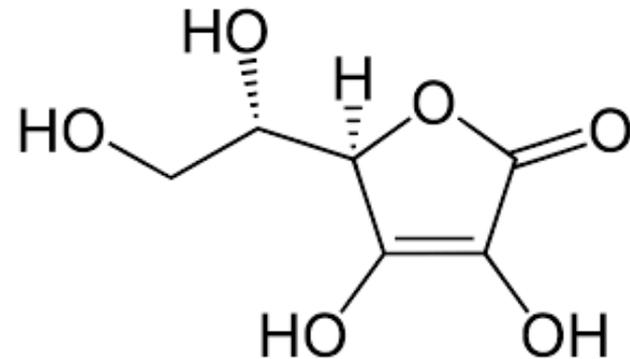
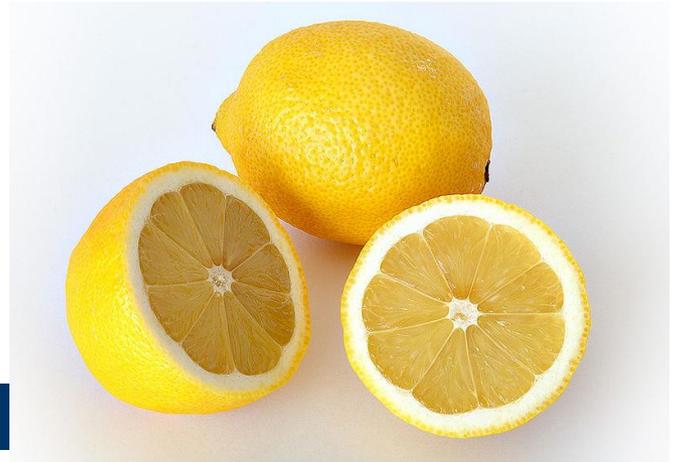


# Vitamin C



# History of Vitamin C



- 17<sup>th</sup> century – sailors got scurvy on ships and ship surgeon, James Lind, prescribed lemon juice as preventative. Performed an experiment that proved that lemon juice prevents scurvy.
- We now know that it is because of the Vitamin C in the lemon that prevents scurvy or a vitamin C deficiency.



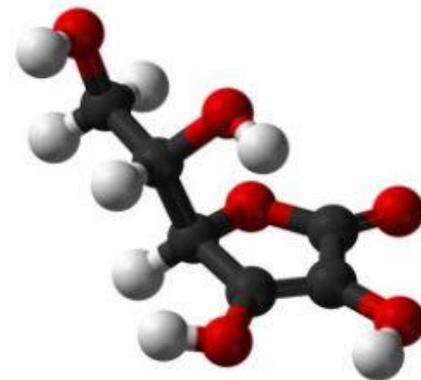
**James Lind, a surgeon in the Royal Navy, conducted clinical tests that proved that citrus fruits and their juices would cure and prevent scurvy, the disease which killed a million seamen between 1600 and 1800. In this painting he is shown aboard HMS *Salisbury* in 1747. Lind published his paper, *A Treatise on the Scurvy* was published in 1751. He later became Chief Surgeon of the Royal Naval Hospital and published many more papers on how to safeguard the health of sailors.**

# What is Vitamin C?

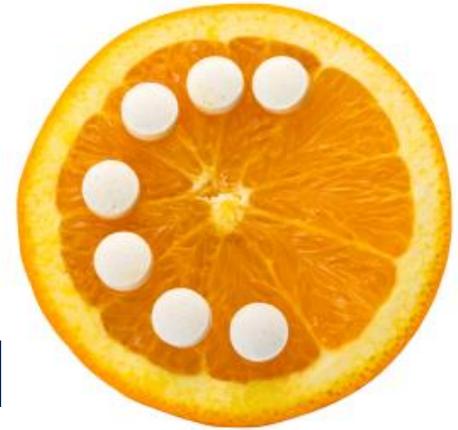


- Also known as L-ascorbic acid; it is an essential nutrient for humans.
- It is needed for metabolic reactions in all plants and animals.
- It is a water soluble vitamin that is necessary for growth and development.

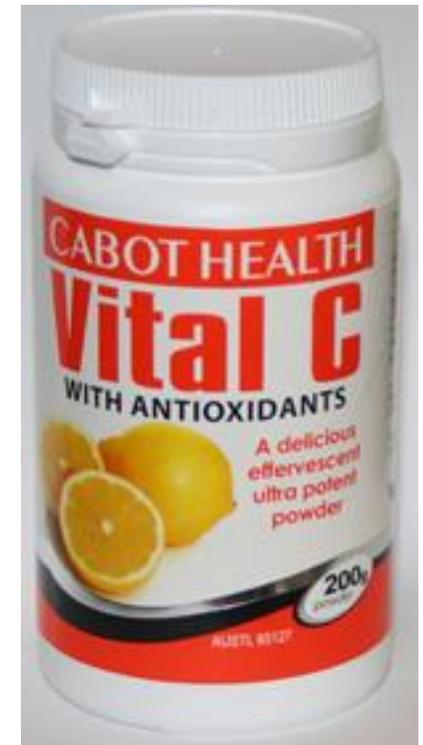
L-ascorbic acid molecule →



# Uses of Vitamin C



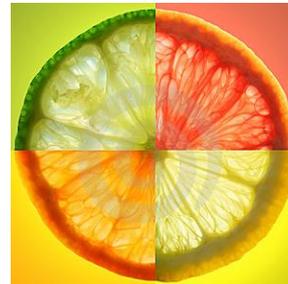
- Protects against immune system deficiencies, cardio vascular disease, prenatal health problems, eye disease and skin wrinkling.
- Helps form collagen in bones, muscle and blood vessels.
- Helps absorb iron.



# Vitamin C is Found...



- Mostly in citrus fruit and juices (limes, lemons, oranges, peaches, strawberries, bananas, and grapefruits).
- Also in cabbage, broccoli, cauliflower, leaf lettuce, tomatoes, potatoes, and beans.
- There are also vitamin C pills and other things for supplements.



# How does Vitamin C work?

- Vitamin C reaches every cell of the body and plays a role in the making and protecting of our connective tissue that holds the body together.
- Helps the immune system fight off diseases.
- Helps the cardiovascular system by facilitating fat metabolism.
- Helps the nervous system by converting amino acids into neurotransmitters.
- Vitamin C's formation of collagen protects teeth and bones.



## How much should I take?

- FDA recommends that we get 60 mgs of vitamin C per day.
- Dr. Linus Pauling believes that 10 grams a day will prevent cancer.
- There isn't really a limit/ you can't overdose on vitamin C; however too much might result in diarrhea.

# What Happens Without Vitamin C

- Most people don't lack vitamin C because everyday foods have it.
- Major effect is known as scurvy – which is a condition that connective tissue breaks down and fats are not absorbed, causing easy bruising, hair loss and anemia.
- On average people get 70 mgs of vitamin C a day and to prevent scurvy you only need 5-6 mgs.

# Vitamin C in Other Animals

- All animals need vitamin C.
- Some animals can make their own.
- Humans, apes, guinea pigs and a few others have lost this ability.



# Where can you get Vitamin C?

- Vitamin C is in most everyday foods so you can get it in pretty much anything.
- You can get pills or supplements at any vitamin store or grocery store.



# Vitamin C - videos!

- <https://www.youtube.com/watch?v=fHCcf6ZH4LQ>
- <https://www.youtube.com/watch?v=DnvnKnu7YBI>
- <https://www.youtube.com/watch?v=PMKSkQy40g4>



# The TRUTH about HEALING CANCER with VITAMIN C

While visiting all the different clinics, doctors and scientists we realized that all of them use high dose Vitamin C to prepare their patients before treatment and they continue after the treatment to help the body to detox and recover.

Some doctors even replace the chemotherapy agent with high dose Vitamin C.

And their success rate is very good with no side effects at all.