

Greenwich Sentinel

Building a Strong Community Together + December 9, 2016

Vitamin C: It's Good for You and Me



By Julia Chiappetta
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Vitamin C, also known as ascorbic acid, is one of the most highly publicized yet least understood of all of the vitamins.

According to Natural News, Vitamin C has been the subject of medical research for over 50 years and has the power to ignite the body's "self-healing response." If this is true, then why haven't more doctors shared information on Vitamin C and other vitamins with us? Perhaps it is because medical students receive very little nutritional training and yet vitamins and nutrients are widely available to complement any plan of care. Nobel laureate Linus Pauling, Ph.D., understood this well, noting that "more and more physicians are getting convinced about the value of large doses of Vitamin C."

Foods that are rich in vitamin C are: strawberries, lemons, oranges, chili peppers, red bell peppers, papayas, kiwi, blackcurrant, guava, Brussel

sprouts and, of course, dark leafy greens. Vitamin C can help with asthma, diabetes, cancer, cataracts, stress, lead toxicity, hypertension, the common cold, immunity, and as an antioxidant, protecting our bodies from free radicals.

A recent study published in *Seminars in Preventive and Alternative Medicine* looked at more than 100 studies for 10 years. "Vitamin C has received a great deal of attention, and with good reason. Higher blood levels of vitamin C may be the ideal nutrition marker for overall health," said study researcher Mark Moyad, M.D., M.P.H., of the University of Michigan. "The more we study vitamin C, the better our understanding of how diverse it is in protecting our health from cardiovascular, cancer, stroke, eye health, immunity to living longer but the ideal dosage may be higher than the recommended dietary allowance."

Moyad says further: "It is just not practical for most people to consume the required servings of fruits and vegetables needed on a consistent basis, whereas taking a once-daily supplement is safe, effective, and easy to do." He notes too that only 10 to 20 percent of adults get the recommended servings of fruits and vegetables daily. Moyad adds that there's no downside to taking vitamin C supplements, except that some types may irritate the stomach, which is

why he recommends taking a non-acidic, buffered form of the vitamin.

In the 1940's Dr. Fredrick R. Klenner discovered the power of vitamin C to cure disease. He used high-dose vitamin C therapy vitamin C for his polio patients with great success and presented his findings at medical conferences, but it was largely ignored. He was among the first physicians to use vitamin C for chicken pox, measles, mumps, tetanus and polio by administering huge doses by intravenous infusion (IV).

Dr. Klenner also used vitamin C to treat pneumonia, encephalitis, herpes zoster (shingles), herpes simplex, mononucleosis, pancreatitis, hepatitis, rocky mountain spotted fever, bladder infections, alcoholism, arthritis, some cancers, leukemia, atherosclerosis, ruptured discs, high cholesterol, corneal ulcers, diabetes, glaucoma, radiation burns and the list goes on. A medical researcher and doctor practicing in Reidsville, N.C., he was one of the originators of orthomolecular medicine—but his work remains largely unaccepted by established medicine. He once said, "Some physicians would stand by and see their patient die rather than use ascorbic acid (vitamin C), because in their finite minds it exists only as a vitamin."

Andrew Saul, Ph.D., taught nutrition, addiction recovery,

health science, and cell biology for a total of nine years at the State University of New York and clinical nutrition at New York Chiropractic College. Dr. Saul, who served as editor-in-chief of *The Orthomolecular Medicine News Service*, has said, "Vitamin C is the world's best natural antibiotic, antiviral, antitoxin and antihistamine. Let the greats be given their due. The importance of vitamin C cannot be overemphasized."

And Ronald Hunninghake, M.D., who has supervised more than 60,000 intravenous vitamin C sessions, said, "I always look upon high dose vitamin C as nature's way of dealing with crisis in terms of your health. This notion, however, does not exist in the conventional thinking of the medical mind."

I hope you will consider adding some Vitamin C to your daily diet. Your hair, skin and nails will love it, too.

As always, be grateful for the body that you have and health that is yours and consider the gift of a day. Experience it, share it, create memories around it, and remember to spread some love... a simple touch or sweet words can move mountains and change lives forever.

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