

Vitamin C : What You Don't Know About Its Multiple Benefits

By Dr. Gifford-Jones

November 23rd, 2013

I've previously written about Medi-C Plus, a high concentration of vitamin C and lysine powder, and how it can prevent and reverse atherosclerosis in coronary arteries. The combination is a revolutionary discovery. But vitamin C has many other amazing virtues.

Years ago, on long sea voyages up to 90 percent of sailors died from scurvy due to a lack of fruit and its vitamin C content. This vitamin is needed for the production of collagen, the glue that holds cells together. Without C the body disintegrates, blood vessels rupture causing massive hemorrhage and death.

Just 10 milligrams (mgs) of C prevents scurvy. But we need several thousand daily for other medical problems. For instance, millions of North Americans suffer from osteoarthritis. Without sufficient vitamin C to produce collagen, a major component of cartilage, bone eventually grinds on bone. There would be fewer joint replacements if more vitamin C were available to produce healthy collagen.

Rheumatoid arthritis, the inflammatory type, also requires large doses of vitamin C. Every moment of the day our bodies are using oxygen to keep us alive. But oxidation results in metabolic ash, known as "free radicals", which are believed to trigger an inflammatory reaction in joints. **Vitamin C is a powerful antioxidant that helps to reduce damaging free-radicals.**

Today billions of dollars are spent annually in North America on cataract surgery. The development of cataracts is a major degenerative disease and an aging population will require more of this surgery. Several studies show vitamin C can slow down the progression of cataracts.

The National Institute of Health reports that macular degeneration, a major cause of blindness, is a nutritional responsive disorder. Its study showed that vitamin C taken along with vitamin E, beta-carotene and zinc could also slow down the progression of this disabling disease.

Vitamin C fights what I've called generalized ascorbic acid deficiency disease (GAADD), by decreasing the risk of atherosclerosis, (hardening of arteries).

Every year in this country leg amputations are done due to a lack of blood supply causing gangrene of one or both extremities. Others lose eyesight from a blood clot in the ophthalmic artery

The list of health benefits of vitamin C goes on and on. Dr. Robert F. Cathart, an expert on Orthomolecular Medicine, says people with asthma have low blood concentrations of vitamin C. He adds that, "A child having regular asthmatic attacks following exercise is usually relieved by high doses of vitamin C."

Here is a surprising fact that I wish I had known when I developed poliomyelitis during my final year at The Harvard Medical School. Unknown to my eminent professors, Dr. Frederick R. Klenner, a North Carolina physician, treated 60 patients suffering from this disease with massive intravenous doses of vitamin C. None suffered paralysis.

Klenner also discovered that large doses of vitamin C could cure viral pneumonia, hepatitis, chicken pox, measles, mononucleosis, pancreatitis, lockjaw, cystitis and poison ivy.

Vitamin C works by neutralizing viral toxins and stops the formation of new viral units. Or as Dr. Klenner wrote, "Unless our white blood cells are saturated with vitamin C, they are like soldiers without bullets."

I ended a recent talk by stressing that C is an amazing vitamin since it cures so many diverse problems. This vitamin bolsters the immune system and decreases the risk of shingles, promotes healthy gums, guards against mercury and lead toxicity, decreases wrinkles and even neutralizes the venom of rattlesnakes.

At the close of the meeting, a friend standing near the exit door could hear the remarks of those leaving. I would have thought that, having discussed how high doses of vitamin C and lysine could protect against life-threatening heart attack and stroke, this would be foremost in the minds of the audience. But I was terribly wrong. The women were all talking about how vitamin C fights wrinkles!

I find it tragic that 99.9 percent of doctors are unaware of the many medical benefits of vitamin C which could prevent many catastrophes. Medi-C Plus is available at Health Food Stores.
