**Vitamin C: What It Can Do For The Body**

**3 John 2 –** **“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”**

**“Every person should have a knowledge of nature's remedial agencies and how to apply them.** It is essential both to **understand the principles involved** in the treatment of the sick and to **have a practical training** that will enable one rightly to use this knowledge.” {MH 127.2}

**VITAMIN C IS GOOD FOR:**

* A.I.D.S.
* Arthritis
* Asthma
* Building up the Immune System
* Cancer
* Colds
* Flu
* H.I.V.
* H1N1 (See remarkable story of man who was dying from H1N1 and when given Vitamin C intravenously
* (Through the I.V.), he came out of his coma and recovered.
* Helping eliminate tobacco from the body
* High Blood Pressure
* Increased Cholesterol
* Respiratory problems
* Skin problems
* **AND SO MUCH MORE**

<http://www.livonlabs.com/cgi-bin/start.cgi/living_proof/index.html>

**THOSE WHO NEED INCREASED LEVELS OF VITAMIN C:**

Individuals exposed to **2nd hand smoke**

Individuals who consume **alcohol**

Individuals who eat **processed foods**

Individuals who **live in polluted areas**

Individuals who **take medications**

**Smokers**

The **elderly**

Those who are **depressed**

Those who are **sick** or stricken with **any ailment**

Those who are **stressed**

**FOODS HIGH IN VITAMIN C**

* Acerola Cherries
* Broccoli
* Brussel Sprouts
* Cabbage
* Cantaloupe
* Cauliflower
* Citrus Fruits (all kinds)
* Kiwi
* Mango
* Papaya
* Peppers (especially Red bell pepper…they are higher in Vitamin C than oranges)
* Pineapple
* Potato
* Rose Hips
* Spinach
* Strawberries
* Sweet Potato
* Tomatoes

**SYMPTOMS OF VITAMIN C DEFICIENCY:**

* Bleeding Gums
* Easy Bruising
* Fatigue
* Joint Pain
* Nosebleeds
* Poor Digestion
* Reduced resistance to cold and flu, and other infectious diseases
* Slow healing of wounds and fractures
* Wrinkling of the skin early

**MORE THINGS TO KNOW ABOUT VITAMIN C:**

**1. Vitamin C** is **necessary to form collagen in the body.**

**2. Vitamin C** is a powerful **anti-oxidant.**

**3.** **Be sure to drink plenty of water** when drinking Vitamin C **because it** **is a** **Water Soluble Vitamin,** meaning it

**needs water for proper absorption and transportation.**

**4. High levels of Vitamin C are safe.** However, if a person is not used to higher levels, they may get a bout of

loose stools.

**5. Esther C** is said to be **the best** of all Vitamin C.

**6.** If a person cannot handle the acidity of Vitamin C powder, they may purchase the buffered kind.

**7.** The **minimal** R.D.A. (Recommended Daily Allowance) is **not sufficient for those who are afflicted with**

**sickness or disease.**

**8.** It's **not recommended to take the supplemental form unless suffering** from an ailment.

**9.** Be sure to **eat foods that are high in this Vitamin on a daily basis.**

**10.** Where you may order Vitamin C powder in bulk.

**AMERIHERB:**

1-800-267-6141 (Ask for their catalog)

**VITAMIN C REMEDY FOR THE SNIFFLES:**

The moment you get the sniffles/runny nose, **take 2000 mg of powdered Vitamin C at the first sign** and **1000 mg every hour after** x 8 hours. Be sure to **drink lots of water.**

**LINKS TO LEARN MORE ABOUT VITAMIN C:**

<http://alternativemedicinetruth.blogspot.com/2005/09/vitamin-c-therapy-ismiraculous.html>

<http://www.suite101.com/content/the-truth-about-vitamin-c-a215218>

**VIDEOS ABOUT VITAMIN C:**

<http://www.youtube.com/watch?v=2Nc7VAGQUw0>

<http://www.livonlabs.com/cgi-bin/start.cgi/living_proof/index.html>

<http://www.youtube.com/watch?v=4nCvQrXvQhA>

<http://www.youtube.com/watch?v=m8i_PW2zzPU&NR=1&feature=fvwp>

**Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/vitamin-c-what-it-can-do-for-body.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/vitamin-c-what-it-can-do-for-body.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/vitamin-c-what-it-can-do-for-body.html>