

Vitamin C in Medicine: An Invaluable, Safe, Effective Therapy

Vitamin C has many beneficial functions in the human body

It is important to note that humans are one of the few species incapable of manufacturing vitamin C internally, and thus, are reliant on food sources of vitamin C for survival. The following is a list of the main functions Vitamin C has in the human body:



- This nutrient plays a major role in the manufacture and defense of our connective tissue, the elaborate matrix that holds the body together. It is a primary ingredient in collagen, a glue-like substance that binds cells together to form tissues.
 - Vitamin C stimulates the immune system to fight off foreign invaders and tumor cells.
 - Vitamin C is vital for heart and circulatory health by facilitating fat metabolism, protecting vessels from free radical damage, and strengthening blood vessel walls.
 - Vitamin C maintains healthy bones, teeth, gums, tissues. It aids in wound healing.
- Vitamin C combats inflammation and pain. It behaves like a “natural aspirin”.
 - At high doses only reached by intravenous injection, Vitamin C has anti-cancer effects. It has been shown to increase survival times in cancer patients, decrease the amount of radiation required, enhance the effect of chemotherapy, protect from the damage of radiation and chemotherapy, inhibit the growth of some cancers, and reverse some abnormal cell lines back to normal. Up to 75 grams can be infused intravenously over a period of 2-3 hours, 2-3 times weekly.
 - Vitamin C is a potent detoxifier of toxins such as pesticides, alcohol, nicotine, aluminum, cadmium, nickel, lead, fluoride, PCB's, etc. It not only neutralizes and removes these toxins from the body, but it protects our healthy cells from being damaged by these toxins.
 - Vitamin C is a potent anti-viral, anti-bacterial, and anti-parasitic agent. Oral vitamin C helps protect the body from developing infections, and high-dose intravenous vitamin C is an effective method of destroying and removing pathogenic microbes. Intravenous vitamin C has cured viral infections which can be debilitating and even life threatening such as swine flu, measles, mumps, viral encephalitis, chicken pox, shingles, herpes, viral pneumonia, colds, and flu.

Vitamin C Therapy Orally and Intravenously

Vitamin C therapy both orally and intravenously has been used successfully by trained doctors for many years and is backed by volumes of research. It has proven itself to be safe and effective for a number of toxic, infectious, and cancerous conditions.

Research shows that taking supplemental Vitamin C regularly, in gram doses divided throughout the day, helps to prevent both acute and chronic diseases. Everyone finds their own individualized dose based on bowel tolerance, but as a general rule, for adults 2000 mg daily is generally adequate as a maintenance dose, and if illness occurs, this can be increased to 2000 mg three times daily with food. If intestinal cramping or diarrhea occur this may be too high of a dose and it can be lowered. Food sources are important but are not enough to provide adequate protection in today's more toxic world.

Since Vitamin C improves connective tissue health, neutralizes toxins, improves immune function, and kills pathogens when body stores are saturated, it makes sense to keep our tissues saturated to protect us from diseases linked to infections, toxins, connective tissue deficiency (such as osteoarthritis), and immune dysregulation (such as allergies and auto-immunity).

Vitamin C is both safe and effective for regular use. Talk to a trained Naturopathic Doctor to discover how this simple, inexpensive nutrient can benefit your health.

For comprehensive scientific reviews and therapeutic uses of Vitamin C watch documentaries and lectures by the experts in the field on Youtube: Dr. Thomas Levy: “Vitamin C and Antioxidant Therapy” (or read his book, “Vitamin C, Infectious Diseases, and Toxins”), and Dr. Suzanne Humphries, “Lecture on Vitamin C”.