

THE AMAZING

VITAMIN C

Compiled by

Campbell M Gold

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IMPORTANT

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Introduction

Vitamin C is a water-soluble vitamin that is essential for normal growth and development.

Vitamin C is needed for the growth and repair of tissues in all parts of the body. It forms an important protein used to make skin, tendons, ligaments and blood vessels, and it is instrumental in the healing of wounds and the formation of scar tissue. Vitamin C is also used in the repair and maintenance of cartilage, bones, and teeth.

Additionally, vitamin C is an important antioxidant which helps to block the damage caused by free radicals.

Free radicals are damaging substances which are made when the body breaks down food or is exposed to toxins and pollutants. The build-up of free radicals is largely responsible for the aging process, and they play a role in cancer, heart disease, and other diseases.

Unfortunately, the body is unable to manufacture its own vitamin C, and it does not store vitamin C from its diet. Consequently, it is essential; to include plenty of vitamin C-containing foods in the daily diet, and to supplement as necessary.

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Vitamin C - good for what ails you...

- Age-related cognitive decline
- Alcohol withdrawal support
- Amenorrhoea - the absence of a menstrual period in a woman of reproductive age

- Anaemia (for thalassaemia if deficient) - Thalassemia is a blood disorder passed down through families (inherited) in which the body makes an abnormal form of hemoglobin
- Anaemia (if deficient)
- Asthma
- Atherosclerosis
- Athletic performance (for exercise recovery)
- Athletic performance (if deficient, or to reduce pain and speed up muscle strength recovery after intense exercise)
- Autism
- Bipolar disorder/manic depression
- Boils (recurrent furunculosis)
- Bronchitis
- Bruising (for deficiency)
- Burns (in combination with vitamin E for prevention of sunburn only)
- Capillary fragility
- Cataracts
- Childhood diseases
- Childhood intelligence (for deficiency)
- Chronic obstructive pulmonary disease (COPD)
- Cold sores
- Colon cancer (reduces risk)
- Common cold/sore throat
- Complex regional pain syndrome (CRPS) (Prevention) - this is a condition of intense burning pain, stiffness, swelling, and discoloration that most often affects the hand. Arms, legs, and feet can also be affected. This condition was previously known as reflex sympathetic dystrophy
- Diabetes - Type 1
- Diabetes - Type 2
- Dysmenorrhoea (plus vitamin B3 [niacin] and rutin) - pain during menstruation
- Ear infections (recurrent)
- Eczema
- Endometriosis (in combination with vitamin E) - Endometriosis is a condition in which the tissue (endometrium) normally lining the womb (or uterus) grows on different organs outside the uterus
- Gallstones
- Gastritis
- Gingivitis (periodontal disease) (for deficiency only)
- Gingivitis (periodontal disease) (in combination with flavonoids)
- Glaucoma
- Gout
- Halitosis (if gum disease and deficient)

- Hay fever
- Heart attack (for deficiency)
- Heart attack (for those not deficient)
- Hepatitis
- High blood pressure
- High cholesterol (protection of LDL cholesterol)
- HIV support (oral and topical)
- Hives
- Hypoglycaemia
- Immune function
- Infection
- Infertility (female)
- Infertility (male) (for sperm agglutination)
- Influenza
- Iron-deficiency anaemia (as an adjunct to supplemental iron)
- Lead toxicity
- Leukoplakia - a precancerous sore (lesion) that develops on the tongue or the inside of the cheek in response to chronic irritation
- Low back pain
- Macular degeneration
- Menopause
- Menorrhagia (heavy menstruation)
- Morning sickness
- Pancreatic insufficiency
- Parkinson's disease (in combination with Vitamin E)
- Peptic ulcer
- Pre- and post-surgery health (if deficient)
- Preeclampsia (in combination with vitamin E; for high risk only) - Preeclampsia is a pregnancy-related disorder which may occur after 20 weeks of pregnancy. Signs of preeclampsia are usually high blood pressure and protein in the urine
- Pregnancy support (if the diet is low in vitamin C)
- Progressive pigmented purpura (in combination with rutoside - a citrus flavonoid glycoside) - Progressive pigmentary purpura results in a rusty brown skin discoloration that looks like the individual has been lightly sprinkled with cayenne pepper.
- Prostatitis (acute bacterial prostatitis, chronic bacterial prostatitis)
- Retinopathy (in combination with selenium, vitamin A and vitamin E)
- Schizophrenia
- Scurvy
- Sickle cell anaemia
- Sinusitis

- Skin ulcers
- Sprains and strains
- Stress
- Sunburn (oral, in combination with vitamin E)
- Sunburn (topical, in combination with vitamin E)
- Tardive dyskinesia (involuntary, repetitive movements)
- Urinary tract infection (UTI)
- Vitiligo (condition where white patches develop on the skin. It is due to loss of pigment from areas of the skin)
- Wound healing

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Dose

Vit C - 500 mg - 10,000 mg daily depending upon what "treatment" is required.

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