

## 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](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-is-miraculous.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.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](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>