

Vitamin C

What Makes Vitamin C So Effective?

Vitamin C is a water-soluble vitamin, which means your body doesn't store it. Humans do not have the ability to make Vitamin C, so we need to consume it via our diet, through our food.

Why is vitamin C so special?...

Vitamin C is used by the body:

- for helping in the production of collagen,
- for wound healing,
- for repairing and maintaining the health of bones and teeth,
- for helping the body to absorb iron,
- as an antioxidant,
- for helping to prevent cancer,
- for brain health.

Vitamin C Acts as an Antioxidant

As an antioxidant, vitamin C is known to block some of the dangers caused by DNA-damaging free radicals. Over time, free radical damage may accelerate aging and contribute to the development of heart disease and other health conditions. It's through this antioxidant effect that vitamin C may help to protect heart health.

Vitamin C Has Anti-Cancer Properties

Vitamin C also has powerful anti-cancer properties. Its molecular structure is similar to sugar, which cancer cells need to thrive. Cancer cells pull in glucose and if there is no glucose they will pull in vitamin C instead. When combined with oxygen this produces hydrogen peroxide which kills the cancer cells from the inside.

Vitamin C Helps Brain Health

Vitamin C even plays a role in brain health, as it is necessary to make certain neurotransmitters, including serotonin.

Vitamin C is Also Useful For:

- boosting the immune system function,
- improving vision in people with uveitis (inflammation of the middle part of the eye),
- allergy-related conditions, such as eczema, asthma, hay fever,
- treating sunburn,
- alleviating dry mouth,
- healing burns and wounds,
- decreasing blood sugar in diabetics,

- fighting viral illnesses such as glandular fever,
- maintaining healthy gums,
- preventing and shortening the duration of the common cold and flu,
- osteoarthritis,
- age-related macular degeneration

[<http://articles.mercola.com/sites/articles/archive/2016/02/20/vitamins-healing-potential.aspx#!>]

Seeds – Soaked and Sprouted

These rich sources of nutrients become real nutritional powerhouses when they are soaked and sprouted. The germination process (sprouting) produces vitamin C and increases carotenoids and vitamin B content, especially B2, B5, and B6.

Sprouting also aids the absorption of calcium, magnesium, iron, and zinc. It also helps the enzymes in our digestive tract.

Probiotics and Fermented Foods

Fermented vegetables such as sauerkraut, pickled carrots, beets, or cucumbers are some of the most health-giving foods on the planet. Raw cultured or fermented vegetables provide the body with beneficial microorganisms known as probiotics and an abundance of enzymes.

They are also a rich source of many vitamins, including vitamin C, and are very easy to digest.

Other Foods Rich in Vitamin C

- Dandelion leaves are rich in vitamin C and contain more beta carotene than carrots,
- Stinging Nettles are rich sources of vitamins A, C, and E, as well as many antioxidants,
- Oranges, grapefruits, lemons, limes, acerola cherries, camu camu, Indian gooseberries,

[Jordan S. Rubin, *The Maker's Diet*, (2005), pp.45,84,152-153]