IT'S TIME TO FEEL GOOD AGAIN

THE WELLNESS MINUTE

THIS WEEK'S TOPIC

The Power Of Vitamin C

"Vitamin C supports mechanisms that range from promoting the production of antibodies to increasing natural killer cells, detoxifying histamine, and enhancing the healthy function of the white blood cells."

Did you know that all toxins, ALL toxins have the same mechanism of action? The end result is over oxidation. That's right, all toxins rob or strip electrons causing over oxidation. It doesn't matter if they are pesticides, venom from spiders or snakes, metals like mercury, lead or arsenic, even radiation. Cardiologist, Dr. Tom Levy, asserts that far and above anything else, the greatest cause of toxins or over oxidation is hidden infections, especially dental infections.

Dr. Levy, also an attorney, has shown in his book, Vitamin C, Infectious Diseases, and Toxins: Curing the Incurable, the power of vitamin C for many seemingly incurable conditions but especially for acute infections. Over 1,200 references document that vitamin C supports the immune system in a unique way.

Let's take a few minutes and look at some of the lesser known qualities of vitamin C. One of the great pioneers of vitamin C was Dr. Frederick Klenner who published 27 papers in medical journals on his clinical experience with high dose vitamin C. He showed that vitamin C neutralized any toxin tested if given in the correct dose and duration.

In vitro vitamin C has been effective in eradicating all viruses. Vitamin C has been tested against: polio, herpes, hepatitis and influenza, even rabies.

Dr. Klenner documented how he cured 60 out of 60 cases of acute polio with high doses of vitamin C. The key word here is acute. Chronic viruses are often entrenched deeper in tissue and vitamin C can't readily get to the virus.

In a way, vitamin C is the ultimate anti-toxin. There is literature and case studies to support vitamin C and its effectiveness in treating excesses of mercury, lead, chromium, arsenic, cadmium, nickel, aluminum, iron and fluorine. As an anti-toxin, vitamin C has been effec-

tive in treating snake venom and spider bites. Alcohol is a toxin; and if your antioxidants are high enough, the tendency to have hangover is limited. Toxic mushrooms, pesticides, strychnine, tetanus are all examples of substances that have been treated effectively with high dose vitamin C.

Dr. Levy shares 19 different ways vitamin C supports or enhances the immune system. Vitamin C supports mechanisms that range from promoting the production of antibodies to increasing natural killer cells, detoxifying histamine, and enhancing the healthy function of the white blood cells.

As virus and bacteria or even cancer cells are killed, the byproducts can also cause cellular damage. In addition, pathogens as well as cancer cells accumulate and thrive on iron. As the pathogens are killed they release a toxic form of iron. Vitamin C can render the toxin, in this case iron, helpless.

Dr. Levy is not a big fan of mandatory immunizations. But if one chooses to be immunized, he suggests taking large amounts of vitamin C 10 days before and after the event. As a side note, all pathogens will absorb vitamin C creating a subclinical form of scurvy which will show up as a low blood level of vitamin C. If you or loved ones are ever hospitalized, especially in IC, ask the attending to do a serum vitamin C. It will always be low and then it is their responsibility to treat the low value with IV vitamin C reducing recovery time.

Vitamin C also has anti-radiation properties. We are exposed to more low levels of radiation than we realize. Personally, I am getting very concerned about the low level radiation from cell phones and 5G. According to Dr. Levy, if you have enough vitamin C present you can neutralize most, if not all, of the effects from radiation.

Vitamin C is a shining star on the anti-aging front as well. We know that as we age, telomeres shorten and chromosome damage is increased. Researchers used vitamin C to slow down telomere shortening in vascular cells. The telomeres in cells treated by vitamin C were up to 62% longer than the telomeres in untreated cells.

Since vitamin C is such a powerful anti-toxin with antiviral, antibacterial properties, I personally take 3-6 grams a day depending on my stress and energy levels. To get that dose, I use 1-2 tsp Mixed Ascorbate Powder. Each tsp yields 3 grams of the ascorbate, reduced, buffered form of vitamin C and supplies 200 mg of calcium and 100 mg of magnesium.

Have a conversation with your clinician about the anti-toxin qualities of vitamin C. Also, ask about Mixed Ascorbate Powder, a buffered form of vitamin C, which is different than vitamin C tablets. The mentality of taking vitamin C over the counter to prevent colds doesn't even scratch the surface of what vitamin C could REALLY do for you. There's more; ask your clinician about vitamin C and Mixed Ascorbate Powder.