

## The Secret Nutrient Of Vitamin C

the secret that drug companies hope the general populace never finds out. Vitamin C can do far more than merely keeping humans from bruising easily and having bleeding gums, loose teeth, poor immune systems, difficulty healing and mild anemia.

It turns out that vitamin C is not just one of the least toxic substances that exist, but in fact it should actually be its very own food group, right up there with proteins, fats, and carbohydrates. It's water soluble and is essential for life. Vitamin C is far less dangerous than common table salt and is about as necessary for true health as water.

It's all a matter of dosage. Some researchers have criticized dosages recommended by government agencies because they don't take weight and age differences into account and because they only represent the amount needed to prevent acute forms of vitamin deficiency disease instead of either lower levels of the disease or the amounts needed to prevent other diseases. Nor do they address amounts needed for optimal health, as they are solely based on levels that are slightly above malnourishment. Because most people are content with the guidelines of the governmental agencies, the benefits of much higher doses are rarely considered.

This was fine until the ice age made it difficult to get vitamin C all year round. Evolution compensated by allowing humans to patch up fragile blood vessels (remember that vitamin C prevents bruising) with cholesterol. When summer came along, and vitamin C was plentiful, the cholesterol patches on the blood vessels dissolved. The hardening arteries softened right up again.

Alas, the "modern" diet of humankind today makes the caveman's diet look like the heights of good nutrition. Usually people don't get nearly enough vitamin C to dissolve arterial plaque, also called arteriosclerosis. Nor do they get enough vitamin C for their bodies and immune systems to really engage in rebuilding themselves from the inside out. As a result, people get degenerative diseases and age before they really need to.