
THE HEALING FACTOR - VITAMIN C Against Disease



How to live longer and better

The Healing Factor Vitamin C Against Disease A Gd Perigee

JS Bruner



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Nutrition Sharon K. Zoumbaris, 2009-07-23 Nutrition addresses the most hotly debated topics in the news today obesity food safety irradiation and vegetarianism and also describes the currently accepted principles of good nutrition for men women and children Despite the abundance of advice on food and diet more Americans are obese than ever before diabetes rates are skyrocketing and more foods are recalled due to contamination It is high time for non biased answers to the question of what is healthy and safe to eat Nutrition provides those answers The book explains basic guidelines for healthy eating along with the government s role in nutrition It examines the issues of food safety and technology and the debates about genetically modified foods organic foods and vegetarian dining Food bans such as those on trans fats are discussed as are vitamins and supplements After tracing the history of the study of nutrition and identifying principal researchers the book examines seven major controversies in nutrition today This basic guide to healthy eating will give both students and adults the tools they need to choose a diet that is healthy and safe

The Healing Factor: "vitamin C" Against Disease Irwin Stone, 1972 *VITAMIN C: the Real Story (EasyRead Super Large 20pt Edition)*, 2013 Discover the latest research on the benefits of vitamin C a proven antibiotic nontoxic anticancer agent and treatment for heart disease Vitamin C Steve Hickey, 2009-04-10 This book tells the story of how the controversy about vitamin C has grown and continues even as increasing evidence demonstrates the value of the orthomolecular approach The story of vitamin C is an exciting journey into the workings of science and medicine the intrigues of political and economic influences and the evolutionary history of hu

VITAMIN C: the Real Story (Volume 2 of 2) (EasyRead Super Large 24pt Edition), **The Healing Factor - Vitamin C Against Disease** Irwin Stone, 2017 Vitamin C may save your life A noted biochemist reveals for laymen the exciting research into ascorbic acid s powers against such deadly enemies as cancer heart disease strokes mental illness old age diabetes arthritis kidney disease hepatitis After 40 years research Irwin Stone unfolds his startling conclusion that an ancient genetic mutation has left the primate virtually alone among animals in not producing ascorbic acid Vitamin C in his own body By treating it as a minimum daily requirement instead of the crucial enzyme it really is we are living in a state of sub clinical scurvy whose symptoms have been attributed to other ailments The answer is to change our thinking about Vitamin C and consume enough to replenish this long lost healing factor Stone illustrates with massive documentation Vitamin C s remarkable ability to fight disease counteract the ill effects of pollution and prolong healthy life easily and inexpensively

Vitamin C Alan B. Clemetson, 2018-01-10 The factors affecting blood vitamin C levels are described in detail in this series Many factors such as aging smoking infection trauma surgery hemolysis hormone administration heavy metals pregnancy alcohol ionizing radiation and several medicines have been found to cause a disturbance of ascorbic acid metabolism and to reduce blood vitamin C levels Indeed abnormalities of ascorbic acid metabolism due to factors such as smoking occur much more frequently than does dietary vitamin C deficiency today It is now known that low blood vitamin C

levels are associated with histaminemia high blood histamine levels and also that ascorbate responsive histaminemia is common in apparently healthy people High blood histamine levels are believed to cause small hemorrhages within the inner walls of the blood vessels and these may lead to the deposition of cholesterol as an aberrant form of wound healing Ascorbic acid not only reduces blood histamine levels but also aids the conversion of cholesterol to bile acids in the liver The clinical pathological and chemical changes observed in ascorbic acid deficiency are discussed in detail Several diseases and disorders associated with low blood vitamin C levels are also described Possible toxic effects resulting from the oxidation of ascorbic acid are noted and reasons for the use of D catechin or other chelating fiber to prevent or minimize the release of ascorbate free radical are detailed An excellent reference for physicians nutritionists and other scientists **Vitamin C**

Steve Hickey,2009-05-06 This book tells the story of how the controversy about vitamin C has grown and continues even as increasing evidence demonstrates the value of the orthomolecular approach The story of vitamin C is an exciting journey into the workings of science and medicine the intrigues of political and economic influences and the evolutionary history of humankind Someday medicine without vitamin C therapy will be compared to childbirth without sanitation or surgery without anesthetic *Vitamin C* Alan B. Clemetson,2018-01-10 The factors affecting blood vitamin C levels are described in detail in this series Many factors such as aging smoking infection trauma surgery hemolysis hormone administration heavy metals pregnancy alcohol ionizing radiation and several medicines have been found to cause a disturbance of ascorbic acid metabolism and to reduce blood vitamin C levels Indeed abnormalities of ascorbic acid metabolism due to factors such as smoking occur much more frequently than does dietary vitamin C deficiency today It is now known that low blood vitamin C levels are associated with histaminemia high blood histamine levels and also that ascorbate responsive histaminemia is common in apparently healthy people High blood histamine levels are believed to cause small hemorrhages within the inner walls of the blood vessels and these may lead to the deposition of cholesterol as an aberrant form of wound healing Ascorbic acid not only reduces blood histamine levels but also aids the conversion of cholesterol to bile acids in the liver The clinical pathological and chemical changes observed in ascorbic acid deficiency are discussed in detail Several diseases and disorders associated with low blood vitamin C levels are also described Possible toxic effects resulting from the oxidation of ascorbic acid are noted and reasons for the use of D catechin or other chelating fiber to prevent or minimize the release of ascorbate free radical are detailed An excellent reference for physicians nutritionists and other scientists Vitamin C: the Real Story Steve Hickey,Andrew W. Saul,2015-10-23 Discover the latest research on the benefits of vitamin C a proven antibiotic nontoxic anticancer agent and treatment for heart disease

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