

# An Easy and Dramatic Health Improvement – Effectively Using Vitamin C

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Vitamin C is no joke. We cannot live without it. Our bodies cannot manufacture it. And it is nearly impossible to get enough vitamin C from diet alone.

The answer is to supplement our vitamin C levels, but most people do not really know how.

Insufficient vitamin C is one of the most common causes of serious health problems and chronic diseases. By the time you finish reading this article you will know everything you need to know to protect yourself and your loved ones from vitamin C deficiency. (Unfortunately, it's a little more complicated than just taking a pill once or twice a day.)

## Why Is Vitamin C Important?

Without vitamin C we cannot even sustain life. Vitamin C is an essential molecule required for the most basic generation of energy in the body at the cellular level. This is known as the “Krebs Cycle”, which is the complex chemical process whereby ATP is converted to ADP, or adenosine triphosphate to adenosine diphosphate, releasing energy. All aerobic, “oxygen breathing”, living beings that we know of depend on this [Kreb's Cycle](#) to generate their most basic energy for life.

In addition to the critical function of generating energy, vitamin C is absolutely essential for:

- maintaining a healthy immune system
- anti-oxidant functions within the body
- detoxifying the body
- responding to inflammation
- supporting all of the key elements of the musculo-skeletal structure
- growing and maintaining collagen, used in many parts of the body, especially joints
- healing wounds
- and much more

Cardiac health in relationship to vitamin C deserves its own paragraph. Vitamin C is extremely effective in reducing inflammation in the lining of the arteries, and in reducing oxidation of molecules and substances in the blood. This includes the tendency of cholesterol to become oxidized in the blood, which has been strongly implicated in serious heart disease. Many people who start out with high levels of the markers for arterial and related inflammation see these elevated levels normalizing soon after starting an optimum vitamin C regimen. It is common to see homocysteine, C reactive protein and even LDL cholesterol levels normalize when people optimize their vitamin C levels. (Of course, for these people I recommend some other measures, as well, but the vitamin C seems to be a big part of the picture.) If you care about your heart, read the rest of this article!

And yet, as critical as this nutrient is, human beings cannot manufacture it. We are one of the very few mammals that cannot make our own vitamin C. Most other animals have the required enzymes to manufacture their own vitamin C.

Since we cannot manufacture our own vitamin C within our bodies, we must have adequate supplies of it, in usable form, in our diets.

You may recall that as recently as a few hundred years ago, sailors frequently came down with a disease known as "[scurvy](#)". This was the result of inadequate vitamin C. In those days, manufactured vitamin C was unknown, and methods of food preservation to provide vitamin C on long voyages also were yet not known.

The British figured out that citrus fruits prevented scurvy. Further, they found that limes were among the citrus fruits that were most effective and that lasted the longest in terms of preservation. So they began using limes as a staple for long voyages. That is how British sailors came to be known as "[Limeys](#)".

In today's world, where we are exposed to more toxins, far more oxidative stress and more conditions that lead to inflammation than our ancestors were, we need even more vitamin C than they did. It is difficult to get an adequate supply from diet alone. So, as such a critical nutrient for our very survival and good health, vitamin C becomes one of the most important supplements we can use.

## **But How Much Do I Use?**

In the middle of the last century, Dr. Linus Pauling, of Nobel Laureate fame, pioneered the use of high doses of vitamin C both for curing diseases and for optimizing health. (Linus Pauling is the only person ever to receive not one but two unshared Nobel prizes for his work – one in chemistry and one in peace.)

Dr. Pauling experimented with what at the time were considered to be very high doses of vitamin C. (He did this with other vitamins, nutrients and supplements, as well.) He

experimented with vitamin C in relation to a number of common diseases, from the common cold all the way to cancer.

Some consider Dr. Pauling's studies to be controversial. However, there is wide-spread agreement in the holistic health community that taking far more vitamin C than the US government recommends results in significant health benefits. In a number of countries other than the US, it is a given that Dr. Pauling's work was valid, and that high doses of vitamin C are important for optimum health. In many cancer clinics outside of the US very high doses of vitamin C are credited with being a key factor in the very high cure rates routinely attained.

Here is the method I use for myself, my family and my clients to determine an individual's optimum daily amount. It seems to work really well: I start with approximately 1,000 mg first thing in the morning. About 2 hours later I repeat the same amount. I do this throughout the day until I am ready for bed.

At some point, (which for me seems to be about 5,000 mg to 7,000 mg), I will begin to experience the beginnings of diarrhea. At that point, I decrease the size of the doses just until the diarrhea has cleared up. This is now my ideal dose.

This method is known as the "bowel tolerance" protocol. Because there is so much variation between people, the bowel tolerance level varies widely. For example, if you are under more stress, then your body will use more vitamin C and the level at which you reach bowel tolerance will be higher than it might be for someone under less stress.

Some people with very high bowel tolerance levels for vitamin C may find that taking 1,000 mg doses throughout the day does not get them to their bowel tolerance level. In that case I would recommend gradually increasing the amount per dose until it reaches bowel tolerance.

Regardless of the level at which you reach bowel tolerance, I would avoid ever taking more than 2,000 mg at once. The reason is that you are likely to end up excreting much of the vitamin C via your urine, rather than retaining it for your body's use.

If taking 2,000 mg every 2 hours or so still does not reach your bowel tolerance level, then you can try reducing the time interval between doses.

**Caution:** If your bowel tolerance is very high and is hard to reach, that may be an indicator of several possible health conditions that should be evaluated. In general, if you find that 10,000 mg per day does not achieve the bowel tolerance point I would recommend an evaluation by a qualified holistic health practitioner.

Of course, for people with much higher than average body weights, these amounts may need to be adjusted upward. Conversely, they should be adjusted downward for people

with lower body weights. The numbers in this article are based on average, healthy adult body weights.

For those who want more background on the Bowel Tolerance method for establishing the ideal vitamin C level, here is an [Interesting Vitamin C Abstract](#).

## What Kind Of Vitamin C Should I Use?

I have tried a very wide range of vitamin C supplements over the years. And I have observed a wide range of results – some seem to very noticeably improve one's health, and others seem to make little or no difference at all. Based on my informal research I have narrowed my choices down to using powdered vitamin C, that is chemically identical to the form that Dr. Linus Pauling first experimented with and that he went on to make his consistent recommendation: **L-Ascorbate**.

The best source I have found for vitamin C in the L-Ascorbate form is Pure Encapsulations. The product name from Pure Encapsulations is: Pure Ascorbic Acid Powder, and it is available in ½ pound containers. Each teaspoon equals 3,200 mg of vitamin C, or 3.2 grams. So if you are following the "Bowel Tolerance" method of setting your ideal daily amount, as described earlier in this article, you would make each serving approximately 1/3 of a teaspoon.

The Pure Encapsulation supplements may not be readily available at your local health store. So here is a link to purchase their Pure Ascorbic Acid Powder directly from them:

[http://www.purecapspro.com/myhealth/products/product\\_details.asp?ProductsID=1123#](http://www.purecapspro.com/myhealth/products/product_details.asp?ProductsID=1123#)

In the interest of full disclosure I want to be sure that you know that MyHealthOPtimizer.com gets a modest commission on sales made via this link. Such funds, modest as they are, go towards the support of our ongoing research, which we freely share with all who wish to utilize it.

## Keep Your Powder Dry!

I want to add a few words about storing your vitamin C. To be sure that it maintains its potency until it is used up, be sure to:

- Keep the container tightly closed in between uses
- Keep it in a location where it will not be exposed to extreme heat or cold – room temperature is fine
- Keep it away from sources of moisture

## **One More Critical Point: How Do I Make The Vitamin C Fully Usable?**

It turns out that there is one more key to effective use of vitamin C. In order to make the best use of vitamin C your body must have an adequate level of vitamin B. Further, vitamin B is actually a “family” of different but closely related vitamins. And what is really needed is a carefully formulated “Vitamin B Complex”.

Vitamin B Complex formulas are available from most vitamin companies. However, the amounts and ratios of the different components in the vitamin B complex need to be just right in order for your body to make effective use of it.

The specific components in the B-Complex need to be bioavailable. And there is a problem with most of the vitamin B-Complex formulas in the market: Most of them include B<sub>12</sub> in a form called: “cyanocobalamin”. This is at best a questionable form for B<sub>12</sub>. When it is metabolized it leaves behind trace amounts of cyanide, (note the “cyano” at the beginning of the chemical name), which may stress the body as it requires some detox activity. There is much debate about this in the professional supplement community. The cyanocobalamin form is much less expensive to manufacture than the methylcobalamin form of B<sub>12</sub>.

To be on the safe side, I would avoid the supplements that include B<sub>12</sub> in the cyanocobalamin form. Instead, I would only use the supplements that include B<sub>12</sub> in the more natural form: “methylcobalamin”.

I have only found a few Vitamin B Complex supplements that meet all of these requirements.

My pick is the Vitamin B-Complex from Pure Encapsulations. I use their formula called: “B-Complex Plus”. It is reasonable in price and seems to work very well.

I take 1 in the morning with my first vitamin C serving of the day, and another at night with my final vitamin C serving for the day. That works very well for me, and it has worked well for my clients who have followed this recommendation.

**CAUTION:** You do NOT want to take the vitamin B with each serving of vitamin C. That would be way too much vitamin B and would certainly lead to health problems.

Here is a link to purchase the Pure Encapsulations Vitamin B-Complex at a good price:

[http://www.purecapspro.com/myhealth/products/product\\_details.asp?ProductsID=119#](http://www.purecapspro.com/myhealth/products/product_details.asp?ProductsID=119#)

In the interest of full disclosure I want to be sure that you know that MyHealthOptimizer.com gets a modest commission on sales made via this link. Such funds, modest as they are, go towards the support of our ongoing research, which we freely share with all who wish to utilize it.

Feel free to find other sources, or even choose a different manufacturer. In case you wish to shop around, the table below shows what is included in the Pure Encapsulations B-Complex Plus formulation.

### **What's In The Pure Encapsulations Vitamin B-Complex Plus**

<b>Component – each vegetable capsule contains:</b>	<b>Amount</b>
Thiamine HCL (B <sub>1</sub> )	100mg
Riboflavin (B <sub>2</sub> )	5mg
Riboflavin 5' phosphate (activated B <sub>2</sub> )	10mg
Niacin (as niacinamide)	10mg
Inositol hexaniacinate (no-flush niacin)	10mg
Pyridoxine HCl (B <sub>6</sub> )	10mg
Pyridoxal 5' phosphate (activated B <sub>6</sub> )	10 mg.
Pantothenic acid (calcium pantothenate) (B <sub>5</sub> )	100mg
Methylcobalamin (B <sub>12</sub> )	400mcg
Folate (as Metafolin®, L-5-MTHF)	400mcg
Biotin	400mcg
Vitamin C (as ascorbyl palmitate)	16mg

**What Kind Of Water Can I Use?** Recently a client asked me what kind of water to use to mix the vitamin C. Specifically, she wanted to know if it was OK to use alkaline water from her water ionizer, which is what she uses for drinking. I thought it should be OK but wanted to be certain.

I contacted one of Pure Encapsulations' biochemical research scientists who confirmed that using alkaline water with their L-Ascorbate powdered vitamin C, (or any other good quality powdered L-Ascorbate, as well as other good quality powdered vitamin C), would be fine.

However, keep in mind that if you mix your vitamin C with alkaline water, it will affect the amount of vitamin C it takes to reach bowel tolerance. The higher the PH the more vitamin C it will take. This is not necessarily a bad thing. In fact, it could be a health benefit as it means your body will allow you to take more vitamin C, leading to even better overall health.

If you significantly change the PH of the water you are drinking you may need to go through the protocol again to find your new bowel tolerance level.

As a general rule I recommend testing for bowel tolerance at least once or twice a year. Our bodies change over time. So to maintain optimum levels of this most crucial vitamin, it is a good idea to test and reset the level on a periodic basis.

I know there are some controversies in the natural health world about what water is best, and if alkaline water is really good for you or not. Addressing that is outside the scope of this article but is covered in detail in several of my other articles. Feel free to request them.

For purposes of mixing and taking your powdered vitamin C, I recommend that you use whatever water you use as your preferred drinking water.

Please feel free to send your questions or comments to: [jeff@myhealthoptimizer.com](mailto:jeff@myhealthoptimizer.com)

To your great health!



Please visit [www.MyHealthOptimizer.com](http://www.MyHealthOptimizer.com) for more valuable health information.

**Acknowledgements:** I am extremely grateful to Dr. Linus Pauling for his ground-breaking research and work on vitamin C. I owe significant aspects of my own good health and that of my family and my clients to his vitamin C discoveries. I am also very grateful to several of the world class scientists who worked with Dr. Pauling, studied with him and who have carried on his work. The recommendation about adding a vitamin B complex to the protocol as described in this article came from one of the most brilliant students of Dr. Pauling's work.

I am also grateful to a very knowledgeable colleague, James P. Roguski, who helped me to find better forms of both the vitamin C and the B-Complex that are needed for this health regimen. I highly recommend checking out his web site: [www.YourDoctorIsALIAR.com](http://www.YourDoctorIsALIAR.com) which is filled with extremely valuable and uncommon health information. At the site, you can also download his eBook, titled "Your Doctor Is A Liar", which is packed with more terrific and self-empowering health information that you can use right away to improve your health.

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