

BENEFITS OF VITAMIN C

Written by Administrator
Tuesday, 24 January 2017 10:32 -

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Healthaholics 

Your guide to good health

The health benefits of Vitamin C, also known as Ascorbic Acid include the prevention and treatment of scurvy,
treatment of the common cold,
boosting the immune system,
lowering hyper tension,
the treatment of lead toxicity,
curing cataracts,
treatment of cancer,
combating stroke,
maintain elasticity of the skin,
the healing of wounds,
and controlling the symptoms of asthma.

Vitamin C, or Ascorbic acid, is one of the most effective and safest nutrients. It is a water soluble vitamin. It is a powerful antioxidant for the synthesis of collagen, which helps to make blood vessels and body muscles strong. The human body doesn't have the capacity to generate Vitamin C.

Treatment of the **COMMON COLD**: Vitamin C enhances the immune system of our body, which protects us from colds and coughs. It facilitates the absorption of iron and therefore strengthens the body's resistance to infection. It also fights against viruses.

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LOWERING HYPERTENSION: People with hypertension are at a high risk of developing cardiovascular diseases. The supplement of vitamin C intake helps in lowering the body's blood pressure.

Treatment of **VASODILATION:** Treatment with vitamin C has effectively resulted in the proper dilation of blood vessels in the cases of atherosclerosis, congestive heart failure, high cholesterol, angina pectoris, and high blood pressure. Results have been found that supplements of vitamin C improve blood vessel dilation and protect cardiovascular health.

Cure of **LEAD TOXICITY:** Lead Toxicity is a severe health problem found mostly in children, especially in urban areas. Abnormal development and growth has been found in some children who are exposed to lead. They develop behavioral problems, learning disabilities and also tend to have a low IQ. It may damage the kidneys and increase blood pressure in adults. Vitamin C supplements can reduce the blood lead level.

CURING CATARACTS (Eye Disorder): Cataracts are the most common conditions of visual problems. A decrease in the level of vitamin C in the lens of the human eye has been found more commonly when cataracts are present. An increase of vitamin C intake increases the blood supply to the ocular areas of the body.

Studies have also shown that increased consumption of vitamin C is connected with a decreased possibility of cancers of the lungs, mouth, vocal chords, throat, colon, rectum, stomach, and esophagus.

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COMBATING STROKE: Vitamin C also helps in reducing the risk of stroke, a type of cardiovascular disease.

IMMUNITY: Immunity is another important benefit of this vitamin. Vitamin C is widely known for its contribution to the immune system of the body and its stimulation of white blood vessels.

WOUND REPAIR:

Vitamin C also helps to repair wounds. It facilitates the growth of the connective tissues, which speeds up the process of healing wounds.

CURING DIABETES:

One of the chief reasons for diabetes, as found by various studies, is low levels of vitamin C. Supplements of vitamin C are beneficial as a cure for diabetes, as they help in the processing of insulin and glucose.

PREVENTING HEART DISEASES:

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Adequate amounts of vitamin C is essential for the protection of blood vessels from the damage that free radicals can cause them. This could be a major cause of a heart disease called atherosclerosis. Vitamin C acts as a preventative agent of this heart disease, as well as various other cardiac problems.

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