

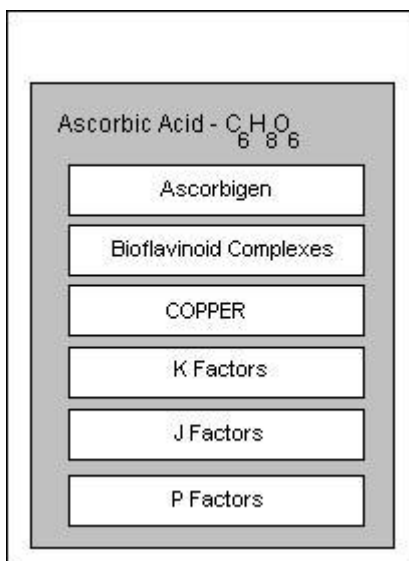
Ascorbic Acid is Not Vitamin C

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As promised: a diagram and discussion of the whole vitamin C complex. Contrary to popular medical and media spin, vitamins cannot be synthetically re-created in a lab and expected to work in the body.

As you take a look at all that is in the vitamin C complex, note that naturally occurring vitamin C is much more than just ascorbic acid. Ascorbic acid is just the outside antioxidant layer of Vitamin C, its role to protect the vitamin complex from degradation. It is the bulkiest part of the vitamin, but not the most important.



There are additional, more essential nutrients that are present in vitamin C as it occurs in nature. The “K” factor supports the clotting mechanism of the blood and has roles in the health and strength of bones, organs, glands and body tissues; the “J” factor supports the oxygen carrying capacity of the blood and is important in getting oxygen to the cells; the “P” factor, also known as Rutin, is the anti-hemorrhagic factor. Rutin prevents capillary damage and protein degeneration as well as harm from X-rays. Organic copper is the trace mineral activator for the vitamin complex. It is critical to have the organic copper element present for vitamin C to be properly utilized by the body.

Also present in the whole vitamin C complex is the enzyme tyrosinase.

Tyrosinase metabolizes the activity of the amino acid tyrosine, a hormone precursor vitally important in the manufacturing of all adrenal hormones. It is a nutrient required in disease protection.

If you are taking just the outside ascorbic acid wrapper (this includes buffered ascorbates - read your labels carefully), you are only getting an isolated fraction

of the vitamin C complex. It is a form that is chemically manufactured. Years of research has demonstrated that when any piece of the vitamin complex is separated from its naturally occurring cooperating complex, its activity is lost.

We think of Vitamin C in its importance to the immune system. It is. Vitamin C is what the white blood cells use in the process of phagocytosis to kill the foreign invader. Vitamin C acts to infiltrate the foreign bacteria or virus with oxygen. Oxygenation is what helps to kill these microbes as they cannot survive in an oxygen rich environment.

If taking antioxidants such as ascorbic acid, you are pushing oxygen out of the blood where it is needed for phagocytosis. The white blood cells need oxygen, not antioxidants.

“According to a study from the USDA Agriculture Research, moderate vitamin C deficiency results in a compromised immune system. However, daily intake of ascorbic acid supplements actually reduces total white blood cell count, compromising the immune response rather than assisting it” writes one of my favorite scientific writers in the mysteries of biochemistry, Judith DeCava, MS. She continues, “When vitamin C is consumed in food form at 50 mg per day, the white blood cell count remains in the normal or ideal range. The RDA for vitamin C is only 60 mg, an amount that should easily be attainable through eating whole foods. Vitamins are only required in small amounts and have their most potent function when ingested as a whole food complex.”

There are those that argue that taking their pharmacological doses of thousands of milligrams of ascorbic acid have stopped their colds. They continue to tear open their fizzy packages of ascorbates at an alarming rate.

What is really happening here is that in the case of a cold, it is the mucous membrane of the nasal passages or the sinuses that have initially been insulted by a change in temperature, humidity, pollutants, lowered resistance or fatigue. The tissues become inflamed as a result. The body has a natural course of action and healing mechanism in response to the inflammation; the result of which inspires redness, heat, congestion, mucous and phlegm.

High doses of ascorbic acid interfere with these initial stages of inflammation, thus reducing the symptoms of the cold. The fever may go down, the redness may disappear and mucus may dry up. The problem is that the natural healing process has now been sabotaged and the body cannot complete the recovery and repair process. Later, a minor insult such as an abrupt change in weather brings on the next cold or sinusitis because the tissues are not healthy or strong enough to resist or withstand another offense. We then get repeated colds with much more frequency (hello Telluride).

To get natural vitamin C in your diet, include foods that are rich in the vitamin C

complex such as strawberries, citrus fruits (oranges, lemons, grapefruit, limes), pineapple, cantaloupe, cabbage, tomatoes, parsley, kale, collards, corn, broccoli, brussel sprouts, peppers (especially red), beet greens, cauliflower, spinach and cranberries.

If you or your family's diet is primarily composed of cooked, processed, pasteurized and fake fruit juice drinks, sodas, chips and candy bars you are not getting your whole food vitamin C. All the more reason to be getting in your several servings of fresh fruits and vegetables each and every day.

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