

Vitamin C

Newsletter November 2014

Vitamin C is one of the safest and most effective nutrients. It may not be the cure for the common cold (though it's thought to help prevent more serious complications). But the benefits of vitamin C may include protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, cancer prevention, and even skin wrinkling.

Our bodies are not able to produce Vitamin C, so we must get it from our food. Vitamin C is water-soluble and can't be stored in our body. This means any unused Vitamin C leaves our body in about 4 hours through urine. We need to continuously replenish Vitamin C.

Signs of Vitamin C deficiency can include; anemia, decreased ability to fight infection, depression, rough, dry skin, joint pain, and easy bruising.

The recommended daily intake of Vitamin C is 75-90 mg. Taking in more than 2000 mg of Vitamin C daily could cause upset stomach and diarrhea.

Foods that Contain Vitamin C

- Cantaloupe, 1 cup (8 ounces): 59mg
- Orange juice, 1 cup: 97mg
- Broccoli, cooked, 1 cup: 74mg
- Red cabbage, 1/2 cup: 40mg
- Green pepper, 1/2 cup, 60mg
- Red pepper, 1/2 cup, 95mg
- Kiwi, 1 medium: 70mg
- Tomato Juice. 1 cup: 45 mg

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- Urban Poling Lessons
- January Boot Camps

Private personal training sessions also available with Registered Kinesiologist.

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Contact Cindy today.

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