

Identify Your “C” Needs

There are many indications of nutritional deficiencies that have been known for years. When vitamins were first discovered in the early part of last century there was much opposition to the idea that they even existed.

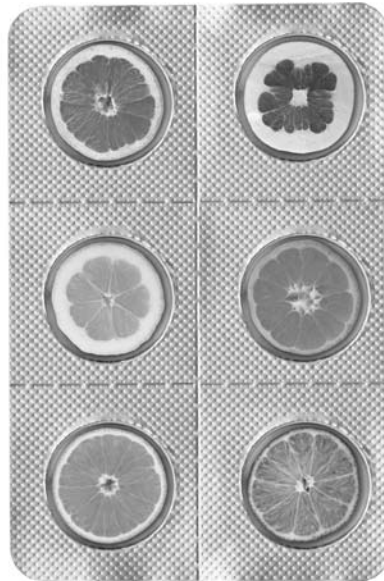
When a truth is first introduced it goes through three stages. The first stage is rejection. After an idea has been rejected, it is ridiculed and opposed. After that stage it is finally accepted as a self evident or obvious truth.

The concept of vitamins as important for human health has gone through this process. It took many years before specific vitamins that had been isolated as essential for the human body became accepted as being truly essential. Minerals too, have gone through the same process.

Do you have brittle fingernails, low resistance against infection, bruise easily or have sinus trouble? These are but a few of the symptoms associated with calcium deficiency. This “C” mineral is one of the most essential minerals to the health of the human body.

Most people know that Calcium is needed to build bones, but it is also needed in every cell of the body. Calcium is the key mineral to help activate the immune system to keep the body healthy. The best sources of calcium are the food sources, as they are the most easily metabolized sources of calcium.

Eating fresh vegetables daily like broccoli, kale, parsley, and spinach provides the body with much needed calcium and other minerals. Foods high in calcium to add to



the diet also include whole sesame and sunflower seeds, dulse, kelp and almonds. Most of these foods have a more easily usable form of calcium compared to other sources.

The other “C” that is essential to the health of the body is Vitamin C. Today we know as truth that Vitamin C is the only vitamin that is not stored by the human body. We also know that Vitamin C is the most easily destroyed of all the vitamins. A new supply of Vitamin C must be taken daily to prevent a deficiency from developing.

Vitamin C is generally known for its protective effect against colds and the flu. This vitamin does so much more for the health of the body. Vitamin C is also essential for a healthy heart and strong blood vessels, and for proper tooth and bone building.

Do you have shortness of breath, low blood pressure, slow healing, reduced appetite, tooth or bone loss, or indigestion /digestive disorders? These are a few of the many unfamiliar signs of Vitamin C deficiency.

Vitamin C is best utilized in the body in its natural whole food state,

where the cofactors work together for optimal vitamin absorption. The highest food source of Vitamin C is the acerola cherry. Hot chili peppers and red peppers have the next highest amount of vitamin C, followed by kale, parsley and broccoli. Most people eat lemons, oranges and spinach for their Vitamin C. These foods have one-third the amount of vitamin C compared to the peppers,

In order for the body to use calcium, Vitamin C must be present. Vitamin C regulates calcium metabolism. That is why the two “C” s have to be taken together to prevent a deficiency of one or the other from developing in the human body.

Add an organic red apple to the diet daily to improve health, not just to keep the doctor away. Apples are rich in fiber, pectin and contain lots of vitamins and minerals. They improve digestion, and are a natural source of low glycemic fruit sugar. Eating fresh organic apples, pears or peaches provides some of both of the “C” nutrients.

Today, there is an abundance of food and nutritional supplements, yet there are many people who have a hidden Vitamin C and calcium deficiency. There are several natural, inexpensive, non-invasive ways to evaluate for these hidden deficiencies.

Once a deficiency is found, fixing the deficiency is the best course of action. There are a variety of sources of Vitamin C and calcium available from whole foods to dietary supplements. The task then becomes finding the correct source and amount of Vitamin C and calcium for each individual, as each will respond to a different type of calcium and Vitamin C to help reduce the deficiency symptoms.

There is not such thing as one pill for everyone, or even one food for everyone.

We are all unique individuals, each with a different history, a different diet and lifestyle, different stressors, different metabolisms, and different nutritional needs. As unique and individual as everyone is, everyone deserves to have the best nutrition possible to achieve optimal health and longevity.

If you have any of the above deficiency symptoms, there is help. A review of your diet and lifestyle can easily locate simple changes that could improve your health and reduce the deficiency symptoms.



Dr. Carol Ann Fischer, D.C., N.D., of Livonia. She has over 24 years experience specializing in whole food nutrition and balancing hormones naturally using alternative holistic therapies. For more information on her free public workshops on vitamins and deficiencies, food/digestion, stress, weight loss, hormones and wellness visit www.TLCHolisticWellness.com or contact her by email at tlc4health@sbcglobal.net or by phone at 734-664-0339.

Disclaimer: The recommendations in this article are not to be taken as medical advice. If your health is not what it should be, consult a qualified wellness consultant to determine the cause of your distress, and for specific recommendations on your personal health issues.

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Dr. Carol A. Fischer, D.C., N.D

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