



Super C

We already know that vitamins and minerals are essential to health, but most executives aren't sure which vitamin or what dosage will help them stay vibrant and energetic. Take vitamin C. Not only did a study in the *Journal of Epidemiology* (May, 1992) show that people with high blood levels of vitamin C, also known as ascorbic acid, live six years longer than those with lower levels, but scientists at the University of Colorado believe vitamin C can help with weight management in older adults. In 1998 and 2001, a group led by Assistant Research Professor Pamela Parker Jones published papers showing that older adults burn fewer calories at rest than younger people. This decline in support of resting metabolism with age may be related to increased oxidative stress.

"The body produces an abundance of antioxidants when we are young, but as we age, the production goes down."

In preliminary experiments, results show that following vitamin C infusion, adults between 60 and 74 years old increased their resting metabolism an average of almost 100 calories per day.

What else can vitamin C do? We already know that without enough antioxidants in our bodies, cells suffer from free radical oxidation and die. Because vitamin C has tremendous antioxidant capabilities, it helps white blood cells attack viruses, infections and foreign substances. This in turn may boost immune function and protect against cancer, cataracts, age-related macular degeneration of the retina, and other chronic diseases. Vitamin C also helps teeth and bone formation and wound healing. It reduces the histamine levels in the body, which trigger asthma and allergy attacks. Vitamin C can minimize high blood pressure by protecting levels of nitric oxide, a natural chemical in the body that helps relax blood vessels. It lowers blood sugar and insulin requirements and will break down alcoholic substances more quickly.

There's more! Topical application of vitamin C can help reduce wrinkles and improve skin texture. Because vitamin C is essential for collagen synthesis, adding it to skin products will increase collagen growth. Keep in mind that vitamin C is relatively unstable, so if products are poorly prepared or stored, the vitamin C may be oxidized by the time you apply it to your skin. Plus,



only highly concentrated preparations of at least 10 percent or more are topically effective.

It's important to note that managing your vitamin C intake is essential. Take vitamin C throughout the day as your body will eliminate excess amounts about every 12 hours. However, too much vitamin C can cause kidney stones, diarrhea and nausea. With that in mind, eating right is the best way to get vitamin C into your blood stream. broccoli, strawberries, citrus fruits, green peppers, brussel sprouts, honeydew, and cantaloupe are excellent sources of vitamin C as well as enriched orange juice.

To determine which supplements are best for your health, speak to your doctor at Executive MD to evaluate your health needs.

John Mamana, M.D.

Executive MD

John@ExecutiveMD.com

703-260-6455