

DETOXIFY YOUR BODY WITH VITAMIN C – What you may not know

In order to maintain health, our bodies need major nutrients such as proteins, carbohydrates, fatty acids, dietary minerals and vitamins. Vitamins are organic compounds essential to life and are normally consumed in small quantities.

Vitamin C is a water-soluble, potent antioxidant that is probably the best known of all vitamins. In fact, as Vitamin C is so commonly known, labelling it is the vitamin for anti-aging may not initially have much impact. However, modern research has placed Vitamin C firmly in the spotlight: not merely as a supplement but as a miracle medicine for health and beauty.

How much Vitamin C should be consumed each day? The minimal daily intake, necessary to prevent deficiency is approximately 100mg. However, for those who seek true health, a daily amount of 1000mg is recommended. Furthermore, in order to eliminate free radicals caused by stress, encourage collagen production for improved skin condition, and the promotion of health and beauty as a whole, consumption of 2000 to 6000mg of Vitamin C is highly recommended. Most mammals can produce Vitamin C themselves whereas somewhere along the evolutionary journey, we humans seem to have lost this ability. In terms of body weight – say, 50kg - other mammals can produce up to 10g (10,000mg) of Vitamin C a day and in critical situations of contagious disease may produce even more. This suggests that the required amount of Vitamin C required for human health has been vastly underestimated.

In 2005, the United States National Institute of Health released a riveting thesis stating, “a high concentration of Vitamin C can directly fight cancer cells working as toxins”. Cancer cells lack a certain enzyme present in normal cells; when Vitamin C is linked to normal cells, they produce hydrogen peroxide (toxin) that cancer cells are unable to neutralize. Consequently, cancer cells are selectively attacked and damaged by Vitamin C. Therefore; hypothetically a high concentration of Vitamin C can work as an anti-cancer drug. Furthermore, studies have shown that high doses of Vitamin C may help existing cancer from spreading. This is a profound discovery indeed and one that renders as inadequate the description of Vitamin C as merely a simple daily nutrient.

Our bodies are comprised of both healthy and weakened cells which our metabolism allows to co-exist in balance. However, when the number of weakened cells increases, recovery becomes difficult and may result in disease. Health is maintained via a well balanced condition so in the case of imbalance, we can turn to Vitamin C for restoration of balance. By taking more Vitamin C we can all restore our health without side effects.

What do you say about trying a healthy Vitamin C detox?

Youth Supplement Vitamin C derived of British corn 2000mg 3,240(yen) / 3000mg 4,320(yen)

Each package is comprised of 2000mg/3000mg of Vitamin C. Recommended: mix into your favorite juice!



Kuriko Kimura

Dr. Kuriko Kimura is the founder and medical director of Le Coquelicot Health and Beauty Clinic located in Ginza 5-chome in Tokyo. Dr. Kimura has been acclaimed for her openness and impartiality; information regarding gender, age or nationality is not required by her clinic. Her clientele include those from Japan and many other countries.

For more information;
<http://www.coquelicot.co.jp/>

Recommend



Comments from Dr. Kuriko Kimura

I work continuously to help my patients with their beauty and health issues. We live at a time in which the nutritional values of vegetables have declined and for this reason I believe it is crucial for us to exercise caution over what we consume. Moreover, I believe that in order for us to maintain health it is essential for us to take supplements daily. Receiving high dosages of Vitamin C via infusion drips every day is impractical and so ingesting antioxidant supplements high in Vitamin C is very important. The “Youth Supplement” that we offer at our clinic is made of rare, raw materials from England and is manufactured by the MPC-Lab of Japan. It is safe and inexpensive. Mixing this “Youth Supplement” with drinks such as sparkling water can make its consumption easier by reducing its sourness. I highly recommend this reliable and domestically produced supplement.