

Vitamin C: It Does More Than You Think!

When we think of Vitamin C we often associate it with its ability to help the body fight off a cold. However this is just scratching the surface when it comes to the many different roles Vitamin C plays in our bodies...

...It is required by the body to make L-carnitine which helps the body utilize fat for energy.

...It is necessary to make Collagen, the predominant protein in the body, which helps to make up all our tissues (including skin, organs, cartilage and bone).

...Needed to create a number of important mood-enhancing neurotransmitters including dopamine, norepinephrine and epinephrine. Likewise, irritability can often be a sign of Vitamin C deficiency.

...It is an antioxidant that can protect us against free radicals, toxic chemicals and pollutants.

...Plays an important role as a cell regulator, in a recent study Vitamin C was the only tested substance out of 880 that influenced the conversion of generic cells into heart, brain and bone cells (Challen, 2011).

As Kathleen M. Zelman, MPH, RD, LD (2010) explains "The foods richest in vitamin C are citrus fruits, green peppers, strawberries, tomatoes, broccoli, white potatoes, and sweet potatoes. Other good sources include dark leafy greens, cantaloupe, papaya, mango, watermelon, brussels sprouts, cauliflower, cabbage, red peppers, raspberries, blueberries, winter squash, and pineapples."



Sources:

Challen, Jack (2011). Vitamin C: More Than Just Immunity. *Better Nutrition*. September 2011. p. 22-23.

Zelman, Kathleen (2010). The Benefits of Vitamin C What can vitamin C do for your health. www.WebMD.com Available at: <http://www.webmd.com/diet/guide/the-benefits-of-vitamin-c>

Healthy Transformations

Book of the Month:

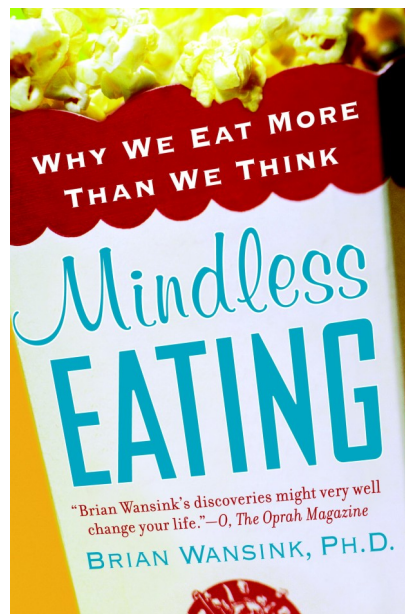
Mindless Eating

By Brian Wansink



"The book that will literally change the way you think about your next meal."

-Thanks to Kim Thompson of Healthy Transformations



Special Thanks to...



Peter's Cornucopia

38 New Hartford Shopping Center
New Hartford, NY 13413

(315) 724-4998 www.peterscornucopia.net

Healthy Transformations



3985 Oneida Street, Suite 104
New Hartford, NY 13413

(315) 737-8270

www.healthytransformations.net