



Women's Health Naturopathic Clinic Mississauga Spells Out the Importance of Vitamin C

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Mindful Healing, a naturopathic women's health solutions provider, states that many people simply do not understand the importance of vitamin C. Mindful Healing wants to help rectify the problem by providing an in-depth explanation of why its importance should be taken seriously.

Almost everyone has heard of vitamin C but that does not mean that everyone knows exactly what it is, or what it does. Vitamin C is an essential nutrient which cannot be produced by the body itself. What this means is that vitamin C needs to be obtained from somewhere else and this typically means from a person's diet or by the use of supplements.

In days gone by, the most severe cases of vitamin C deficiency resulted in scurvy. The British Royal Navy started adding lemon juice to the sailors' diets to cure the affliction. The words 'lemon' and 'lime' were used interchangeably at the time which is how Britons being referred to as 'limeys' came into being.

Vitamin C is found in many of the foods and fruits and vegetables eaten today and as such, vitamin C deficiency is relatively rare. It has not, however, disappeared and even in this modern day and age, scurvy

can rear its ugly head.

Skin disease, poor oral health, anemia, pain, bleeding under the skin, swelling, and wounds that heal at a slower than normal rate are all unpleasant symptoms of scurvy. Whereas scurvy is not common anymore, many adults are not getting enough vitamin C in their diet. If supplements are not taken to combat this deficiency, there is a very real risk of becoming ill.

All vitamins, not just vitamin C, are important of course, and Mindful Healing promotes a thoughtful approach to their use and much information can be found on its Facebook page at <https://www.facebook.com/MindfulHealingNaturopathic>.

It is not just preventing diseases like scurvy that make vitamin C so important. It is also a powerful antioxidant and helps protect the body from free radicals (unstable atoms), pollutants, and toxic chemicals. Free radicals can build up and contribute to cancer and heart disease. Antioxidants are necessary to help prevent this build-up.

Vitamin C not only promotes the formation of white blood cells, but it helps them to work more effectively. White blood cells are the cells responsible for fighting infections within the body.

A 2012 study in the American Journal of Clinical Nutrition found vitamin C supplements resulted in reductions in blood pressure. This was a short-term trial and the long-term effects are not yet understood. Anyone with high blood pressure should not rely solely on vitamin C as a treatment for their condition.

Interestingly, individuals with high levels of vitamin C within their bodies are more resistant to the psychological effects of stress as well as the physical effects. Today's world is a stressful place and hardly anyone is immune from the problem. Vitamin C can help those suffering from a weakened immune system as a result of stress.

Almost everyone knows of the importance of getting enough iron nowadays and are aware of its crucial role in red blood cell formation. It is surprising however, that not so many people understand the important role played by vitamin C in this respect.

Iron can be found in many food products, both meat-based, and plant-based. The body does not always absorb plant-based sources of iron as easily as meat-based. A 2010 study in the American Journal of Clinical Nutrition, found that vitamin C helped improve iron absorption. Improved absorption is a benefit to all, but this is especially important for vegetarians and vegans.

In addition to its website and Facebook pages, updated information and posts by the clinic can also be found

on Twitter <https://twitter.com/mindhealnatural>. Here too, visitors and followers can find important vitamin information.

The Mindful Healing Clinic, based in Mississauga, helps bring a naturopathic approach to treatment and healing for those with health issues. Assessed on an individual basis, a customized treatment plan is then designed to address a patient's most pressing health concerns.

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For more information about Mindful Healing Clinic, contact the company here: Mindful Healing Clinic Dr. Maria Cavallazzi, ND(905) 819-8200 info@mindfulclinic.ca 251 Queen St S, Unit 4 Mississauga, ON L5M 1L7

Mindful Healing Clinic

The Mindful Healing Clinic is a naturopathic clinic in the Streetsville neighbourhood of Mississauga, Ontario. Its chief medical officer, Dr. Maria Cavallazzi, holds both a doctor of naturopathic medicine (ND) degree, and a doctor of medicine (MD) degree.

Website: <https://mindfulclinic.ca/>

Email: info@mindfulclinic.ca

Phone: (905) 819-8200

