

Dr. Ritamarie's Ultimate Vitamin C Guide: Benefits, Sources, and More

with

Dr. Ritamarie Loscalzo



**“To date, NO infectious diseases
have been found in which
Vitamin C administration is
dangerous or inappropriate”**

Thomas E. Levy, MD, JD in Curing the
Incurable: Vitamin C, Infectious
Diseases and Toxins

By the End of This Presentation You'll Be Able To

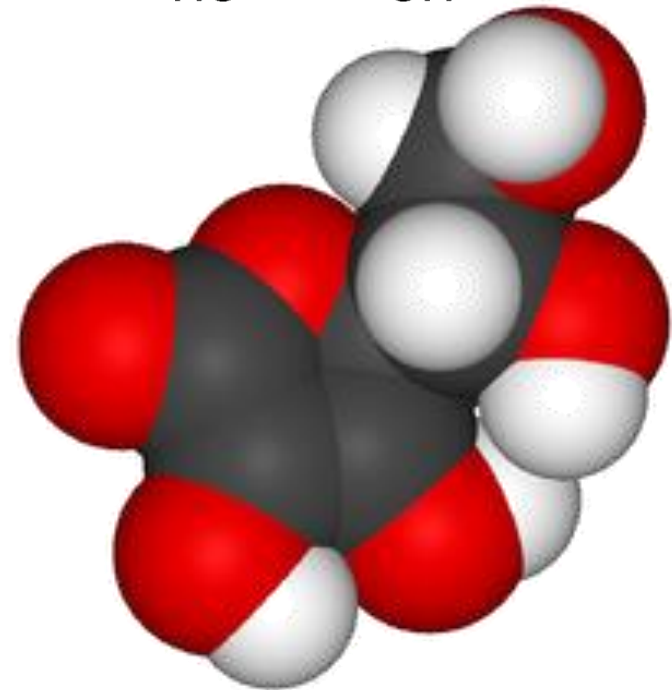
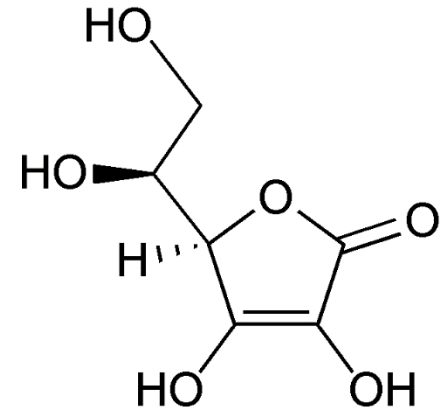
- ✓ Effectively use Vitamin C as your ally and friend in keeping you and your family healthy
- ✓ Identify GREAT sources of Vitamin C and use them in your meals
- ✓ Locate additional resources on Vitamin C when needed for recovery from serious illness



Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

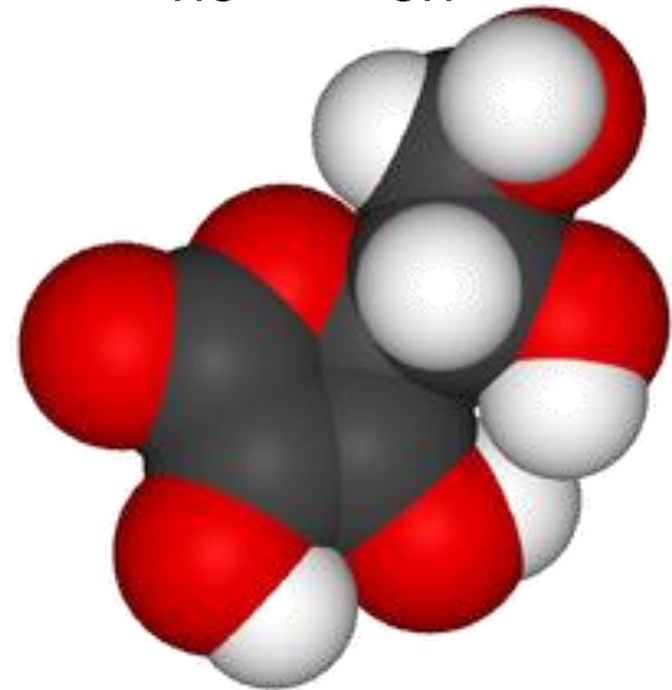
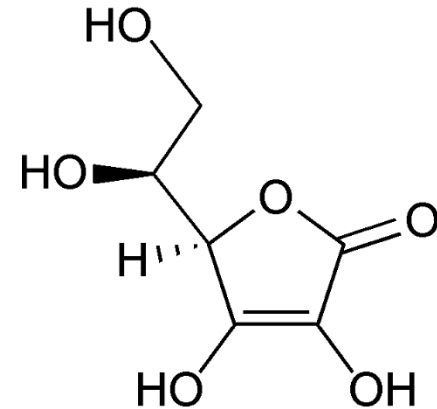
Health Uses of Vitamin C

✓ Improves immune system



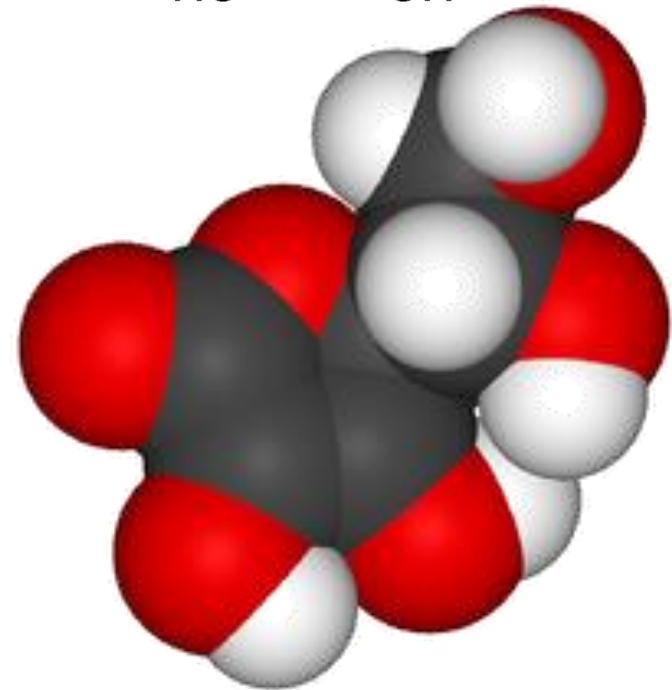
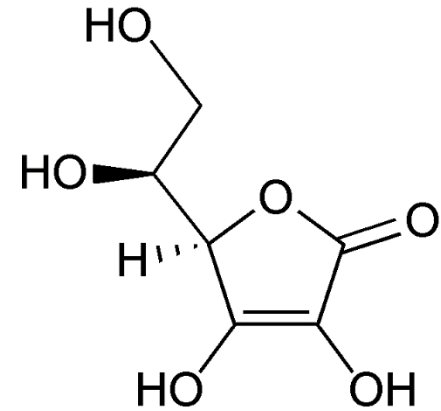
Health Uses of Vitamin C

- ✓ Improves immune system
- ✓ **Combats infection**



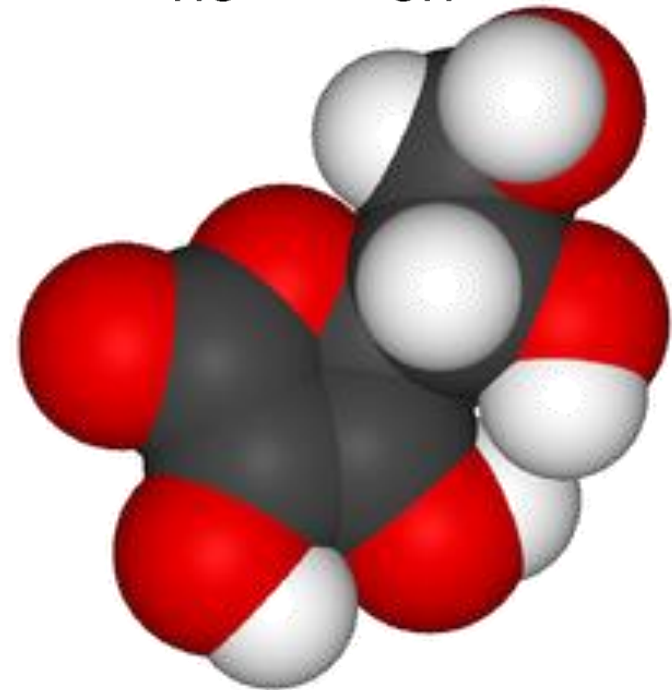
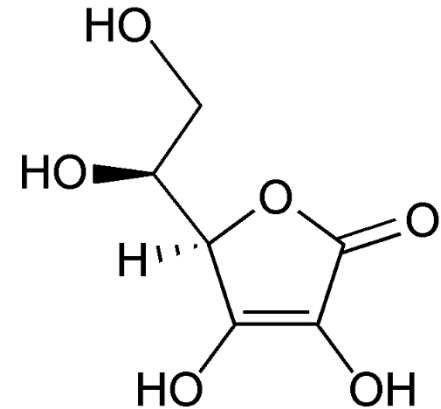
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- ✓ Improves immune system
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- ✓ **Antihistamine**



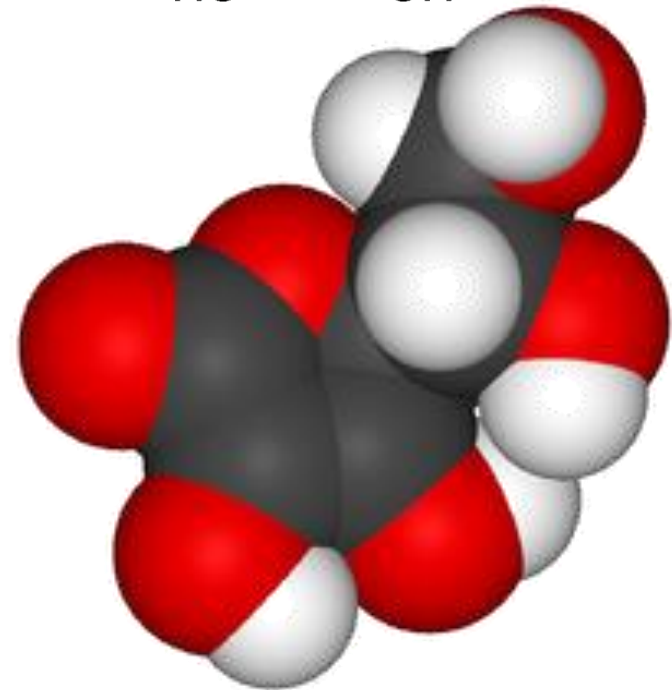
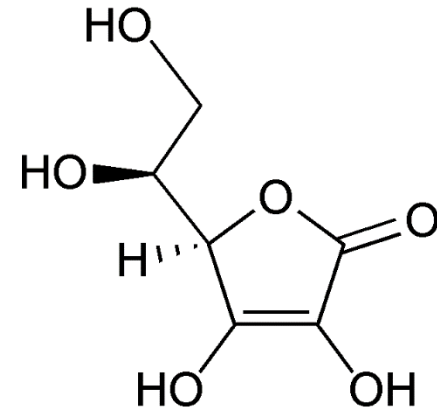
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- ✓ **Reduces inflammation**



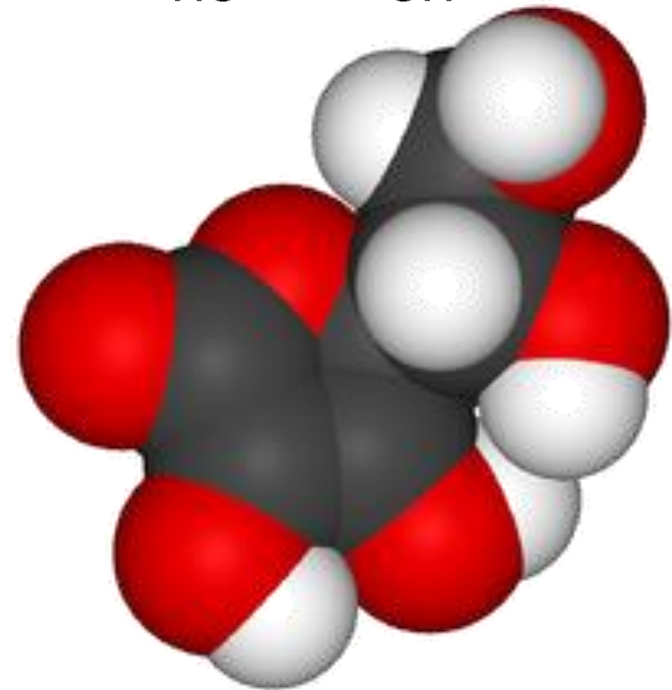
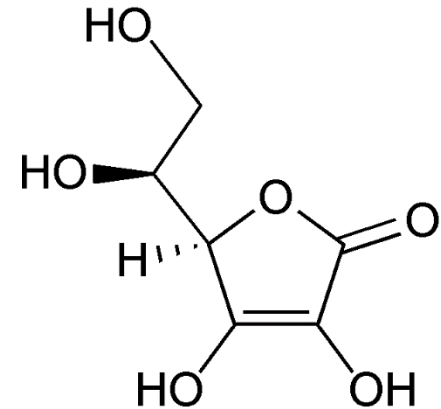
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- ✓ **Participates in making adrenaline**



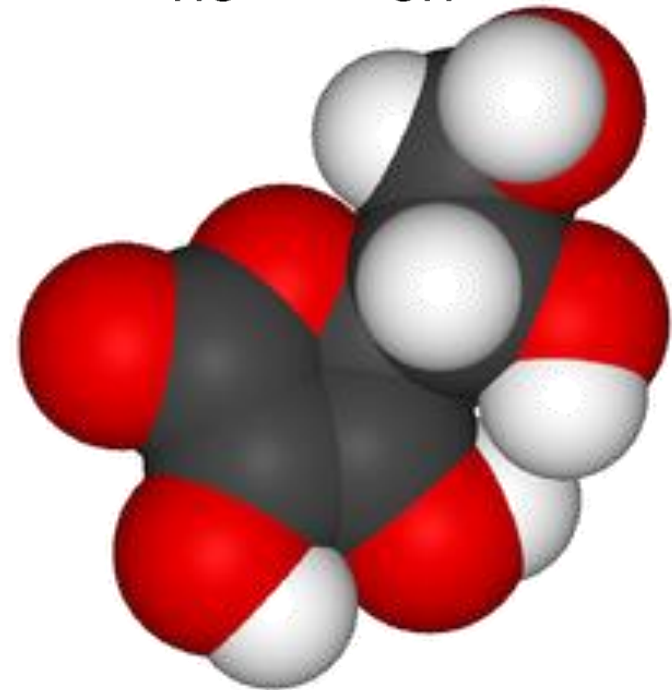
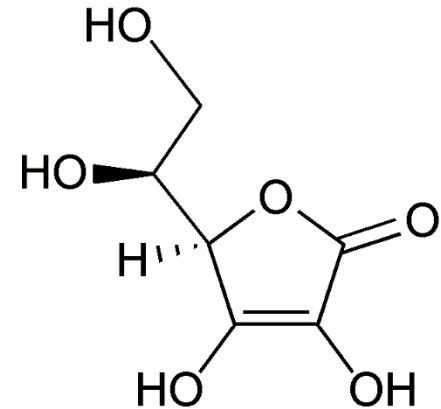
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- ✓ **Increases Iron uptake**



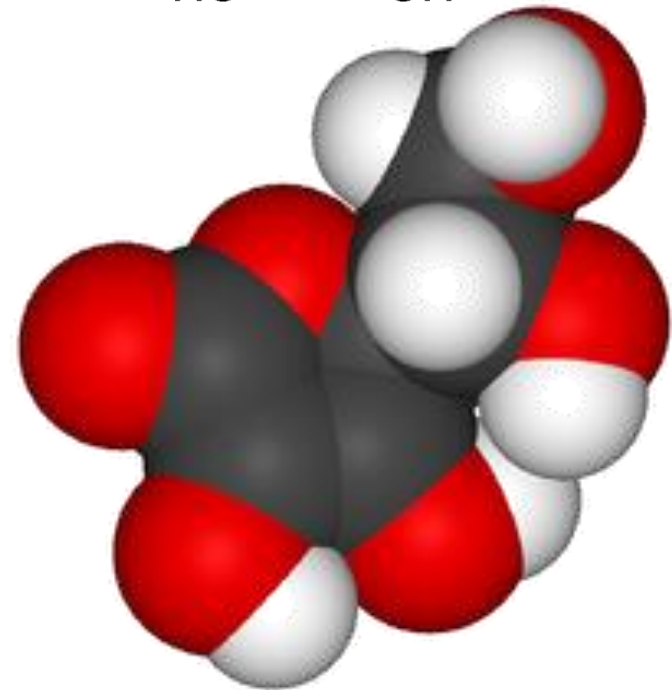
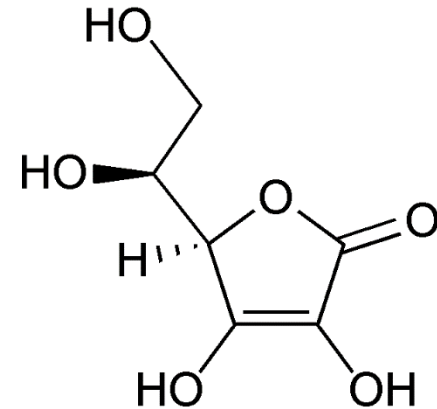
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- ✓ **Heals connective tissue**



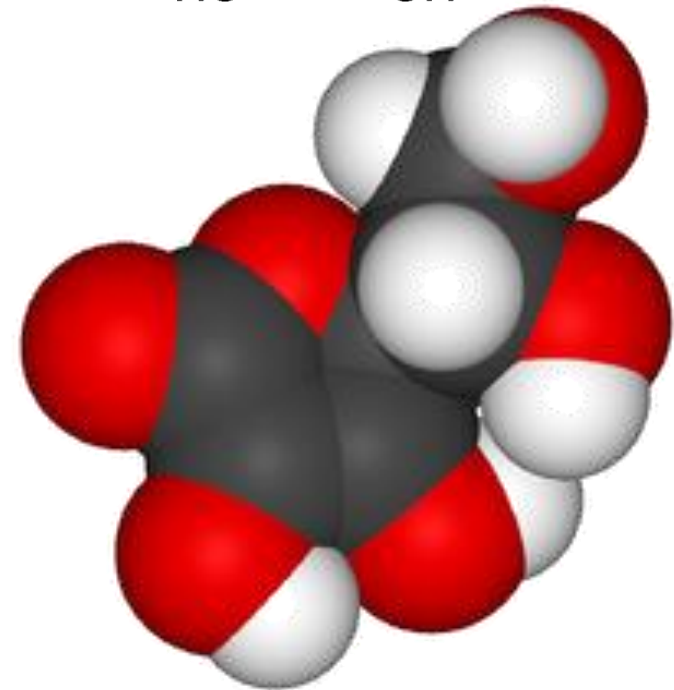
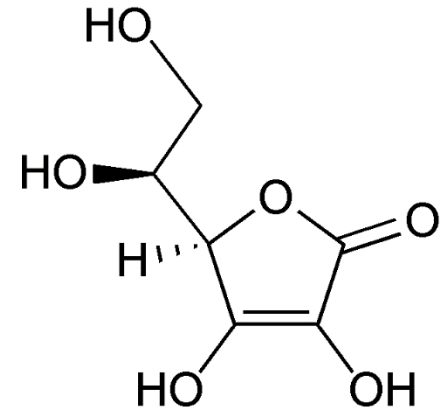
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- ✓ **Antioxidant**



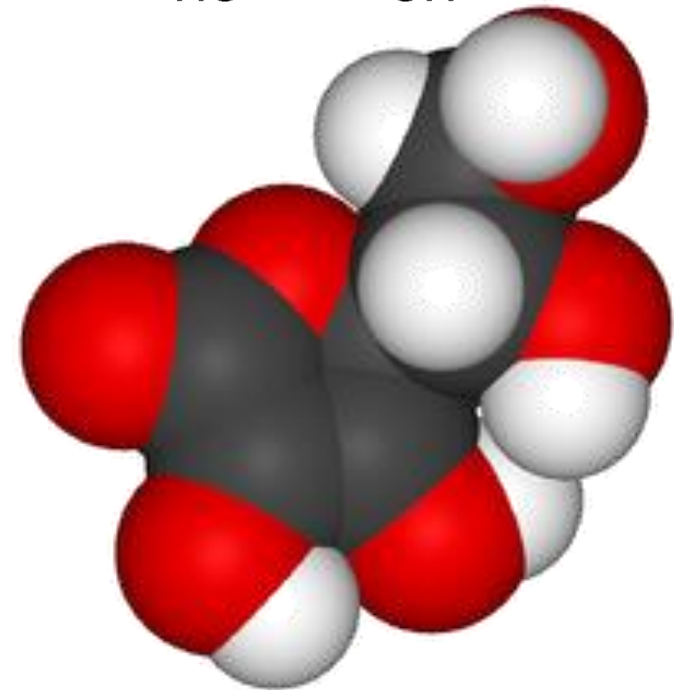
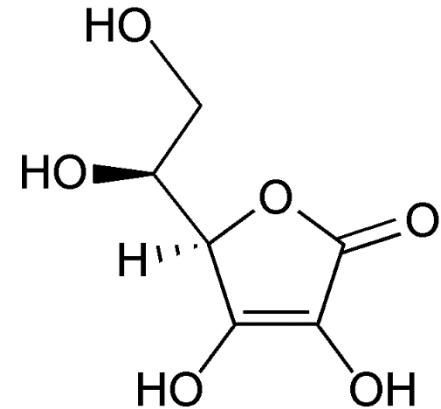
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- ✓ Antioxidant
- ✓ **Aids in wound healing**



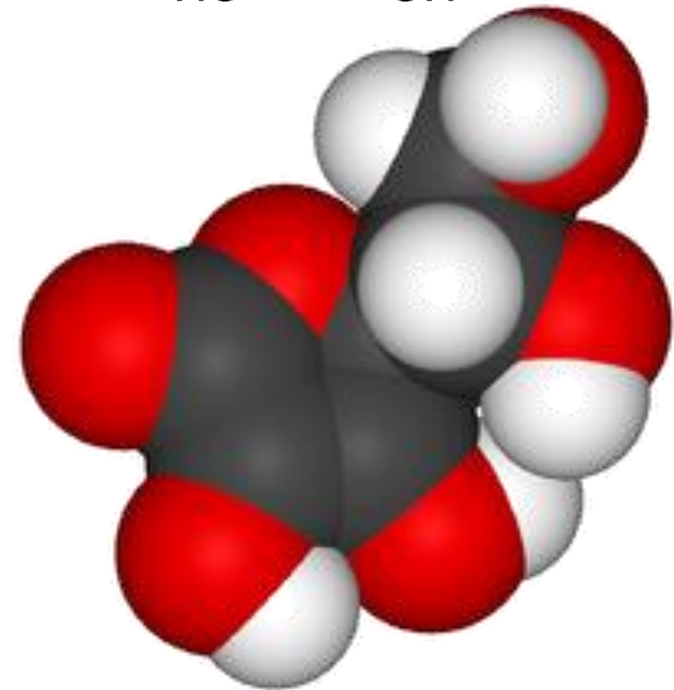
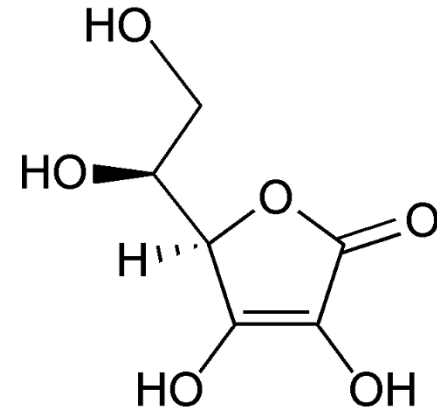
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- ✓ Antioxidant
- ✓ Aids in wound healing
- ✓ **Cardiovascular health**



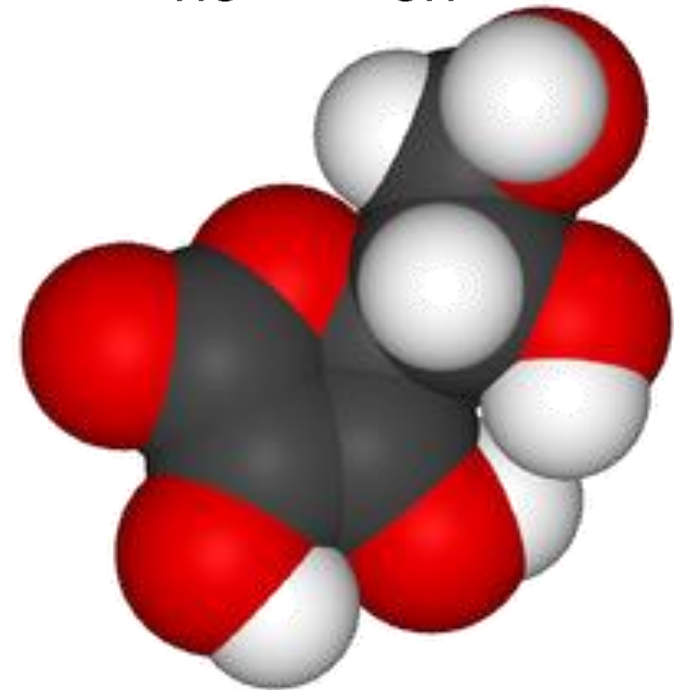
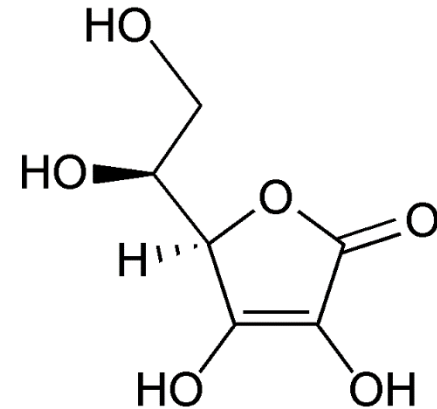
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- ✓ Aids in wound healing
- ✓ Cardiovascular health
- ✓ **Cancer prevention and reversal**



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- ✓ Cardiovascular health
- ✓ Cancer prevention and reversal
- ✓ **Transport of fat into cells for ATP**



World's Healthiest Foods Ranked

Vitamin C Foods

Food	Serving Size	Cals	Amount (mg)	DRI/DV (%)	Nutrient Density
Papaya	1 medium	118.7	168.08	224.11	34.0
Bell Peppers	1 cup	28.5	117.48	156.64	98.9
Broccoli	1 cup	54.6	101.24	134.99	44.5
Brussels Sprouts	1 cup	56.2	96.72	128.96	41.3
Strawberries	1 cup	46.1	84.67	112.89	44.1
Pineapple	1 cup	82.5	78.87	105.16	22.9
Oranges	1 medium	61.6	69.69	92.92	27.2
Kiwifruit	1 2 inches	42.1	63.96	85.28	36.5
Cantaloupe	1 cup	54.4	58.72	78.29	25.9
Cauliflower	1 cup	28.5	54.93	73.24	46.2
Kale	1 cup	36.4	53.30	71.07	35.1
Cabbage	1 cup	43.5	51.60	68.80	28.5
Bok Choy	1 cup	20.4	44.20	58.93	52.0
Grapefruit	0.50 medium	41.0	44.03	58.71	25.8

<http://www.whfoods.com/genpage.php?tname=nutrient&dbid=109#foodchart>

Food Name	Vitamin C (mg)	Calories (mg)	Protein (mg)	Sugar (mg)	Fat (mg)
Dried Coriander Leaf Spices	566.7	279	21.93	7.27	4.78
Fresh Thyme	160.1	101	5.56	0	1.68
Dried Parsley Spices	125	292	26.63	7.27	5.48
Fresh Dill Weed	85	43	3.46	0	1.12
Saffron Spices	80.8	310	11.43	0	5.85
Ground Cloves Spices	80.8	323	5.98	2.38	20.07
Red Or Cayenne Pepper Spices	76.4	318	12.01	10.34	17.27
Dried Rosemary Spices	61.2	331	4.88	0	15.22
Dried Marjoram Spices	51.4	271	12.66	4.09	7.04
Dried Tarragon Spices	50	295	22.77	0	7.24
Dried Dill Weed Spices	50	253	19.96	0	4.36
Dried Thyme Spices	50	276	9.11	1.71	7.43
Dried Chervil Spices	50	237	23.2	0	3.9
Ground Savory Spices	50	272	6.73	0	5.91
Bay Leaf Spices	46.5	313	7.61	0	8.36
Dry Taco Seas Mix Pace Campbell Soup Co	45	188	0	18.76	0
Ground Allspice Spices	39.2	263	6.09	0	8.69
Ground Sage Spices	32.4	315	10.63	1.71	12.75
Fresh Peppermint	31.8	70	3.75	0	0.94
Ground Turmeric Spices	25.9	354	7.83	3.21	9.88
Prepared Horseradish	24.9	48	1.18	7.99	0.69
Pumpkin Pie Spice Spices	23.4	342	5.76	7.76	12.6
Onion Powder Spices	23.4	341	10.41	6.63	1.04
Fresh Rosemary	21.8	131	3.31	0	5.86
Anise Seed Spices	21	337	17.6	0	15.9

Herbs and Spices High In Vitamin C

<http://www.thirdage.com/nc/fgv/spice-and-herb-vitamin-c-200-8>

Top 12 Vitamin C Herbs and Spices

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Rosehips



Camu Camu



Amla



Acerola Cherry



Goji Berries



Vitamin C in Your Daily Diet

- ✓ Smoothies
- ✓ Sauces
- ✓ Soups
- ✓ Salad dressings
- ✓ Nut milks
- ✓ Salad
- ✓ Elixirs



Therapeutic Uses of Vitamin C

- ✓ Vitamin C Flush and Oral Supplementation – Buffered
- ✓ IV Vitamin C
- ✓ Intramuscular
- ✓ Liposomal



Resources

- ✓ ***Curing the Incurable: Vitamin C, Infectious Diseases and Toxins*** - Thomas E. Levy, MD, JD
- ✓ **Food Sources of Vitamin C:**
<http://www.whfoods.com/genpage.php?tname=nutrient&dbid=109#foodchart>
- ✓ **Herb and Spice Sources of Vitamin C**
<http://www.thirdage.com/nc/fgv/spice-and-herb-vitamin-c-200-8>
- ✓ **Vitamin C IV Protocol**
[http://www.riordanclinic.org/research/vitaminc/Riordan IVC Protocol.pdf](http://www.riordanclinic.org/research/vitaminc/Riordan_IVC_Protocol.pdf)
- ✓ **Vitamin C Calibration**
<http://www.drRitamarie.com/go/VitaminCCalibration>
- ✓ **Liposomal Vitamin C**
<http://www.youtube.com/watch?v=1cBp879mfgI>

Vitamin C Action Plan

- ✓ Be sure to eat Vitamin C rich foods daily
- ✓ If you have allergies, low immune function, or are under a lot of stress, supplement with Vitamin C: 1000 mg three times a day
- ✓ Do a Vitamin C flush (calibration)
- ✓ Add Vitamin C rich herbs and spices to your meals

