Intro

Vitamin C

Zinc

hi everyone I just had a patient ask me hi everyone I just had a patient ask me the other day Dr Warden what do you have the other day Dr Warden what do you have in your medicine cabinet in your medicine cabinet and I said well Band-Aids Benadryl and I said well Band-Aids Benadryl probably most of the things that most of probably most of the things that most of you have in there but what I thought was you have in there but what I thought was important is what should you have in important is what should you have in your supplement cabinet for times when your supplement cabinet for times when you need something outside of the you need something outside of the supplements that you take on a daily supplements that you take on a daily basis that are supporting your system basis that are supporting your system well the good news is the two favorite well the good news is the two favorite that are the least expensive and the that are the least expensive and the most efficacious in my opinion is most efficacious in my opinion is vitamin C and Zinc you should never be vitamin C and Zinc you should never be without those in your supplement cabinet without those in your supplement cabinet for the entire family let's talk about for the entire family let's talk about vitamin C for a minute not only is it an vitamin C for a minute not only is it an essential nutrient it aids in the essential nutrient it aids in the formation of your bones your blood formation of your bones your blood vessels and your skin and it strengthens vessels and your skin and it strengthens your immune system it also helps if you your immune system it also helps if you have a bacterial infection it weakens have a bacterial infection it weakens the bacteria so other types of the bacteria so other types of treatments can work better it also treatments can work better it also fights against the bacteria itself what fights against the bacteria itself what are some other benefits it boosts your are some other benefits it boosts your antioxidant levels it reduces the antioxidant levels it reduces the severity of allergic reactions it severity of allergic reactions it minimizes allergies it decreases your minimizes allergies it decreases your body's histamine production it increases body's histamine production it increases your sleep Health it helps improve iron your sleep Health it helps improve iron absorption it protects against gout absorption it protects against gout attacks it reduces heart disease and attacks it reduces heart disease and dementia it reduces the risk of dementia it reduces the risk of age-related eye diseases it promotes age-related eye diseases it promotes your hair Health including reducing hair your hair Health including reducing hair loss and improves hair growth it loss and improves hair growth it decreases inflammation and it reduces decreases inflammation and it reduces the risk of cartilage loss in people the risk of cartilage loss in people with osteoarthritis it helps widen your with osteoarthritis it helps widen your blood vessels that helps reduce blood blood vessels that helps reduce blood pressure and it reduces the plaque pressure and it reduces the plaque instability in people with instability in people with atherosclerosis it enhances nitric oxide atherosclerosis it enhances nitric oxide production and this helps protect you production and this helps protect you from heart disease from heart disease it also AIDS in your body's collagen it also AIDS in your body's collagen production which is required to create production which is required to create and maintain healthy cells teeth gums and maintain healthy cells teeth gums joint lining Skin and Bones so enough joint lining Skin and Bones so enough said about vitamin C again inexpensive said about vitamin C again inexpensive and a great thing to have in your and a great thing to have in your supplement cabinet now let's talk about supplement cabinet now let's talk about zinc zinc zinc zinc helps your it helps your immune zinc helps your it helps your immune system and your metabolism and it helps system and your metabolism and it helps them both to function better them both to function better zinc can actually reduce the length of a zinc can actually reduce the length of a common cold if taken within 24 hours of common cold if taken within 24 hours of the first symptom so the minute you have the first symptom so the minute you have that scratchy throat or the first sneeze that scratchy throat or the first sneeze or a cough take some zinc it can or a cough take some zinc it can actually help shorten the common cold actually help shorten the common cold and is about the only thing that's been and is about the only thing that's been shown to reduce that length other shown to reduce that length other benefits it's important for wound benefits it's important for wound healing it's important for your sense of healing it's important for your sense of taste and smell it reduces inflammation taste and smell it reduces inflammation it reduces the risk of many age-related it reduces the risk of many age-related diseases it improves acne symptoms and diseases it improves acne symptoms and it's crucial for the normal development it's crucial for the normal development and function of your cell's innate and function of your cell's

innate immune system and it plays a key role in immune system and it plays a key role in making proteins that are important again making proteins that are important again for your hair for your hair remember more is not better take what's remember more is not better take what's it says on the bottle if you're going to it says on the bottle if you're going to take more than that ask your physician take more than that ask your physician about it but in general these are safe about it but in general these are safe for most of you that may be on for most of you that may be on medications and you wouldn't want to medications and you wouldn't want to take over 1500 milligrams of vitamin C take over 1500 milligrams of vitamin C for too many days in a row it could for too many days in a row it could exacerbate kidney stone formation you exacerbate kidney stone formation you may want to however continually take may want to however continually take vitamin C and Zinc during the cold and vitamin C and Zinc during the cold and flu season but remember all the other flu season but remember all the other benefits that they provide and at least benefits that they provide and at least have them they'll have them on that have them they'll have them on that shelf during this season be healthy be shelf during this season be healthy be well