The Vitamin C Myth That’s Keeping You Sick Transcript

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Vitamin C Myth vs. Reality

The complete truth about vitamin C. What you need to know. For decades we've been sold a story that's only partly true, and it's costing people their health and their money.

The government decided a long time ago that we should rate vitamin c products based only on how much ascorbic acid they contain. Ascorbic acid is an antioxidant and a preservative.

It's one part of the vitamin C complex. But calling it an ascorbic vitamin c is like looking at a steering wheel and calling that a car. it's just one piece of something much bigger, much more complex Think about what happens in nature.

The Full Vitamin C Complex

When you eat foods rich in vitamin C, you're not just getting ascorbic acid. You're getting an entire team of nutrients that work together. The real vitamin c complex contains bioflavonoids, also called P-factors.

These keep your blood vessels nice and strong and flexible. If you bruise easily or notice pink on your toothbrush, your vessels are breaking too easily because they're missing these P factors.

the complex also has vitamin K, which helps your and helps form proteins that get transported to injured tissue for healing. Then there's the J factor, which increases your blood's ability to carry oxygen.

When you have a cold, you need oxygen getting to your tissues to oxidize the toxins and carry them away. That's how your body actually heals.

Why Whole Foods Matter

The C complex also contains enzymes, and the most important one is tyrosinase. This is organic copper that activates your adrenal glands. If we were going to rate vitamin C by just one factor, this would be the smart choice because the products with the most tyrosinase produce the best results in real people.

And yes, the complex also contains ascorbic acid, but it's naturally about 0.01% by weight, which is the same ratio you'd find in any vitamin C rich whole food.

So when you see a tiny tablet claiming 500 milligrams of vitamin c, you need to ask yourself, how is that physically possible? To fit 500 mg of naturally occurring vitamin-C into a tablet, it'd have to be the size of a ping pong ball.

What you're actually getting is synthetic ascorbic acid derived from petroleum mixed with maybe 25 grams of food base like rose hips.

Synthetic Vitamin C and Hidden Ingredients

Companies can legally call this natural because ascorbic actually contains carbon, making it chemically organic. But your body knows it's not food. It's a drug.

Here's what our ancestors understood that we've forgotten. They fermented cabbage in crocks during the fall, so they'd have sauerkraut throughout the winter.

During the 1700s, Captain James Cook gave his sailors saurkrauts on long voyages and prevented scurvy, while

other fleets were losing crew members. Sauerkraut contains one of the most bioavailable forms of sea available.

When good bacteria naturally ferment cabbage, they create lactic acid, which preserves the food and makes the nutrients more absorbable.

Fermented Foods and Scurvy Prevention

but watch out for fake fermented foods. If lactic acid is added to the ingredient list, the company skipped the fermentation process. Real fermented food only lists cabbage, salt, spices.

Lactic Acid forms naturally. No probiotics means no real fermentation and less bioavailable vitamin C. One more critical point when you're sick, drinking orange juice might actually make things worse.

Most people who are sick are too alkaline. Orange juice has citric acid, right? But your body metabolizes it very quickly, leaving an alkaline ash that makes you even more alkalined.

Real vitamin C helps acidify your system the right way, supporting your immune function.

Orange Juice, Acidity, and Safety Concerns

Also, be careful of products that combine sodium benzoate and ascorbic acid. This combination creates benzene, a known carcinogen. Your body deserves better than synthetic chemicals marketed as health products.

Real vitamin C from whole food sources gives you everything your body needs to build strong blood vessels, fight infections, heal injuries, and maintain energy.

That's the difference between managing symptoms and actually healing from the inside out.