



The Vitamin Deficiency that We Are All Born With

人体天生缺乏的维生素

Imagine it was the year 1497, you were a passenger in Vasco Da Gama's ship, invited to join him in his exploratory voyage from Lisbon, Portugal to India. The journey would take two years and include 300 days at sea. Imagine the fame you would receive when you returned back to Portugal, provided you survived the trip.

All went well in the beginning of your journey. But things started to get really bad when the ship was sailing around the Cape of Good Hope. Gradually, your ship mates started getting sick with symptoms that included weakness, sore arms and legs. Things took a turn for the worse and they started to get gum disease, and bleeding from the skin. People started dying due to infection or bleeding.

Unbeknown to everyone at that time, those people were suffering from Scurvy, a disease that was caused by a lack of vitamin C. As they sailed further up the east coast of Africa, they met local traders, who traded them fresh oranges. Within 6 days of eating the oranges, the crew recovered fully from Scurvy. Out of the original crew of 170 men, only 54 returned with him; the majority died of illnesses such as scurvy.

Isn't the human body capable of producing vitamin C?

With the exception of insects, invertebrates, fishes, guinea pigs, monkeys, and humans, all animals can produce their own vitamin C. A typical 150 pound goat is capable of producing over 13,000 mg of vitamin C daily. If goats are capable of producing their own vitamin C, why not humans? According to research, we do not have an enzyme called L-gulonolactone oxidase (GLO). GLO is an enzyme that produces vitamin C.

Consider this...

If humans could make their own vitamin C in the same ratio that animals do, we would produce about 10,000 mg per day. That's the amount that Linus Pauling (someone that did extensive research on vitamin C amongst other things) gave his cancer patients.

The US government's recommended daily allowance (RDA) of 60 mg a day is hardly enough to protect you against the common cold.

追溯到1497年，想象您是瓦斯科达伽马船舰上的一名乘客，被受邀跟随他从葡萄牙里斯本到印度的探险航旅。这段旅程需要花上两年时间，其中三百天是在海上航行。想象若这段航程可一帆风顺完成、安全回返葡萄牙时，您绝对会名声大噪。

这航程一开始一切都很顺利。但当船航行到好望角时，情况开始变糟。船员们开始一个接一个出现不适症状，包括身体虚弱、胳膊和腿部酸痛。情况越来越严重，船员开始患有牙龈疾病，甚至皮肤出血。死亡人数因为疾病感染或出血问题上升。

当时还没人知道这些船员们所患的其实是坏血病，即一种由于缺乏维生素C而引起的疾病。当他们沿着非洲东海岸航行时，刚好遇到一个正在交易新鲜橘子的当地商人。奇妙的是，船员们食用了橘子六天后，就从坏血病中恢复。原本的170名船员中，只有54名船员幸存与达伽马一起回返葡萄牙，其他大多数的船员都不幸病死，例如坏血病。

人体无法自行生产维生素C吗？

除了昆虫、无脊椎动物、鱼类、天竺鼠、猴子和人类之外，其他所有的动物都能自行生产维生素C。一头典型重达150磅的山羊每日可生产超过13000毫克的维生素C。如果山羊都能够自行生产维生素C，那为什么人类不行呢？根据研究指出，人类没有一种能让身体自行生产维生素C的酶——即古洛糖酸内酯氧化酶（GLO）。

试想想...

如果人类也可与其他动物一样自行生产同样比例的维生素C，那我们每日就可生产10000毫克的维生素C了。此含量正是莱纳斯鲍林（一位对维生素C有广泛深入研究的科学家）建议癌症患者所应服用的剂量。

美国政府所建议的维生素C每日摄入量，仅仅60毫克，这个分量其实不足维护身体对抗流行感冒。

Here are three ways you can get all the vitamin C you need:
以下是三种您可获取维生素C的方式:



1 Get vitamin C from food. Red and green chili peppers are two common foods with a lot of vitamin C (242 mg per 100 grams), and guava (228 mg). For comparison, oranges and strawberries only have about 60 mg per 100 grams. But the king of all fruits as far as vitamin C goes is camu camu. It has 2,700 mg per 100 grams — 45 times more vitamin C than an orange! However, this fruit can only be found in the Amazon rainforest in Peru and Brazil.

Because of modern farming techniques, the soil has become depleted of nutrients. This means that fruits and vegetables grown commercially and in non-organically certified farms and orchards contain less nutrients now than 10 years ago. Not only that, if a fruit is imported, the nutrients contained within would be less than when it was first harvested. Therefore, to be very sure that you are obtaining the appropriate amount of vitamin C, the best way would be to take a vitamin C supplement.

从食物中获取维生素C。青与红灯笼椒是两种含有大量维生素C的常见食物（每100克含有242毫克），另外还有番石榴每100克含有228毫克的维生素C。相比之下，每100克的橘子和草莓只含有大约60毫克的维生素C。但维生素C含量最高的水果之王其实是卡姆果——每100克中含有2700毫克的维生素C；比橘子高多45倍！可是这类水果只能在秘鲁和巴西的亚马逊雨林中找到。

现代农业技术造成过度耕作，也因此导致土壤养分耗竭。这意味着商业化、非有机耕种的水果和蔬菜，其所含的营养成分比起十年前来得少。不仅如此，进口的水果所含有的营养成分肯定有所流失比刚收成时来得少。因此，为了确保能获得适量的维生素C，最好的方法就是服用补充剂。

2 Take a supplement. Based on our experience, we recommend between 5,000 to 8,000 mg daily. For those with cancer, we would recommend to consume between 15,000 mg to 20,000 mg daily.

But can the body absorb such a high amount of vitamin C at one time? If taken orally, then most probably not. While there is no danger of toxicity through over-consumption of vitamin C, at such high doses, one may experience symptoms such as diarrhoea or nausea. Vitamin C is a water soluble vitamin, so any unused amount is flushed out naturally by the body within a few hours. Because the body is not able to store vitamin C, daily supplementation is very important.

The best way to consume vitamin C would be through a sustained release formula such as Nature's Gift Vitamin C Complex and Nature's Gift Vitamin C (500 mg). When taken, the sustained release formula is designed to release its contents over a period of 8 hours. Thus reducing the chances of the body receiving too much at one given time and providing the body with the necessary vitamins over a longer duration. In addition, Vitamin C Complex contains bioflavonoids which, when taken together with Vitamin C, help increase the body's absorption rate of vitamin C.

If you are supposed to take 5,000 mg of Vitamin C Complex per day, then you can stagger the amount as follows:

- 2 tablets in the morning.
- 1 tablet in the afternoon.
- 2 tablets in the evening.

服用补充剂。根据我们过去的经验，我们建议您每天摄取5000至8000毫克的维生素C。对于抗癌患者，每天的摄入量应提高到15000至20000毫克。

然而人体是否能够一次摄取这么大量的维生素C呢？如果是通过口服一般典型的维生素C补充剂，那么答案是不太可能。虽然过量摄入维生素C不会让身体中毒，但仍可能出现腹泻或恶心等的症状。维生素C是一种水溶性维生素，所以任何未被身体吸收的维生素C会在几小时内自然被排出体外。由于身体不能储存维生素C，因此每日摄取补充剂是非常重要的。

因此摄取维生素C补充剂最有效的方式就是服用具有缓释技术的配方，例如新生命的维他命C综合缓释片和维他命C加玫瑰果缓释片。其缓释技术的配方可在八小时内缓释释放所含的维生素C成分。这种缓释特性的优点就是可减少身体在一个特定时间内摄入过多维生素C的情况发生，相反地可持续长久提供身体维生素C的效应。此外，新生命的维他命C综合丸含有生物类黄酮，可大大提高人体对维生素C的吸收率。

如果您一天里要摄取5000毫克的维他命C综合丸，那么您可按照以下建议间隔服用：

- 早上服用2颗。
- 下午服用1颗。
- 晚上服用2颗。

3 A bigger boost. If you have been lacking vitamin C, stressed or sick, you may require a bigger boost of this vitamin. When maximum dosage of oral intake is insufficient, you might want to consider intravenous vitamin C therapy which has a proven record in its healing properties.

You can safely get much more vitamin C intravenously than you can through supplements. You can infuse vitamin C at 100 times the concentration of oral supplements safely. No matter how high the dose, vitamin C does not harm healthy cells.

获取更强的维生素C的选择。如果您一直长期缺乏维生素C、经常感到压力重重或生病时，您可能需要摄取更大量的维生素C。当口服最高剂量的维生素C后还仍然觉得不足够时，便可考虑进行已被认证其治疗功效的维生素C静脉注射。

比起口服补充剂，您可放心通过静脉注射来获取更多的维生素C。您可注入比口服补充剂份量高出100倍的维生素C。通过静脉注射，无论剂量多高，维生素C都不会损害健康的细胞。

