

## How does against which vitamin C or Camu-Camu work?

The following health advantages of vitamin C are discussed, or are backed with studies.

Osteoporosis	The osseous matrix is supported by the education of procollagen and collagen synthesis and can be counteracted to the osteoporosis reliably!
Osseous breaks	As a co-factor for the Hydroxylierung vitamin supports C the collagen construction and elastin synthesis what supports the healing of osseous breaks!
Miscarriages / infectious toilet	PH factor becomes positive in the scabbard
Varicose veins	By repair processes on the vascular walls, improvement of the elasticity and concurrent dismantling of depositions it is bent forward varicose veins, or existing varicose veins disappear!
Broom pilgrim	By repair processes on the vascular walls, improvement of the elasticity and concurrent dismantling of depositions it is bent forward broom pilgrims, or existing broom pilgrims disappear!
Bad sore healing	As a co-factor for the Hydroxylierung vitamin supports C the collagen construction and elastin synthesis - both accelerates the sore healing terrifically! The collagen production rises with vitamin C by the 8-fold!
Pressure ulcers	Already with only 1 g of vitamin C on the day the decline of the pressure ulcers could be doubled in a study (from 43% to 84%) what can be ascribed to the raised collagen construction! # Taylor A., Jaques P.F., Epstein E.M.: Relations among ageing, antioxidant status, and cataract. In. J. Clin. Nutr. In 1995; 62, 6 (suppl.): In 1439-1447.

Peptic ulcers / intestinal ulcers	By inhibition of the Nitrosamin education and the Urease activity, fight of the Ascorby radical, lowering of the Gastrin mirror as well as regulation of the Prosaglandinshaushaltes it is bent forward peptic ulcers and intestinal ulcers!
Haemorrhoids	Improvement of the elasticity and prevention of the depositions in the vascular system prevents haemorrhoids.
High cholesterol	Vitamin C is involved as a co-factor with the education by HDL cholesterol (which „good cholesterol“) and protects as an Antioxidant against the LDL cholesterol („bad cholesterol“) vitamin C keeps mum the blood vessels on account of the collagen and elastin synthesis, the brain announces to the liver no damages – consequently no cholesterol is generated to the patch of the damages! (Food cholesterol puts out, by the way, only 5% of the whole cholesterol!) # Ginter E. et Al.: Effect of ascorbic acid on plasma cholesterol in humans in a long-termexperiment. Int. J. Vit. Nutr. Res. In 1977; 47: 123-134
Arteriosclerosis (blood vessel hardening), from it resultant high blood pressure, (cardiac infarction and brain blow)	By active collagen construction it is held the Intima (vascular inner wall) smooth and smooth, - lime depositions and fat depositions cannot attach themselves, arteriosclerosis as a main cause for stroke is bent forward and existing arteriosclerosis is diminished! Rank growth are avoided furthermore by smooth muscle cells, vitamin C (Camu Camu) protects against fatty acids and builds up fat depots and puts an antioxidative protection for the LDL cholesterol. # M.R., Lavie C.J., Ventura H.O., Milani R.V.: Prevention of atherosclerosis. The potential role of antioxidants. Postal degree. Med. In 1995; 98, 1:175-176
Eyes: Makuladegenaration	By active collagen construction it is bent forward the Makuladegenaration!

Eyes: Cataract	As reliable Antioxidant vitamin prevents C (Camu Camu) damages by free radicals (in the case particularly by light and oxygen) which lead among other things to the cataract! # Hesecker H.: Antioxidative vitamins and cataracts at the age. Magazine for dietetics in 1995; 34, 3:167-176
Eyes: Glaucoma	Vitamin C (Camu Camu) counteracts successfully against the destructive, raised intraokular pressure in the eye!
Conjunctivitis	An ocular solution which passes (Camu Camu) partly of vitamin C can cure the conjunctivitis.
Heavy legs (calves)	By antioxidative processes and better blood circulation of the legs the blood can better flow and it is bent forward heavy legs!
Bleeding in the internal one of the eye	The ocular vessels are strengthened by collagen and elastin construction and are held elastic!
Dry skin	Dry skin is avoided by collagen and elastin construction as well as renewal and again smoothly!
Acne / pimple	Acne or to pimples is bent forward by hormonal influence as well as quickened collagen and elastin construction or passing ones are eliminated!
Stretch stripes / pregnancy stripe	Stretch stripe or pregnancy stripe is bent forward by quickened collagen and elastin construction and is counteracted against passing one!
Skin eczemas	By quickened collagen and elastin construction it is bent forward skin eczemas and is counteracted against passing one!

Fold	By collagen and elastin construction as well as renewal it is bent forward folds and existing folds are minimised! The antioxidative effect protects the cells against destruction (ageing).
Cold feet and hands	By antioxidative processes and better blood circulation the blood can better flow by the extremities, to cold feet and hands is bent forward!
Meteoropathy	By antioxidative processes and better blood circulation the blood can better flow and it is bent forward of the meteoropathy straight!
Arthrosis (joint wear)	The hyaliner cartilage is renewed by improved collagens elastin synthesis and rheumatism and arthrosis can be counteracted.
Poisoning by treacly metals, pesticides among other things	In his catalyst function vitamin C diminishes treacly metals and other toxic materials in our body.
Sleeping disturbances	The day-night rhythm is improved by influence on the hormone system (among other things Melatonin), sleeping disturbances is bent forward!
Stroke / brain blow	By active collagen construction it is held the Intima (vascular inner wall) smooth and smooth, - lime depositions and fat depositions are not able to do themselves dranheften, arteriosclerosis as a main cause for stroke is bent forward and existing arteriosclerosis is diminished! Rank growth are avoided furthermore by smooth muscle cells, vitamin C protects against fatty acids and builds up fat depots and shows an antioxidative protection for the LDL cholesterol!

Cardiac infarction	<p>By active collagen construction it is held the Intima (vascular inner wall) smooth , lime depositions and fat depositions are not able to do themselves dranheften, arteriosclerosis as a main cause for cardiac infarction is bent forward and existing arteriosclerosis is diminished! Rank growth are avoided furthermore by smooth muscle cells, vitamin C protects against fatty acids and builds up fat depots and shows an antioxidative protection for the LDL cholesterol.</p> <p># Gale L.R et Al.: Vitamin C and risk of death from stroke and coronary heart disease in cohort of elderly people. Br. J. Med. In 1995; 310/1563-1566</p>
Thrombosis	<p>The collagen construction protects the vascular inner wall against damage and holds them smooth. Lime depositions and fat depositions are not able to do themselves clamping, arteriosclerosis as a main cause for thromboses is bent forward and existing arteriosclerosis is diminished! Rank growth are avoided furthermore by smooth muscle cells, vitamin C protects against fatty acids and builds up fat depots and shows an antioxidative protection for the LDL cholesterol.</p>
High blood pressure / hypertension	<p>Vitamin C lack deals immediately with high blood pressure! Vitamin C supply lowers the high blood pressure significantly among other things on account of improved collagen and elastin synthesis and with it renewal, elasticity increase of the blood vessels!</p>
Floppy skin, Cellulitis	<p>By active construction and renewal of the collagen and elastin it is bent forward floppy skin and cellulite!</p>
Postal-traumatic dystrophy (Sudeck-Syndrom)	<p>Already a taking of 500 mg of vitamin C on the day can protect against the Sudeck- syndrom!</p>

Cancer	Is avoided, or fights by support of the immune system and construction of the collagen / elastin! Vitamin C restrains the education of Nitrosaminen, raises the iron admission, lowers the treacly metal load among other things epidemiological studies expose vitamin C as a Protektiven factor! # Gorozhanskaia E.G., et Al.: The role of ascorbic acid in the combined preoperative preparation of cancer patients. In 1989, Vopr Onkol., 35 (4), p. 436-441
Alzheimer	Alzheimer is avoided by prevention of destruction of cells by oxidation and concurrent production of the hormones Dopamin, Melatonin etc. or the state better to themselves!
Parkinson	Parkinson is avoided by prevention of destruction of cells by oxidation and concurrent production of the hormones Dopamin, Melatonin etc. or the state better to himself!
Herpes	Vitamin C looks anti-viral! Already with 1500 mg of vitamin C the herpes bubbles could quickly dry and heal!
Ageing	As important Antioxidant vitamin fights against C very successfully the oxidation and with it the destruction (ageing) of body cells and reduces at the same time the cell-provided immunity. # Sokoloff B., Hori M., Saelhoff C.C., Wrzolek T., Imai T.: Aging, atherosclerosis and ascorbic acid metabolism. Journal of the American Gerontology Society in 1966; 14:1239-1260
Decontamination	Vitamin C promotes the rubbish s.g. Oxydasen around up to 50%, the liver supports with the dismantling of toxins among other things to toxic materials.
Methemoglobinemia	Cause for this illness is the oxidation of Haemoglobin. Here promises vitamin C as effective Antioxidant improvement already with 500-1000mg / day.

Cystein

Vitamin C gifts at the rate of 5000 mg daily could halve the Cysteinconcentration in the urine!

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