STRESS, VITAMIN C, AND COLDS

By Dr. Greg Tefft C.N.D., D.C.

Here are the some answers to the many questions I’ve received lately about stages of stress, colds, and their relationship to Vitamin C. Being the cold and flu season in combination with holiday stress Vitamin C exhaustion is a very common place.

**STAGES OF STRESS:**

There are 3 stages of stress, 2 general types of stress with 5 stress “instigators” as follows; 3 STAGES- Alarm, Resistance, Recovery, 2 TYPES- Distress (negative or any stress that increases demands on the body which inevitably hurts the body), Eustress (positive or any stress which makes you feel good, like exercise for instance, but which also places more demands on body functions nonetheless), 5 INSTIGATORS - All disease and sickness, nutrient deficiencies or excesses, accelerated growth and development (pregnancy – childhood growth spurts etc.), physical trauma, emotional trauma, and toxic accumulation).

Each type, stage, and instigator increases the body’s need for vitamin C and therefore taking more vitamin C can provide an added protection benefit to minimize damage from stress including boosting the immune system to defend against colds.

**VITAMIN C INTAKE RECOMMENDATIONS:**

In actuality, each person is unique and therefore requires different vitamin C intake than the next for perfect results. (Getting this exact amount in and all nutrient amounts to perfect level is the topic *of For Your Body Only and Your Personal Life*.) The clinically demonstrated range of need for this most important water soluble biological anti-oxidant, anti-antherogenic, anti-carcinogenic, anti-hypertensive, anti-viral, anti-histaminic, immunomodulatory, opthalmoprotective and airway-protector is 100 mgs. to 10,000 mgs. – the actual level one needs is highly dependent on their individuality, age, drug intake, exercise levels, toxic accumulation, nutrient deficiencies and excesses, and of course, stress levels. By the way, an impending cold (or any infectious agent is a large stress to the body.) As a clinical nutritionist for over 32 years, I would not recommend children or adults to ever drop below 110 mgs. per day as supplement to a vitamin C rich diet because the food content of vitamin C is so variable nowadays.

**SOURCES OF VITAMIN C:**

The vitamin C content of vegetables and fruits is generally much lower than what used to be years ago thanks to mass production farming, mineral depleted soils, genetically engineered seed stock, high toxin levels, improper processing storage, cooking, etc., etc. Nutrient losses in the food chain are highly documented in Senate documents #264 and #268 and from our testing lab research. So beware!

Contrary to popular belief, oranges are NOT the best source of vitamin C. There are 3 categories of foods categorized as Excellent, Good, and Fair based upon their vitamin C content. (Check these listings against your own test results before indulging):

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|  **EXCELLENT GOOD FAIR**(00 mgs. or more C per 100 gms food) (50 – 99 mgs. C per 100 gms food). (30 – 49 mgs. C per 100 gms food)  |
| Broccoli | Cabbage | Asparagus |
| Brussel Sprouts | Cauliflower | Lima Beans |
| Collards | Chives | Swiss Chard |
| Black Currants | Kohlrabi | Gooseberries |
| Guava | Orange Pulp | Red Currants |
| Horse Radish | Lemon Pulp | Grapefruit |
| Kale | Mustard Greens | Limes |
| Turnip Greens | Beet Greens | Loganberries |
| Parsley | Papaya | Melons |
| Sweet Peppers | Spinach | Okra |
|  | Strawberries | Tangerines |
|  | Water Cress | Potato |
|  |  | Turnips |

\*\* Rule of Thumb Per Day: 2 healthy servings from Excellent category or 3 healthy servings from Good category or 4 healthy servings from Fair category or any combination thereof. By the way, an orange can have anywhere from 0 mgs. of vitamin C to 30 mgs. of C nowadays thanks to depleted soils.

**CURRENT DAILY RDA’s are:**

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| Infants | 0-6 months | 40 mgs. |
| Infants | 7 – 12 months | 50 mgs. |
| Children | 1 – 3 years | 15 mgs. |
| Children | 4 – 8 years | 25 mgs. |
| Boys  | 9 – 13 years | 45 mgs. |
| Boys | 14 – 18 years | 75 mgs. |
| Girls | 9 – 13 years | 45 mgs. |
| Girls | 14 – 18 years | 65 mgs. |
| Men | 19 – 30 years | 90 mgs. |
| Men  | 31 – 50 years  | 90 mgs. |
| Men  | 51 –70 years | 90 mgs. |
| Men | 70 + | 90 mgs. |
| Women0 | 19 – 30 years | 75 mgs. |
| Women | 31 – 50 years | 75 mgs. |
| Women  | 51 – 70 years | 75 mgs. |
| Women | 70 + | 75 mgs. |
| Pregnancy | 14 – 18 years | 80 mgs. |
| Pregnancy  | 1 9 – 30 years | 85 mgs. |
| Pregnancy | 31 – 50 years | 85 mgs. |
| Lactation | 14 – 18 years | 115 mgs. |
| Lactation | 19 – 30 years | 120 mgs. |
| Lactation  | 31 – 50 years | 120 mgs. |
| Men – smokers | Any age | 125 mgs. |
| Women – smokers | Any age | 110 mgs. |

**NOTE:** The government (not clinical) LOAEL (Lowest Observed Adverse Effect) is 3 grams or 3,000 mgs. and therefore has set the UL (Tolerable Upper Level Intake) at 2 gms. per day for those over 19 years.

**OTHER THOUGHTS ABOUT VITAMIN C (and colds):**

1. Unfortunately, medical doctors know very little about nutrition generally speaking. To achieve the perfect vitamin C intake, or any nutrient intake for that matter necessitates getting tested for vitamin and mineral needs via home test kits as suggested in my books.

2. Definitely take 2 – 3 times more vitamin C than usual when under stress and up to **20 grams per day** (or until the point of diarrhea) **if on the verge of a cold** to be backed down as 15 grams,10grams and then to 5 grams per day within 3-5 days depending upon the course of the cold. But I wouldn’t advise an elevated intake of this type for more than 10 days straight as it will interfere with the utilization of other nutrients over time. You can also take a homeopathic liquid called **UMCKA** “cold and flu” as 1 mini-cup every 2 hours until symptoms dissipate noticeably. Plenty of hot fluids, hot showers with steam inhalation, extra garlic and onions, salt water gargles and saline nasal irrigations, and “chicken soup” are helpful, and staying warm will help as will sucking on eucalyptus/Echinacea/Zinc/Vit. C/Zinc lozenges for sore throats. Oscillococinum can also be taken as a homeopathic stimulant but has limited effectiveness in some individuals. Also, don’t forget to get extra sleep.

Also, we routinely use a **secret antibiotic** herbal weapon – discovered and tested by D. Krebs in the early 1900s—that the Indians found to successfully prevent /diminish colds. It’s called LDM 100 and is the most powerful natural antibiotic in Naturopathy. We recommend at the first sign of infection 150 drops per day until symptoms subside with a subsequent reduction to 15 drops per day for anti-microbe maintenance. There is no tolerance potential so that it can be taken regularly in small amounts without any loss of effectiveness or subsequent side effects.

3. In practice, I do not utilize time released vitamin C due to an inherent reduction in bioavailability which accompanies this type of supplement. It’s best to take smaller amounts of bioflavanoid complexed and/or low acid vitamin C through the course of the day unless fighting infection when C Crystals will help the most. Since vitamin C is not readily excreted unless taken in large amounts, blood levels are usually kept stable using this format.

Stay well and enjoy the holidays!

Visit Dr. Tefft at <http://www.pncscience.com/html/home2.php>