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A Healthy Influence Of Vitamin C On Human Organism.

Increase of brain activity

Joint of vitamins C and E is useful and for other reason: it can reduce risks of Alzheimer's disease by the whole 64 percent, according to the probe in «Archives of Neurology». There is enough only 500 milligrams of vitamin C and 400 milligrams of vitamin E.

The high maintenance of fat in a brain does it sensible for free radicals, but these antioxidants can represent themselves as a live board, the author of probe Peter Zandi who is the senior lecturer at university of Johns Hopkins Blumberg School of Public health services speaks. "Some probes show that vitamin E does its work on reduction of free radicals in a body but then its abilities are limited", tells Zandi, "Vitamin C can recharge E".

Keep the sight

Vitamin C cannot relieve you of the necessity of a glasses wearing for reading up to the age of 45 years. Antioxidants, consisting of vitamin C help to prevent a person from blindness: macular degeneration, the illness of eyes leading to the full loss of the central sight.

More than 3.5 million Americans are in their early stages, and illness hits more women, rather than men. The large clinical research sponsored by National Institute of the Eye of the USA, has shown that daily addition in the form of 500 milligrams of vitamin C, 400 IU vitamin E, 15 milligrams of a beta carotin of, 80 milligrams of zinc, and 2 milligrams of copper reduced a risk of sight loss connected with MD by 25 percent. Antioxidants neutralize damage to a retina of the eye caused as you have already guessed by free radicals.

Life prolongation

You, possibly, heard that green tea raises protection of an organism against toxins. It is important, because toxins promote a cancer, a heart attack, a stroke and set of other illnesses. Actually, one - two cups in day can reduce risk of death of the woman to 20 percent, the Japanese researchers speak.

What is the communication with vitamin C? Juice of citrus (a lemon, a lime, an orange) increases ability of green tea to increase immunity. Recent research of University in Purdue has shown that mixing of juice of citrus with green tea, allowed 80 percent of antioxidants of tea to remain after digestion that as a whole very well influenced an organism, the author of the research Mario G.Ferrussi, the senior lecturer of department of the foodstuffs and a food in Purdue speaks.

So it is seen from numerous reseaches that vitamin C is a fount of healthy influence to the human body. Eat more citruses and you will be a healthy person, you will not know any problems with sight and cancer.

Health and wellness - this topic has again become very popular to a number of people. It comes as no surprise that nowadays lots of our friends are concerned about themselves with increased assiduity. And while one part of people looks for taking care of themselves, the other one is looking for how to run [wellness home based business](#). People who would like to run this business, need some info about [health and wellness trends](#) to be successful in it.

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