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Immune Boost 1-2-3: Vitamin C

The third part of our immune system boost is vitamin C. Also known as ascorbic acid, it's best known as an antioxidant. From the research of Linus Pauling until today, vitamin C has been researched extensively. Even though vitamin C hasn't been proven to prevent a cold, it does seem to reduce the symptoms of a cold. That may be the result of its antioxidant capacity to reduce inflammation.



When the body is exposed to viruses or allergens, the immune response is triggered. That's desirable, of course, but what we don't like are the symptoms associated with the response such as watery eyes, runny nose, congestion, and on and on. While the exact mechanism is unknown, what may be happening is that vitamin C may be clearing up the free radicals on immune response cells, thereby allowing them to function better. No one knows but it makes sense.

Take 250–500 mg three times a day. Some people increase their C to 10 times that amount, but my strategy is always to take the lowest amount to get the result I want.



Let's summarize our immune boost 1-2-3:

250–500 mg vitamin C; usually 1 tablet
600 mg [garlic](#); usually 2 tablets
500 mg [echinacea](#); usually 3 tablets

Just remember C-G-E-1-2-3; check the label to make sure you have the right strength. Take this combo three times a day until the symptoms are resolved. Whether a virus or seasonal allergies, I've found this works best. Of course, genetics may make one immune booster more effective for some people; that's where trial and error come in.

What are you prepared to do today?

Dr. Chet

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