

*Discovery is seeing what everybody else has seen, and thinking what nobody else has thought.
- Albert Szent-Gyorgi, discovered vitamin C in 1928*

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Vitamin C: The New Weight Loss Pill

By Bill Sardi

Hold on, sedentary Americans. A new weight loss pill is in the making. And you don't have to go to a doctor for a prescription, nor spend a lot of money for it.

Carol S. Johnston, PhD, at Arizona State University, in a pioneering report published in the Journal of the American College of Nutrition, notes that **1 in 5 Americans are frankly vitamin C depleted and an additional 12-17 percent are vitamin C deficient. Just 25 years ago the prevalence of vitamin C deficiency was just 3-5 percent!** Along with the decline in vitamin C nutrition has come the onset of girth. Wide-bodied Americans now abound, and there **may be a connection with vitamin C**, says Dr. Johnston.

It's not uncommon for overweight individuals to complain of leg swelling, joint pain, skin hemorrhages, aversion to any sort of exercise, fatigue and even breathlessness. These are also signs of vitamin C deficiency.

Vitamin C deficient individual oxidize (burn) less fat when they exercise. **When sedentary vitamin C-deficient subjects were given 500 milligrams of supplemental vitamin C daily, their**



exercise performance and vigor improved. Over time, vitamin C supplementation may have an impact upon belt size.

Dr. Johnston notes that a study conducted 20 years ago reported vitamin C supplementation produced a 5.6 pound (2.53 kilo) weight loss versus just 2.09 pounds (0.95 kilo) on an inactive pill. [Nutrition Health 4: 25-28, 1985] The study was conducted on a population of severely obese subjects given 3000 milligrams of vitamin C per day for 6 weeks. While the weight loss is small, over time this could make a very big difference.

Dr. Johnson found that the use of vitamin C supplements along with foods that create a sense of fullness and improve metabolism, such as vinegar, nuts and protein, may enhance an exercise program, especially for those who are vitamin C deficient.

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