

[IMAGE]

## Vitamin C May Reduce Stroke Risk

By Editorial Staff

You may have heard the slang term *Limey* to refer to someone of British origin. The word comes from the old practice of British sailors eating limes in order to prevent scurvy, a debilitating disease affecting the joints and bones. Scurvy is caused by vitamin C deficiency.

While scurvy is not as common now as it was back in the days of the old British Royal Navy, research suggests vitamin C deficiency can lead to a number of other health problems. A recent study published in the *American Journal of Clinical Nutrition* found that reduced levels of vitamin C in the body can dramatically increase the risk for stroke.

A group of British researchers (fancy that) examined the health records for 20,649 men and women between the ages of 40 and 79 to determine the effect of increased vitamin C intake on their risk for stroke. From 1993 to 1997, there were a total of 448 strokes among all the subjects. However, those with the highest vitamin C intake had an astonishing 42 percent lower risk of stroke than those with the lowest intake levels.

- Copyright © Stock Photo / Register Mark The researchers stated, "Plasma vitamin C concentrations may serve as a biological marker of lifestyle or other factors associated with reduced stroke risk and may be useful in identifying those at high risk of stroke."

In other words: the higher your vitamin C intake, the lower your chance of having a stroke. Sure, eating lime after lime may be a bit extreme for most, so go ahead and load up on other citrus fruits such as oranges or grapefruits. After all, it could save your life.

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