

[IMAGE]

## Vitamin C Keeps the Stomach Smiling

Do you know that ascorbic acid can help prevent stomach problems, including peptic ulcers and stomach cancer? OK, OK, first things first: Do you know what ascorbic acid is? It's vitamin C!

Chronic infection with a specific strain of the *Helicobacter Pylori* bacteria has been linked to the abovementioned gastric problems, but a study that appeared in the *Journal of the American College of Nutrition* suggests that vitamin C can reduce the risk of infection. In Caucasian men and women, levels of ascorbic acid in the bloodstream were inversely related to the risk of infection with *H. Pylori*: the more vitamin C in the blood, the less risk of being infected. This association was not significant for men and women of other races.

So, now that you know what ascorbic acid is, and that it can prevent gastrointestinal problems, here's the final question: Where you find vitamin C? Well, good sources include citrus fruits (oranges, grapefruit, lemons, mangos, etc.), asparagus, broccoli, spinach, green peppers, tomatoes, potatoes and cabbage.

Your chiropractor can tell you more about the importance of a healthy diet that includes adequate amounts of vitamin C and all of the other essential vitamins to keep you - and your stomach - healthy and smiling. To learn more about vitamins and minerals, go to [www.chiroweb.com/find/tellmeabout/nutrients.html](http://www.chiroweb.com/find/tellmeabout/nutrients.html).

### *Reference:*

Simon JA, Hudes ES, Perez-Perez G. Relation of serum ascorbic acid to *helicobacter pylori* serology in U.S. adults: the Third National Health and Nutrition Examination Survey. *Journal of the American College of Nutrition* 2003;22(4), pp283-9.

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