



My Pet...Naturally

HIGH DOSES OF VITAMIN C

CAN BE HARMFUL...

By Pat McKay

Vitamin C in the form of Ascorbic acid can be bad for your health say British doctors. "At the dose of 500 milligrams per day, which is a typical dose used for supplementation, we have shown that as well as having an antioxidant, or protective effect, it appears to have a dual activity in that it can also cause damage," Professor Joseph Lunec said in an interview. "It's been shown in the test tube that vitamin C can cause damage to DNA. We've shown it is true in human subjects."

"A fine balance exists that may be disrupted in favour of oxidants, giving rise to an accumulation of bimolecular damage, which in turn may play a role in major diseases such as cancer, rheumatoid arthritis and atherosclerosis," he said in a report published in the scientific journal Nature.

They went on to say that vitamin C, which is found in foods has been shown to boost the immune system. So obviously we can conclude that TRUE vitamin C – as Mother Nature intended – is not only safe and beneficial, but causes no harm.

That is why we know how important organic, plant-cell vitamins and minerals are. They are not just another vitamin combination on the market. They are vitamins and minerals that the body recognizes and treats as the real thing, the same as food, because that is what plant-cell means.

The bottom line is that you can give all the Plant-cell Vitamin C your animals need and be perfectly safe.

The vitamin C referred to in the health studies was the typical ascorbic acid found in all vitamins presently on the market, including health food stores and holistic practitioners. Only cell-grown vitamins are the same as food. Other vitamins are extracts, blends or synthetics.

When you eat an orange you not only get vitamin C, but all the food constituents or attachments that are necessary for the body to absorb the C. Plant cell grown vitamins and minerals are not extracted, blended, or synthesized. They are living food!

We must pay attention to Mother Nature and use only whole substances. Researchers and scientists would be better off spending their time studying about nature and how to harness it and use it in natural form to the fullest and not waste time trying to be better and smarter than Mother Nature...it isn't going to happen.

Your animal's main meal should be

75% raw ground meat and

25% raw ground vegetables