

Cardiovascular Disease is a Vitamin C Deficiency

What we are calling cardiovascular disease (heart attacks, strokes, arterial plaques, hypertension, etc.) is really a Vitamin C deficiency. Please excuse America's physicians, as most do not know what I am about to tell you. There is widespread awareness that cholesterol is associated with heart disease but that information is incomplete. **Most people remain unaware that the liver produces serum cholesterol and mistakenly believe that it comes from their diet.** Vitamin C is a molecule that is critical to the production of a substance called collagen. Collagen acts like the body's cement holding tissues together. Imagine having bricks to build a particular structure, however not having enough mortar to hold them together. Your building would fall apart. Period. A deficiency of Vitamin C leads to weakened tissues all over the body. It results in saggy and stretchy skin, ligaments, tendons, muscles bone, fascia, etc. It leads to multiple diagnoses related to loose tissues and the bulges and dislocations that result. They are called wrinkles, hernias, diverticuli, aneurysms, hemorrhoids, etc. There is the belief that normal aging means the body has to fall apart, but it is time to change that idea. The expectation of decline facilitates that change. However, these are all examples of weakened tissues that are falling apart from lack of nutritional *cement*.

Cardiovascular disease begins with the development of tears of the inside "skin" of blood vessels. **The tears develops because of a deficiency of collagen.** Failing to supply the body with adequate dietary whole Vitamin C necessary to make collagen leaves it to rely on its remaining resources. **The body responds to the tears by deliberately patching them with cholesterol made by the liver.**

When people understand the value of cholesterol they will reject the absurdity of taking medication to lower it. Further, they will rid themselves of outdated terms like *good and bad cholesterol*. Instead they will focus their minds on that which is offered to us from Mother Nature and know she is the source of all that we need.