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Vitamin C and Stress Connection

The body responds to physical and emotional stress by producing adrenal hormones. These hormones are released into the blood and prepare the body for combating perceived dangers by increasing blood pressure, heart rate and by making more energy available for fuel. This is useful when physical action is necessary to escape danger, but in today's world, there is little physical outlet for these stressors.

The body then turns the response inward, affecting organ systems such as digestive, nervous or circulatory. When this happens, conditions such as ulcers, backache, atherosclerosis, allergies, asthma, fatigue and insomnia can develop. Many of the disorders related to stress are not a direct result of stress itself, but are a result of nutrient deficiencies and increased by-products produced at the time of stress.

Stress dramatically reduces your plasma levels of Vitamin C. Humans have inherited a genetic trait which prevents vitamin C to be manufactured in the body, thus it is necessary to ensure adequate intake from dietary sources. Vitamin C is an antioxidant vitamin needed for the formation of collagen to hold the cells together and for healthy teeth, gums and blood vessels; improves iron absorption and resistance to disease. Vitamin C has been documented in the treatment of infections, (bacterial and viral), allergies, asthma, eye diseases, ulcers, heart disease, and the effects of smoking.

Environmental factors all around us are causing our bodies to consume massive amounts of Vitamin C. Over time our cells and immune system are compromised to the point that flu and cancer and other chronic illnesses are able to grab a foothold in our bodies. Joints actually start bleeding when you're low on Vitamin C. Bleeding gums is actually a sign of low Vitamin C. Vitamin C is needed to maintain the strength of artery walls.

A Naturopathic doctor will discuss a nutrient supplementation program suitable for your needs. There are also a number of lifestyle changes that will help you to deal with the effects of stress.