



MBIT
mind & body infusion therapies

BOBO GAZETTE

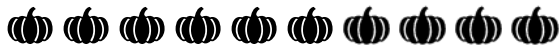


November Issue 2022

Letter From The Editor

Happy November dear friends! This is the month we are reminded to be thankful for our many blessings. I'm thankful to all of you who come visit me at the clinic and let me sit on your laps for my mid-day nap! This is also the time of year I get to eat turkey scraps. Yum. As I sit in the passenger seat driving to work, I've noticed Christmas decorations going up all around the city. I'm hoping that means I'll be getting some new outfits from Santa. I've gained some weight and my old clothes don't fit anymore. I hate dieting!

Love To All, Bobo



Lake County Community COVID Risk Alert for week ending 10/19/22

MEDIUM

If you are at high risk of getting very sick, wear a high-quality mask or respirator (N95) when indoors in public places.

If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact and consider wearing a high-quality mask when indoors with them.

VITAMIN C

ASCORBIC ACID

Vitamin C (ascorbic acid) is a nutrient your body needs to form blood vessels, cartilage, muscle and collagen in bones. Vitamin C is also vital to your body's healing process.

Vitamin C is an antioxidant that helps protect your cells against the effects of free radicals — molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation from the sun, X-rays or other sources. Free radicals might play a role in heart disease, cancer and other diseases. Vitamin C also helps your body absorb and store iron.

Because your body doesn't produce vitamin C, you need to get it from your diet. Vitamin C is found in citrus fruits, berries, potatoes, tomatoes, peppers, cabbage, Brussels sprouts, broccoli and spinach. Vitamin C is also available as an oral supplement, typically in the form of capsules and chewable tablets.

Most people get enough vitamin C from a healthy diet. Vitamin C deficiency is more likely in people who:

- Smoke or are exposed to second-hand smoking
- Have certain gastrointestinal conditions or certain types of cancer
- Have a limited diet that doesn't regularly include fruits and vegetables

VITAMIN C

ASCORBIC ACID (cont)

Severe vitamin C deficiency can lead to a disease called scurvy, which causes anemia, bleeding gums, bruising and poor wound healing.

If you take vitamin C for its antioxidant properties, keep in mind that the supplement might not offer the same benefits as naturally occurring antioxidants in food.

The recommended daily amount of vitamin C is 90 milligrams for adult men and 75 milligrams for adult women.

Vitamin C is a water-soluble vitamin. It is needed for normal growth and development.

Water-soluble vitamins dissolve in water. Leftover amounts of the vitamin leave the body through the urine. Although the body keeps a small reserve of these vitamins, they have to be taken regularly to prevent a shortage in the body.

Function

Vitamin C is needed for the growth and repair of tissues in all parts of your body. It is used to:

- Form an important protein used to make skin, tendons, ligaments, and blood vessels
- Heal wounds and form scar tissue
- Repair and maintain cartilage, bones & teeth
- Aid in the absorption of iron

Vitamin C is one of many antioxidants. Antioxidants are nutrients that block some of the damage caused by free radicals.

- Free radicals are made when your body breaks down food or when you are exposed to tobacco smoke or radiation.
- The buildup of free radicals over time is largely responsible for the aging process.
- Free radicals may play a role in cancer, heart disease, and conditions like arthritis.

The body is not able to make vitamin C on its own. It does not store vitamin C. It is therefore important to include plenty of vitamin C-containing foods in your daily diet.

For many years, vitamin C has been a popular household remedy for the common cold.

- Research shows that for most people, vitamin C supplements or vitamin C-rich foods do not reduce the risk of getting the common cold.
- However, people who take vitamin C supplements regularly might have slightly shorter colds or somewhat milder symptoms.
- Taking a vitamin C supplement after a cold starts does not appear to be helpful.

The Mayo Clinic Staff, 2020, Vitamin C, The Mayo Clinic, Accessed 9/30/2022, [www.mayoclinic.org/drugs-supplements/vitamin C](http://www.mayoclinic.org/drugs-supplements/vitamin-C)

MIND AND BODY INFUSIONS

OFFERS POST-COVID IMMUNE BOOST AND
VITAMIN INFUSIONS CALL FOR APPOINTMENT

440-256-8660



How Healthy is Thanksgiving Dinner

Turkey

Packed with lean protein and B-vitamins, turkey provides nutrients necessary to build strong muscles. Plus, it's a heart healthy alternative to red meat with less saturated fat.

Sweet Potatoes

Whether you enjoy them roasted or in a baked Sweet Potato Casserole, you'll be getting plenty of fiber to help with digestive health, along with vitamins A and C that can promote a strong immune system.

Green Beans

This yummy vegetable provides beta carotene which helps keep your eyes working at their best. Plus, green beans are also rich in vitamin K and manganese which are necessary for strong bones.

Cranberries

With some of the highest levels of antioxidants of any fruit, cranberries have been shown to reduce the risk of cancer, lower blood pressure, and improve cardiovascular health.

Apples

High in fiber and vitamin C, apples are a staple of healthy eating. They can help with weight control, cardiovascular health, and may even improve asthma.

Pumpkin

Pumpkin provides nutrients like vitamin A, lutein, and zeaxanthin which can reduce the risk of age-related macular degeneration. Plus, pumpkin is also rich in carotenoids and vitamin C that promote strong and healthy skin.

Stuffing

Stuffing provides carbohydrates for energy, and if you choose whole grain bread as a primary ingredient, you're likely to boost your fiber intake. Some recipes also include apples or other fruits or vegetables that provide fiber, vitamins, and minerals.

Mashed Potatoes

They are low in fat, high in potassium and only have 150 calories per potato/serving. These are not empty calories either. There's actual great vitamins and nutrients in those calories. That is before you add butter and cream.

Gravy

We won't talk about gravy.

COVID-19 WEB RESOURCES

www.flccc.net

(Front line Covid-19 Critical Care Alliance)

www.vaccines.gov

(Find a location near you)

www.covid.cdc.gov

(Information on all things COVID)

www.lcghd.org

Lake County General Health District