

The Free Fitness Tips Newsletter - Newsletter 2008

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Hello everyone and welcome to the November 2008 edition of the **Free Fitness Tips Newsletter**. This month I finished my article series on [vitamins](#), covering all the [B vitamins](#) and finishing off with [vitamin C](#). There's still a few more vitamin themed articles I have in mind but I am going to put them on hold for next month as Christmas is coming and I have a few festive articles lined up for December. So without further ado let's get on with this month's newsletter. This month I have for you:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Special Offer!](#)
- [Free Fitness Ebook!](#)
- [Final Words!](#)

1) Featured Article

As I mentioned above I finished off my [vitamin](#) articles this month. Like always there were a number of contenders for the featured article but I decided to go with...

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Vitamin C (Ascorbic Acid) Explained



Vitamin C (also known as ascorbic acid) is a [water soluble vitamin](#) and is probably the most well known [vitamin](#) of them all. The discovery of vitamin C was the result of a search for a cure for scurvy (a disease which leads to problems with the connective tissue now known to be caused by a lack of vitamin C). Scurvy has been reported to affect explorers, sailors and soldiers throughout history. This is now thought to be because they stuck to a diet of dry biscuits and salted beef. They did not often take fruit and vegetables with them on their travels because they were not easy to preserve on long journeys. A number of folk remedies for scurvy (which contained elements of fruit and vegetables) did materialise over time but James Lind, a Scottish Naval surgeon, is generally credited as being the first to discover a cure. After reading multiple historical accounts, Lind noticed that scurvy developed in people with a limited diet. He then tested this theory by taking a ten week voyage where he treated sailors who had developed scurvy and discovered that citrus fruits provided the quickest cure. Lind published his findings in 1753 and as a result British soldiers were prescribed daily doses of lime juice in 1795 (hence the nickname limeys). However, it was not until 1928 that two independent researchers managed to isolate this scurvy cure. During this time Albert Szent-Györgyi extracted a substance from cabbage, oranges, paprikas and adrenal glands which he named hexuronic acid whilst Charles G. King extracted a substance from oranges and lemons that he called vitamin C.

The most important role of vitamin C is that it assists in the production of collagen (the main protein in animal connective tissues). It is therefore essential for healing all types of wounds including cuts, burns and broken bones. However, it also has further benefits which include:

- *Assisting with the absorption of iron from food.*
- *Preventing cancer (according to [How Stuff Works](#)).*
- *Protecting the body's cells against oxidative damage.*
- *Protecting the eyes.*
- *Protecting against heart disease.*
- *Reducing the symptoms of the common cold.*
- *Supporting the body's immune system.*

Unlike most animals, humans cannot produce their own vitamin C and therefore have to rely on diet for their daily intake. Men and women are advised to consume 40mg of this vitamin each day. As you probably know citrus fruits such as oranges, lemons and limes are the richest source of vitamin C. However, strawberries, sweet peppers and potatoes are also good sources of this vitamin. Like the other water soluble vitamins, vitamin C is quite easily destroyed. Bruising and cutting of fruits and vegetables can destroy some of their vitamin C

as can cooking at high heats. Therefore, I advise you to make sure that you take care when preparing these foods and steam your vegetables instead of boiling them.

As already discussed, not getting enough vitamin C can lead to scurvy. The symptoms of scurvy include bleeding, swollen gums, tooth loss and wounds that will not heal. Ultimately, scurvy can be fatal if left untreated but this is very rare because treatment simply involves returning to a normal intake of vitamin C.

Since vitamin C has been popularised by the media a lot of people take vitamin C supplements. Unfortunately, this can lead to overdosing which has a number of associated complications. These include cramps, diarrhea, headaches and vomiting. Getting too much vitamin C can also destroy vitamin [B12](#) and reduce copper absorption in the body. Therefore, if you are considering vitamin C supplementation I advise you to see your doctor first. Vitamin C supplements can be a good addition to certain people's diets but you may be getting enough from your food already. Your doctor will be able to assess your need for supplementation and give you an answer.

Vitamin C is vital. It helps you produce connective tissue, helps your wounds heal properly, protects your body's cells from oxidative damage and much more. However, you can get too much of a good thing. Therefore, if you are considering supplementation see your doctor first.

Sources:

[Vitamin C Information \(Food Standards Agency\)](#)

[Vitamin C Information \(How Stuff Works\)](#)

[Vitamin C Information \(Life Clinic\)](#)

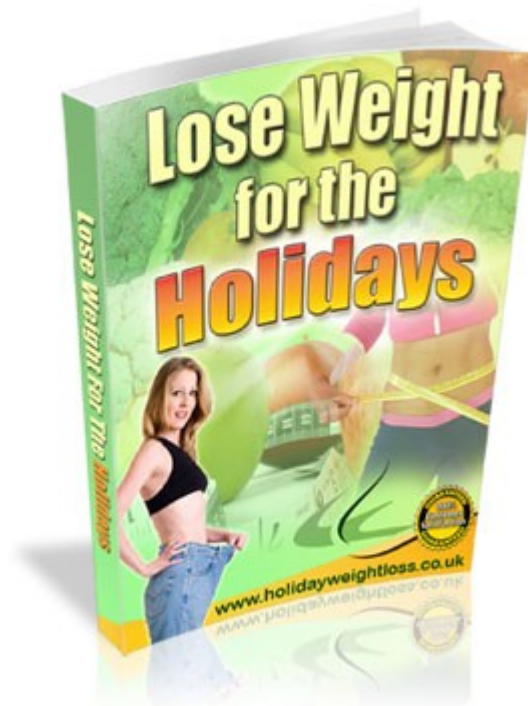
[Vitamin C Information \(World of Scientific Discovery\)](#)

2) Free Fitness Tips Blog Updates

Like last month, [vitamins](#) were again the main focus at the [Free Fitness Tips](#) blog during November. I also got featured on Andrew Rubalcava's blog - [Go Healthy, Go Fit](#) in a special post about bloggers and their [top five workout tunes](#). Full details are below:

- [Vitamin B1 \(Thiamine\) Explained - November 2nd 2008](#)
- [Vitamin B2 \(Riboflavin\) Explained - November 5th 2008](#)
- [Vitamin B3 \(Niacin\) Explained - November 8th 2008](#)
- [Vitamin B5 \(Pantothenic Acid\) Explained - November 11th 2008](#)
- [Vitamin B6 \(Pyridoxine\) Explained - November 14th 2008](#)
- [Vitamin B7 \(Biotin\) Explained - November 17th 2008](#)
- [Vitamin B9 \(Folic Acid\) Explained - November 20th 2008](#)
- [Vitamin B12 \(Cobalamin\) Explained - November 23rd 2008](#)
- [Vitamin C \(Ascorbic Acid\) Explained - November 26th 2008](#)
- [South Beach Diet Basics - November 28th 2008](#)
- [My Featured Fitness Playlist at Go Healthy, Go Fit - November 29th 2008](#)

3) Special Offer



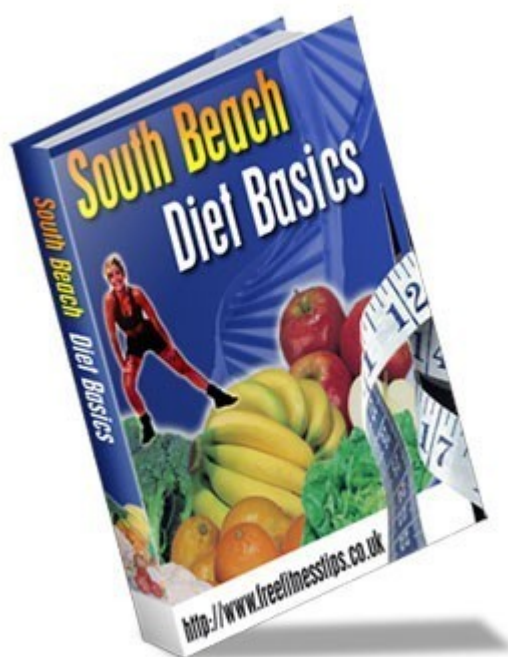
You may have already guessed this month's special offer from the banners on this month's newsletter but if not then I will tell you here. For one month only you will be able to get a copy of my ebook **Lose Weight for the Holidays** at a significant discount. I usually sell it for \$19.97 but for the entire month of December I am going to be selling it at the special, discounted price of \$9.97.

If you are worried about piling on the pounds this Christmas then **Lose Weight for the Holidays** is the perfect ebook for you. Inside I discuss how you can use a 'three pronged plan of attack' this Christmas to keep your weight under control. This plan will work during the busiest holiday periods even when you have family visiting and your fridges are stocked full of high calorie treats.

The price will revert back to \$19.97 on 1st January 2008 but until then you can grab your very own copy for \$9.97 using the link below:

<http://www.holidayweightloss.co.uk/christmasoffer/>

4) Free Fitness Ebook



It may appear odd that I am giving away a free ebook about diets when I am [not a huge fan of diet plans](#). However, the South Beach diet does have some solid principles such as cutting down on processed foods and increasing your intake of [fibre](#). Therefore, I am giving **South Beach Diet Basics** away so that you can have a read and hopefully apply some of these principles to your existing diet. The ebook also comes with full resell rights and giveaway rights so if you want to pass it on or sell it on to anyone you think will be interested feel free to do so.

[Click Here to Download South Beach Diet Basics!](#)

5) Final Words

Wow. Another month just seems to have flown by and now the year is almost over. Where does the time go? Next month is December and since it is the run up to Christmas, I'm going to be getting a bit festive at [Free Fitness Tips](#). I will be posting a selection of articles on how you can stay fit and healthy during this challenging time (in fitness terms). The articles will cover eating, exercising and more so stay tuned. Once again thanks for reading.

Until next time,

Tom Parker (Owner and Creator of Free Fitness Tips)

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