

## **2<sup>nd</sup> OPINION**

A weekly commentary by Ken W.Goewey based on current information gleaned from personal research . Feedback welcome! [kgoewey@gmail.com](mailto:kgoewey@gmail.com)

### **VITAMINS**

Vitamin C comes in two formulations, Calcium Ascorbic and Calcium ascorbate. Having used both, I find granulated (looks like sugar) calcium ascorbate the less acidic with a PH of 7.4, the same as our bodies PH when in balance. This form is also most easily absorbed when stirred into a liquid. IV Vitamin C can be used for most any form of disease from poison ivy to cancer. I've used it to counteract antibiotic side effects when intensive antibiotics were not tolerated to fight a staph infection in my leg this past year. To gain more information on the use of Vitamin C go to [www.wellnessjourney.org](http://www.wellnessjourney.org), then to links. Click on Doctoryourself.com, then to Vitamin C and Dr. Cathcart, a 30 year veteran in the use of C.

At doctoryourself you can also find strategies to get your doctor to work with you if hospitalization is required to get IV Vitamin C to be used for you to regain your health. There may be some resistance to utilize this non toxic vitamin. Be prepared before the need arises, but surely engage your health providers with the printed material at this site noted above.

C can also be taken daily to keep good health or to combat a cold. Begin with the first sniffle. It can help with allergies also.

Ken