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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Vitamin E and Lung Cancer Prevention

By News Canada

Vitamin E and Lung Cancer Prevention

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The Effectiveness of Vitamin C

By Anusuya Veth

Food Sources

Some of the sources of vitamin c are cabbage, cauliflower, guava, kiwi, papaya and strawberries.

Vitamin E and Lung Cancer Prevention

Who Needs Extra Vitamin C?

Although all of us need vitamin c there are others who need it more than us. Who are they?

1. Elderly Folks

As one grows older the ability to absorb vitamin c also decreases.

2. Smokers

Smoking not only harms the lungs but it also depletes vitamin C from the body.

3. Undergoing Surgery

How it helps in preventing cancer?

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