

# Study Shows Increasing Vitamin C Intake Can Reduce Hip Fracture Risk By 44 Percent

written by GEG | January 29, 2020



Researchers observed a protective effect against fracture with total and supplemental vitamin C in a sample population. Humans do not produce vitamin C, so a person needs to get it from food or supplements.

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## Creepy Technology Sends Data Through Your Bones Via Electrical Charges

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AT&T plans to roll out “bio-acoustic data transfer” to send digital data through people’s bones and neurons by way of electrical vibrations that can affect gene expression and physical processes.