

Discovery is seeing what everybody else has seen, and thinking what nobody else has thought.
- Albert Szent-Gyorgi, discovered vitamin C in 1928

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Shaken Baby Syndrome: Child Abuse or Vitamin C Deficiency?



By Bill Sardi

It is estimated there are up to 1500 reports of shaken baby syndrome annually in the U.S. The presence of eye and brain hemorrhages are alleged to be telling signs of child abuse from Shaken Baby Syndrome. But National Center on Shaken Baby Syndrome also advises parents not to shake their babies till they are past the age of 2 years because "*babies are fragile.*" Are all babies fragile?

Evidence used to convict parents of child abuse in these cases is questionable. Moments out of the womb, anywhere from 11 to 35 percent of newborn babies exhibit retinal hemorrhages. [Annals Ophthalmology 8: 53-56, 1976; J Pediatric Ophthalmology Strabismus 17: 14-16, 1980] Is this evidence that these babies are fragile, or that there is some other underlying cause?

It is well known that adults who are vitamin C deficient may exhibit retinal hemorrhages. [Postgraduate Medical Journal 66: 687, 1990] What about babies?

The administration of childhood vaccines increases histamine levels which can produce fragile blood capillaries which can be corrected with vitamin C. [Medical Hypotheses 62: 533-36, 2004] Multiple childhood vaccinations during infancy is a possible contributing factor. Infantile vitamin C deficiency produces symptoms of bruising, broken bones and sores that will not heal, which may appear to be child abuse. [Medical Hypotheses 59: 52-56, 2002]

Researchers are now discussing the possibility of vitamin C deficiency in cases of shaken baby syndrome, but want blood tests to confirm the diagnosis. [Pediatrics International 59: 52-56, 2002] This would require that all babies be continually tested for vitamin C in case they should develop retinal hemorrhages from shaken baby syndrome at some time in the future. It was shown as early as 1972 that vitamin C and bioflavonoids resolve cases of retinal hemorrhage. [J Medicine Lyon 53: 1681-86, 1972]

If babies can be compared to animals, they are all vitamin C deficient. Most animals produce their own vitamin C, about 20 milligrams per pound of body weight per day. Human babies produce zero vitamin C and are completely dependent upon the diet for this essential vitamin. Using animals as a comparison, virtually all babies have scurvy and are in need of supplementation, either via supplementation of their breast-feeding mothers, or directly in infant formula.



Babies Are Fragile, Don't Shake A Vitamin C deficient
Baby