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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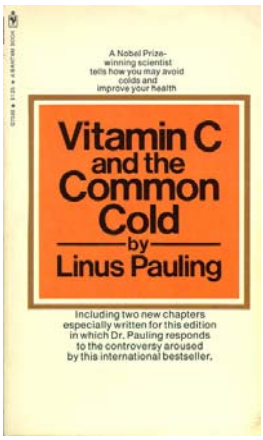
Part II

Vitamin C: Forgotten lessons, and overlooked teachers

By Bill Sardi

A review of the **researchers who have contributed most** to our understanding of vitamin C is worthy at this time.



Linus Pauling is probably the most prominent vitamin C researcher because of his two Nobel Prizes (1954 in physics and 1962 peace prize) as well as Pauling's notable health books. The publication of *Vitamin C And The Common Cold* in 1970 brought about a 300% increase in vitamin C consumption in the U.S. and a and a dramatic drop in the rate of coronary heart disease followed (source: Linus Pauling Institute).

But there were many others who produced high-impact reports. Like **Claus W. Jungeblut M.D.,** at the Department of Bacteriology at Columbia University, who reported in **1937 that vitamin C overcame the polio virus.** [Journal of Experimental Medicine 66, 459-477, 1937] But problematic and sometimes ineffective vaccines were chosen to be used instead.

Frederick R Klenner MD, a North Carolina physician, demonstrated the widespread application of vitamin C from 1950-1970. Klenner's paper, published in the Journal of Applied Nutrition in 1971, entitled *"Observations on the Dose of Administration of Ascorbic Acid When Employed Beyond the Range of a Vitamin in Human Pathology,"* is still an instructive classic. [Journal of Applied Nutrition 2361-68, 1971]

Pre-dating all of the aforementioned authorities except Svent-Gyorgyi is **William J McCormick**, MD, a tireless vitamin C researcher who practiced in Toronto. He expanded knowledge about vitamin C and its importance in collagen formation and wound healing. **He reported that vitamin C could both prevent and treat infectious disease.** [Archives Pediatrics 68:1-9, 1951] Modern medicine has now reached a dead-end in its overuse of man-made antibiotics that are losing effectiveness due to germ resistance. McCormick also reported that **cancer is a collagen deficiency disease** in the late 1950s. [Union Med Canada 88: 700-04, 1959] For comparison, after 30 years of research the National Cancer Institute has yet to produce one reliable non-toxic cancer therapy. McCormick's studies are still as valuable today as they were when freshly published.

Pauling's books made the greatest impact, but **Emil Ginter, DrSc**, of the Institute of Preventive and Clinical Medicine, in Bratislava, Slovak Republic, has made the

most voluminous contributions to the science of vitamin C. He has published 117 papers or letters about vitamin C in medical journals since 1960 (Source: National Library of Medicine). Dr. Ginter's works appear to have been overlooked.

In the early 1970s Dr. Ginter, as well as **Constance Spittle** of England, determined that Vitamin C is essential for conversion of cholesterol into bile which facilitates the dispersion of cholesterol in the blood stream. Virtually any agent that increases bile will lower cholesterol, a fact pharmaceutical companies don't want widely known.

Ginter conducted research using guinea pigs, who are in the same predicament as humans in that they don't synthesize vitamin C and must totally rely upon their diet for its provision. Though, **amazingly, he found a few guinea pigs that were still able to produce their own vitamin C!** [International Journal Vitamin Nutrition Research 46: 173-79, 1976]

In 1977 Dr. Ginter demonstrated that the provision of vitamin C to a hamster diet lowered the formation of gallstones. [Experientia 33: 716-17, 1977] This cure or preventive measure for gall stones is totally ignored by modern medicine today.

When Ginter deprived guinea pigs of vitamin C a metabolic imbalance occurred in the liver which resulted in impaired cholesterol formation into bile. High doses of ascorbic acid stimulate cholesterol transformation to bile in guinea pigs, noted Ginter. [Annals New York Academy of Sciences 268: 410-21, 1975] In a human study, **Ginter reported that 500 milligrams of vitamin C taken twice a day lowered circulating cholesterol levels and the effect lasted for six weeks after vitamin C was stopped.** [International J Vitamin Nutrition Research 47: 123-34, 1977] This report was published ten years prior to the first use of Mevacor, a cholesterol-lowering drug.

"In every form of high cholesterol, an adequate vitamin C supply should be ensured in doses capable of creating maximal steady-state levels of vitamin C in human tissues."

Emil Ginter, DrSc, 1982
[International Journal Vitamin Nutrition Research 23: 137-52, 1982]

The next year Ginter reported that diabetics with a low vitamin C level exhibit high cholesterol and triglycerides. [International J Vitamin Nutrition Research 48: 368-73, 1978] In 1982 he noted that ***"in every form of high cholesterol, an adequate vitamin C supply should be ensured in doses capable of creating maximal steady-state levels of ascorbate in human tissues."*** [International Journal Vitamin Nutrition

Research 23: 137-52, 1982] He reported that higher blood concentrations of vitamin C are achieved when given repeated through the day, such as with meals. Dr. Ginter said: *"Maximal steady state levels of vitamin C are probably optimal for health."* [Nutrition Metabolism 23: 217-26, 1979]

Another significant finding by Ginter is that **high oral-dose vitamin C increases levels of detoxification enzymes in the human liver.** [Physiological Research 43: 307-12, 1994] These liver enzymes, known as cytochrome P-450, protect against toxic chemicals. A number of **people who are overly sensitive to even the lowest doses of medications may have an impaired cytochrome P-450 enzyme system and be in need of supplemental vitamin C.**

In 1980 Ginter reported that a vitamin C deficiency elevates triglycerides in adult humans. [Physiology Bohemoslov 29: 337-43, 1980] Triglycerides are a risk factor for cardiovascular problems.

By 1995 Dr. Ginter showed that moderate alcohol intake depletes the body of vitamin C. [Physiological Research 44: 173-78, 1995]

Emil Ginter, a contemporary of Linus Pauling, is an overlooked world leader in vitamin C research. Over the past 45 years he has made significant contributions without fanfare. Unfortunately, modern medicine ignores Ginter's and Pauling's work. Though published in peer reviewed journals, their research studies provide repeated evidence of the health benefits that can be achieved by continual vitamin C supplementation throughout the waking hours. But these discoveries have not gone into practice because of the disinformation campaign conducted by organizations such as the National Institutes of Health and the Mayo Clinic.