

*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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Vitamin C: The massive effort to malign vitamin C therapy is evidence of conventional medicine's fear of this nutrient

By Bill Sardi

In 1991 Robert Landwehr wrote in the Journal of Orthomolecular Medicine, a paper entitled "*The origin of the 42-year stonewall of vitamin C.*" Landwehr recounts a brief moment in history when the country was gripped in its worst polio epidemic, that Dr. Frederick R. Klenner, a Reidsville, North Carolina physician, stood before the annual session of the American Medical Association in 1949 and said:

"In the past seven years, virus infections have been treated and cured in a period of 72 hours by the employment of massive frequent injections of ascorbic acid.... I believe, if vitamin C is given in these massive doses... to patients with poliomyelitis, none will be paralyzed and there will be no further maiming or epidemics of polio."

Dr. Klenner explained his treatment was administered like any other antibiotic, every three to four hours. **The trick to discredit vitamin C thereafter was to conduct virtually all future studies using low-dose or single-dose ascorbic acid to falsely prove vitamin C is**

ineffective against any disease except scurvy.

The public thinks narrowly, as do most physicians. The prevailing mindset is: "*This drug fixes that disease, and that drug quells the symptoms of this disease.*" Klenner's report before the AMA drew silence from the physician attendees. It's not that vitamin C was purported to just remedy polio, Dr. Klenner had begun talking about using it to successfully treat pneumonia, burns, complications of pregnancy, insect bites, wound healing, diabetes, cancer, cholesterol, lockjaw, hepatitis, sunburn, the flu, herpes, and childhood measles (he intentionally allowed his young children to be exposed to the measles and then gave them vitamin C to prove it wards off the virus).

Dr. Klenner was talking about more than vitamin C, he was talking about a **whole new way of practicing medicine**, with one single vitamin. Today it is as if Dr. Klenner never existed and his cures never happened.

For decades, modern medicine has known it can virtually be put out of business if the public opts to use vitamin C instead of running to the doctor for medicines. The house of cards collapses if the word gets out to the public. This is why, year after year, more flawed and rigged studies are published against vitamin C, to confuse the public. For example, a recent paper that drew worldwide news headlines claimed vitamin C doesn't prevent or resolve the common cold. But all the studies were performed using single-dose or low-dose

regimens. The few studies that did employ higher doses delivered promising results.

The medical literature is polluted with pseudoscience regarding vitamin C. The public has no way to distinguish the flawed from the bona fide science. The result, reviewers say the evidence is equivocal (open to two opposing conclusions). The list below summarizes the major lies, myths and half-truths told about ascorbate.

- ascorbate destroys vitamin B₁₂
- ascorbate causes kidney stones
- ascorbate causes uric-acid urinary-tract stones and gout
- ascorbate causes DNA damage (leading to cancer)
- ascorbate causes or exacerbates gastric ulcers
- ascorbate causes thrombosis (abnormal internal blood clotting)
- ascorbate causes diabetes
- ascorbate causes rashes, nausea or other gastric upset, abdominal cramps, headaches, fatigue, and diarrhea
- ascorbate interferes with the metabolism of other nutrients (eg. sodium and iron) causing either overload or depletion
- ascorbate interferes with medical tests, such as diabetes, anemia and occult blood-in-stool tests
- ascorbate causes cancer
- ascorbate causes atherosclerosis
- ascorbate is only an antioxidant (see Szent-Gyorgyi & Stone)

- ascorbate is only a vitamin (micronutrient); typical daily diets supply “enough” ascorbate
- The US RDA of 60 mg ascorbate/day is adequate
- Intakes in excess of 40/65/200 mg/day are excreted in the urine
- Only humans and primates, guinea pigs, bulbuls and fruit bats need dietary ascorbate
- “*Natural Vitamin C*” is more effective than the cheaper synthetic form of ascorbate
- ascorbate is worthless against the common cold
- ascorbate is worthless against cancer
- people with G6PD enzyme deficiencies cannot be administered intravenous ascorbate
- ascorbate supplants the immune system by destroying bacteria and viruses that normally generate antibodies

The rebuttal to these half truths and misrepresentations concerning vitamin C can be found here:

<http://www.seanet.com/~alexs/ascorbate/misc/ascorbate-lies.htm>

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