



**“The KEY to Good Health**

# **Vitamin C**

**Don’t Lose THIS key for it might Lock  
or Unlock *YOUR LIFE!*”**

**Conclusion of Fred R. Klenner, M.D.**

*with Fred H. Bartz*

**Vitamin C *effectively* prevents and controls colds**

# **Amazing New Research Report**

**How to aid your natural protection  
against sprays, gases, fallout, poisons,  
alcohol, auto exhaust, tobacco smoke  
and crud in your polluted food, drink-  
ing water and the air you breathe.**

**This book is dedicated to**

**ONE TEST**

**is worth more than 8,297 “expert opinions”**

**Scurvy is now rife in these United States. Facts are ‘smoking  
neutralizes up to 500 milligrams of vitamin C per pack of smokes.”  
Unless the heavy smoker fortifies his diet with at least 500 mgs. Of  
vitamin C supplements he – or she- is likely to have one or more  
symptoms of scurvy listed on page 8 of this edition. Check with your  
doctor at least once a year. If you live in a city you are subject to  
additional health hazards in the air you breathe, the food you eat and  
the water you drink.**

**Our studies clearly indicate that NO TWO PEOPLE ARE EXACTLY  
ALIKE IN THEIR NEED FOR C under the same conditions. Some  
medically supervised cases indicated that an arthritic microscopists  
needed 250,000 milligrams of C before a spill over showed up in a urine  
analysis. Other women maintain good health on as little as 30 mgs.  
daily from food. The above cases are discussed at length elsewhere.**

**ALL the pleasures of life are based upon good health. If you are sick  
call or visit your doctor. Self diagnosis and self-treatment is never  
recommended. Do not assume this book promises cures or prescribes  
for any disease. The object of this book is to aid you in preserving your  
good health. Keep your mind open to valid new ideas. “Cheer up,  
tomorrow we are dead”, as Ivan said in that play.**

**Let’s enjoy life to the fullest NOW!**

**Vitamin C effectively prevents and controls colds. Hundreds of M.D.'s agree that the dose must be related to the maximum needs of the patient. For typical comments see page 3.**

**“Not one failed to get a successful result, using C in large doses to combat colds.” This M.D. utilized “double blind” and other tests on 400 plus cold bouts more than 5 years. See page 44.**

**The third Virus Foundation report, “Over 16% had no colds for 2 years or more who imbibe 500 mgs. of C daily.” Only 6% of U.S. – one report states – citizens are naturally free of colds. See page 19.**

**‘Eight years ago I had a diagnosed case of lymph cancer, asthma, osteoarthritis and hypoglycemia. I was told to go home and die. I went on this program and now feel well enough to work every day. I look forward to reaching 100. I am now 68. See page 37**

**A demand is springing up for hospital insurance similar to the program sponsored by Kaiser industries. For a modest monthly sum each employee is protected against ALL hospital and medical fees. Regular examinations are a part of the contract.**

**Contents see page 6; tests for C deficiency see pages 8 and 43; abstract data page 50; list of authors see page 79; book reviews see page 86; a few tips on health page 91.**

**“Vitamin B3 stopped the growth of cancer cells in a Petri dish,’ announced Drs. R.M. Halpern and R.A. Smith of the molecular biology institute of U.C.L.A. (1971). B3 is niacin; niacinamide. Supporting their theory, chronic alcoholics show a cancer incidence of some 50%. Those with cirrhosis (liver) often deficient of B3.**

**Ozone and nitrogen oxide reach 0.9 ppm on hot days to make smog. “Rats given vitamin E exposed to such pollutants lived twice as long as controls who died of edema in two weeks.” Dr. Jeff Roehm of Battelle-Northwest Labs, in Richmond, Wash. “This is the air problem in cities like Los Angeles and New York and similar. No test on humans yet, but I for one – won’t wait for that.”**

**THE MASTER KEY TO PERFECT METABOLISM IS  
the detoxifying effect of C on all contaminants in your blood.**

**“Appreciate your health. It’s like having New Year’s and Christmas all rolled into one, no charge. Skeptical? Ask any hospital patient!”**

**Vitamin C is the basic detoxifying agent in your blood that effectively combats all contaminants entering it providing there is a surplus of C. You are under constant attack from almost every source of food you eat, the air you breathe and even the water you drink; they all contain injurious items foreign to the body that reduces your C surplus. All tensions also use up C. Your need for C was never greater. These research reports make clear that C is basic to your good health.**

**So how does one of the smartest men on the face of the earth cope with our contaminated society? Internationally famous high school drop out Dr. Linus Carl Pauling has been taking 3 grams of C per day for 5 years and more. So has his wife. Before doing so they were plagued with colds. Since taking these 3,000 mgs. daily they have NOT had ONE cold. Dr. Pauling is the only man in history who is the winner of TWO Nobel prizes. One in 1954 in chemistry, the other in 1962 for furthering the idea of Peace.**

**A controlled test by Edme Regnier, M.D. (John Hopkins ’44) over a period of five years utilizing C in large doses to combat colds, concluded, “not one failed to get a successful result...”. He gave his patients 600-625 mgs. of C every three hours. His report is dealt with at length elsewhere in this edition, see page 44.**

**Fred R. Klenner, M.D. first published in the fifties, “usually three 500 mg. tablets of C taken with fruit juice each hour for ten doses. Then four 500 mg. C tablets every two hours around the clock will cure in 25 to 36 hours. Colds gone, few side effects.”**

**Several years ago H. Curtis Wood, M.D. authored, “There is a cure for the common cold.” He advised at the first sign of a cold to take immediately 1,000 mgs. of C and then 500 mgs. of C every two hours for the rest of the day. To prevent colds he suggests one high potency**

**multi-vitamin capsule, 3 kelp tablets and 250 mgs. of C at breakfast, plus 250 mgs. for each pack of cigarettes smoked.**

**C COMBATS ALLERGIES, DESTROYES VIRUS, AIDS**

**CELLULAR permeability and antibody formation, lessens tissue damage.**

**“In using vitamin C as an antibiotic no factor of toxicity need be considered. Vitamin C possesses abilities which antagonize many of the ...effects of histamines. It should be employed with the anti-histamine drugs in all the allergic states. It is because of this factor that it serves so well in the treatment of acute rheumatic fever. It is a specific for snake bite, except the coral and cobra. It is directly concerned with the antibody formation and this in turn leads to an increase in the gamma globulin of the blood stream. It joins with the virus and its toxins to form a new compound which is destroyed by oxidation of the blood stream. It makes all cells more permeable which allows the entrance of immune factors otherwise denied. It prevents or lessens tissue damage. It serves as a hydrogen transporting cellular respiration. It functions as a dehydrator and diuretic. It is the KEY to good health. Don’t lose THIS key for it might lock or unlock YOUR life!” This paper was presented by Frederick Robert Klenner, J.D. of Reidsville, N.C. at an American Academy of Nutrition Convention, May 1953 in Pasadena, California.**

**Here is the chemical formula by which any virus is destroyed utilizing vitamin C, “C combines chemically with the virus and its toxins to form a new compound (probably a peroxide) with a trace of copper acting as a catalyst. The oxygen-reduction system of the blood destroys this peroxide instantly. Continuous massive doses of C thereby destroy active virus and their toxins.”**

**During a test by Dr. Martin Katz, some 600 school children in Texas were given extra quantities of vitamin C and not to others. In routine I.Q. tests those pupils receiving the extra vitamin C scored an average of ‘five points higher’ than the others.**

**Dr. Linus Pauling has contended that much mental disease is usually associated with physical disease due to a lack in the brain of a variety of vitamins and other food elements. He singled out vitamin C; B1, niacinamide B3, B6, biotin vitamin H and folic acid. See AAAS 4/19/68 Vol. 160 pp 265-271, “Orthomolecular psychiatry”. See the**

**work of Abram Hoffer, Canada who treated 1,500 schizophrenics and secured recovery and marked improvement in 1,200 of them.**

### **HOW TO ACHIEVE POOR HEALTH**

**Never walk if you can ride. When the thought of exercise assails you rest quietly until the impulse passes.**

**Smoke on every occasion.**

**Never leave the table hungry. Use white sugar, white flour, slobber gobs of butter on everything, order second helpings, plan each meal to include gooey pastries, pies, ice cream with thick toppings loaded with sugar, cakes and cute cookies.**

**Was this man a nut who first said, “If it’s dead don’t eat it, bury it! Otherwise salt it heavily!!”??**

**Start every meal with three martinis. After dinner finish up with two or three bourbons. “They settle the stomach.”**

**Eat four square meals a day. Under no circumstances eat organically grown fresh fruits and vegetables, this is only for those sickly looking “food faddists”.**

**Resent everything. Devote a good part of every day to worrying. Fear for the future. Get mad at everybody. Lose your temper and lash out at everyone who can’t fight back. Have a real good time, fight with your family. Have no faith in anything.**

**Food supplements are strictly superstition. Stick to foods that are canned, boxed, and drinks that are sweetened, bottled and carbonated. But they sure look good don’t they?**

**Whenever you are VERY angry and VERY upset go for a drive. That’s a dandy short-cut to end your miseries.**

**Always buy a BIG house with a BIG mortgage. Bite off more than you can conveniently chew in business. Marry an ambitious girl with lots of social drive. Don’t pay cash for ONE car, buy two and mortgage both of them.**

**Remember this is a selfish world. Never give a sucker a break. An ounce of prevention is worth a pound of cure? BUNK!**

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## **IS ascorbic acid an anti-cancer vitamin?**

**“We have enough circumstantial evidence to warrant prescribing 1,500 milligrams of ascorbic acid daily to prevent recurrence of carcinoma of the bladder after five years of study.” J.U. Schlegel, Chairman Tulane U. urology department.**

**“Guinea pigs saturated with C lived after being exposed to double the known lethal radiation dose.”**

**Vitamin C is an activator of the glandular systems of your body, IF you have a surplus of C in your blood. It attacks poisons, virus, bacteria and keeps the collagen firm. It is basic to good eyesight, healthy teeth and strong bones. Infants and growing children need C more than adults and aids in reducing fevers.**

**It aids in detoxifying overdoses of vitamins A and D. It attacks the side effects of a vast variety of drugs – such as aspirin – which may be taken to reduce pain or fight some other physical condition. It gives a vast assist to the liver in maintaining its health by the role C plays. Those who drink alcoholic drinks, smoke tobacco and drive an automobile a good deal need more C – on the average – than the sweet little lady who lives in a small town, walks to church the stores and visits neighbors and has few social and other pressures.**

**C is deadly to all types of virus and their toxins. It inhibits the growth of bacteria. It is an adjuvant in restoring good health with other treatments. By definition a “massive dose” of C is anywhere from 1 gram – 1,000 milligrams – per hour around the clock to as much as 100,000 mgs. per day in divided doses.**

**Higher doses of C beyond your normal needs activate the adrenal glands to produce more hormones. It multiplies the number and volume of white blood cells and antibodies safely, no side effects.**

**Investigators utilizing massive doses of C are unanimous as to its safety, freedom of side effects, ‘there are no pathological changes of tissues due to overdoses of C’...”it is innocuous large doses are free of ill effects”.**

**AS A CONTRACEPTIVE C was proven 96% effective!**

**The research work was done in Ukrania by some 300 women over a period of two years starting in 1965. C tablets of 200 mgs. were utilized. All details of its application were not published. But it seems obvious that the tablet is inserted some ten minutes before marital relations into her vagina. Your doctor probably can fill you in on additional details. Because of the nearly complete freedom from all side effects the Institute for the Protection of Mother and Child has recommended utilizing C as a standard contraceptive, C is very acid, on the scale where water is 7, C rates a very acid pH of 2.5 in a 1% solution. Test solutions from 1% to 5% of C “rapidly and irreversibly paralyzed the movement of human and rat spermatozoa. ‘ Because of the availability of 250 mg. and 500 mg. tablets in the states their use may offer better protection than the smaller tablet.**

**THE KNOWN SYMPTOMS OF SCURVY are “you tire easily or are tired all the time. You tend to “skin pallor” or have almost dead white skin without a rosy flush to it. Gums soften, bleed easily. Teeth become loose, and eventually you lose them. Skin tends to get rough and wrinkled, women smokers may prematurely show signs of old age. If you get black and blue spots from mild blows that remain for days, you are in trouble! Bleeding may occur from the nose, show up in urine and stools. Pain may attack any or all joints, but mostly in the arms legs and feet. Mental depression, headache, nerve symptoms, bad breath (halitosis), diarrhea. Gradual unexplained loss of weight. Any or all of these indicate scurvy. The also are symptoms of other ailments that only a trained doctor can make the proper tests to accurately diagnose what it is.” Scurvy is curable within usually a week or ten days if the disease has not progressed too far.**

**There are a number of tests for C deficiency. One is a tablet named dichlorophenol-indophenol. It indicates C is present or absent from plasma. Another is the use of a 5% solution of silver nitrate. This is a very fast and accurate office procedure in determining various C levels in plasma. See page 43 for references, reprints available. Also see the**

**Sensitive Crystallization processes sponsored by H.N. Williams, M.D. of Pa. 17603. This involves a kit and plates.**

**Many reports indicate that virus diseases like polio, colds, measles, chickenpox, virus pneumonia, virus encephalitis and shingles (herpes zoster and herpes simplex) have been successfully treated with massive doses up to seventy-two grams (72,000 milligrams) daily WITH NO IMPORTANT SIDE EFFECTS.**

**Many arthritic and rheumatic patients suffer from borderline or outright scurvy symptoms. Because the adrenal glands cannot manufacture cortisone (and many other essential hormones) without a surplus of vitamin C above normal body needs in the blood, many physicians are routinely checking vitamin C blood levels.**

**One completed study indicated the average cancer patient is short of C by 4,550 milligrams, which is a pathological shortage. The controls averaged 1,350 mgs. These M.D.'s were unanimous in their reports of C 'insuring tissue integrity'. Several advanced the thought that C may prevent a cancer syndrome.**

**It is in the nature and essence of industrial civilization to be toxic in every sense. The food we eat has been so altered in a few decades and contaminated with chemicals that every mouthful we consume contains some traces of harmful substances.' Dr. G. Schenk of Germany was quoted by Dr. Alexander Berglas who wrote "CANCER" – nature cause and cure.' Published by the Pasteur institute of Paris, France.**

**The "first line" and most potent defense of the body against poisons of all kinds and invaders of the blood stream of most every type utilizes vitamin C in fantastic quantities. For example one ten gram (10,000 milligrams) injections in a dog i.v. completely offset the bite of a large mature rattlesnake. It seems sensible if you are in a snake infested country (exceptions are the coral and cobra bites) bring along with you fast acting liquid vitamin C or powdered vitamin C tablets or straight ascorbic acid powder. This may help to keep you comfortable (and alive) until some anti-venom can be administered.**

**The inferences from these reports seems clear. Overdoses of vitamin C can aid you materially in protecting your health against such exposures to lead poisoning in auto exhaust; the more than 4,000 additives to food;**

**To the minute traces of DDT, dieldrin and hundreds of bug killers like arsenic sprays applied to your food on the farm; such sprays applied to tobacco and the acrid smoke from cigarette paper; too much alcohol; and the vast amount of sewerage and wastes that are being dumped into public water supplies; and the industrial wastes through chimneys that are polluting the atmosphere of countless communities.**

**Vitamin C is important and necessary to the collagen, dentine, intercellular cement, the walls of the blood vessels, cartilage, callus and osteoid bone tissue. It is the basis of connective tissue. Any fracture or wound will not heal without C. The growth of children and their full and healthy development need C in their nutrition. It is basic to individual health at all ages...particularly elderly people. It is the one vitamin that is most easily lost in cooking and by exposure to air.**

**Firming of gum tissue can save good teeth that may be lost because the gums have been damaged by “malnutrition, lack of C , niacinamide and other necessary nutrients.”**

**Dr. Nicholas L. Petrakis of the university of California medical Center invented a dime sized filter in which were trapped white blood corpuscles. This filter was inserted under the skin enabling him to observe that white blood cells can change their character. With ample vitamin C in the blood stream they can change into a fat cell; or if needed they become a fibroblast which is the backbone of connective tissue; or if they are present will attack and destroy germs acting as a scavenger.**

**This makes it plain why the body can stop “fluid loss” in severe burn cases if ample amounts of vitamin C are present in the blood. The fibroblasts and fat cells seal off the burned tissues and stop them from losing body fluids.**

**This research disclosed an ominous character of these same white blood cells when vitamin C is below normal requirements for body needs.**

**“These cells multiply quickly and then clump. These clumps become monstrously large!” Could this be the start of embolisms in the blood stream? Upon the administration of vitamin C to normal needs, the**

**White cells quickly resume their former healthy un-clumped appearance and character!**

**Back in 1957 Dr. Tom D. Spies who did outstanding work in the field of nutrition, had a building named after him at Northwestern University (Chicago and Evanston, Illinois) received many medals and honors in his lifetime, was quoted as saying this to the members of the American Medical Association, “All disease are caused by chemicals, and all diseases can be cured by chemicals. All chemicals used by the body – except for the oxygen which we breathe and the water we drink – are taken in through food. If we only knew enough, all disease could be prevented, and could be cured, through proper nutrition.”**

**“As tissues become damaged because they lack the chemicals of good nutrition, they tend to become old. If we can help the tissues repair themselves by correcting nutritional deficiencies, we can make old age wait.”**

**After keeping a piece of chicken heart alive for thirty-four years as an experiment in the factors controlling longevity and health, Dr. Alexis Carrell (Rockefeller Institute) stated, “Tissue cells are essentially immortal. Give cells all the essential nutrition they need, remove promptly all wastes and poisons and they can be kept alive indefinitely’. He terminated this experiment when nothing new could be learned by continuing it.**

**Along this same line of reasoning Dr. Thomas B. Gardner in 1948 announced he had increased the life span of fruit flies by forty-five percent. To their normal diet he added the B vitamins pyridoxine, pantothenic acid and yeast nucleic acid. “This clearly shows you can add years to your life and slow the process of aging”, he concluded.**

**The antitoxic and antibiotic effects of massive doses of C compare favorably with the results achieved by mycelial and sulfa antibiotics. The spectrum of vitamin C is so broad that many M.D.’s and D.D.S.’s**

have found it difficult to believe the reports. The preferred method of administration is intramuscular and intravenous injections. Where injections are difficult or impractical, C water soluble powder is useful,

tablets by contrast are relatively inefficient. The bioflavonoids, rutin and hesperidin increase the retention of C, hence citrus juices and other sources are utilized freely during C treatment.

“Pathological changes of tissue due to excess amounts of vitamin C are unknown. No factor of toxicity need be considered.” There is no toxic or allergic reaction from vitamin C, reports have noted. By contrast our own investigation turned up three individuals who WERE allergic in some form to vitamin C. one of these declared he couldn’t not take vitamin C in pure form at any time for any reason. Out of thousands of contacts we considered this individual unusual enough to report it here.

Natural sources of vitamin C are citrus fruits, tomato, green and yellow vegetables, peppers, mustard greens, rose hips and acerola berries.

Parasites are epidemic among families with pets as dogs and cats. Some recent spot checks indicate that as many as one out of three families have parasites as well as their pets. Be certain to have a fecal check made in your current physical examination for parasites if you are a pet owner.

Nature doesn’t change the rules. Did it ever occur to you that only manmade laws prohibit? Nature’s laws affirm instead of prohibiting. If you violate her laws, you are your own prosecuting attorney, judge, jury and hangman. Nature says you must eat sanely, sleep soundly, care for you body, avoid anger and hatred, be industrious, sober and self-respecting; and if you flout her laws, you just naturally walk into the jail of indigestion, nervous prostration, worthlessness and failure – there is no appealing the case, and no alibi is possible. Luther Burbank in “The Harvest of the Years”

Rheumatoid arthritis is caused by enzymes eating away the cartilage tissues of the joint, a report from Dr. Joseph Chayen, who heads the cellular biology department of the Kennedy Institute of Rheumatology in London, England. Vitamin C and k3 apparently seal the cell walls, they announced in Jan. 1969.

## **HOW LEO TARK, D.D.S. PRESENTED NUTRITION TO ME\***

**I had just turned about twenty-two years of age. My residence was Oak park, Illinois. In visiting a new dentist who had been recommended to me, I got the most profound shock of my life.**

**“I don’t know if I want you for a patient Mr. Bartz,” said Dr. Tark after a few minutes inspecting my teeth.’ The condition of your teeth indicates a basic nutritional ignorance that will defeat almost everything I can usually do for a patient.”**

**To say I was one startled individual is the understatement of the year. “I’m sorry if I don’t quite understand you Dr. What do you mean by nutritional ignorance?”**

**“Tell me please Mr. Bartz, what did you eat for breakfast this morning?”**

**“This morning I had an unusually good breakfast. I went to my favorite restaurant – I am single you know – and ordered some friend pork chops, American fried potatoes, white bread toast, with an extra pat of butter, coffee with two spoons of sugar, a helping of jelly and later I ate a chocolate bar.”**

**“That’s about what I thought. What was your lunch?”**

**“Not very much I’m afraid. I had a ham sandwich on white bread, coffee and apple pie.”**

**“Are these two meals typical of what you eat?”**

**“Naturally. I like these things.” Dr. Tark impatiently smacked his needle like probe and small mirror on his porcelain table and sat down with a grim look on his face.**

**“Mr. Bartz you will have to excuse me as your dentist. If you are going to continue eating food like that I want no part of your case, your teeth or you.”**

**“Well look Dr. Tark I’m told you are a very capable dentist and a completely honest man. I’ve had very serious trouble with my teeth in the past as you can see. I had five of my molars ground down, the nerves extracted and rubber fill replaced them, and them all were capped with gold. I was fourteen then. All of them were extracted when I was twenty-one because of pockets that developed under each. This was expensive, painful and uncomfortable in the extreme. I have been scared of dentists ever since. I always thought my teeth were sound and solid. I’ll be happy to take any advice or suggestions you make.”**

**“Well all right I’ll take you as a patient if you agree to reduce the amount of sugar you eat in the form of candy, pies, and what you dump in your coffee. Remember the white bread you eat turns into sugar also so cut down on that and substitute some dark bread or whole wheat, that’s one step we’ll find helpful.”**

**“That I will be happy to do Dr. I’ll admit I’m crazy about candy and eat a lot of it when I’m hungry.”**

**“That’s not what I’m talking about particularly. When I was going to school at the University of Illinois I saw what cod-liver oil did in strengthening the bones of guinea pigs. Your teeth are a part of your skeleton. When you strengthen your teeth your bones benefit. So we will start by you adding cod-liver oil to your diet every day. Maybe it might help you to do this for the balance of your natural life.” At the mention of cod-liver oil I made a wry face. I had heard about cod-liver oil taste.**

**“When I leave here I will go to the corner drug store and buy the best tasting cod-liver oil they have”.**

**“Mr. Bartz you can buy it in capsule form and there’s no taste of any kind.”**

**“Fine I’ll try that. Then what?”**

**“Next I want you to eat as much fruit as you have a taste for and some raw vegetables. Start off with eating one-half head of lettuce a day. If you have an appetite for it eat more. Eat other fresh vegetables besides mashed potatoes. Add orange juice to your breakfast or lime juice. Get them as fresh as you can. Drink apple cider any time, when you have a taste for sweets use honey.”**

**“Now keep one idea in your mind. If you continue to eat the way you ate today, by the time you reach forty years of age you won’t have a tooth of your own in your head. The structure of your mouth that holds the teeth in place is already very badly damaged. And I’ll be darned if I’m going to keep on plugging fillings into your mouth and then have to pull some of your teeth every year or so. If you do what I have outlined you might stop this process and you’ll have your own teeth to chew with, maybe forever God willing.**

**“You started life with a beautiful set of teeth. I’d like to help you keep them, with a minimum of trouble. I don’t believe in yanking every bum tooth that comes into this dental office and throwing in false teeth if there is a sensible way to avoid it.”**

**“When I see a nice guy like you committing this particular type of nutritional crime against your own teeth I simply cannot sit still for this. I’d much rather let some other dentist struggle with your teeth.”**

**“Right now you have about seven teeth that need a variety of fillings. I’ll plug up the two worst ones right now, clean up the rest of them, then come back next week. Then I want to see you every three months until we have you straightened out.”**

**This is my “Thank YOU Dr. Tark” wherever you may be now. Up to this point I had never been taught nutrition in schools I attended and had no idea that the appearance of my teeth – and everything else – was dependant upon my selection of foods.**

**After forty odd years from this conversation I still have some twenty-one of my own teeth left. They are all rather badly battered but still able to help me start the first step of digestion. Whatever helps the teeth**

helps every cell of the entire body. The teeth are the only visible part of our skeleton, and our skin, eyes, hair and all else needs good food.

## MY INTRODUCTION TO SCURVY

I had an in-law back in the forties who hadn't worked for some ten weeks. When I got there I asked him, "For heaven's sake John, why do you have such a pained look on your face?" "Fred it is agony for me to get up and walk over to the other side of this room. My joints – all of them - are just one big ache every time I move, even as simple a thing as lighting this cigarette is almost unbearable." So I asked, "What did our doctor say about this?"

"Shucks I spent ten days over at Edward Hines Hospital. I'm an ex-serviceman you know. They gave me every test in the book. My gums have receded to a point where I have lost two perfectly good teeth. My jaw bones won't hold them in place. I told them all about my aches and pains which are so severe I can't work. I've been out for ten weeks. Look at my face." "Yes I noticed John you are as white as a sheet. Where the heck did you pick up that big black and blue spot on the back of your hand?"

"Oh I just bumped it a little on that table a couple of days ago. It sure looks terrible. The mark will stay on my hand for a week sometimes. I'm so darn tired all the time I just have no ambition to do anything." John shook his head and added, "I sure had a tough time stopping the bleeding of my gums after the extraction. Baby here is complaining because I'm nervous and upset. Who wouldn't be? I'm so depressed about being unable to work on a job that's waiting for me if I could only get back on my feet. My diarrhea doesn't help any. It seems I've lost a pound every few days."

"Tell me John how many packs of cigarettes do you smoke in a week?" "Oh I average about three packs a day. They're a comfort. I got nothing else to do, except nurse myself." "Well for Pete's sake what did they tell you was wrong at the hospital?"

**“Well that’s the funny part of it, they gave me every test in the book. Brother some of them were very rugged. When they got all through the doctor declared, “John your organs are all normal. Every test we made indicated you are in good health. We cannot figure what causes your pains and aches. Maybe it’s the change in weather. We can find no pathology to treat. So we are discharging you today.” So they kissed me out of the place and here I am. Boy I sure feel terrible.”**

**More in the spirit of making conversation than anything else I said, “John I just came from the drug store. I bought some vitamin A which I take to keep my eyes in shape. The work in my photo lab uses very bright lights and burns up thousands of units of visual purple in my eyes, I also bought some small vitamin E tablets and here is some C and a handful of mineral tablets. While you are eating something take a few of these tablets every two or three hours. You got nothing else to do anyway. I’ve got to leave now and take care of some chores. Let’s see today is Thursday. We’ll drop by after church Sunday.”**

**So I left the tablets. Outside I said, “You know Myrt I wouldn’t be a bit surprised if he didn’t last the week out. I’ve buried guys who were better looking than John. I really think he ought to go to another doctor or some big clinic”. Myrtle, my wife looked surprised. “A doctor better than at Hines? Are you kidding?” I shrugged. “If you can’t get help one place its our American privilege to go to another, surely SOMEONE ought to be able to help that poor old wreck.”**

**So the following Sunday after church Myrtle and I again rang the bell at our in-laws. Here I received the most profound shock of my life. John’s wife opened the door and said, “Fred whatever did you give to John. I never say anything like it before in my life. It’s a miracle. John has been chasing me all over the house all morning long. His aches and pains are gone!”**

**Myrt and I looked at each other, I couldn’t help saying, “Who’s crazy?” So we went into the apartment and there sat John with a smile, got up and shook my hand. So I listened to him. “You know I started to feel better the very next day. I got the best night’s sleep Friday night I’ve had in weeks. I felt so good Saturday I called up my boss and told him I was going to work again Monday. I felt better. It sure is funny. Those pills sure pulled me from the grave.” I replied, “Pure baloney pal.**

**Those pills are only simple food supplements. They don't cure anything, they don't prevent anything. All they do is fill in a few of the missing chinks in any food program. Did you cut down on your smoking?" "Yes to a pack a day. But I enjoy smoking."**

**This left me one of the most puzzled men in America. As I happened to belong to an Athletic Club in Chicago I sought out my friend Dr. LaForge M.D. I related all the facts of this fantastic recovery which made absolutely no sense to me at all. "Repeat those symptoms again Fred" he asked and I did.**

**"What did you give him in the way of pills?"**

**"As I said Doc nothing but these fool supplements I take all the time. Vitamin A, small E tablets, some mineral and vitamin C tablets. This has really got me."**

**Suddenly Doc shouted, "I got it!" you could have heard for block and slapped his knee. "Fred I got it. It's as plain as the nose on your face. You know what your in law had? A fully developed case of scurvy! Vitamin C works very quickly where there is a solid deficiency... sometimes in a matter of hours, as in this instance."**

**"Doc I hate to give a nice guy like you trouble. It just hardly seems possible to me that the whole darn staff at Hines could have overlooked a simple goof up as this. Pal look he was in that hospital for ten solid days."**

**"Fred don't be too hard on the staff there. I can see you never went through medical school. The work of James Lind occupies only a small part of the entire curriculum. He spotted scurvy and its cure over 200 years ago. Who in thunder would expect to have a full-blown case of scurvy walk into the hospital or in any medical office in these enlightened times? Everyone eats fresh vegetables and drinks tomato and orange juice. This is something any doctor could overlook easily. Many cases of scurvy have a showing of blood in the urine, stool, nose or bleeding gums. This could be caused by a dozen things besides scurvy. Remember Fed the practice of medicine is an art, with a solid backing of scientific work behind the doctor. All I can tell you is that your in-**

law was lucky to have this kind of accident happen to him. You can quote Alvin W. Laforge, M.D. on that anytime you have a mind to.”

### **Third VIRUS FOUNDATION Report**

**At this particular juncture in our studies of vitamin C, now passing its sixteenth year, I find I have a good deal of sympathy for the professor who stated, “The more time I spend studying any specialty the more I realize how little I know!”**

**For example here is what I consider a really loaded question. “How much vitamin C do I need every day?”**

**One thing I am positive about. Any person who says, “You need 100 mgs. Daily.” Or “You should take 500 mgs. Every two hours”, without some extensive preliminary checking simply hasn’t the slightest idea of what he is talking about.**

**Because one singular fact stands out above all others in our work and studies.**

**NO TWO PEOPLE ARE PRECISELY ALIKE IN THEIR NEED FOR VITAMIN C**

**Take a good look at this statement. Then consider this.**

**Any individual’s need for vitamin C CHANGES FROM HOUR TO HOUR in the course of a day; a week; a month.**

**Consider that I frequently dry up a head cold with two or three doses of 1,500 mgs. of C per hour. My daughter who should have roughly the same need for C as I have requires a solid dose of ten grams – count them – 10,000 milligrams before she can start the drying action that I have found helpful. Why this fantastic difference between father and daughter, even allowing for the fact that she is the mother of four and happily married and my activities are that of a typical professional man with a working wife and a big house and yard, complete with two dogs,**

a mortgage and the usual problems of living an active pleasant and reasonably sensible routine. My daughter smokes, I don't. She has cut it down lately I think. I confine my drinking to a glass of wine at some mealtimes. She drinks some bourbon, and not often. So these are the high spots.

I recently notice an official survey that state, “..only 6% of the population of America is free of colds.”

By contrast, those families reporting to us taking a minimum of 500mgs. Of C daily report, “...more than 16% have been free of colds for two years or longer.”

Here are the hard facts...

**NO HEAD COLDS FOR TWO YEARS OR LONGER** were reported by 16% (plus) of all respondents.

**COLDS OCCUR LESS OFTEN** were reported by 92% which includes the 16% above.

**ABOUT THE SAME 6%. COLDS OCCUR OFTENER 1.2%.**

**COLDS ARE LESS SEVERE** and shorter in duration 75%.

**ABOUT THE SAME 3%. MORE SEVERE .5%**

As far as I am concerned those who take C regularly **MORE** than 2 ½ times the number of the national average are FREE of colds. And almost **ALL** of the respondents report ‘colds occur less often’ or 92%... and best of all 75% report their colds “**ARE LESS SEVERE** and shorter in duration.”

For myself I still swill 1,500 mgs. of C at the first sign of a cold, and during the so-called “Hong Kong flu epidemic” I took 3,000 mgs. at a dose. I was lucky enough to abort every attack I sustained, and there were seven of them. My nose dried up within a matter of minutes. I’ve been averaging 2,000 mgs. of C daily during this winter utilizing tablets made from rose hips.

To all you good people who have taken the time to report to me this is my heartfelt “**THANK YOU!**” The time you spent filling out our forms is appreciated. Your reward is increased resistance to viral attacks and hence better health. I think this is utterly beyond price. Too many people undervalue good health.

Despite the largest number reporting to me, the percentages have remained almost stable during the past five years. So from now on my efforts in this direction will be substantially reduced. It takes a good deal of time and the total cost is shocking. Any time you doubt this I hereby invite you to underwrite a program. And Please understand I am not complaining, I'm cheering you.

There have been a number of deaths among those who reported to me. This is also true regarding the professional list of M.D.'s, D.D.S.'s and Ph.D.'s who formed the author source of many of my reports and analysis. It is with deep regret I note each of those who have passed on, and with a tear and a large lump in my throat I will keep their name in this edition. It is my small tribute to their talent, good will and skills. And devotion to public service.

And if this civilization does not end in the near future it is **THEIR** contribution that is helping all of us to live a more healthy life, to live longer free of ailments and disease and to point the way to the prevention of disease as the coming great medical art. This small book can mention so pitifully few when there are so many who have done such a magnificent job.

I would like to repeat the chemical formula that was first proposed by Fred R. Klenner, M.D. in one of his many reports published in the early 50's and listed elsewhere in this book. "Vitamin C combines chemically with a virus and its toxins to form a new compound (probably a peroxide) with a trace of copper acting as a catalyst. The oxygen reduction system of the blood destroys this peroxide instantly upon being formed. Continuous massive doses of vitamin C thereby destroy active virus and their toxins." With this further comment. This applies to virus not only the large ones but also the small ones.

The implications contained in the above paragraph stagger the imagination. If 94% of our population is cursed with colds every year, we have the means to combat it with reasonable effectiveness if this formula is wholly true. Or even partly true. I'm thoroughly convinced it is largely true, and is hampered only by the fantastic differences in the need for C between people. This plus the fact that what appears to be a cold, is actually an allergy to some germ, dust, food or pollen in many cases. It takes a very capable M.D. to quickly establish the difference.

**One of the questions I took pains to get answers to was this, WHAT ARE THE SIDE EFFECTS. In some drugs the cure is much worse than the disease. So I have gathered the remarks and complaints from all sources available to me and I print herewith samples of what was written and what was said.**

**So I became suspicious of vitamin C and its “side effects” when I found three people who stated, “I cannot take massive doses of C. I am allergic to it. It is too acid. It upsets my stomach.” One friend told me he felt fine but “just for the hell of it I’m going to take two 500 mg. tablets”. He blew up the finest case of rose fever he had ever suffered through. Another got a case of hives. Both of these cases promptly recovered before the day was out. Out of hundreds of comments, case histories and persona remarks made to me I include in these “side effects” some that are strange and really unexpected. They follow:**

**“Stomach upset” “Better general health” “It gets more life into my frame” “Very good results in connection with prostate difficulties. My girl friend quit laughing.” “Hardened my gums so teeth do not have to be pulled” “Fingernails got harder” “Eyes seem to be brighter and deeper in color” “I cleared up a case of athlete’s foot by dusting C powder on my feet and in my socks” “Produced extra gas in my system that was very embarrassing” “Cleared up a case of itching sores” “My case of vasomotor rhinitis required 8,000 to 10,000 milligrams of C daily before it cleared up’ “My teeth are almost free of tartar, but my dentist doesn’t believe the C I took did it’ “Easily combated a dry itchy skin” “Overdoses of C brought frequent urination and dehydration” “Wife claims use of 750 milligrams of C stopped a headache when aspirin and buffered analgesics failed!” “gave me diarrhea twice a good cleansing” “drastically reduced poison ivy sensitivity, better healing of cuts and bruises’ “..massive doses of C cleared up a post-operative infection for a large hernia where a standard ‘miracle drug” failed” “**

**C causes some stomach distress” “my sore feet ached in the morning when I got up now disappeared after going on C’ “Soreness gone from my gums, unplugs my nose” “C combats smog effects, we have almost no sinus trouble any more’ “Less fatigue under stress” “I take 1,200 mgs. of C a day, I’ve had one slight allergic cold in three years. My cholesterol count has dropped from the 240 to 250 range down to 150 to 160” “Helps to keep my arthritis under control’ “C is valuable in fighting tiredness” “Feel stronger and more mentally alert’ “I just look**

**better” “C is the miracle food of our time” “I used to have colds and flu at the onset of cold weather until spring. Now not one cold in six years” ‘I had a light case of shingles, on my face. Started with the Drs. ointment and antibiotic. Finally I told him I was going too use the C I**

**had on hand. We dropped the antibiotic and used only the C and ointment and had it almost completely licked in three days” “C keeps my bronchitis down and contributes greatly to my general health” “I’m 82 and work every day as a civil engineer, take my vitamins A and B and C and D daily. Feel the same as I did in 1955 in 1945 and 1935. use glasses only for reading.’ “Eliminated the pain in my recurrent ‘tennis elbow”” (Editor’s note- four others said they tried it ‘no effect”) “Do not bruise at all since taking C” “Improved skin tone” “Pains in joints are getting less all the time” “It keeps me going” “no colds, flu or infections. Since taking C my gums no longer bleed.” “Free of colds for eight years” “General health better” “C gives me clear, pink strong finger nails, although I look young I’m 81” “Relieves tension and tiredness” “C tablets are effective cough drops when placed in the mouth for simple sore throat” “Gave my daughter 100 mgs. C and stopped bet wetting. When I stopped the C bed wetting resumed.”**

**“An intra-muscular injection of 2,000 mgs. of C stopped a hay fever allergy in 15 minutes when everything else failed” ‘Increased alertness less tired’ “bowel gas and bloating when I take 3,000 mgs. every two hours” “I am taking C on my Doctor’s orders, also a prescription drug for my rheumatoid arthritis’ “All my patients get high dosages of C or postoperative care for at least five days”**

**“We have five children ages 2 to 9 who have a weakness for bronchial pneumonia. We give 4,000 mgs. of C per hour for three doses and then 2,000 to 3,000 every hour or two until it clears up. When our baby gets a cold at four or five months we have crushed 500 mgs tablet in fresh orange juice and given it every fifteen minutes for three or four hours and got fine results.” “Prevents muscular soreness from unusual activity” “My wife cleared up an infected wisdom tooth” “Seems to be good in any condition where there is fever” “Found natural C much more effective than straight synthetic ascorbic acid” “If I take large doses of C my gums and tongue get sore and it also effects my bladder” “Raised resistance to infection”**

**It takes a far greater amount of C to combat air pollution, filled with carbon gases from car exhausts, dust particles contaminated with poisonous chemical fertilizers and insecticides...I think during the months when viruses are rampant 2000 mgs. Of C per day minimum is our rule for our section of the U.S.A.**

**“I QUIT TAKING VITAMIN C altogether for three months. Then one morning I woke up with a severe case of shingles. I called the Doctor and he didn’t think it might be of an emergency character, so we made a date for that evening. In the afternoon of that same day I suddenly had a massive stroke that paralyzed the right side of my body. My Dr. came to my home on the run. He made me get up and forced exercise within two days of this event. He stayed with me for six straight hours. I’ve lost about 60% of my muscular ability on that side, and I am slowly improving. I’ve gone back on C and other supplements.” (This individual has been a part of our testing program for twelve years.)**

**‘I added vitamin C to my food intake in an effort to firm up my gums. My dentist had already pulled two perfectly good teeth, and more were on his schedule for removal. Much to everyone’s surprise, my gums began to harden. So I had the whole family take C supplements as a routine measure. This went on for about five years. I didn’t lose any more teeth.**

**‘One day my wife found out that she had a mass of tumors in the same place that caused her mother to have a hysterectomy when she was thirty seven years old. So in ordering the surgery, her family doctor recalled that she was a “bleeder”. This posed a very real difficulty to the operating surgeon. But after looking at the hospital records previous the surgeon agreed very reluctantly to perform the “keyhole” operation, a very exhausting and frustrating way to reduce bleeding to a minimum. This took over seven hours.**

**“At the start of the operation the surgeon made a number of small tests – similar to a pin prick – to determine the healing capacity of various**

tissues and organs. Each healed almost instantly. He finished the operation in a very grim mood and insisted that a blood sample be sent to the laboratory. He simply could not bring himself to believe she was a bleeder the records indicated. The report came back ‘patient’s blood checks out at 15’.

“Now usually a strong healthy man will have a 15, most women seldom get above 12 and a bleeder is normally around 4 or maybe 5. What the surgeon had to say to the family doctor is not a matter of record, but it impelled him to ask my wife, “Can you think of anything you have done in the past six or seven years that wouldn’t have made such a large alteration in your blood picture? The staff at the hospital and myself are very curious as to what may have been responsible? You are no longer a bleeder!”

‘I can’t think of a thing’ my wife answered, “except one thing. My husband has been taking vitamin C for his gums and I started to take it about five years ago every day. Just one 500 milligram tablet a day. Everything else I do including where I live and how I live is the same. I eat about the same things. It does seem odd.’

Do the doctors put this into the hospital records.”

To all you wonderful people who signed the questionnaire form from the VIRUS FOUNDATION as well as those who added personal comments your names are listed below.

HERE ON THIS PAGE AND THE NEXT 5 PAGES ARE A LIST OF NAMES OF THESE WONDERFUL PEOPLE WHO SIGNED. FOR SAKE OF TIME I AM NOT LISTING THEM HERE NOW.

WE MUST REALIZE THAT AS THIS BOOK WAS FIRST PUBLISHED IN 1959 IT IS MOST POSSIBLE THAT THE GREATEST NUMBER OF THESE PEOPLE ARE NOW DECEASED.

AS TIME ALLOWS THESE NAMES WILL BE ADDED BACK TO THIS PUBLICATION. IF YOU ARE IN NEED OF THE NAMES AND WOULD LIKE A LIST PRIOR TO UPDATING, PLEASE CONTACT ME AT: AnnyBelle Publishing at [www.AnnyBelle.org](http://www.AnnyBelle.org)

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**The Natural Food Associates of Box 210, Atlanta Txas 75551 have a positive program devoted to the preservation of soil, water and health. Tax deductible membership \$5. yearly, includes one year's issues of natural Food and Farming journal. President is Joe D. Nichols, M.D. For many years they have been waging through conventions, seminars, books, conferences, reprint service, tape recordings, radio and TV your inherent right to eat poison free food, drink poison free water and breathe poison free air. Emphasis now is aimed at colleges and similar.**

## **INTRODUCTION**

**This is the sixth edition of this research study. I wrote the first edition and published it over the specific request from Dr. Klenner NOT to print it, as a small act of appreciation to the monumental work of Frederick R. Klenner M.D., F.A.C.C.P. of Reidsville, N.C.**

**I have been a victim of recurrent virus pneumonia since 1918. In addition ever since I have been twelve I have had to cope with – as one M.D. friend of mine put it – “a small touch of rheumatic fever.”**

**And in the late fifties I showed Charles Hughes, M.D. an orthopedic specialist of River Forest, Illinois a positive print of an x-ray of my feet., he remarked,” I could hang my hat on your bone spurs. How are you able to walk around in comfort, let alone play tennis as actively as you do at your age of fifty eight?” It is now 1969. I am still playing an active game of tennis. Dale Wilson and I teamed up and entered the Chicago Open Senior Doubles Championship event in 1962 at the Beverly Hills Tennis Club and landed in the finals. Robert Haigie who had just turned forty-five and Rus Elderkin my former team partner won. That year Dale and I were the only ranked players at our own Oak Park Tennis club in River Forest, Illinois. This is what I mean by playing tennis actively.**

**This is why I have a very personal reason for inquiring into what vitamin C can do to keep me and folks my age going along in comfort and good health. And if you understand how many people are in wheel chairs with this ailment you then know what a problem in CAN be.**

**In the past when I got a virus pneumonia attack, (which was so diagnosed at various times by a number of good M.D.'s) they would shrug their shoulders and remark, “go to bed and stay there until you feel better. Get plenty of rest and liquids.” Then depending upon the doctor, I got aspirin; later on sulfa pills; then penicillin shots; and finally as the medical are changed a variety of mycelial antibiotics. In each case they would remark “You’ve got a virus which we can’t touch,**

**But this (the pills or shot) will take care of other invading organisms.” Some of my bouts with this virus got very rugged, some lasted as long as two weeks. It would take me a month to recuperate my strength fully.**

**For years when mixing around anyone who said he had a “cure for a cold” always drew a round of laughs. So when I first heard of Dr. Klenner’s “cure for a cold” I’d grin and make some “wise crack” laughing it off. But finally an attorney Larry D. Hillyer of Brownwood, Texas wrote me to check it carefully before I passed judgment.**

**It was here I discovered something. I had a closed mind on this subject. So I made a half-hearted routine check of his standing in the medical profession. The American Medical Association had him as a member in good standing since 1937. He not only had his M.D. degree but also had acquired a B.S. and an M.S. and was a Fellow of the American Association for the Advancement of Science. So I remarked to some friends of mine, “It seems odd that I – of all people – would not even check out a technique that would deal – or had a chance of curing – a virus attack.**

**I’m a creative printer by trade, I have six processes which I have contributed to my craft. One has patent 2607268. Others are trade marked. When I offered my own STRECHTYPE\* process first to the trade, the biggest obstacle I had to overcome was the complete unbelief of the prospect that I had invented a “type stretcher”. My first ten prospects literally laughed me out of their office. And here is a scientist who has cracked part of the problem of dealing with a virus and I won’t even give this item a trial. I’ve simply got to get my hands on his published work. It might well be of extreme value to me personally.” (\* trade mark Patented)**

**So I eventually got my hands on his reports six months later. They detailed his use of massive doses of vitamin C in various virus conditions. The first cold I tried it and stopped my leaky nose in three doses of 1500 milligrams each hour. And I never felt better! You simply can not imagine how I felt. I had paid \$7.50 for 100 tablets of 500 milligrams strength vitamin C or ascorbic acid tablets at my local drug store.**

**In November 1956 I began to suffer the classic symptoms of my recurrent virus pneumonia. My lips slowly got dry during the first day. My voice became slightly hoarse. This rendered me unable to sing, which I like to do with friends of long standing like Rena Ohlin – now Mrs. Fred Anderson – and others. The second day that “out of this world” feeling. A general malaise. A general worsening and slight fever the third day. Then the appearance of a yellowish nasal discharge and sputum.**

**It was at this point my fright drove me to take two grams of vitamin C per hour. By the third dose the fever left me, but I still felt “tough” or sickish. I went to the office and put in six hours. One evening I played poker with some of my very close friends. On Sunday I played tennis for two hours indoor, as this was near winter weather. The fever never returned, the hoarseness never got worse, and on the fifth day I was suddenly well! My cough was gone. Nasal discharge clear. When I added the vitamin C I had imbibed it totaled 144,000 milligrams in four days, or roughly 96 hours. I felt good. It was a miracle for my money!! Or as one doctor suggested, “Maybe I was just lucky!” I felt if this was luck I wanted a lot more of it.**

**If there was any harm in taking massive doses of vitamin C I’d undoubtedly be dead or crippled. The only noticeable side effect was some embarrassing afflatus. And I had imbibed one of the largest doses of vitamin C in the medical records.**

**This convinced me of one thing. All or most of Dr. Klenner’s conclusions are completely valid. They are public property. How do I go about repaying a physician who makes a discovery of this importance? Why isn’t every hospital the headquarters for this harmless type of treatment? Why isn’t every doctor using this? And how about the discoveries of numberless other doctors who made this final step possible? And the hundreds of other M.D.’s who have used vitamin C and other vitamins to prevent or control many present day ailments? At the time I considered the cost of these tablets, and if I had the cash I would have paid \$1,000 per bottle for vitamin C after finding out its potency!**

**So I am passing it on. Remember the play Magnificent Obsession? Virus attacks are still with me. But not one virus pneumonia attack that got past the “dry lips” stage! Colds? My four grandchildren Susan, Michael, “Ricky” and Cheryl visit me daily. Their ages vary from almost fourteen down to seven and all four expose me to everything going the rounds in our neighborhood. I discuss this at some length in the book review section. I dry up most sniffles in two hours or less as I step up my C intake at the very first sign of a cold, like a sneeze or leaky nose.**

**I am not satisfied THAT NO TWO PEOPLE ARE PRECISELY ALIKE IN THEIR NEED FOR C. When you find your minimum and maximum needs for C are and govern yourself accordingly better health will follow as surely as day follows night. And let your own doctor help you secure this information when you visit his office for a routine check of your health. It will be worth any price you may pay, in my opinion.**

**My whole approach to living at this time is in the area of preventing health problems from arising. The very reason for this book being distributed is to make you familiar with a modern technique that can easily aid you in maintaining optimum health.**

**Not only by utilizing C bearing foods, but to note that all vitamins are important and minerals, proteins and other food factors. Few people seem to realize that water is a mineral, that it contains minerals, and that too much water will dissolve minerals in your body and wash them out, leaving you “mineral poor”!**

**Many Japanese never drink water when they are thirsty. They eat fruit instead. They also have a clean habit of washing themselves after every toilet duty with soap and water. After I adopted this idea I haven’t had any rectal problems since. And they eat some twenty different kinds of seaweed which furnishes them with all the varieties of minerals and other nutrients for maintaining their health at a high level.**

**All of the abstracts contained in this book point out that it is far easier to prevent an ailment than to cure a disease that may become irreversible and beyond help.**

**In a personal letter to Mrs. Gerson, Dr. Albert Schweitzer from his hospital in Lambarene, Africa wrote her a very beautiful letter of condolence, a copy of which I cherish, after the death of her husband Max Gerson M.D.**

**“I see in him one of the most eminent medical geniuses in the history of medicine. He possessed something elemental. Out of the deepest thought about the nature of disease and the process of healing, he came to walk along new paths, with great success. Unfortunately he could not engage in scientific research or teach; and he was greatly impeded by adverse political conditions.”...** Many of his basic ideas have been adapted without having his name connected with them...those he cured will attest to the truth of his ideas. I hope he also gained some pupils in the new world who will do this for him.”

**Now of course both are dead. In the book – still in print – “A CANCER THERAPY, Results of fifty cases” by Max Gerson, M.D. (\$8.50) states, “there is no cancer in a normal body with normal metabolism.” He stated “the inflammation metabolism of a healthy body can kill cancer cells.” Further he was able to reverse the growth of inoperable cancers without surgery or x-rays through medical techniques which he describes. Plus a diet which produced a potassium ion concentration % larger than the sodium ion %.**

**His cured patients were introduced to the sub-committee of the U.S. Senate whose chairman was Senator Pepper on July 2, 1946 when the congress at that time was seriously considering \$100 million for a crash cancer research program under the “Pepper-Neely” bill. The key organ which must be largely untouched by cancer Dr. Gerson said was the liver. If the liver is largely invaded that body’s defenses are gone. I was one of the hundreds who wrote to Dr. Gerson suggesting he write a book completely describing his theories and methods useful to other physicians. Our correspondence makes interesting reading even yet.**

Recently I had the pleasure of hearing H. Curtis Wood, Jr., M.D. give a talk. "Many of the 250,000 anti-cancer drugs and chemicals are so toxic or otherwise generally worthless that perhaps the government should outlaw them. On the other hand if a physician has available any treatment known by previous tests to be harmless, no agency of the government including the F.D.A. should be able to keep a licensed physician from utilizing such treatments for the benefit of his patient. I conceive the function of the F.D.A. is to protect the American citizen from harmful drugs or foods."

"The facts are that America is NOT the healthiest country in the world. Let us begin with a person who has reached forty years of age. That person can expect only TWO more years of life than he would have fifty years ago. If we start with people at fifty years of age their average life expectancy is no more than it was 100 years ago."

"I think the best way to add fluorides to the diet of children at an age it will do them the most good, is to add one part per million to the milk the child drinks at the school lunches and more important ONLY with the parents consent. Thus the dose can be accurately controlled. Fluoridating water supplies to reach these children is a huge waste as only 3/10<sup>th</sup> of 1% of the total water supply is drunk by them. Worse no one has any control of the dosage and family consent is ignored."

Studies recently finished indicate that man is creating an environment upon the face of the earth which will cause increasing incidence of cancer and other degenerative disease. As all Americans become aware of their danger, there will grow a demand to clean up the conditions that are causing this environmental change. This of course has to be a very expensive and long range program. But some way must be found to make more Americans realize the full benefits of vitamin C and other food supplements.

'You might be interested in the fact that I take from 3,000 to 5,000 milligrams of vitamin C daily. I have a case of lymph cancer which I have kept under reasonable control for five solid years. The thing that

really bothers me though is my case of hypoglycemia. Between that, my asthma and my acromegaly osteo-arthritis I've had to reorient my entire living program to undo the damage my body has suffered.

**"You ask what my program is besides the use of C? Well to begin with I live entirely on organically grown freshly juiced vegetables and fresh fruit from organic farms. These items I get at the store ready to eat. The only cooked food I eat are two minute soft boiled eggs; one minute pressure cooked fish and mushrooms. My food is presently costing me some \$500 a month. I also follow an exercise program each morning which consumes some 1 ½ hours of time, and utilize several vibrators which aid in awakening my glands.**

**But believe it or not this together with my food supplement intake – which incidentally totals about 125 tablets and capsules a day – I have built my health back to a point where I am a reasonably successful consultant, I put in a full days work every day and push hard."**

**"I feel that despite my age of 65 I am looking forward to reaching 100 years. But I no longer kid myself regarding the absolute importance of eating "live" food. Life comes only from life. If the live elements are in the food, robust health must be the result, even when the disease process has taken some toll. I would never last the month out if I ate everything put before me in many restaurants and in homes where I appear as a guest."**

**"I've found out the hard way that vitamin C is an absolute necessity for me, and that my requirements are way above that of the so-called and mythical "average man". This plus all the other vitamins, proteins, minerals, enzymes and freshly juiced foods which I drink in quantity have given me a positive new hold on life, and the enjoyment of life. There is no prison worse than ill health."**

**"Incidentally I have had one mild cold which hit me in the fall of 1967, which lasted only a day or two. It didn't interfere with any of the jobs I was doing; it didn't disturb my rest and is the only one I sustained in this five year period since I went on this program."**

**Most everyone enjoys their “coffee break”. They also enjoy the cocktails and other “hard” drinks at various times. Especially the mixed drinks employing one of the many cola beverages that also contain caffeine. This combination attacks and destroys some of the C and vitamin B complex to a point where the ‘adult daily minimum requirement’ becomes completely meaningless, scores of reports have noted. This includes B1 and cholin fractions of B.**

**Every time you drive your auto into heavily traveled lanes of traffic you breathe carbon monoxide mixed liberally with ‘tetra ethyl lead’. This lead combines with vitamin C to probably make ‘lead ascorbate’ a harmless product thrown off by the liver, IF you have any C left in your blood stream. That’s a big IF. Many of these reports have noted that “if you drive and drink it seems wise to supplement your meals with vitamin C and the whole yeast and liver complex which may aid you in avoiding cirrhosis of the liver” some of these reports concluded.**

**Several reports noted that ONE cigar contains enough poison to kill two men if these were passed intact into their body system. A list includes the known nicotine, hydrocyanic acid, pyridine, hydrogen disulphide, ammonia and many others. Some of these do get through in minute quantities. Vitamin C being a basic defense of the blood against all poisons is used up as these get into the blood. What protects the cigar smoker? He usually doesn’t inhale.**

**An interesting item appeared in the respected English lancet. A.J. Mester reported trying massive doses of vitamin C on 24 patients with open ulcers that would not heal. Finally C liberally applied on the dressing was applied directly upon the open sores. Nineteen secured healing so quickly that it was considered nothing short of dramatic.**

**Several adverse reports to the massive use of C by injection to patients with thrombophlebitis and a “tendency to thromboses” were cited by M.D. Mashkovsky. “After prolonged huge doses the C exerts a depressive effect upon the islands of Langerhans. The functional capacity of the pancreas should be checked regularly. By stimulating the production of cortisone and other steroid hormones, under certain conditions injury to the kidney glomeruli and the development of a**

**hypertensive reaction clearly indicates the blood pressure should be checked at frequent intervals,” was advised by M.F. Merzhinsky and L.S. Cherakasova, U.S.S.R.. They suggested the use of vitamin P (bioflavonoids) to reduce capillary fragility and permeability.**

**Many arthritic and rheumatic patients suffer from borderline or outright scurvy symptoms. When ample supplies of C are given to a patient, the adrenal glands manufacture a variety of hormones including cortisone. In the process of doing this, the glands consume substantial quantities of cholesterol from the blood stream. Blood counts of over 400 cholesterol were reduced to normal within thirty days in hospitals with C therapy. One report observed, “atherosclerosis (senile hardening of the arteries) may be avoided by healthy people of advanced years by periodic use of C.” This also has the effect of aiding arthritics, these M.D.’s noted.**

**After finding vitamin C useful in overcoming his own low back pain, James Greenwood Jr. tried this out on some 500 patients including those with ‘herniated nucleus pulposa’ also known as ‘slipped discs’ and similar. He suspects spinal difficulties are ‘metabolic in origin’ and suggests a routine increase in vitamin C on the order of 500 to 1,000 mgs. daily before spinal operations are planned. When he got patients early enough, he was able to reduce the pain completely and avoid the need for an operation, in many cases.**

**By using a series of vitamin C injections on rats infected with tetanus ‘lockjaw’ O.K. Dey blocked their death. He also stopped the lethal and convulsive properties of strychnine, the symptoms of which closely resemble tetanus toxin. At the time this report was released from Calcutta, India this applied to animals only.**

**Routine use of vitamin C injections are utilized by dentists and surgeons before and after operations to reduce surgical shock and insure fast healing. They also utilize C by mouth before and afterwards to reduce blood loss and increase blood coagulation.**

**Many forms of mental illness are directly associated with a lack of C. ‘Significant improvement in the manic, depressive and paranoid symptoms-complexes after receiving high dosages of Vitamin C for**

three weeks.” In the problems that geriatric practitioners face, they have found that the ONE vitamin most often missing in older people is C. He tried giving a group with a quite a few ‘anxiety symptoms’ a high vitamin C intake and found they were able to keep them under control, with few other mental illness problems cropping up. All forty patients responded. This work was done in Britain.

A good deal of evidence indicates that tuberculosis is no great problem if the patient is rested and well fed. Care must be exercised so that adequate protein, fresh fruit, fresh vegetables, ample calcium and other minerals, particularly vitamin C, and substantial intake of A in the form of cod liver oil and vitamin E so that the A is absorbed. This routine has speeded recovery substantially so reports noted.

Conclusions from a variety of sources all over the world indicate that C is an astonishingly effective agent in reducing fever from a wide variety of infections. Doses varied from two to ten grams i.v. at stated intervals around the clock.

For example in 1963 Clinical Medicine pointed out that virus pneumonia, hepatitis and mononucleosis cannot be knocked out by any “miracle drug” but vitamin C appeared to do a pretty good job. It is virtually non-toxic, causing no side effects of importance. Out of six cases of virus infections there was prompt patient response, four of whom improved so fast that the staff agreed to was ‘dramatic’. Doses of ten grams i.v. produced no ill effects.

From the files of Dr. J. Shafar of Burnley General hospital of Burnley, Lancashire, England were two patients in their fifties a man and a woman listed as cardiac patients whose electrocardiograms were erratic. They also suffered from scurvy. Given substantial doses of C for a period, their electrocardiograms were normal in one week, and remained so. Medical Digest, Aug. '68.

If you are in the neighborhood which harbors black widow spiders, their bite mimics a host of such serious disorders as lock jaw, coronary thrombosis and food poisoning. “intravenous massive doses of vitamin C are extremely effective and ameliorate the bite of a black widow spider if done promptly.” If no M.D. is available take C in solution by mouth until he arrives.

**In the U.S.S.R. a group with very high cholesterol counts and high blood pressure were given routine injections of C at the one gram level (1,000 mgs.). One patient would get a pressure of 240/140 on any emotional upset. Cholesterol 320 all medications proved completely valueless. Given C by injection, cholesterol count became normal at the end of seven days. Most of unpleasant symptoms gone. Average time of recovery for the other patients was thirty days. For all these patients the diagnosis was atherosclerosis. Reported by E.M. Berkoviskin.**

**One of the more interesting reports indicated that the rH factor can only injure the child when blood can enter the placenta. This can only happen if the C content of the mother's blood drops below the needs of the mother the doctor concluded.**

**Incidence of leukemia in infants and young children is markedly higher when the mother is a "one pack or more per day smoker" while pregnant. In seeking the reason for this, W.J. McCormick noted a research paper on mice, "by giving 50 mgs. in divided doses of a toxic chemical similar to tobacco tars – indole – to a low-incidence-of-leukemia-mice they observed a 55% leukemia incidence as a result. To another group of the same strain of mice they gave them 30 mgs. in divided doses of indole. The leukemia incidence dropped to 16% as a result.**

**In one textbook on "Acute lymphatic Leukemia" this appeared, 'The most striking clinical symptoms of this disease are the hemorrhages and their sequelae. Every touch produces hemorrhage, making a condition completely identical to scurvy.' "This close linkage with scurvy seems to have been completely overlooked. A large class of congenital defects is therefore preventable.**

**Vitamin C is important and necessary to the collagen, intercellular cement, the walls of the blood vessels, dentine, cartilage, callus and osteoid bone tissue. It is the basis of connective tissue. Any fracture or would will not heal without C. The growth of children and their full and healthy development need C in their nutrition. It is basic to individual health at all ages, but particularly old people. It is the one vitamin that is easily lost in cooking and by exposure to air.**

**Pathological changes of tissue due to excess amounts of vitamin C are unknown. No factor of toxicity need be considered. Most reports note, “there is no toxic or allergic reaction from vitamin C.”**

**One study which was completed indicated the average cancer patient is short of C by 4,440 mgs. These M.D.’s are unanimous in their reports that C, “insures tissue integrity.” Several advanced the thought that C may prevent a cancer syndrome.**

**An article in “Feed Age April 1966” indicated to their chicken raising readers that typhoid mortality in their flocks can be reduced if vitamin C is fed to the chicks. Moreover if C is given routinely the resistance of the flock to typhoid is increased.**

**To those of you who take alkalizers, pain pills of various kinds and aspirins may not be aware that you may lose as much as 50 milligrams of C for every such pill you take. This is brought about by lowering the threshold of the kidney.**

**There are no published limits of poison spray residues on tobacco. The net result is that tobacco farmers can be as generous with their spraying as needed to get rid of bug pests. Recently Dr. Emory Thurston, Consulting biochemist pointed out that these sprays, “are volatilized in the tobacco smoke and go directly into the lungs.” This he feels could explain in part the “alarming increase in lung cancer.” Spraying can also be applied by tobacco manufacturers in their storage warehouses. It has also been found that filter cigarettes let MORE poisons through than others. The poisons listed in news Week 8/12/66 in addition to tars, nicotine and the greatest cancer causer of them all found in all tobacco smoke, coal tar benzopyrine is also present with the radio-active Polonium 210. Many people feel that the same law which restricts poisons on foods to no more than one or two parts per million should also be applied to tobacco.**

**One group of 437 TB patients on an ordinary hospital diet had 47 develop intestinal TB. Another group of 399 were admitted later. These were given three ounces of citrus or tomato juice and one-half ounce of cod liver oil with each meal. Only three developed intestinal**

**TB. Out of another group of 913 given the same addition to their meals at last count only nine developed intestinal TB. This study concludes that ample supplies of vitamins A, C and D, plus calcium renders tuberculosis patients resistant to tuberculosis symptoms.**

**Most M.D.'s have no office procedure for determining the amount of C in their patient's blood stream. This is one procedure that was published in the Tri-State Medical Journal, February 1956. The title was, "A New office Procedure for the Determination of Plasma Levels for Ascorbic Acid." The author is Fred R. Klenner, J.D., F.A.C.C.P., Reidsville, N.C. 27320 The test is simple, accurate, fast and inexpensive. It compares in accuracy better than a photoelectric colorimeter.**

**The many doctors who reported results in dealing with a variety of virus diseases like polio, colds, measles, chickenpox, virus pneumonia, virus encephalitis and shingles (herpes zoster and herpes simplex) used a variety of doses of ascorbic acid administered i.v., i.m., (intravenously and intramuscularly) and orally up to 72 grams (72,000 mgs.) daily in divided doses throughout the entire twenty-four hour period of each day. By testing each patient for C spillover and noting the various temperature ranges as they occur he uses these as a rough guide for continuing or reducing the input of C. Each patient has their own individual reaction to any given dosage of C and the good doctor is careful to note these differences.**

**Visitors to Russia are frequently struck with the fact that a very large percentage of the population carry sunflower seeds in their pocket and eat them at odd hours. As one result of this habit the wearing of glasses is a rarity, one report states.**

**An amazing 10 million women are suffering from a well known – but little understood – malady known as "iron deficiency anemia." It would seem very simple to sure. Just take a supply of iron supplement and goodbye tears, fatigue, listlessness and those fears that follow one around. Working as a team Dr. P.R. McCurdy of Georgetown and Dr. R. J. Dern of Loyola Schools of Medicines found that by adding 500 mgs. of C daily increased iron absorption by the factor of 1.88. See American Journal of Clinical Nutrition. April, 1968.**

**THE ADMINISTRATION OF LARGE DOSES OF ASCORBIC ACID in the Prevention and Treatment of the Common Cold by Edme Regnier, M.D. (Johns Hopkins '44) published in the Sept. and Oct. 1968 "Review of Allergy and Applied Immunology."**

**This is a controlled study consuming some five years and more than 400 trials on a "double blind" basis. Part 1 occupies 12 printed pages Part 2 occupies 9 printed pages. Over simplifying this report he concluded, "Not one failed to get a successful result, using vitamin C to combat colds."**

**His treatment of the common cold consisted of 600-625 mgs. of ascorbic acid every three hours. He found it works with 200 mgs. each hour or 400 mgs. each two hours. It doesn't work as well if 800 mgs. is given every 4 hours. At bedtime 750 mgs. and upon arising another 750 mgs. first thing. The dosage is kept up for three days, and if the cold is better the dosage is dropped to 375 to 400 mgs. every three hours.**

**If this dose reduction brings about a recurrence of the cold symptoms within twelve hours, return to initial dose, the new symptoms will not leave for twelve to eighteen hours. After six days then drop the dosage to 200-25 mgs. of C each three hours. After several more days change the interval level from four to six hours. Stop taking C after ten to twelve days.**

**Virus and cold symptoms occasionally have a complication when treated with C, like painful muscles twinges and 'odd' headaches. If this occurs immediately increase the dosage and prolong your treatment.**

**He kept a cold active in himself for twenty seven days, by permitting it to recur. The older the cold got, the larger doses he had to take to re-abort his cold. Finally taking penicillin to "prevent the old spinoff of a viral infection into a bacterial invasion affecting his ears." He was plagued with otitis media in the past.**

**He found that it is better to give too much C, because if too little is utilized in the later stages of the infection you prolong the bout. One group of thirty four cases was given a "duo CVP capsule containing**

bioflavonoids and C” he suppressed the colds of thirty one bouts of colds. Out of fifty colds with straight C he suppressed forty five and said he could account for six of the eight failures later. He found no differences between the straight C and the C- and-the-bioflavonoids. His controls were given lactose filled capsules and they had a normal cold bout in twenty-two of the twenty four instances. In each case unused supplies of drugs were returned after each bout with a cold.

He made no attempt to identify the viruses. He merely is satisfied that ‘C suppresses the symptoms of a cold effectively”. He concludes very tentatively that there is a “double barreled” action when C is used. It decreases the permeability of tissue cell membranes, and also decreases the permeability of the capillary wall, which could explain the prophylactic success of C and its symptom suppressive action.

He found that one to three grams daily is too little to be effective. He has taken five grams daily for six months with no observable distress or harm. One nurse took C daily for twelve years, and then when she discontinued taking C, acquired two colds in one season. This indicates that continuous doses of C does not create immunity when stopped. He suppressed one of her colds as previously indicated. The other cold he let run its course, which was a typical “cold bout”.

If someone sneezes into your face who has a cold, by taking 750 mgs. of C immediately and again three hours later repeating the dose, a cold does not occur. Three nurses kept themselves free of colds by taking 250 mgs. of C daily for four consecutive seasons, when most of the others in their hospital had one or more bouts with a cold, with the attendant absent from duty. Large doses of C continued when no cold is present will create flatulence. By ceasing taking C after twelve days excess gas is avoided.

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The Editor of the Review of Allergy is Ethan Allen Brown, M.R.C.S. (England) L.R.C.P. London; Reference Editor, Jonathan Forman, M.D. Assistant Editors, Bernard A. Berman, M.D.; Bernard N. Halpern, M.d., and Hans Selye, M.D.

**THE CONTROL OF GLAUCOMA** looks very promising was recently announced from Italy at the University of Rome. The treatment consisted of 100 mgs. of ascorbic acid per kilo of body weight (2.2 lbs.) three or four times daily, depending upon the severity of the case. Glaucoma is the disease that produces excessive pressures within the eyeball. If not reduced blindness is usually the end result,. With the C treatment pressures were brought down to near normal, see Eye, Ear, Nose and Throat monthly, Vol. 46 page 1502.

**MANY EMOTIONAL DISTURBANCES** have their source in a malfunctioning thyroid gland. This includes a variety of mental depressions, ‘nervous stomach” when every test points to an excellently functioning organ; rapid speed, tremulousness, easily exhausted, tense and similar psychiatric symptoms. There was even some deterioration of personality.

Medications prescribed by Nathan Masor, M.D. of N.Y. were vitamin C, thyroid hormone, thiamin chloride, riboflavin and niacinamide. These improve the transport of oxygen within the brain through a complex series of enzyme reactions. Some were also given in addition B12 and thyroid hormone injections. He reported to the Second International Congress for Psychiatry, Zurich, Switzerland during the week of 9/1-7/’57 that one female patient was typical. “After five weeks she was restored to normalcy to a point where she was free of stomach complaints, exhaustion and felt emotionally secure for the first time in years.” He suggest a routine check of each patient’s thyroid gland’ production of thyroxine.

#### **ANTI-ACID TABLETS SHOULD BE PROHIBITED BY LAW**

According to H.D. Abt, et al in the Am. J. Med. Sci. 197-229, “39. Too little hydrochloric acid in the stomach impairs protein digestion and blocks the absorption of vitamin C. Another group found that ‘they destroy the B vitamins, prevent many minerals from reaching the blood so the anemia can develop and bones crumble.” L.S. Valberg et al, Brit. J. Nutr. 15, 473, 1961.

**ASPIRIN CAUSES BLEEDING** of the gastrointestinal tract in many cases where the patient is short of vitamin C, and is taking aspirin on a regular basis over a period. The taking of C may stop this bleeding so advises R.I. Russell of the Univ. Glasgow Dept. Med., see The Lancet, 9/14/’68. Dr. Russell states, “why this is so is not completely understood.”

**“An educated fool is a bigger fool than an uneducated one.”**

**Benjamin Franklin**

**Speaking about a large number of colleges and universities “I thought their standards undecipherable, their accomplishments dubious, their pretensions insufferable, their independence a sham, and their appeal to their constituency irrational and degrading”.**

**“Nothing in the thirteen years (Jan. 1964) since I left Chicago suggests that higher education has become any more intelligible to itself or to our people, or that it can weather another great financial crisis or another wave of McCarthyism.**

**“Our colleges and universities are no more intellectual communities than they were. The role of a college president is not to be a mediator, whose first objective is peace.**

**“I think he should be an agitator. I do not believe in peace. On the contrary I believe that the vitality of an institution of higher learning, as an institution depends on argument.**

**“I do not mean argument about parking or the extension of co-education to dormitory rooms. I mean argument about fundamental matters, such as the role, the purpose, the aspirations, the standards and the effectiveness of the institution.**

**“The credit system, the elective system, the departmental system, and specialization have meant that the search for unity and intellectual community has had to be abandoned. These same factors have produced fragmentation and incoherence, which has thwarted efforts to give positive content to the term “liberal education””. Dr. Robert Maynard Hutchins, President Center for the Study of Democratic Institutions, The Fund for the Republic, Inc. Box 4068, Santa Barbara, Ca 93103.**

**“The central motivating force in obtaining education today is the acquisition of worldly goods, power and influence, and getting children into the most prestigious colleges. We do not yet value education for the right reasons.” Dr. John I Goodlad, Director of the U. of C. University Elementary School.**

**The American public is now facing a crisis in health. As a nation, physically speaking we are a sick nation. How sick? The last time I saw the figures we were number 18 in the list of the “healthiest nation” derby. Our infant mortality figures are an utter and absolute disgrace. We are number 15 among all the nations of the world who report their “infant mortality” tables.**

**I am wondering if part of our problem has been covered by several articles in the Jan. 1969 issue of “The Center Magazine”, \$15. yearly donation to the Center for the Study of Democratic Institutions. I quote a very few thoughts, “Science is in the hands of our universities and our “multiversity” ... to fill the demand for technical proficiency, services and technical ‘progress’ ... they are not equipped to guide or control anything, because it has no organizing principle that would permit it to endorse or reject any project or program.**

**“Although nobody could or would propose to put a stop to scientific discovery or technical invention, it does seem time to ask how these great achievements can be directed toward the enhancement of human life. I suggest five possibilities that might brighten the prospects of this scientific and technological age.**

**“The first is a redefinition and restoration of liberal education. The second is the redefinition of the university. The third is a redefinition and restoration of the idea of a profession. The fourth is the revival of philosophy. The fifth is the restoration and resort to politics.” from “Doing what comes scientifically by Robert M. Hutchins.”**

**It strikes me that some concerted effort should be made to make America the healthiest nation in the world. This should include making our infant mortality rate on a par with the best of any nation. It seems to me that a fitting effort should be made to make available to every American basic information that will insure the avoidance of foods and habits that injure health.**

**More than this, include in our schools, our RV programs, and all public and private information groups programs of activities that insure each American citizen the opportunity to build health in the best sense...a healthy body, a healthy mind and a moral character fit to pass on to their offspring. This may involve some very hard decisions, such as outlawing ads for tobacco, alcoholic drinks, and foods that contribute to deficiency diseases.**

**ANOTHER PERSONAL OBSERVATION** relating to the thought that life itself must be electrical in nature. Our energy can be built up by “enthusiasm”. Scientists measure the electrical charges from our brains, from our heart and can even regulate the beat of a heart by hooking it up electrically with a “heart pacer”. Why does the heart beat faster when we become excited?

Where does this electrical charge come from? Is it from the food we eat, the water we drink, the air we breathe? Is energy the product of our “enthusiasm”, our ambitions, our love life? Is it coupled in some plain way that is too close to see with gravity?

So it seems clear that life, energy, thought and emotional feelings are tied up together. We know that good health is related to a “reasonably pleasant state of mind”. This is to a degree what powers your various glands and with action resulting from this combination in the form of work, thought and various types of exercise that keep you “tuned up”. It seems quite plain that if you wish to maintain good health that you keep yourself free of resentments, unhappiness and unending frustrations.

A new electro-sleep machine is able to put a patient into a deep stage four sleep for some twenty minutes that equals anesthesia. Russia has been experimenting with this since 1950. It involves the use of a tiny current pulsed and under the control of the operator. Animals have had kidney transplants while under it. Patients have been helped in the fields of asthma, rheumatism, mental disorders, insomnia and the like. Baylor University and the Downstate Medical Center in New York have been reporting “Interesting results”.

This points up the real relationship that probably exists between life, consciousness and electricity. I submit that there is a basic, largely unexplored field for research in the use the body makes of various types of electric currents. One of the investigations involving negatively charged ions some years ago – for example – indicated that people felt more cheerful in their presence.

So I must repeat, keep a cheerful, courageous outlook on life,. Develop your friendships. Learn to relax at any time or place. Get a yearly physical checkup from your doctor, don’t plan on living forever. A fuller, richer and longer life will result I hope!

## **ABTRACTS OF PUBLISHED MEDICAL REPORTS**

**There are well over 1,500 medical reports published on the use of vitamin C in medicine. Observers the world over note its use as the basis of “tissue integrity”. Again and again this is repeated. Some use the simile “it acts like mortar between bricks”. Seldom is vitamin C used along. Basic medicine is utilized first. As a supplement C is only one of many important vitamins, minerals, proteins, enzymes and other items that make up a complete, sound diet. The following summary of reports may be of interest to you. If you wish to read the original report, the file data is added for your information.**

### **ABORTIONS, HABITUAL**

**Good results from the use of hesperidin and C. Also used C, K and hesperidin. S. Horoschak Exper. Med. & Surg. 12:570-597, 1954**

### **ADRENAL GLANDS ARE STORAGE DEPOT FOR VITAMIN C**

**The adrenal glands have been found to be the storage depot in the body for vitamin C. When we removed the adrenal glands surgically from a patient, she developed scurvy. Reported Dec. 29, 1958, Surgeons Digby Chamberlain and N.V. Addison, England**

### **ALCOHOLISM**

**Intravenous administration of 1500 mg. of vitamin C, 1,000 mg. of vitamin B1, doses of vitamin B6 from 50 to 200 mg. for delirium tremens or cases likely to shortly become so. Repeated daily in smaller doses. Sedation may be unnecessary. Rapid abatement of symptoms. J.S. Imrie Brit. Med J. 2:428-430, Aug. 13, 1955**

### **TWO CASES D.T'S**

**Suggest that C 1,000 mg. in 1,000 cc. of 5% glucose solution containing 25 mg. of corticotrophin (ACTH) also administered i.v. Patient improved but still confused. Dose repeated. Recovery uneventful. Another patient with delirium tremens given sedatives and i.m. B complex, died in 78 hours. K. Fischbach, R.E. Pollard, and E.M. Simmons J.A.M.A. 149:927-928, July 5, 1952**

**“Alcoholism, The nutritional approach” by Roger J. Williams \$3.50.**  
**This book is dedicated to Alcoholics Anonymous. This illness is usually curable. See the Book Review section of this book.**

### **ANEMIA**

**In iron deficient 20 infants and your children received from 500 to 750 mg. of C daily, plus 38 mg elemental iron; 0.8 folic acid; 4/17 mcgrms. B12 per 5 cc. Dose averaged 20-25 mg. iron per Kg. of body weight daily. Results considered satisfactory. Addition of vitamin C gave a 69% daily greater hemoglobin response; an average peak reticulocytosis 96% higher and a 19% shorter length of treatment. Vit. C may aid the absorption and utilization of iron given orally.**

**M.D. Gorten and J.E. Bradley. Journ. Of Ped. 45:1-12, July '54**

### **ARTERIOSCLEROSIS, OCULAR**

**Local arteriosclerosis and hemorrhages in the vitreous are improved if 300 to 500 mg. of Vit. C and rutin are given daily. Chronic infection of the cornea and ocular disturbances associated with vascular dysfunction are dealt with effectively with large doses of Vit. C. A.M. Yudkin**

### **EDEMA, OCULAR**

**Edema of the macular region produced by vascular decompensation often responds more rapidly when 10 to 33 ounces of orange or grapefruit juice are given in addition to 500 mg. of Vit. C daily for three or four days. A. M. Yudkin Am. J. of Opth. 34:901-902, June 1951 (in Soc. Proc.)**

### **ARTHRITIS, RHEUMATIC DISEASES AND VITAMIN C**

**Editors note. Investigators are generally agreed that the adrenal hormones are the basis of life itself. They regulate the conversion of food we eat into fuel and materials of metabolism. Bacterial invasions are resisted through the ability of the adrenal hormones to mobilize chemical body defenses. Inasmuch as cortisone is an adrenal hormone it seems plain that the pain of arthritis and the volume of Vit. C in the blood stream bear a direct relationship. “I have treated a number of rheumatic fever patients with i.v. and orals doses of Vit. C from 1 to 10 grams daily.**

**Recovery was routine in from three to four weeks. No cardiac complications.**

**“Those with incipient arthritis were given ascorbic therapy and similar results achieved.**

**“It seems to me that articular cartilaginous lesions common to all rheumatic diseases are referable to nutritional deficiency of vitamin C.”  
W. J. McCormick, M.D. Arch. Pediat. 70:107-112 April 1955**

#### **ANTI-ARTHRITIS CORTISONE IS PRODUCED BY THE ADRENALS**

**“Adrenal gland production of cortisone is blocked if not enough vitamin C is in the diet. When guinea pigs get scurvy from lack of vitamin C they get very severe arthritis.” Drs. C.D. Hughes, M.J. Swenson, J.S. Hughes, G.K.L. Underbjerg of Kansas State College, Manhattan in Science October 5, 1952**

#### **ASPIRIN TABLETS**

**Increase the secondary incidence of bleeding from a tonsillectomy (surgical removal of the tonsils). By eliminating aspirin tablets and using vitamin C and K instead, secondary bleeding dropped from an incidence of 17% to 1.5%. L. G. Pray and W.K. Wright, A.M.A. Arch. Otolaryng. 53:277-284, March 1951**

**“Aspirin tablets taken with a virus infection, 75% of the patients lost vitamin C immediately after taking the aspirin. J.M. Spitzer and S. Shapiro Am. J. Digest. Dis. 15:80-84, March 1948**

**“Aspirin tablets? I have never permitted them around my house. Members of my staff have asked me about my prejudice towards this ‘pain relieving home remedy’. I will tell you what I told them. Aspirin is a coal tar product. It is a fraction of a chemical spectrum which we men of medicine know can cause the appearance of cancer, without exactly knowing why. While many consider this item completely harmless, I personally refuse to touch the stuff and never prescribe it unless my patient tells me he will take it anyway. “Remarks of the late Krut Ossendorff, chief internist, to patients in his private practice. He was one of the original group of I. G. Farben Industry Ger. who invented aspirin.**

## **ATHEROSCLEROSIS**

**“Healthy people of advanced age can probably avoid atherosclerosis (hardening of the arteries due to high level of cholesterol in the blood stream) by periodic use of Vit. C. Ascorbic acid definitely normalized the cholesterol count of the blood stream. Results show from the first intravenous injection of 500 mg. that the cholesterol count goes down towards normal.**

**Those suffering from high blood pressure and who will submit to the hospital regime which includes 500 mg. injection of ascorbic acid in the morning and another 500 mg injection of ascorbic acid in the evening, can look forward to a definite reduction of blood pressure to normalcy or near normalcy. The hospital regime includes a diet low in fats, no alcoholic beverages, small amounts of physical work permitted, “all emotional disturbances of all kinds are to be avoided absolutely”.**

**“In isolated cases. One cholesterol count of over 400 dropped to 180 in 30 days, and kept between 160 to 190 in the following three months. Another patient 67 years old. On any emotional upset the pressure would leap to 240 over 140. All medications valueless including bromides. Heart enlarged, cholesterol 320. Diagnosis atherosclerosis. Full range of symptoms irritable, head noises, hard to live with, loss of memory, and broken sleep. RESULTS of hospital regime. Cholesterol count normal at end of ten days. Most of unpleasant symptoms gone.” “in eleven cases (out of 135 hospital cases) where the cholesterol count was 200, vitamin C regime caused no noticeable change. ‘ Where atherosclerosis patients are under hospital regimes, doses of 1,000 mg. daily by needle i.v. gave good results”’.**

**This particular report is from the U.S.S.R. Terapevtichevski Archiv. Vol. 28, page 59, 1956. Julius Nemetz, Allentown, Pa. translator, the work of Dr. I.A. Miasnikov. Observations confirmed by Drs. L.A. Tiapnoi, B.N. Loubman, E. M. Berkoviskin, studies began in 1949. All hospital cases. (See also American work by C.L. Pirani, Metabolism Clin, and Exptl. 1:197, 1952).**

### **ATHEROSCLEROSIS**

**It is possible to replenish the ascorbic acid in arteries by ascorbic acid therapy. Scurvy in guinea pigs results in the rapid onset of atherosclerosis . . . the aorta can synthesize cholesterol and if a vitamin C deficiency exists tissues will absorb this material several times faster. G.C. Willis and S. Fishman, Canadian M. A. J. 72:500-503, April 1 1953**

### **STARTLING BURN CASE RECOVERY**

**“Burn case who survived over 90 to 95% of the body. About 10% were 3<sup>rd</sup> degree burns, the remainder first and second degree burns. Pressure dressings; vitamin C, pyridoxine and B complex i.v. plus oral ascorbic acid and B complex; whole blood transfusions. Debridement on admission not performed. Plus other therapy. Patient was healed and able to perform light work after thirty four days. Drs. I.L. Hoffman and A.W. Bronwell, U.S. Armed Forces M.J. 2:577-585, April 1951**

### **CARCINOMA**

**Doses of 1,000 mgs. of vitamin C and 300,000 I.U. of vitamin A daily was administered to 100 patients. The general condition of the patients was favorably influenced. Life was prolonged definitely and prevention of cachexia (general ill health) was noted in incurable patients. There was an increase in weight, the size of tumors was reduced, but not their complete disappearance. Massive vitamin therapy is free of any risk, since it has no component that may influence tumor development. No value in sarcoma. The maximum amount of vitamin A administered was 281 doses of 300,000 I.U. with no sign of hypervitaminosis. Dr. E. Schneider, Deutsch Med. Wchnschr. 79:584-589, 4/9/54**

### **MASSIVE DOSES OF VITAMIN A REQUIRE VITAMIN E FOR BETTER ABSORPTION**

**Students of body chemistry have noted that the vitamin found in the largest supply in the body is vitamin E. It effects practically every cellular structure known to science in the body. Because vitamin E prevents vitamin A from being destroyed by the oxygen system of blood stream, possible as part of the enzyme system which helps utilize fats, vitamin E should be added to the diet every time 25,000 units of vitamin A are administered. The A.M.A. Council on pharmacy had not approved dosages over 25,000 units at one time. “Henry A. Mattill,**

University of Iowa College of Medicine, "Vitamin E, a symposium"  
Ann. N.Y. Academy of Sciences L11 (1949), 63

#### **INOPERABLE FEMALE GENITAL CARCINOMA**

"Conclusions are drawn (from 25 cases) that 2,000 mgs. of vitamin C and from 300,000 to 600,000 I.U. of vitamin A daily in no manner has any beneficial effect on the course or severity of any malignant disease of the female genital tract which were studied." L. Huber, Abstrc. A.J. Obst. And Gynec. 68:1199 October 1954

#### **CANCER A DEFICIENCY DISEASE?**

"once a person is cured of one cancer \*through x-ray or surgery) the likelihood of his developing a second cancer is several times greater than if he never had the first cancer. This fact alone strongly suggest that cancer may be a deficiency disease." L.A. Erf and M.J. Miller, Jefferson Medical College and Hospital, Philadelphia quote in GP, Amer. Acad. Of Gen. Practice April 1957

#### **CANCER TRANSMISSIBLE WITH A VIRUS STRAIN IN ANIMALS**

Dr. Sarah Stewart working for seven year in her laboratory at Bethesda, Maryland produced a virus strain in animals that can cause caner in any selected organ. This public announcement was made in 1958.

#### **GOOD NUTRITION PREVENTS CANCER?**

"If the liver pancreas apparatus can be detoxified and restored to near normalcy, and the entire body apparatus reactivated so that the inflammation metabolism is normal, cancer is completely curable. Normal allergic inflammation kills cancer cells. A Cancer growth appears only when the body's ability to manufacture "allergic inflammation" ceases. An M.D. must so arrange food and injection schedules that the potassium ion concentration % is larger than the sodium ion concentration %. This book gives the M.D. complete information in the use of my therapy. My score of cures of cases pronounced terminal by other physicians has averaged close to 50% over a period of 12 years. Fresh vegetables and fruits grown organically are the basis of good health. There is no cancer in a normal body with

normal metabolism.” **A CANCER THERAPY, Results of Fifty Cases** by Max Gerson, M.D. (Dr. Gerson died of pneumonia in 1959 at the age of 78)

#### **DEFICIENCY OF VITAMIN C A PRECURSOR TO MALIGNANCY?**

**“Here is additional evidence in support of our previously advanced hypotheses that a deficiency of vitamin C, by bringing about disintegration of epithelial and connective tissue relationships, owing to liquefaction of the intercellular cement substance (collagen), results in a breakdown of orderly cellular arrangement, which could be the precursor to metastasis and malignancy.”**

**See also “Cancer: A Preventable Disease, secondary to a Nutritional Deficiency?” by W.J. McCormick, Clin. Phys. Vol. 5, #3, 1963.**

**“Epithelial cells are normally held together in a normal relationship by the firm hold of collagen. S.B. Wolbach and P.R. Howe have noted that when vitamin C is missing to a point the patient has scurvy, collagen assumes a watery consistency, incapable of holding the epithelial cells in their normal relationship. When vitamin C is added to the diet of a scurvy patient, the normal consistency of the collagen is restored.**

**“When the collagen is reduced to a watery state it assumes the chemical structure of a depolymerized glycoprotein which is discharged into the blood stream and an increased serum level is evidenced.**

**“In cancer, S. Simpkins et al report an increase in serum glycoprotein. Lansing, 1957; Greenspan, 1954; Locky, 1956; Wingler, 1953 confirms this finding. The Whitting reaction based upon the blood protein picture is a diagnostic test developed in Germany for the existence of cancer.**

**“The average cancer case has a vitamin C deficiency of 4550 mgs. by the saturation method, E. Schneider cited Eickhorn, as against 1,350 mgs. in the controls. The vitamin C level in the blood plasma and white blood cells is significantly lower in cancer cases, O. Bodansky et al**

reports. Guinea pigs under an “induced cancer” regime have a significant shortening of the appearance of cancer by setting up recurrent periods of scurvy, W.O. Russell et al report.

“the cancer cell per se is not malignant.

“Secondary breast tumors have been found to secrete pepsin and hydrochloric acid, secondary liver tumors create bile, etc.

“The reason for the fantastic vitamin C deficiency of the public is our well-nigh universal addiction to smoking.

“This hypotheses will not lead too a cure for cancer in its advanced or metastatic stages.

“But the prospect for prophylaxis and the curbing or containing of cancer in its early stages seems most encouraging. All middle aged subjects should have a simple qualitative color test of the urine which is now obtainable to determine vitamin C deficiency.

“An ounce of prevention is worth a pound of cure.” W.J. McCormick, Arch, of Ped. N.Y. 76:166-171 April 1959

### **C PREVENTS BLADDER CANCER RECURRENCE?**

If you have had bladder cancer, Dr. Jorgen U. Schlegel, chairman of Tulane University’s urology department suggests to his patients they imbibe about 1,500 milligrams of ascorbic acid daily. “We have circumstantial evidence over a period of five years to warrant a trial of ascorbic acid to prevent recurrences.” Because of the known relationship between bladder cancer and cigarette smoking he also recommends vitamin C the anti-scurvy vitamin for smoking victims.

Some authorities believe 70 mgs. of ascorbic acid daily is more than ample for the “average” human being. George E. Pipkin, Tulane biochemist and Dr. Schlegel have been able to demonstrate the carcinogenic metabolites do not develop in the urine if there is a spillover of ascorbate into the urine because of this planned overdose. They have pinpointed spontaneous tumor formation “as the result of faulty tryptophan metabolism while urine is retained in the bladder”.

**Dr. Schlegel told the American Association of Benito-Urinary Surgeons meeting in Ponte Vedra Beach, Florida that chemiluminescence of urine to which had been added hydrogen peroxide and read counts per minute after placing the tube in a scintillation counter, was considerably higher in the urine of nine smokers and eighteen patients with a history of bladder carcinoma than in the urine of seventeen nonsmokers. Chemi-luminescence “decreased significantly in all three groups after the subjects imbibed massive doses of ascorbic acid.”**

**“Ascorbic acid is innocuous and administration of large doses is without ill effects.” Dr. Schlegel averred, “And perhaps one-and-a-half grams IS a high dose, but in all three groups ascorbic acid prevented the formation of cinnabarinic acid, which causes tumors when implanted in mice bladders.”**

**This New Orleans urologist believes that chemiluminescence can be a useful diagnostic tool, and since most hospitals have scintillation counters could serve as an excellent screening device. Med. World News, 24- 6/21/68**

**Ralph Nader in a published statement recently in Playboy Magazine said, “and I find it repugnant that our food and our natural environment are poisoned by sewage, pesticides, chemical and radioactive pollutants, with the terminal effects being explained away by medical diagnoses such as cancer, heart disease and respiratory ailments...”**

**One M.D. remarked when I asked him about this observation of Ralph Nader, “medicine is still an art, not entirely a science. We exercise every precaution and make every test we know and have at our disposal. We still don’t know the cause of cancer in every case.”**

### **CURE FOR THE COMMON COLD**

**“For the common cold, usually three (3) 500 mg. C tablets taken with fruit juice each hour for ten doses. Then four (4) C tablets every two hours around the clock will cure in 24 to 36 hours. If the cold is of the allergic rhinitis type, then one massive dose of C given intravenously (10 gram injected into the vein) followed with one of the antihistamines every 4 hours for six (6) times will do the job. Fred R. Klenner**

**“THERE IS A CURE FOR THE COMMON COLD”** by H. Curtis Wood, Jr., M.D. This is a six page publication letterhead size. “Colds have been cured in many patients, friends and relatives in well over 90% of cases IF the treatment is started immediately, at the very first sign of a cold and is carried out accordingly to the schedule.”

**“WHY ORGANIZED MEDICINE SNEEZES AT THE COMMON COLD”** is an article written by Douglas Gildersleeve, M.D. appeared in Fact Magazine July-August 1967 issue. The doctor is a graduate of one of the two or three leading medical schools in the U.S. Johns Hopkins. He found after dealing successfully with his own colds and that of his family, he instituted a large scale program with his patients. He found that “My treatment was effective in 95% of the cases.” Previously he had written ten papers all of which had been published related to an early interest, ophthalmology, his papers on the use of C for colds were all rejected. “It is my contention that effective treatment for the common cold, a cure, is available, but is being ignored because of the heavy monetary losses this would inflict upon professional journals, drug houses and upon the medical doctors themselves.” He used doses that were 20 to 25 times larger than the doses of C used in the Tebrock study. He found such doses effective and without important side effects.

### **CORONARY THROMBOSIS**

Heart disease and the findings of a nutrition survey in coronary thrombosis suggests a completely adequate diet. Excess amounts of protein and vitamin C is suggested as an adjunct to the usual heart disease treatment. R.W. Trimmer and C.J. Luncy, Am. Pract. 2:448-450, March, 1948

### **CORONARY PATIENTS FOUND SHORT OF C**

There is a relationship between coronary thrombosis and subclinical scurvy. This was first reported by J.C. Paterson who found a subnormal level of vitamin C in 81 percent of his coronary cases, compared to 55 percent in a corresponding group of general public ward cases, reported in 1941. G.C. Willis found “thrombotic lesions identical with those of the human disease is guinea pigs suffering from scurvy” reported in 1953.

It would seem that an optimal level of vitamin C offers the best natural

means in building natural resistance against any and all the disease involving connective tissue. This includes coronary thrombosis, the striae of pregnancy, rheumatic diseases, and tuberculosis. W. J. McCormick, Jour. Of Applied Nutr. Vol. 15, 1-2, 1962, Have we forgotten the lesson of scurvy?.

## **ATOPIC DERMATITIS**

Used in the treatment of puritis and secured prompt relief in a high proportion of patients who had diagnosed ailments like pruritis vulvae, dermatitis, contact dermatitis, pruritis ani, scabies, poison ivy dermatitis and uticaria. The lesions began to heal as soon as the itching stopped. No side effects. Tablets used were a combination of procaine hydrochloride and C. F.A. Parish, Ann. Allergy 11:85 1953.

## **DIABETES HELPED BY B COMPLEX**

Adequate daily rations of B complex enables many diabetic patients to reduce their daily dose of insulin. Particularly important is the B1 (thiamine chloride) fraction in enabling the individual to metabolize carbohydrate foods. This is indeed “the poor man’s insulin”...in that if each individual has enough vitamin B complex and B1 intake, the likelihood of his developing diabetes is greatly reduced. William Brady, syndicated health columnist 1958

“Diabetes mellitus is being treated with unusual success with small doses of vitamin C daily, by mouth.” Edward Greer

## **SIX CHIEF CAUSES OF DISEASE**

They are as follows: emotional, nutritional, poisons, infections, accidents and inherited. The greatest cause without a doubt, is emotional. Worry, fear, hate, anxiety, envy, jealousy these are the great killers. We get a conflict when these emotions seize us. If you hate me, then I become a pain in YOUR neck. The conflict causes tension on the muscles of your neck. Follow the three “A”s. Accept the other fellow as an individual with rights, opinions of his own and his imperfections. No one has been perfect since Jesus. The second A is “approval”. A pat on the back is better than a kick in the pants. The third A is “adoration” or love. Follow the law of love. First love thy God, next Love THY Neighbor.

**The end result of chemical farming is always disease. First in the land itself; then in the plant; then in the animal and finally in us.**

**Everywhere in the world where chemical farming is practiced, the people are sick. The use of synthetic chemicals does not make land rich. It makes it poorer than before. There is only one way to make land rich, and that is exactly like the good Lord does on the floor of the forest. He puts back into the land three parts of dead plant matter and one part dead animal matter. We drink raw milk at our home. I believe the pasteurization of milk kills the life of the milk. The best meats are internal organs, liver, brains, heart and kidneys. Seafood is the best fish. Fresh vegetables are a must. Of all the sweets honey is the best. Wild honey is to be preferred to all others. Be sure your fruits are tree ripened and in season. Green fruit picked too early lacks too many nutrients.” Joe D. Nichols, M.D. Chairman of the Board, Atlanta National Bank, Atlanta, Texas. Remarks made too the 88<sup>th</sup> Annual convention, Texas Bankers Association, May 12, 1952. “A concept of Totality” from the Texas Bankers Record 5/’52.**

#### **DISC LESIONS PREVENTED AND TREATED WITH C**

**“By utilizing 250 mgs. after breakfast, 250 mgs. after lunch and 500 mgs. of Vitamin C after dinner, this totals 1,000 mgs. This along with standard hospital treatments each day strengthens the back. As a result a significant percentage of early disc lesions were able to avoid surgery”...”In the present state of knowledge on vitamin C no one can be sure as to exactly what constitutes an optimum level. We do know that high levels are not toxic to the body, since excess amounts are easily excreted. If a patient is facing extra work or violent exercise, we might double the dose. We treated some 500 patients over a period of five years. This is also included definite sciatic nerve involvement and simple lumbrosacral strain.” James Greenwood, Chief of Neurosurgery at the Methodist Hospital in Houston, Texas. See Medical Annals of the District of Columbia, Vol. 36 No. 6, June, 1964**

#### **VITAMIN E PREVENTS BLOOD CLOTS**

**“Vitamin E is a natural substance that acts as an “anti-thrombin” (blood clot preventive inside the blood vessels and arteries). The healing process of wounds, burns and bruises is accelerated by vitamin E. K. L. Zierler, Johns Hopkins. Ameri. Journ. Physiol. 153- 127, 1948.**

### **VITAMIN E PREVENTS EXCESSIVE SCAR TISSUE**

**“Excessive scar tissue is prevented by vitamin E and on occasion has melted scar tissue completely as in Dupuyten’s contracture and urinary tract strictures.**

**“Tests made with athletes indicate that muscles need up to 40% less oxygen to perform a given task.” Drs. H. A. Mattill and L. Houchin showed that reduction of oxygen need by muscles in the presence of vitamin E is 43%. This has been confirmed.**

### **VITAMIN E IN ANGINA PECTORIS**

**Use of vitamin E in many angina pectoris patients can completely erase the pain and restore the patient to useful activity. Vitamin E prevents anexoria (lack of oxygen) the basis of anginal pain. “It dilates the blood vessels. Where blood clots have clogged and damaged circulation, E enables new pathways to be formed around such hardened arteries and clotted veins.” W.E. Shute, London, Ont., Canada**

### **HYPERTENSION, CARDIOVASCULAR AND CEREBROVASCULAR DISEASES IN THE AGED**

**Many illnesses in the aged may be prevented with an adequate vitamin C intake,. Particularly cerebrovascular disease and heart disabilities incidence may be largely reduced. Rutin and vitamin C supplements should be routine. Doses of 500 and 1,000 mgs. daily may be given by mouth, but when speed of absorption is required due to some emergency, i.m. or i.v. administration is recommended. E.T. Gale, M.W. Thewlis, Geriatrics 8:80-87 Feb. 1953.**

### **HEPATITIS**

**Many times due to the possible exposure of DDT a case of hepatitis is accompanied by jaundice. We placed the patient on a regimen of 1,000 to 2,000 mgs. of C each 3 to 4 hours. Some patients showed dramatic improvement, often in one day. We noted uniform rapid recovery of others, some registered by a liver biopsy. W.L. Dalton, Clinical Med. July, 1963 . J. Ind. St. Med. Assn. 55 1151, '62. See also reports of H.B. Callejo et al Ohio State M.J. 56 821, 1960 and H. Baur et al J.A.M.A. 156, 565, 1954**

## **HYPERTENSION**

Use prophylactic doses of vitamin D and C where pregnancy is accompanied by hypertension. Reduces blood vessel fragility and premature placenta separation. G. Nordenstrahl, abstrc. J.S.M.A. 146:1268 7/28/51

## **INFANTS SHOULD HAVE THEIR FORMULA “SPIKED” WITH C**

To maintain optimum health about 75 mgs. of C per quart of milk preferably in solution. If scurvy is present, four to eight ounces of orange juice daily in divided doses and 300 to 500 mgs. of vitamin C in solution or tablet form will cause pain to subside in 48 hours. F.F. Tisdall, Interne. 13:496, 1947

## **C AND INFLAMMATION**

One of the great men of medicine Dr. Habbeeb Bacchus of George Washington University, prepared a paper, “Ascorbic acid and the physiology of the pituitary-adrenal axis” which was included in “Stress” by Selye whose work on vitamin C and stress is internationally recognized and accepted. This particular paper reviewed the almost 100 reports published between 1950 and 1955.

“Vitamin C is the key factor that swings the body chemistry to oppose inflammation...because it participates in the production of the cortex hormones whose activity furnishes body protection because it is essential to the health and maintenance of the connective tissues, the heart and blood system, the lymphatic system, the blood itself all of whom are first attacked by stress and it is related to fat and carbohydrate metabolism that lengthens the activity of the hormones that circulates in all the body tissues.” Under stress conditions a normal daily dose of one to two grams may be barely enough to keep the nutrition of the individual to a minimum level. Certain authorities set 30 mgs. as a minimum.

## **KIDNEY STONES CONTROLLED WITH MAGNESIUM?**

Reports from a wide variety of research groups indicate that kidney stones – in the calcium deposit group – are substantially reduced, in some cases completely eliminated, by the oral addition of magnesium, so reported F. Peter Kohler and Charles A. W. Uhle in the Jour. Of Urology, Nov. 1966. Their dosages were in the range of 500 mgs to 1,500 mgs. of magnesium daily over a varying period, some around six weeks. Another report indicates that magnesium maintains calcium levels for normal needs.

**In addition to this W. R. Loewenstein and R.D. Penn reported in the Jan. 1966 Science that magnesium played a very important factor in nerve activity, in maintaining blood pressure at normal levels, lowered cholesterol levels, speeded up the healing of wounds and added strength to both teeth and bones.**

**Dr. H. E. Sauberlich of the Army's Fitzsimons General Hospital found he acquired control over kidney stones by the use of 100 mgs. of B6 and 250 mg. capsule of magnesium. With this he advised avoiding cheese, milk and cream and to drink some two quarts of water. All this on a daily basis until normal.**

### **LEAD POISONING AND VITAMIN C**

**"In the case of lead the vitamin C seems to combine with the lead, either as a di-basic or tri-basic phosphate to form a poorly ionized or insoluble lead compound, (lead ascorbate?) which is relatively non-poisonous...which is passed off with the bile by the liver." Eugene Carey, M.D. (Shriner's Hospital for Crippled Children) and Hoy Cranston, ph.D. As'st. Pathologist, Christ Community Hospital, from a private unpublished study. Both are now deceased. See also H.N. Holmes, et al J. Lab. Clin. Med. 24-1119, 1939. Vitamin C detoxifies lead in the blood stream. This also applies to lead in gasoline fumes and lead paints.**

### **LEUKEMIA IN INFANTS AND CHILDREN**

**"If the mother is a one pack or more per day cigarette smoker while pregnant the incidence of leukemia in the offspring is markedly higher than among non-smoking mothers." One research report on mice which were given 50 mgs. In divided doses of a toxic chemical similar to tobacco tars - indole - to a low - incidence - of leukemia - mice they observed a 55% incidence of leukemia. To another group of the same strain of mice they gave 30 mgs. in divided doses of indole. The leukemia incidence dropped to 16% W. J. McCormick noted in several of his papers. In another report dealing with children whose bleeding gums, easy bruising in addition to their having leukemia were treated with from 4,000 to 6,000 mgs. of C daily (100 mgs. of C per kilo of body weight) cancer growth was inhibited and in some cases it regressed. D.B. Cater, Jour. Path. Bact. 63, 599, 1951.**

**"Our findings support the theory that a manifestation of leukemia or disease of the blood forming organs results in low ascorbic acid levels**

of the blood stream. Recommend administration of vitamin C to all patients with plasma content of less than 0.2 of vitamin C per 100 c.c. to correct the capillary fragility associated with the low vitamin C levels. A.L. Waldo and R.E. Zipf. Cancer 8:187-190 Jan.-Feb. 1955

#### **MINIMUM DAILY REQUIREMENT NOT ACCEPTABLE**

Adequate nutrition, maximum needs met, is the basis of rehabilitation. We have not been willing to accept the so-called 'minimal daily requirement' for nutrients. Primary nutritional deficiency disease is most likely to occur among the indigent and individuals with poor dietary habits. Organic diseases create a secondary deficiency. Examples are diabetes, heart and kidney, liver, chronic alcoholism, malaria and gastrointestinal tract involvements. Any disease can predispose a patient to a case of scurvy, pellagra or a host of other deficiency ailments.

Poor dental function occurs in a large – very large - percentage of adults who seek relief from a variety of nutritional disorders. A lack of vitamin C, niacinamide and other nutrients can so destroy the supporting tissues under good teeth, that such teeth are lost. The elderly individual who is tired, mentally confused, and exhibits the clinical syndromes of sprue, scurvy, pellagra, beriberi, certain macrocytic anemias, riboflavin deficiency all are due to nutritive failure and require a basic vitamin formula for oral administration to correct. Adequate nutrition is the basis of rehabilitation, convalescence and maintaining a healthy nervous system. Drs. Thomas D. Pies, R.M. Suarez, Sr., G. Garcia Lopez, R.E. Stone, R.M. Suarez, Jr., R. Lopez Toca, G. S. Parker, S. Dreizen, A. Reboledo, C. M. Diaz Tellechea, J. Garcia Rangel, NUTRITION AND DISEASE, Postgraduate Medicine 17:1-96, Mar. 55.

#### **LOBAR PNEUMONIA**

Many years ago Dr. J. Mott Rawlings observed the effect of the use of 1,000 mgs. dosages a day for two or three days of C in adult cases of advanced lobar pneumonia and then reducing it to 500 mgs. per day or even to 350 mgs. on succeeding days. "Great. Remarkable relief from signs and symptoms of toxicity. Improvement in general state of well being. Pulmonary consolidation not relieved. The total effect of such small doses was to cut the mortality rate in half." The time period covered was five years.

### **IN POLIOMYELITIS**

**“Vitamin C performs three important functions: 1) it destroys the virus; 2) acting as the dehydrator and diuretic of first choice, it removes the edema fluid from the brain and the cord; 3) it preserves the lining of the central canal and maintains more regular spacing and less crowding of the ependymal cells (Altman).” Fred R. Klenner**

### **DIET PREVENTS POLIO**

**“Eliminate soft drinks, ice cream and sugar containing sweets of all varieties, reduce starchy foods as white flour and starchy vegetables and live instead upon protein foods which of course includes eggs, meat, poultry, fish, cheese, eat plenty of vegetables low in starch, get plenty of rest in the warmest portions of the day and you have the defense against a polio attack,” so spoke radio announcers to their audiences in North Carolina during a dreadful polio epidemic. They were quoting Benjamin P. Sandler, M.D. whose book explains the theory, “Diet Prevents Polio”. The subsequent figures indicate that this attack was effective.**

### **POLIO VIRUS INACTIVATED WHEN C IS INJECTED IN BRAIN of monkey at the same time.**

**In a series of experiments Dr. Berkanau discovered that when he injected vitamin C and the polio virus together into the brain of a monkey, the polio virus was rendered inactive. Hence senile patients and those approaching old age need substantial quantities of C to protect their brain from damage and to fight infections. P. Berkenau, Warneford Hospital, Oxford, England. Jour. Of Mental Sc. Vol. 86, page 675, 1940**

### **FOURTEEN PROVEN CASES OF POLIO CURED**

**At a time when polio was epidemic Granville F. Knight, M.D. utilized the techniques of Fred R. Klenner’s massive applications of vitamin C on fourteen patients in the County Hospital who were discharged as cured, usually in less than a week. Dr. Knight is currently the President of the Price-Pottenger Foundation of Santa Monica, Ca., 90403. He states, “As I have done for 25 years, I am still using 2,000 mgs. i.v. at the first sign of a virus infection and repeating in four to six hours if possible. I also prescribe large amounts by mouth every two hours.”**

## **CURES PARALYZED DAUGHTER AND EIGHT OTHER CASES of polio with C**

**“Thanksgiving day 1954, Dr. Edward Greer called long distance from his home in Robinson, Ill. Dr. Greer told me that his oldest daughter, paralyzed in both arms and both legs, had recovered completely from acute poliomyelitis in 24 hours. They received three grams of C every hour for 24 hours. He continued the C on a less frequent schedule for 72 additional hours. He stated further that...the same dramatic results were observed in eight other cases of polio admitted to his hospital, four of which had paralysis upon admission.” Fred R. Klenner**

## **ACUTE RHEUMATIC FEVER**

**“The author has treated a number of patients with acute rheumatic fever with massive doses of ascorbic acid 1 to 10 grams daily, i.v. and orally. The patients recovered in three to four weeks. No cardiac complications. W. J. McCormick, Arch. Pediat. 72:107-112, April 1955.**

## **RHEUMATIC FEVER**

**“In rheumatic fever susceptibility is reduced by eggs eaten. Requirements for ascorbic acid are increased.” D.A. Long, London, England, Ann. Rheum. Dis. 13:324-326, 12/1954 Nat. Institute for Medical Research**

## **RHEUMATIC FEVER AND ASPIRIN TABLET THERAPY**

**Aspirin tablets in rheumatic fever therapy need no more than their daily recommended requirement of C. Loss of vitamin C was noted only when doses of 500 mgs. or larger level of daily intake was reached. A.A. Albanese; R.A. Higgons; W.G. Avery; R. Dollalo. N.Y. State J. Med. 55:1167-1169, April 15, 1955**

## **SCURVY AND STERILITY RELATED**

**An uncommonly large group of sterile couples were found to be suffering from scurvy. They were all around the same age. They had previously been the father and mother of at least tow healthy children. Treatment consisted of injections of C and drinks made from the berries of wild roses. This went on until tests indicated that they were saturated with the vitamin.**

**As a result of the correction of the scurvy, 53% of these couples were parents of a normal baby. His conclusion, “lack of vitamin C**

undoubtedly plays a big part in sterile marriages.” A.P. Kolesov, Astrakhan, R.S.F.S.R.

#### **ULCER DIET IN PATIENT CREATED SCURVY**

Patient was given 700 mgs. of ascorbic acid daily until tissue saturation was achieved. Then reduced to 100 mgs. daily. A peptic ulcer patient is singularly apt to require emergency surgery. In this event vitamin C reserves are very important. J.F. Adams. Abstrc. J.A.M.A. 155:1104, July 17, 1954. Glasgow, M.J. 35:64-65 March, 1954

#### **STERILITY**

By the use of 350 mgs. vitamin C natural plus synthetic C and vitamin K, plus consultation with husband and wife, certain instructions, psychotherapy, baths and thyroid extract and certain drugs, secured 88.1% live deliveries of 134 pregnancies with previous record of 4.8% live deliveries. C.T. Javert, Obst, & Byne. 3:420-434, April 1954

#### **FAST RELIEF FRM PRICKLY HEAT**

Relief from prickly heat within thirty minutes by administrations of vitamin C in does of 500 mgs. was reported by Dr. Robert L. Stern, J.A.M.A. 1/20/51 in the South Pacific Islands to troops stationed there during World War 2.

#### **ALL SENILE PATIENTS LACK VITAMIN C**

A senile patient is forgetful, confused, his speech rambles. He repeats a question that has just been answered. Memory is so poor the individual does not recognize members of his own family.

Dr. P. Berkenau made a study of “senile dementia” patients at the Warneford Hospital, Oxford, England in 1940. He found all of his patients short of C. No exceptions. “A deficit of 1,500 mgs. May be regarded as pathological (disease causing).” The “deficit of these patients varied from 2,400 to 3,000 mgs.

“Plaques appeared in the brain of senile patients identical to those found in alcoholics. This indicates a poisonous origin. Hence senile patients and those approaching old age need substantial quantities of vitamin C to protect their brain from damage and to fight infections.” P. Berkanau, Journal of Mental Science. vol. 86, page 675, 1940

### **STRESS AND C. PREVENTING SURGICAL SHOCK**

**“I found that surgeons employ ascorbic acid routinely before and after surgery...500 mgs by mouth one hour before surgery to patients of average weight reduced to a considerable extent traumatic shock...500 mgs. orally is extremely useful in preventing shock and postoperative weakness from tooth extraction. To groups of coal miners involved in a mining accident 500 mgs. or more to those sustaining various injuries increased shock resistance and measurably improved their condition. Intravenously administered doses of ascorbic acid 500 to 1,000 mgs. buffered sterile solutions before and after in some fifty major operations “with excellent results.” H.N. Holmes, Ohio State M.J. 42:1261-1264, Dec. 1946, abstrc. J.A.M.A. 133:649, March 1, 1947**

### **NOTE ON VITAMIN C AND STRESS CONDITIONS**

**Ed. note: There is a body of opinion that believes vitamin C tends to stimulate and perhaps regulate hormone production of the pituitary adrenal cortex and other hormone producing glands. When any hormone producing gland is active it employs – so they state – substantial quantities of cholesterol in this process. Hence when vitamin C stimulates the hormone glands, cholesterol disappears from the blood stream. Pollack and Halpern “Therapeutic Nutrition” National Research Council.**

### **TOOTH STRUCTURE AND C**

**Guinea pig studies indicate that vitamin C deficiency causes rupture of the periodontal fibers. Sufficient C repairs these fibers rapidly. Limited studies indicate that this is true of human beings. P.E. Boyle, D.D.S., Journ. of Am. Dent. Asso. 28:1788-1793, 11/41.**

### **C ELIMINATES DENTAL CARIES**

#### **Pockets under teeth cleared**

**Providing there is no other pathology, if one takes roughly six grams of ascorbic acid every day, there will be NO tooth decay. One or two grams per waking hour may clear up a pocket under a tooth in about four days. Anon. awaiting additional evidence.**

### **VITAMIN C AFFECTS THE ENAMEL AND DENTINE**

**The oral soft tissues are adversely influenced by a deficiency of vitamin C and niacin, especially during the development and growth periods of humans. A. W. Mann, D.D.S.M. Clin. N. American 27:545 March 1943, Abst. J. Am. Dent, A. 30:973 June 1, 1943**

### **REDUCES TOOTH DECAY 50%**

**By adding phosphates to bread and sugar eaten by third grade children for one year, Dr. Allen Stralfors (Sweden) reduced tooth decay 50%.  
Press release 1959**

### **WHOOPIING COUGH**

**Ninety children with whooping cough were treated with 500 mgs. of vitamin C, i.v. injection and orally, daily for one week. Every second day the dosage was reduced by 100 mgs. The last dose given continually until each child was completely recovered. Children receiving C i.v. were well in 15 days, orally in 20 days. The children treated with vaccine averaged 34 days duration. In three quarters of the case when vitamin C therapy was started in the catarrhal stage, the spasmodic stage was wholly prevented. J.D. de Wit, abstr. J.A.M.A. 144:879, Nov. 1, 1950.**

**\*\*\*\*\***

**If the distance from optimum health to death is one yard long, it seems our medical establishment is devoted to attacking the last two inches, to stave off death, sometimes at great expense. I'm wondering if it wouldn't be wiser to devote more time, effort and our great talents to preventing minor ailments from developing say from ten to twenty inches from the end/ It would cost less and it may prolong the productive years for countless people.**

**\*\*\*\*\***

**To folks who wish to keep their energy at a very high level, who like to expose themselves to the vagaries of the weather both hot and cold by sports and otherwise, would do well to keep their intake of vitamin C at a very high level. This is what has been found out by Dr. Ayub Khan of S.V.U. college of Tirupati, India, see Current Science, 4/3/67. See also C.L. Pirani's work on vitamin C and human stress.**

**When I was fifteen years old, I was lucky to have R. Elizabeth Hughes as one of my teachers in high school. "No matter what your problems are Fred, where there is a will there is a way to solve them. And don't you ever forget it." And I haven't.**

Every individual interested in good health should be acquainted with the published works of Fred R. Klenner, M.D. Following is one list of Dr. Klenner's professional publication. In the

#### **TRI-STATE MEDICAL JOURNAL**

**Poliomyelitis – Case Histories, September 1956**

**A new Office Procedure for the Determination of Plasma Levels for Ascorbic Acid, February 1956**

**Poliomyelitis Vaccine – The Authorities Speak, March 1956**

**The Role of Ascorbic Acid on Therapeutics, November 1956**

**Poliomyelitis Vaccine – Brodie vs. Salk, July 1955**

**A Critical Analysis of the Francis Report Concerning the 1954**

**Poliomyelitis Vaccine Program, June 1955**

**A letter to the editor, News About Diabetes Mellitus, May 1955**

**A Treatment of Trichinosis with massive doses of Vitamin C**

**And Para-Aminobenzoic Acid, April 1954**

**Recent discoveries in the Treatment of Lockjaw with Vitamin C and Tolserol, 1954**

**An “Insidious” Virus, June 1957**

#### **Journal of Applied Nutrition**

**The Use of Vitamin C as an Antibiotic, 1953, Southern Medicine and Surgery, Charlotte, Vol. 114, No. 8**

**The Vitamin and Massage Treatment for Acute Poliomyelitis August 1952**

**Paper presented in the 52<sup>nd</sup> Annual Meeting of the Tri-State Columbia, February 19<sup>th</sup> and 20<sup>th</sup>, 1951**

**Massive doses of Vitamin C and the Virus Diseases, Southern Medicine and Surgery, Charlotte, N.C. Vol. 111, No. 7**

**The Treatment of Poliomyelitis and Other Virus Diseases with Vitamin C, July 1949**

**Fatigue – Normal and Pathological, with special consideration No. 9, September 1949, Charlotte, N.C.**

#### **POLIO TREATED WITH VITAMIN C**

Here are the details as to how Dr. Klenner handled the 60 cases of polio when it was epidemic in Dr. Klenner's home state. “These patients presented all or almost all of these signs and symptoms: fever of 101 to 104.6 degrees F., headache, pain at the back of the eyes, conjunctivitis,

**Scarlet throat; pain between the shoulders, the back of the neck, one or more extremity, the lumbar back; nausea, vomiting and constipation.**

**“The treatment employed was vitamin C in massive doses. The initial dose was 1,000 to 2,000 milligrams (1 to 2 grams) depending on age. Children up to four years received the injections i.m. ... the temperature curve was adopted as the guide for additional medication. Temperature was recorded every two hours. No temperature response after the second hour was taken to indicate the second one or two gram injection. If there was a drop in fever after two hours, two more hours was allowed before the second dose. This schedule was followed for 24 hours. After this time the fever was consistently down, so the drug was given 1 to 2 grams every six hours for the next 48 hours. All patients were clinically well after 72 hours. After three patients had a relapse the drug was continued for at least 48 hours longer, 1 to 2 grams every eight to twelve hours.**

**“Where spinal taps were performed, it was the rule to find a reversion of the fluid to normal after the second day of treatment.”**

**No Paralysis developed in any of the cases.**

**Some of the questions that came to my mind as I studied Dr. Klenner's reports were, “Who first noticed that vitamin C might act as a powerful antibiotic?” Credit goes to one investigator C.W. Jungeblut. He tried it unsuccessfully on polio injected monkeys. He stated several times, “my failures seem to be related to the low strength of the injectible vitamin C I'm using. Vitamin C can truthfully be designated as the antitoxic and antiviral vitamin.” The date I noticed was 1937.**

**Dr. Klenner's interest was first aroused in vitamin C as an antibiotic through the dramatic and accidental recovery of a patient. I quote here from a report in the 1953 Journal of Applied Nutrition. The title of the report, “The Use of Vitamin C as an Antibiotic.”**

## **HOW THE ANTIBIOTIC EFFECT OF VITAMIN C WAS FIRST**

**Noted by Dr. Klenner in a case of virus pneumonia**

**“our interest with vitamin C against the virus organism began ten years ago in a modest rural home. Here a patient who was receiving symptomatic treatment for virus pneumonia had suddenly developed cyanosis. (The skin turns blue, due to the lack of oxygen.) He refused hospitalization for supportive oxygen therapy. X-ray had not been considered because of its dubious value and because the nearest**

Department to give such treatment was 69 miles distant. Two grams of vitamin C was given i.m. with the hope that the anaerobic condition existing in the tissues would be relieved by the catalytic action of vitamin C acting as a gas transport aiding cellular respiration. This was an old idea; the important factor being that it worked. Within thirty minutes after giving the drug (which was carried in my medical bag for the treatment of diarrhea in children) the characteristic breathing and slate-like color had cleared.

“Returning six hours later, at eight in the evening, the patient was found sitting over the edge of his bed enjoying a late dinner. Strangely enough his fever was three degrees less than it was at two p.m. that same afternoon. This sudden change in the condition of the patient led us to suspect that vitamin C was playing a role of far greater significance than that of a simple respiratory catalyst. A second injection of one gram of vitamin C was administered by the same route, on this visit and then subsequently at six hour intervals for the next three days. This patient was clinically well after 36 hours of chemotherapy. From this casual evidence to prove unequivocally that vitamin C is the antibiotic of choice in the handling of all types of virus diseases. Further-more it is a major adjuvant (helper) in the treatment of all other infectious diseases.”

### **FIRST EXPERIMENT OF MEASLES**

“This experimental strike on vitamin C as an antibiotic opened a new avenue of approach to the problem of dealing with the virus bodies. With a great deal of enthusiasm, we decided to try its effectiveness with all of the childhood diseases. Measles was singled out more so than the others because of the knowledge, that it is a small virus like the one causing poliomyelitis. It was poliomyelitis, too, would have a drug that could prevent as well as cure the disease.

“The use of vitamin C in measles proved to be a medical curiosity. For the first time a virus infection could be handled as if it were a dog on a leash. In the spring of 1948 measles was running in epidemic proportions in this section of the country. Our first act then, was to have our own little daughters play with children known to be in the “contagious phase”. When the syndrome of fever, redness of the eyes and throat, catarrh, spasmodic bronchial cough and Koplik spots had developed and the children were obviously sick, vitamin C was started.

**“In this experiment it was found that 1,000 mgs. every four hours, by mouth would modify the attack. Smaller doses allowed the disease to progress. When 1,000 mgs. was given every two hours all evidence of the infection cleared in 48 hours. If the drug was then discontinued for a similar period (48 hours) the above syndrome returned. We observed this off and on picture for thirty days at which time the drug (vitamin C) was given at the 1,000 mg. level every two hours around the clock for four days. This time the picture cleared and did not return. These little girls did not develop the measles rash during the above experiment and although exposed many times since, they still maintain this immunity.”**

**“Later cases were given the vitamin by needle. The results proved to be even more dramatic. Given by injection the same complete control of the measles syndrome was in evidence at 24 and 36 hour periods, depending entirely on the amount employed and the frequency of the administration. Aborting of these cases before the development of the rash apparently gives no interference to the development of immunity.”**

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**Unless the virus is completely destroyed, as demonstrated in the experiments with the virus causing measles, the infection will again manifest itself after a short incubation period. Small, single daily doses do not even modify the course of the infection. From a review of the literature one can safely state that in all instances of experimental work with ascorbic acid on the virus organism, in experimental animals, the amount of virus used was far beyond the range of the administered dose of this vitamin. It is timely to note here that all of our research with vitamin C on the virus was done, using MAN as the experimental animal. This makes an important difference. For example the signs of acute and chronic vitamin C deficiencies in the monkey are distinctly DIFFERENT than in man.” Here are the observations of an alert, interested and trained medical doctor. Dr. Klenner used his own daughters as “guinea pigs” to prove beyond question the value of vitamin C as an antibiotic which controlled a virus caused disease and cured it; whenever he administered a sufficiently large dose, often enough to do the job.**

## **VIRUS ENCEPHALITUS**

The next case was that of a black woman aged 28 with history – given by a relative – of chills and fever and chest and head cold for 14 days, severe headache for three days. In stupor when first seen, eye lids closed, a white foam at the mouth which she periodically tried to spit out. Temperature by axilla 106.8 (axilla means armpit). Dehydration was much in evidence, breath sounds diminished to absent, tactile (by touching) fremitus (palpable vibration) increase over the right lung. The sulfa drugs, penicillin and streptomycin with supportive treatment had been exhausted. Four grams of vitamin C was given intravenously along with 1,000 cc. of 5% dextrose in saline solution. Temperature dropped to 100 (ax.) within 11 hours. Four hours later vitamin C was resumed – every two or three hours – in dosage of 2 to 4 grams depending upon the response. After 72 hours the patient was awake, sitting up in bed and taking fluids freely by mouth. There was no fever at this time, nor for the remainder of the time in the hospital. Vitamin C was continued for a period of two weeks; the frequency was cut to every 12 hours, two grams at a dose. An interesting complication was deafness; her speech gave a loud, monotonous, bell-sound effect. It was debated whether this was the result of the streptomycin or to the encephalitis. Prostigmin 1:2,000, 1cc. and vitamin B1, 200 mgs. were given i.m. twice daily. On the tenth day of treatment the hearing suddenly returned to normal.”

“The x-ray picture of the right lung was one of almost complete consolidation. Although the patient was clinically well of her pneumonia after 72 hours, the x-ray picture was not completely clear until ninety days later.

“This phenomenon of Nature clearing the debris after killing out the virus organism was observed in five other cases. The time required was in direct proportion to the degree of pulmonary involvement. There is nothing new about this procedure; Nature merely duplicating a stage in the metamorphosis of the frog in getting rid of its tail.”

## **SHINGLES**

“In herpes zoster (shingles) two to three grams of vitamin C was given every twelve hours, this supplemented by 1 gram in fruit juice by mouth every two hours. Eight cases were treated in this manner, all adults. Seven experienced cessation of pain, within two hours of the first injection and remained so without the use of any other analgesic medication. Seven of these cases showed drying of the vesicles within 24

Hours and were clear of lesions within 72 hours. They received from five to seven injections. In herpes simplex it is important to continue the treatment for at least 72 hours.

### **CHICKEN POX**

“Chicken pox gave equally good response, the vesicles responding in the same manner as did those of herpes. These vesicles were crusted in 24 hours, and the patient well in three to four days. We interpreted this similarity of response in these three diseases to suggest that the viruses responsible were closely related to one another.”

### **INFLUENZA**

“Many cases of influenza were treated with vitamin C. The size of the dose and the number of injections required were in direct proportion to the fever curve and to the duration of the illness. Forcing of fruit juice was also recommended, because of the frequency and ease of reinfection during certain periods of the year.”

### **VIRUS ENCEPHALITIS**

“The response of virus encephalitis (inflammation of the brain) to ascorbic acid therapy was dramatic. Six cases of virus encephalitis were treated and cured with vitamin C injections. Two cases were associated with virus pneumonia; one followed chicken pox, one mumps, one measles and a combination of measles and mumps.”

“in the case that followed the measles-mumps complex, definite evidence was found to confirm the belief that massive, frequent injections are necessary in treating virus infections with vitamin C. This lad was first seen with a temperature of 104 degrees. He was lethargic, very irritable when molested. His mother said he had developed his present clinical picture over the preceding four or five days. His first symptom was anorexia (without appetite) which became complete 36 hours before his first examination. He next complained of a generalized headache, later became stuporous. Although very athletic and active. He voluntarily took to his bed. He was given 2 grams of C intravenously and allowed to return home, because there was no available hospital accommodations. His mother was asked to make an hourly memorandum of his conduct until his visit set for the following day. Seen 18 hours after the initial injection of vitamin C, the memorandum revealed a quick response to the antibiotic – after two hours he asked for food and ate a hearty supper. Then played about the

house as usual, and then for several hours he appeared to have completely recovered. Six hours following the initial injection, he began to revert to the condition of his first visit. When seen the second time temperature was 101.6 degrees, he was sleepy but he would respond to questions. The rude irritability shown prior to the first injection was strikingly absent.”

“A second injection of 2 grams of C was given intravenously and 1 gram of C was prescribed every two hours by mouth. The next day he was fever and symptom free. As a precautionary measure a third 2 grams was given, with direction to continue the drug by mouth for at least 48 hours. He has remained well since.

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#### FROM “ANONYMOUS”

“I will make the flat assertion that in no established case of a virus ailment has ascorbic acid failed to effect a fast, safe cure in my immediate family. In my own case for example, my wife had a diagnosed virus eye trouble ‘epidemic kerato conjunctivitis’. Established medical practice states, ‘no treatment useful as far as I know, of virus origin, let it run its course, which will take about eight months’. We effected a cure which was confirmed by a lengthy one-and-a-half-hour test in three days by the use of one gram of liquid vitamin C with each meal in the form of sodium ascorbate (injectible) taken in orange or fruit juice.”

Colds and influenza disappear in three or four doses of one gram each hour of this same form of vitamin C.”

“Ascorbic acid has a fantastic effect upon the human frame which is making me wonder about it. For example I know of a child who sustained an extremely sever burn 3d degree, and was brought into a local hospital. While there she was given C by mouth on an hourly basis. No other treatment employed as a test. The theory was that vitamin C tends to restore the integrity of the capillary body structure. One of the dangers of burns is “fluid leakage” and normal medical practice is not to stop the fluid leakage as such, because no accepted method is generally known but to restore fluid to the blood stream through proper fluid solution injection. The child in question stopped losing fluid in the third hour. She was discharged from the hospital in

five days.

**“The doctors who viewed the records considered this a fantastic recovery and suggested the report be sent out for publication. Of course this is only one burn case.”**

**“I know of another case of a microscopist working for a very large plant in Chicago. Her problem was “stiffening of the fingers” making her work almost impossible to continue. Her record was one of constant colds.”**

**“Liquid vitamin C was suggested until a Benedict test showed spillover in the urine. She took 100,000 mgs. the first day. Tests showed no spillover. Repeated the second day. Spillover showed the third day when 50,000 mgs. had been administered or a total of 250,000 mgs. ascorbic acid in 3 days. The stiffness left her fingers on the fourth day. The question I asked of course is this, “is there a relationship between rheumatism or arthritic and vitamin C?” What became of that 250,000 mgs. of ascorbic acid before her body began throwing it off? Where does the “daily minimum requirement of 75 milligrams of vitamin C” stand in the light of this professionally supervised case?”**

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#### **EXTENDING EXCELLENT HEALTH INTO OLD AGE**

**“The key to the enjoyment of excellent health at the 70, 80, and even the 90 year age level is proper rest, exercise and diet. Brittleness of bones – osteoporosis – is probably due to endocrine imbalance due to inactivity, wide observations clearly indicate. Glandular supplements, one gram of calcium daily for the aging individual should be basic. Reasonable precautions to prevent disease; customs and practices to enhance physical fitness create good health in the later years. We have proved through experiments with animals that it is easy to double their life span by applying knowledge now available. This knowledge has not been widely disseminated among humans or made generally a part of their daily life, which is most unfortunate.” Edward L. Bortz M.D. in Britannica, 1961 edition, Book of the Year; New section; Healthy Added Years.**

Science marches forward on the backs of skilled able men and women. The abstracts in this book are based upon the published reports of medical research teams and individual M.D.'s, D.D.S.'s, Ph.D.'s and others. This is my acknowledgement to these people of talent, public spirit and their associations who foster wider understanding of their work. The total weight of their findings is an impressive chapter in American research scientific history. In an effort to reduce their report to an easily understood few words, I can be forgiven (I hope) for small inaccuracies.

**J.F. Adams**, Scotland, Ulcer diet causes scurvy.

**M.V. Addison**, England, Functioning of adrenal glands and subsequent manufacturing of hormones, depends upon ample supply of vitamin C.

**Stig Akerfeldt**, Sweden, Devised a test for insanity utilizing blood serum reaction with dimethyl-paraphenylene diamine which changes in color depending upon the illness and lack of C.

**A.A. Albanese**, aspirin treated rheumatic fever need only normal C.

**W.G. Avery**, Confirmed above with Albanese.

**Habbeeb Bacchus**, Stress conditions require C 1 to 2 grams daily minimum.

**P. Berkenau**, Polio virus inactivated by C when injected at same time. All senile dementia patients were short of C, no exceptions.

**O.A. Bessey**, Atherosclerosis and C.

**E.M. Berkoviskin**, U.S.S.R., Atherosclerosis in the aged may be prevented by regular C administration.

**O. Bodansky**, C in white cells and plasma significantly lower in cancer cases.

**A. Bourquin**, Heavy smokers who inhale may show a decrease of 66% of vitamin C level in their blood. Adding nicotine to whole human blood reduces the C level in their blood. Adding nicotine to whole human blood reduces the C content from 24.4% to 31.6%.

**P.E. Boyle**, Lack of C rupture periodontal fibres. Add C repairs them.

**J.E. Bradley**, See M.K. Gorten.

**William Brady**, Diabetes may be prevented by B complex and B1, (thiamine hydrochloride). Need for insulin reduced. Advises calcium tablets and C for certain forms of arthritis.

**A.C. Braun**, Without surgery cancerous body cells can be made normal. Cured cancer cells by grafts of normal cells on plants. "Every cell has material for cancerous or healthy growth."

**A.W. Bronwell**, Badly burned patient, C and other therapy, recovers.

**Alexis Carrell**, Kept a piece of chicken heart alive for 34 years.

Conclusion, give these cells needed foods and change the nutrient solution daily, cells are essentially immortal.”

**Digby Chamberlain**, England, See N.V. Addison above.

**W.L. Dalton**, England, Vitamin C in i.v. doses as high as 10 grams (10,000 milligrams) “dramatically improved” six patients with “mononucleosis, virus pneumonia and hepatitis” with no side effects from the C.

**Gary Deason**, see Roger J. Williams.

**O.K. Dey**, Calcutta, India, C counteracts tetanus toxin in rats, “nullifies the lethal, convulsive properties of strychnine in rats.” No human volunteers.

**R. Dillalo**, see A.A. Albanese

**S. Dreizen**, See Spies et al.

**L.A. Erf**, Is cancer a deficiency disease? Recurrence of 50% more than normal to same patient suggests this strongly.

**K. Fischbach**, Delirium tremens cured with i.v. 1 gram C, 5% glucose solution and ACTH. Another patient died, given B complex and sedatives in 78 hours.

**S. Fishman**, Canada, Atherosclerosis and C.

**E.T. Gale**, Adequate C intake may prevent many diseases in the aged.

**Thomas B. Gardner**, Add years to your life, slow aging process with B vitamins. He increased life span of fruit flies 45%.

**Max Gerson**, There is no cancer in normal metabolism. Author A Cancer Therapy, offers a basic diet in dealing with cancers.

**James Greenwood, Jr.**, Found that C was valuable in healing spinal discs, and useful in dealing with “low back pain”.

**Edward Greer**, Small doses of C useful in diabetes, heavy doses of C in polio.

**M.K. Gorten**, Iron deficient anemia, C reduces time of treatment, C aids the absorption of iron.

**R.A. Higgons**, See A.A. Albanese.

**Abram Hoffer**, Canada, Treated 1,500 schizophrenics with minimum doses of 3-4 grams nicotinic acid, increased to as much as 12 grams; 2,000 mgs. of C; and 50 mgs. pyridoxine secured recovery and marked improvement in 1,200 of these patients, on this daily dosage level at a cost of around 10 cents daily.

**I.L. Hoffman**, Used C in case 90% area burned, patient survived.

**H.N. Holmes**, Stress is reduced by C, reduction of surgical shock and prevention of shock by utilizing C.

**S. Horoschak**, Prevention of abortions with C and other therapy. Used hesperidin and vitamin K.

**L. Houchin**, Need of oxygen in muscles is reduced by 40% with proper dosage of vitamin E.

**P.R. Howe**, Collagen in health is firm. Scurvy turns collagen into the consistency of water, raising protein content of blood. Add C to the diet and collagen is made firm and normal.

**L. Huber**, Carcinoma treated with massive doses of C and A failed to change inoperable genital female cases.

**C.D. Hughes**, Adrenal gland production of cortisone is blocked if not enough vitamin C is in diet. Arthritics note.

**J.S. Hughes**, see C.D. Hughes above.

**Arnold A. Hutschnecker**, The will to live or die is based upon stress and emotions. Patients may get sick or die by virtue of an unconscious act of will.

**Robert M. Hutchins**, “Regarding a large number of colleges and universities, I thought their standards undecipherable; their accomplishments dubious, their pretensions insufferable; their independence a sham, and their appeal to their constituency irrational and degrading.”

**J.S. Imrie**, Cured delirium tremens patients with i.v. 1,500 mgs. of C, B1 and B6.

**C.D. Javert**, Sterility treated with C and other.

**Fred R. Klenner**, Treats shingles, measles, virus encephalitis, virus pneumonia, polio, snake bit, colds, chicken pox, influenza, diabetes with vitamin C. Says it is probably effective against all virus diseases if properly utilized.

**C.W. Jungeblut**, Noted the effect of vitamin C therapy in experimental Polio in 1937.

**Granville F. Knight**, Treated polio patients successfully with massive doses of C.

**A.P. Kolesov**, R.S.S.R. Restored 53% of sterile couples with C to normalcy, after all other medical treatments had failed.

**Alvin W. LaForge**, Missing scurvy symptoms is very easy by any M.D. And the cure is over 200 years old.

**James Lind**, The doctor who discovered the cure for scurvy.

**D.A. Long**, (England) Rheumatic fever susceptibility reduced by eggs eaten.

Requirements for C are increased.

**G. Garcia Lopez**, Minimum daily requirement is not acceptable.

**G.N. Loubman**, (U.S.S.R.) C reduces cholesterol count of blood stream.

**H.J. Lowe**, Atherosclerosis and C.

**C.J. Luncy**, In coronary thrombosis, excess C is needed as well as added protein.

**W.J. McCormick**, (Canada) Suggests that scurvy probably exists before cancer becomes apparent. Notes average deficiency of 4550 mgs of C in cancer cases. Suggests that rheumatoid diseases are linked by deficiency of vitamin C. . . as well as litho-genesis, disc lesions, skin care, coronary thrombosis, capillary protection, and strokes. C protects against colds, polio and is involved in preventing hepatitis, reduces the effect of carbon monoxide poisoning, lead poisoning, and acute lymphatic leukemia. Suggested B vitamin therapy for muscular atrophy and multiple sclerosis as well as C. Found tic doloureux responded when injections of B1 and B6 were added to the B complex treatment. Noted smoking of one cigarette neutralizes 25 mgs. of C. Suggested color test of urine for smokers to detect C deficiency. Noted that leukemia in young children and infants was related to mothers who smoked and incidence of T.B. was far higher in this group.

**A.W. Mann, D.D.S.**, Dentine, soft tissues effected by C lack.

**Edward H. Mandel**, Suggested that B6 cures patients who are sensitive to the rays of the sun.

**M.D. Mashkovsky**, (U.S.S.R.) Warns “prolonged massive injections of C exerts a depressive effect upon the islands of Langerhans. Thus with patients who have a tendency to thromboses and thrombophlebitis, the functional capacity of the pancreas should be checked regularly.”

**H.A. Mettill**, Excessive scar tissue is melted by vitamin E, and the oxygen need of muscles is reduced 43% by vitamin E.

**M.F. Merzhinskiy and L.S. Cherkasova**, (U.S.S.R.) Under certain conditions, prolonged massive doses of C by injection, stimulate the production of cortisone and other steroid hormones. This may injure the kidney glomeruli and a hypertensive reaction develops. Check blood pressure at frequent intervals.

**A.J. Mester**, England, “We had 24 patients with open ulcers that did not respond to usual treatment. We applied C dressings “19 healed so fast it was considered dramatic.”

**I.A. Miasnikov**, (U.S.S.R.) Ascorbic acid normalizes cholesterol count.  
Reduces blood pressure to normal.

**B.J. Miller**, Cancer may be a deficiency disease. Once you have a cancer the chances of getting it again after a cure, are double normal.

**C. Milner**, Improvement from manic depressive and paranoid symptoms was apparent utilizing C therapy in three weeks.

**E. Mussmano**, See A. Bourquin

**G. Nordenstrahl**, C and D reduces blood vessel fragility in pregnant hypertension cases.

**Joseph D. Nichols**, Six chief causes of disease; emotional, nutritional, poisons (as DDT and arsenic sprays; strontium 90; alcohol; nicotine; fallout; fluoridation of water using sodium fluoride instead of calcium fluoride; auto fume exhaust; smoking, etc.), infections, accidents and inherited.

**Kurt Ossendorf**, "I'm afraid to use aspirin. It is a part of the chemical spectrum that we know may cause cancer."

**F.A. Parish**, Dermatitis promptly relieved with C and procaine hydrochloride.

**G.A. Parker**, see T.D. Spies, Minimum daily requirement not acceptable.

**Nicholas L. Petrakis**, Normal white blood cells (corpuscles) contain large amounts of C. With ample supplies of C in blood these corpuscles change into fibroblasts, or fat cells or scavenger cells when your body needs any of these three. In scurvy they rapidly multiply, clump "and become monstrously large". Add C to diet and they become normal.

**C.L. Pirani**, Atherosclerosis and C, excellent results.

**R.E. Pollar**, See K. Fischbach.

**G.L. Pray**, Aspiring tablets increase secondary incidence of bleeding, to 17%. Substituting C and K reduces incidence to 1.5%.

**J. Garcia Tangel**, (Cuba) Adequate nutrition is basis of rehabilitation.

**J. Mott Rawlings**, C reduced lobar pneumonia mortality 50%. 5 year study disclosed.

**A. Reboredo**, Minimum daily requirement not acceptable.

**W.O. Russell**, Scurvy speeds up cancer appearance in guinea pigs.;

**L.L. Solomon**, Therosclerosis and C.

**Benjamin P. Sandler**, "Diet prevents polio".

**H.E. Sauberlich**, Reports cure of a group of patients with kidney stones, using 250 mgs. magnesium. No stones for 2 years.

**Jorgen U. Schlegel**, “We have enough circumstantial evidence to warrant prescribing 1,500 mgs. of ascorbic acid daily to prevent recurrence of carcinoma of the bladder...after five years of study.”

**E. Schneider**, “Average cancer case has 4,550 mgs. of vitamin C deficiency. Controls averaged 1,350 mgs. of C. Reduced size of carcinoma with massive C and A doses. No cure.”

**S. Shapiro**, With aspirin treated virus, 75% of patients lost C on taking the aspirin.

**W.E. Shute**, (Canada) Angina pectoris patients treated with vitamin E lost the pain and restored to useful activity.

**E.M. Simmons**, See K. Fischbach

**S. Simpkins**, et al, in cancer an increase in serum glycoprotein in the blood. The Whitting reaction based on this finding is a test for cancer, developed in Germany.

**Boris Sokoloff**, “Ascorbic acid therapy tends to correct and prevent the aging process involving fat accumulation, heretofore thought to be the unavoidable attribute of aging.” Two grams of C daily for 1 year reduced cholesterol level 33%; in 50 out of 60 patients “distinctly effective”.

**Tom D. Spies**, et al, minimal daily requirement not accepted. Adequate nutrition is the basis of ...a healthy nervous system. Lack of C, niacinamide and other nutrients destroys tissues under good teeth so good teeth are lost. Elderly individuals require a basic formula to meet maximum needs.

**J.M. Spitzer**, see S. Shapiro

**Francis Stern**, Found C kept anxiety symptoms under control, and few mental illness problems from cropping up in a group of patients whose age level was between 60 – 90.

**Robert L. Stern**, Prickly heat corrected in 30 minutes with 500 mgs. doses of C.

**Sarah Stewart**, Isolated a virus that can transmit cancer to any selected organ in animals.

**R.E.Stone**, See Tom D. Spies.

**Allen Stralfors**, (Sweden) By adding phosphates to bread and sugar eaten by third grade children, reduced dental caries by 50% in one year.

**R.M. Suarez, Jr. and Sr.** See Tom D. Spies.

**M.J. Swenson**, See C.D. Hughes

**I.H. Syed** (London) Used vitamin C to prevent and treat muscle stiffness caused either by sporadic hard labor or exercise.

**C.M. Diaz Tellechea**, (Puerto Rico) see Tom D. Spies

- M.W. Thewlis**, Adequate C may largely reduce heart disabilities in the aged.
- Emory W. Thurston**, "There are no published limits of poison spray residues on tobacco. These sprays are volatilized in the tobacco smoke and go directly into the lungs. This could in part explain the alarming increase in lung cancer."
- L.A. Tiapinoi**, (U.S.S.R.) See I.S. Miasnikov
- F.F. Tisdall**, Spike infants formula with C to maintain optimum health.
- R. Lopez Toca**, (Cuba) See Tom D. Spies. Any disease can predispose a patient to scurvy.
- R.W. Trimmer**, Suggest that in dealing with coronary thrombosis the patient be given excess protein and massive doses of C.
- G.K.L. Underbjerg**, Adrenal glands cannot produce cortisone with out surplus C in the blood, this links C with arthritis.
- A.L. Waldo**, Noted low level of C in blood of leukemia patients.
- Johanna M. vanWent**, (Holland), "treating herniated nucleus pulposa (slipped discs) with ultrasonic waves at an early stage will cure all cases if the patient stays with the treatment. If allowed to progress to bony ankylosis, no help from this therapy.
- J.C. de Wit**, In whooping cough C reduces the time of recovery.
- S.B. Wolbackh**, "The firmness of collagen is dependent upon adequate C. In scurvy, collagen is watery and discharges into the bloodstream as depolymerized glycoprotein. This together with a lack of calcium could be the basis of cancer metastasis. Add C to the diet and a normal consistency of collagen results."
- H.Curtis Wood**, States C will cure 90% of the colds he has treated if the treatment is started immediately at the first sign of a cold. Suggests 1,000 mgs. to start and 500 mgs. every 2 hours until bedtime. If awake one or two 500 mg. doses during night.
- W.K. Wright**, See L.G. Pray. C and K reduce secondary bleeding.
- A.M. Yudkin**, Ocular arteriosclerosis and edema respond to C and orange and grapefruit juice.
- K.L. Zierler**, Vitamin E prevents blood clots inside of blood vessels; aids healing of wounds, burns and bruises.
- R.E. Zipf**, Leukemia results in low C levels in the blood stream. Usually associated with leukemia are fragile capillaries. By adding C in massive doses capillary fragility is corrected.

## NUTRITION AND PHYSICAL DEGENERATION by Weston A. Price. D.D.S.

This book is available from the Weston A. Price Memorial Foundation, Inc. a non-profit tax-exempt corporation seeking contributions to disseminate the valuable knowledge contained in this basic research.

Primitive people in their natural environment, possess fine teeth. On their natural foods he found them to have good characters, stalwart bodies, emotionally stable, excellent health into very old age and free of degenerative ills. Dr. Price found this was true as long as they did not import boxed and canned foods. He spent fifty years repeatedly sampling every staple food and making an analysis of the food consumed by each of the fourteen tribes he visited. His hundreds of photos are in this volume and also on exhibit. Included are Australian Aborigines, Outer Hebrides, Eskimos and North American Indians.

Dr. Price found their foods to be exceedingly high in vitamins, minerals, proteins and fat soluble factors. The photos disclose that when processed foods are fed these previously healthy tribes their teeth begin to show early decay. The jaws of the children become less wide hence their appearance changes. They become victims of degenerative disease like cancer and heart trouble. The missing nutrients changed the appearance and health. The road to good health Dr. Price proves beyond question is good, natural uncontaminated food!

**Amazing isn't it? So much knowledge has been available for so long, but has not been provided to those that need it the most, health care providers and families.**

**It is the intent of AnnyBelle Publishing at AnnyBelle.org to provide needed information and resources for continued Youth Achievement. If we do not educate our young, how can we expect them to make more logical decisions than we as parents have made?**

**With the knowledge provided by the Insider Doctors and Scientists that were willing to put their time, energy, efforts and money into specific areas of health we give them our thanks and appreciation. God did create a perfect world and a perfect human body. His work is 100%.**

## **What has changed?**

**As we address the changes that have taken place we learn that it is up to us, individually, to modify our environments both externally and internally to assure Better Health for ourselves and those we care for. All it takes is a little research and the willingness to apply simple logic in making more informed decisions.**

**A complete education program is now available for those wanting to learn more on how the body works at the cellular level, to recognize the signs of certain deficiencies effecting health and the resources to safely and effectively resupply the cells with what they may be lacking and how to safely and effectively remove toxins from the body to restore its natural healing ability.**

There are several options and more information available for you at:

**<http://www.advancedscientifichealth.net>**

**If you would like to apply some of the basic vitamin C knowledge shared in “Conclusions of Frederick Klenner M.D.” here is a website that provides the most complete and affordable options while also providing the most effective form of ascorbate.**

**<http://www.askinsiderdoctors.com/?ref=ztcw6>**

**As you will see on the site above the protocol addresses colds & flu, however after reading Dr. Klenner’s conclusions you can see that the ingredients are the ones that will prove to be of much greater value than merely colds and flu. Please be sure to watch the many educational videos provided at the Video Link as well.**

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**And of course to a most respected man, Dr. Frederick Klenner M.D.**

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