

Energy Times-{May 2007}
VITAMIN C VERSUS THE BIG-C
Cancer-preventive nutrient Vitamin C shows new promise for treatment.

Vitamin C comes in pills, capsules, liquids, lozenges, tangy chewable or crystals. It is the ubiquitous superstar nutrient with health benefits that far exceed its renown as an immune booster. It's recognized as a powerful antioxidant that may be an important preventive measure against cancer as Vitamin C's potential as a cancer treatment was once dismissed by Western medicine, but is now re-evaluated by nutritional research.

Vitamin C's History: In the mid-18th century, fruits and vegetables-especially lemons and limes-were found to ward off scurvy, a disease that had for centuries' plagued sailors on long sea voyages. Vitamin C, of course, was the nutrient behind this scurvy protection-but it didn't get its kudos until it was identified by Hungarian researchers in the 1930s. Soon after, synthesized vitamin C was mass produced, launching the legacy of history's most popular supplement.

Vitamin C found its champion in the 1960's, when famed chemist Linus Pauling began challenging the Recommended Daily Allowance (RDA) for this nutrient in favor of higher doses he believed would be more effective in preventing disease. While the RDA hovered between 75 and 90 mg daily, Pauling was known to take up to 18,000 mg of vitamin C per day; the Linus Pauling Institute now recommends 400 mg daily.

Pauling believed these higher vitamin C doses showed great promise in neutralizing the common cold, supporting cardiovascular health and even treating cancer. When Pauling experimented with giving terminal cancer patients super-high doses of vitamin C intravenously, he found that the nutrient appeared to both mitigate traditional cancer treatments' side effects and lengthen lifespan. Despite Pauling's acclaim, his vitamin C cancer research was largely disregarded.

Vitamin C: What is it? The world's best known water-soluble antioxidant; also known as ascorbic-acid. What does it do? Has aided anti-cancer therapy when used intravenously (with a practitioner's supervision); ingestion of more commonly dosages has proven to reduce cancer risk and lower risk of death from all causes.

Pauling's Vindication: Decades later, in January 2007, the FDA finally acknowledged the legitimacy of Pauling's approach by approving the Cancer Treatment Centers of America's investigation of high-dose intravenous vitamin C and its effects on cancer patients. Meanwhile, Korean researchers undertaking a similar investigation reported in February 2007, that cancer patients receiving mega-doses intravenous vitamin C were found to show greater physical, emotional and cognitive function, while reporting less fatigue, nausea, vomiting, pain and appetite loss.

Intravenous-mega-doses of vitamin C is really a different league of supplementation, but many studies suggest that vitamin C supplements may even help prevent cancer. In the Nurse's Health Study, pre-menopausal women with a family history of breast cancer who consumed an average of 205 mg of vitamin C every day (well above the RDS) experienced a 63 % lower risk of breast cancer than women who consumed an average of 70 mg a day.

A prospective study that racked 870 men over 25 years found that those who consumed over 83 mg of vitamin C daily had a 64% reduction in lung cancer. University of California researchers tracking 12,000 adults for an average of ten years found that those with the highest vitamin C intake had the lowest death rates for all cancers. Finally, an analysis of 90 separate studies found that vitamin C and vitamin C-rich foods offered significant protective effects against various forms of cancer.

Vitamin C is a supplement superstar-but, as it turns out we may be beginning to understand its far-reaching health benefits. "By, Dougherty"

My personal experience and knowledge of vitamin C, and how I learned its value: An overworked doctor is now deceased as people flooded his office day and night for his service. Before his death, he gave me mega-doses of vitamin C, intravenously as my lupus treatment. His knowledge was a century before our time. He agreed with Linus Pauling's Vitamin C's theory as treatment, and prevention of most illnesses today.

I would not be alive if God had not led me to that knowledgeable doctor. At the time of my first visit, I was more dead than alive. I had total liver failure. Daily, as he fed me in my veins he said, "If you won't give up, I won't give up on you." I would say "Dr. I'll never give up, don't worry." For six weeks, daily he administered intravenous mega-doses of vitamins, and vitamin C. I never ate a bite the entire time, yet, my liver began functioning and it has these 25 years since. He said I'm the greatest miracle he ever witnessed, and that surely God isn't through with me as He had a purpose for my life.

I learned of Vitamin C's value as I lay so sick, as he fed me intravenous mega-doses. God used him to rescue me or I would not be alive. The Baptist hospital had run tests and said I had liver failure, and said they could do nothing for me. So, as I lay in bed at home, at point of death a friend advised my husband to carry me to this knowledge doctor, as he had helped so many people. My full story is told in my book, "From Defeat To Victory." You may purchase it on my website at: (www.emilydotson.com).