



Vitamin C

The Best Medicine

Silicon Valley Forth Interest Group

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What is Health?

- **Health** is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

World Health Organization, 1948



Health Can Be Quantified

- Health has been a nebulous concept. Everybody talks about it. Nobody knows what he's talking about.
- Now, I propose that we can measure health, and put actual numbers to it.



The Law of Health

- Taking too much vitamin C causes diarrhea.
- Taking enough vitamin C to cause diarrhea (Bowel Tolerance) cures most diseases.
- Bowel Tolerance is the most accurate and the most reliable numerical measure of your health.



Typical Bowel Tolerance

- **Healthy person** **4-15 grams/day**
- **Common cold** **30-60 grams/day**
- **Severe cold** **60-100+ grams/day**
- **Flu** **100-150 grams/day**
- **Atypical**
Pneumonia **100-200+ grams/day**

Robert Cathcart, Vitamin C, titrating to bowel tolerance, anascorbemia, and acute scurvy
Medical Hypothesis, 7:1359-1376, 1981



Evidence 1

- All mammals, except primates and guinea pigs, synthesize daily 2-20 grams of vitamin C in their livers.
- It protects them from diseases, injuries, and physical/mental stresses.



Evidence 2

- Primates including human, cannot synthesize vitamin C, and they have to obtain vitamin C from foods.
- Primates suffer many diseases uncommon to mammals if they do not ingest enough vitamin C.



Evidence 3

- Without vitamin C, people die of scurvy in 60 days. Scurvy leads to disintegration of blood vessels, bones, and connective tissues.
- Profound exhaustion, diarrhea, bone fractures, and pulmonary or kidney failures lead to death.



Evidence 4

- 65 mg/day of vitamin C is enough to prevent scurvy, but not enough to protect us from viruses, bacteria, environmental poisons, cardiovascular diseases, and cancer.
- Mammals rarely catch these diseases because they produce vitamin C in liver.



Evidence 5

- Vitamin C is a derivative of glucose. It is completely non-toxic, as all mammals synthesize it in their livers.
- The only side effect in orally taking excess amount of it is diarrhea.



Evidence 6

- Healthy people has 1 mg vitamin C per 100 gram of plasma (1 mg%).
- Adrenal and pituitary glands, leucocytes, brain and other organs contain 30-50 times more vitamin C than plasma.
- Most diseases cause depletion of vitamin C in plasma and other organs.



Evidence 7

- Vitamin C taken orally is absorbed in intestines.
- When all organs are saturated with vitamin C, its plasma level rises to 1.4 mg% and intestines stop absorbing.
- Excess vitamin C flows to colon and causes diarrhea.



Evidence 8

- Excess vitamin C causes diarrhea, gas, looseness of feces.
- Any of these indications can be considered that vitamin C reaches Bowel Tolerance.



Evidence 9

- Taking vitamin C to Bowel Tolerance is the best way to maintain health and combat diseases.
- Healthy people develop diarrhea at 4-15 grams/day. Sick people can tolerate up to 300 grams/day before diarrhea sets in.



Evidence 10

- Bowel Tolerance, from 4 to 300 grams/day, is the most accurate and reliable measurement of health.
- The smaller the amount, the healthier you are.



Evidence 11

- When a patient is too sick to take orally large amount of vitamin C, intravenous injection of sodium ascorbate solution will quickly restore health.
- The dosage is generally 350 mg of sodium ascorbate per 1 Kg of body weight.



Diseases Treated by Vitamin C

- Cold, flu and SARS
- Cancers
- Cardiovascular diseases
- Chemical poisons
- Snake and insect poisons
- Burns, surgery and injuries
- Mental and physical stresses



How to Take Vitamin C

- Take 5-10 grams of vitamin C every 2-4 hours
- Keep on taking it until diarrhea, loose stools, gas, or 'singing intestines'.



Types of Vitamin C

- Ascorbic Acid, pure vitamin C.
- Sodium Ascorbate, sodium salt of vitamin C. It can be taken without limit until Bowel Tolerance.
- Calcium Ascorbate, calcium salt of vitamin C. Limit it to 10 grams/day. It also supplies water soluble calcium.



My Recommendation

- Take 5-10 grams of calcium ascorbate with breakfast.
- Take 5-10 grams of sodium ascorbate every 2-4 hours until Bowel Tolerance.
- To treat diseases, refer to Dr. Cathcart's table for recommended dosages.



Most Common Questions

- Is vitamin C toxic?
- Why do we need such a huge amount?
- Why my doctor does not prescribe vitamin C?
- Would vitamin C from natural sources be more effective than synthetic vitamin C?



More Questions?



Vitamin C Is Not Toxic

- WHO and UNFAO said so. (Food Additives Report 16, 1981)
- Most mammals synthesize vitamin C in their livers.
- For 80 years, there have been no report on death caused by vitamin C.
- All adverse effects alleged to vitamin C have proven to be false.



Vitamin C Dosage

- Bowel Tolerance
- 4-300 grams per day



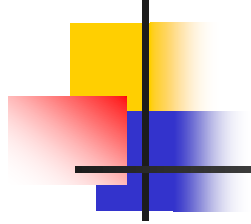
Why Doctors Are Against VC?

- Most doctors just do not know.
- AMA enforces rules against medicinal use of vitamin C.
- Medical journals do not publish positive reports on vitamin C.
- Medical and pharmaceutical literatures do not state true nature of vitamin C.
- Pharmaceutical industry is dead set against medicinal use of vitamin C.



Natural vs Synthetic VC

- Ascorbic acid has two optical isomers: L-ascorbic acid and D-ascorbic acid.
- Early synthetic ascorbic acid had both isomers, and was less effective.
- Modern processes use fermentation steps in manufacturing VC, and only L-ascorbic acid is produced.
- Synthetic VC is identical to natural VC.



Thank You.