

Super-C Vitamin C Crystals

BY Dr. Alfred F. Libby, MD(H), LHD,

There is so much I want to share with you regarding the many therapeutic usages of Vitamin C in the body, I hardly know where to begin. So if I sound disjointed, or perhaps out of touch with reality at times, I have not gone off the edge. My personal enthusiasm and high regard is generated by the many beneficial effects I have personally observed Vitamin C perform in many clinical and hospital settings and in various states of acute and chronic disease. In my opinion, Vitamin C is God's most perfect gift to mankind. It is without a doubt the single most perfect antibiotic and detoxifying agent for any and all disease conditions which affect mankind. The purpose of these articles is to have all people connected with For•Mor products learn how to assume more responsibility for their own body. We know that health and disease result from an interplay between the environment and our own ability to cope with it. Whether people resist or fall to disease reflects in very large measure how carefully (or neglectfully) they have maintained their own bodies. This principle of taking more responsibility for fortifying one's body against the jolts of a threatening everyday environment has recently taken hold in the form of an American "fitness boom." Many people have taken to running or jogging, biking or playing tennis, exercising, or going to the gym. Some have given up cigarettes. Still others patronize health-food stores and gulp vitamins—taking Vitamin C to ward off colds.

It's not a day too early! For all our emphasis on "health" and our national pastime of keeping up with the latest advances in medicine, our world position is a national disgrace. A fifty-year old American Male has thirteen fewer years to live than a fifty-year old man in Cyprus. When an American woman enters the labor room, she has less chance of surviving childbirth than her counterpart in eleven other countries. And her baby? The United States ranks a dismal fifteenth in infant immortality and nineteenth in male life expectancy at birth. All this despite that fact that we spend more money on medical research than all of the countries ahead of us. This brings us back to self-responsibility. Somehow we're not doing enough. We need to do more, and we need to *know more* in order to do it. This is why we are going to focus on Vitamin C, also called ascorbic acid and ascorbate—for two very simple reasons.

1. Our lives depend on Vitamin C. We can no more live without it than we can live without oxygen.
2. There are more than *ten thousand* published scientific papers that make it quite clear that there is not one body process (such as what goes on inside cells or tissues) *and not one*

disease or syndrome (from the common cold to leprosy) that is not influenced—directly or indirectly—by Vitamin C. Vitamin C can inoculate a person against hundreds of environmental pollutants, infectious and degenerative diseases, and emotional distress that sometimes drives people into psychotherapy unnecessarily. Sounds too good to be true.

I intend to provide you with enough scientific evidence for all that Vitamin C can do. This wondrous and life-saving information has been obscured for too long a time. Hopefully, I can change that for you and perhaps save a few lives in the process. The health-conscious reader who is willing to take responsibility for his or her own health and well-being will need the information contained in the next three or four newsletter articles, which will focus entirely on Vitamin C. This is necessary in order to fully explain to you the many, many beneficial and therapeutic effects Vitamin C has on acute and chronic diseases. It will also be of benefit for you to understand the reasoning behind why it is strongly recommended that each and every family member take Vitamin C on a daily basis. You will also learn the strong influence Vitamin C plays in preventing a disease process from manifesting itself in the first place. Before I'm through, you'll know why I say it is God's most perfect gift to mankind.

If we were into choking horses (which we're not), we would have to say there is enough evidence to choke a horse that vitamin C plays an important therapeutic role in each and every disease process that affects the human body. Let's discuss something everyone has had an experience with at one time or another.

ANTI-HISTAMINE ACTIVITY

Histamine is a body chemical that is released in response to any kind of *stress*—physical, infections, and otherwise. This increase in circulating histamine can set off many reactions: heightened secretion of stomach acid, faster heartbeat, drop in blood pressure, and constriction of breathing. In respiratory infections, for example, histamine may dilute the blood vessels. This causes them to leak fluid, which results in swelling of the mucous membranes. Your nose runs, engorged tissues fill up your nose, making it difficult to breathe. Sinus membranes swell and sinus cavities are flooded with fluid. Your eyes itch and water. Breathing can be further impaired if histamine causes enough muscle constriction to reduce the diameter of the bronchial tubes, air passageways to the lungs. What's needed? Something to fight against the noxious chemical, an *antihistamine*. One guess: What has been shown to be an effective antihistamine? Right! Vitamin C. A chemical structure in histamine may be likened to a five-sided building. Vitamin C breaks through the walls, so the building is no

longer functional. Antihistamine drugs work differently; they cling to cell membranes, offering protection from the histamine. Just to remind you, the problem is that the stress that produces the histamines in the first place also lowers vitamin C levels in the body. Since human beings cannot synthesize vitamin C, a natural means of combating histamine and its effects is lost. When "outside" antibiotics are taken, two interesting things occur. The body's vitamin C is depleted (so that more is needed). And, when more is taken, it enhances the antibiotics activity. Because it activates body defense mechanisms, vitamin C is effective against many viruses. Following an extensive review of the medical and scientific literature, Dr. Linus Pauling concluded that vitamin C combats a number of viral disorders: *hepatitis, measles, mumps, poliomyelitis, viral pneumonia, viral orchitis (an inflammation of the testes), herpes zoster (shingles), herpes labialis (fever blisters), certain types of meningitis, influenza, and the common cold*. Dr. Irwin Stone (research associate of Dr. Pauling) summarizes the role of vitamin C in bacterial infections as being bactericidal (kills the bugs), bacteriostatic (stops them in their tracks), detoxifies bacterial toxins (renders them harmless), controls or maintains phagocytosis (enables those white blood cells to engulf and devour the bacteria). From on-going research, Dr. Stone further concluded that vitamin C works against the bacteria and toxins of *tuberculosis, diphtheria, tetanus, staphylococcal infections, dysentery, typhoid fever, leprosy, and pseudomonas infection*.

ASTHMA

The first time I heard about the therapeutic value of vitamin C was at a seminar in Oklahoma City in 1975 (Ragon Moore territory). This seminar was Asthma in children. I was astounded at the results these physicians were obtaining in these young children. To illustrate how effectively vitamin C works for asthmatics, here is a study conducted by physicians on twelve asthmatics concerning bronchial constriction brought about by exercise. This is a form of asthma in which sufferers experience chest tightness and wheezing within three to five minutes after exercising, and the condition progressively worsens over the next thirty minutes. All asthmatics have this syndrome to some extent and, in many, it's the prominent feature of their disease. The end result of this study was that on only 500 mg. of vitamin C, this amount led to significantly less bronchospasm. Additional measurements of air flow showed that vitamin C was extremely effective. It is likely that this protective effect would have been even greater if several grams of vitamin C had been administered. Think how much better the results will be when we add Power Antioxidant, Avengers, MSM 2000, Royal Trace 70+ and Colloidal Silver to the therapy.

Reference Section

(continued on back) LOW-BACK PAIN

Is there anyone you know who says they really *enjoy* having pain? Certainly the vast majority of people regard pain with a whole of dread. Rare indeed is the adult who hasn't experienced sore, tender, aching muscles after engaging in accustomed exercise or manual labor, (like walking for miles up and down stairs at the Opryland Hotel). An acquaintance of mine, a Professor of Neurosurgery at Baylor's College of Medicine at Houston, Texas, summarized his experience with vitamin C in over 500 patients this way: "A significant percentage with early disk lesions who were experiencing simple lumbosacral pain of sciatic nerve problems all benefited from vitamin C therapy, and a few totally recovered and avoided back surgery altogether. In Scotland doses of 6 to 10 grams of vitamin C is used to replace morphine or diamorphine for the severe pain of terminal cancer patients.

In advanced human cancer, the premorbid (preceding the occurrence of disease) features of anemia, cachexia (malnutrition and wasting), extreme lassitude (weariness, exhaustion), hemorrhages, ulceration, susceptibility to infections, and abnormally low tissue plasma, and leukocyte (white blood cells) ascorbate (vitamin C) levels, with terminal adrenal failure, *are virtually identical with the premorbid features of advanced human scurvy!* Because it is well established that most Americans suffer from sub-clinical scurvy (not taking enough vitamin C), don't you think you should include it in your daily routine?

It has been recognized for many years that patients with cancer have a decreased level of vitamin C in the blood and also that these patients, especially children with cancer, have a high tendency to develop infections. Infection is a major cause of morbidity (number of cases), and of mortality in children with cancer, partially because the anticancer therapy damages the immune metabolism. The low level of vitamin C in the blood should, of course, be rectified for all cancer patients by a high intake of the vitamin. This high intake should provide some protection against infectious diseases and should be a valuable adjunct to conventional therapy in the treatment of the infectious diseases as well as the cancer itself. So, how important is Super-C to each and every one of you and your children on a daily basis?

I want to share a thought or two with you regarding nutrition. Through the years I don't know how often I have heard the comment, "Hey doc, how long do I have to take these pills you recommended for me?" I believe by now many of you have heard the same or similar comments. The major problem is that most people just do not understand that nutrition is a way of life in order to *prevent* disease, rather than attempt to *cure* a disease. You might consider using this line: "Long time health problems do not lend themselves to short-time solutions." This pretty much says it all.

I would like to conclude with a few personal

case histories. I had a personal involvement in each of these conditions. I chose these conditions out of several hundred in order to show you the versatility and effectiveness of Super-C in a variety of unusual circumstances. In all of the following cases there were other nutrients utilized such as vitamins, minerals and amino acids, but in no case were drugs ever used. I also want you to know that I am not suggesting that you attempt the same thing, because of the lack of space. The first case was a young lady who was addicted to pain killers due to Crohn's disease. When she was admitted she had severe abdominal pain; a temperature of 103.6; and a white blood cell count of almost 23,000 (normal 6-10 thousand). The surgeons wanted to operate immediately, but agreed to wait until morning after an IV of Super-C was given. In the morning, the pain was completely gone, temperature was normal, and the white blood cell count was 8,000, well within normal limits. Needless to say the surgeons were disappointed. An alcoholic, in a drunken stupor decided to commit suicide. He shot himself in the chest with a rifle and nicked his heart in the process. Following an extensive convalescence he was admitted to our unit for alcoholism. A chest x-ray was ordered on admission to check the condition of his heart and lungs since the bullet penetrated the pericardium (a sac enclosing the heart). This man had extreme difficulty breathing due to the accumulated fluid in his lungs and in the pericardium that surrounds the heart. Fifteen days later the man was sent to the lab for a repeat chest x-ray. The radiologist irately called our unit to complain that we had sent him the wrong person for x-ray and we should be more careful in the future. Our nurses tried to reassure him that he had x-rayed the right person. The radiologist said that was totally impossible because there was no fluid in or around the pleura or pericardium of the heart (in order to see fluid in the pleura on chest x-ray, there must be 300ml or more present, no wonder he was confused). He said that the fluid accumulation such as this man had would take up to five years to disappear, and maybe not even then. Does Super-C perform miracles?

An elderly man had a leg ulcer that would not heal. This ulcer was deep, clean and circular, you could clearly see leg bone. Super-C was initiated by mouth (16 grams per day in divided doses) and poultices (containing Super-C sprinkled on sterile, damp, gauze pads) were placed over the ulcer surface 6 times per day. The wound slowly healed by what is termed second intention, (meaning from the bottom of the ulcer to the top until new skin was formed on the surface). A gentleman was scheduled to have the toes of both feet amputated due to gangrene of the toes. Inspection revealed the ankles, feet and toes were very edematous, (greatly swollen) and the toes were blackened due to very poor circulation. Super-C was initiated by mouth (20 grams in divided doses) and foot soaks in tepid water loaded with Super-C crystals for 15 minutes, 6 times per day, other appropriate nutrients were

also used. Within a period of three weeks, the swelling had reduced to almost normal and the toes had regained their pinkish color. A lady was *insulin dependent* (everyone knows that once it is determined that you are insulin dependent, you are on insulin injections for the rest of your life). In order to survive, this lady had to inject herself with 35 units of insulin every day. In order to remove the obstacles to her health she was given Super-C, an exercise program, a new diet, other appropriate nutrients and before long, the impossible happened, she became insulin free!

I saved the last portion on Super-C for a group of people I call, "the walking wound", or the "unwell". What I mean by this is that while you can walk around, hold a job, function as a husband or wife, you just don't feel good, happy, or enthusiastic about your life. This identical circumstance also applies to many people in this life of ours. In 1980, I conducted a study with a group of patients at a State Psychiatric Hospital in Norwalk, California. The purpose was to clinically illustrate the absolute effectiveness of Super-C, vitamins, minerals, and amino acids, using a group of volunteer male and female patients who were recovering drug addicts and alcoholics. First the study was designed to demonstrate to the medical/scientific community that each and every addict suffered from abnormal alterations in blood chemistry, abnormal psychological profiles, abnormal perceptual disorders, abnormal emotional disorders, and IQ levels that were suppressed, some by rather significant numbers. Documenting this fact was accomplished by physical examination, medical laboratory, psychological and IQ testing. It was important to clinically demonstrate that these abnormal conditions of the body, the organ systems, and most significantly, the brain, all possessed the innate ability to return to normal. Even more remarkable, this can be accomplished within a period of about 30 days, provided of course, the proper nutrients are utilized. We were able to reverse the abnormal psychological profiles, reverse the abnormal blood chemistries, and elevate the IQ levels from 4 to 50 points. What was the common denominator in all these conditions? First, complete and thorough removal from the body and brain all the accumulated toxins and poisons that interfere with good health. The body cannot get well if it is toxic. How is this possible? By using the most powerful detoxifying agent in the world called Super-C, that's how. There was much more to this study than space permits, but in 1982, four articles were published in a scientific journal relating to the entire experience.

The thought I want to leave you with is that when a person is "unwell," or "toxic," the very first thing to do is eliminate any obstacles to their health by recommending the immediate use of Super-C. On the other hand, if you want to stay "well," each and every member of your family must take a maintenance amount of Super-C each and every day.