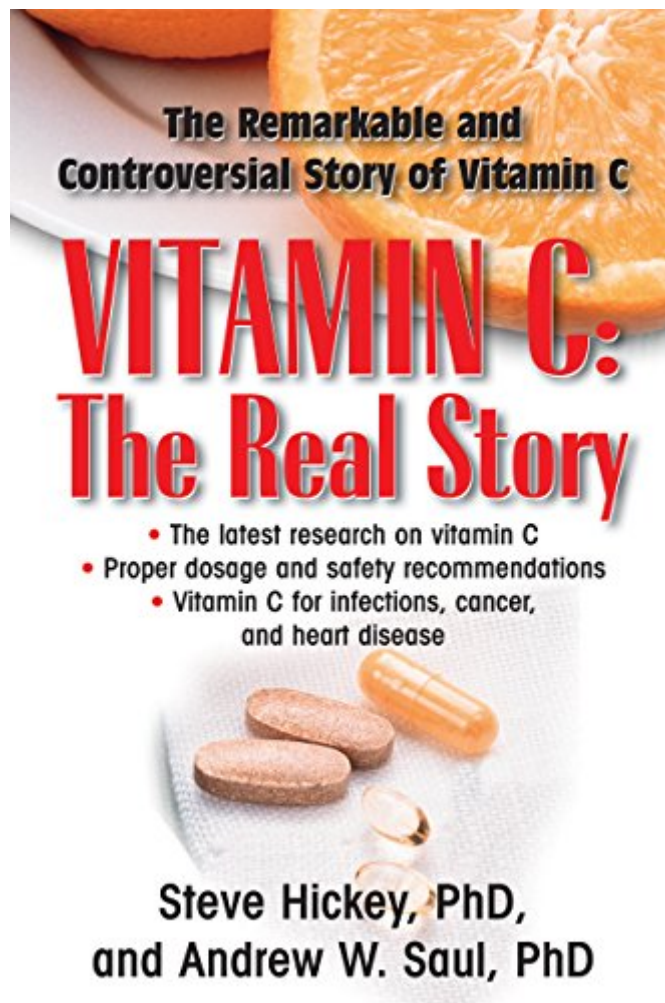


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# Vitamin C: The Real Story: The Remarkable And Controversial Healing Factor



## Synopsis

Discover the latest research on the benefits of vitamin C, a proven antibiotic, nontoxic anticancer agent, and treatment for heart disease.

## Book Information

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## Customer Reviews

Apart from various websites, this is the first book I've read about Vitamin C and I found it immensely informative and very valuable. I strongly recommend it to anyone interested in achieving optimal health and avoiding as much disease as possible later in life. Saul & Hickey do a good job explaining the history, the science, methodology and reasoning behind large doses, the controversy, and the chemistry. All this is covered as you proceed through the book and sets you up well for their synthesis in the final chapters where they lay down a very detailed explanation of how the fundamental cause of atherosclerosis is highly likely to arise from less than optimal levels of antioxidants, particularly Vitamin C, in the body. This was the section I found the most interesting. The book also has a great section on cancer, how it develops, and how Vitamin C can play a role in prevention and treatment. Having done some internet research today since finishing the book I am a little surprised they never mention the role of the various genes that have arisen in animals that

can't produce their own Vitamin C such as the one that produces Uric Acid (as wikipedia says it provides about half of the antioxidant capacity of the plasma), along with the ability to recycle ascorbate which is also seems unique to upper primates, guinea pigs and bats according to this recent article. [...] I think this is interesting too and could have been mentioned when comparing our vitamin C requirements to animals that make their own (hence the four stars). Nevertheless, this is minor, and gorillas eat 2-5g of ascorbate a day anyway which is way beyond what most people eat and about the range they recommend here for maintaining good health.

**Vitamin C: The Real Story** The Remarkable and Controversial Story of Vitamin C by Steve Hickey, PhD and Andrew Saul, PhD, 2008, Basic Health Publications Inc., CA, 192 pages [...] A curious title. What could be remarkable or controversial about vitamin C? Thousands of children take Flintstone multis every day; don't they get enough vitamin C? Many adults take some C when they have a cold. Even without supplements, don't most people get enough vitamins and minerals in their fruits and veggies? Authors Hickey and Saul think we need to know the truth about vitamin C. Their fascinating book presents some truly remarkable vitamin C discoveries. They outline its health-maintaining functions, introduce its health-restoring capabilities and warn us about anti-vitamin-therapy factoids. Steven Hickey, PhD and Andrew Saul, PhD present the real story clearly and carefully. Readers will gradually realize that the vitamin C story has two dimensions. On the bright side, scientific and medical researchers have documented decades of vitamin research, clinical progress and success. Vital amines, and other nutritional substances, are essential for health and useful for healing. Over the past 100 years, a succession of scientific researchers studied the biochemistry of vitamin C and learned that vital amines sustain metabolism. Minimal doses of vitamin C can heal scurvy however optimum doses of vitamin C have remarkable health-restoring capabilities. Researchers carried out clinical trials, detailed patient recoveries, corroborated findings and wrote journal articles and reference books. The vitamin C story also has a disturbing dark side. Rather than telling the truth, certain health professionals dismiss the vitamin C research and disparage the clinical progress reports.

This book starts with a really wonderful introductory text by the 90 year old Abram Hoffer M.D. PhD., a man that has taken large amounts of vitamin C for 50 years with many positive effects and given it to a vast number of patients with many positive effects. The only problem as he points out is that as a doctor, it isn't great for you in some ways if your patients all become too well because your treatment works so well! Long story short, if you have cancer or any type of viral or bacterial disease,

or any chronic disease or you want to avoid disease and live a longer and healthier life, you need to read this book - or at least understand the basics of orthomolecular medicine and the importance and effectiveness of high dose vitamin C taken daily. As this book explains 'Just about everything doctors have been telling us about vitamin C is wrong' One of the most important messages of the book is that, if a doctor is unsure of the diagnosis, high dose vitamin C should always be given while the correct diagnosis is pondered. The book also includes great information about Pauling, Cathcart, Klenner and Stone and other orthomolecular medicine pioneers. This is an excellent book for doctors, as it explains why the facts about vitamin C are twisted and ignored in mainstream medicine as well as providing a mountain of solid evidence for the effectiveness of vitamin C. The book is also very easy to read for patients and members of the public. This is a great book for laying out the facts of vitamin C therapy and why it is so important, however very little practical information is given. To be clear, it isn't very complex and only a small amount of information is needed.

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