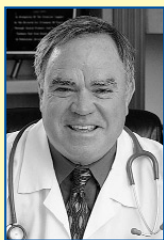


Dr. Julian Whitaker's

Health & Healing®

Your Definitive Guide to Alternative Health and Anti-Aging Medicine

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Julian Whitaker, MD
Author of
Health & Healing

Director of the
Whitaker Wellness
Institute,
Newport Beach,
California

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Dear Reader,

On June 2, 2003, I went with my wife Connie to the San Diego Naval Base to welcome her son (my stepson) David back from an active tour of duty on the USS *Constellation*, a 5,000-personnel aircraft carrier. We arrived at the dock before they began to disembark, and all of the sailors were lined across the upper deck, looking down upon the waiting crowds. It was a moving experience. Connie and I are grateful our son has returned home safely from war, and we realize that over the years, not all families have been so fortunate.

We live in the strongest and greatest nation in the world — likely of human civilization — and most of the free world is free thanks to us. Whatever your feelings about America's current role in the Middle East, I do hope you share with me the pride and joy of living in the United States of America.

Now let's turn our attention to what I consider to be the most powerful therapeutic agent ever discovered: high-dose vitamin C.

VITAMIN C

The Virtues of Vitamin C

At the most recent scientific meeting of the American College for Advancement in Medicine, Hugh Riordan, MD, of the Center for the Improvement of Human Functioning International in Wichita, Kansas, gave an extremely provocative presentation on the use of intravenous (IV) vitamin C as a treatment for cancer and other diseases.

Using IV therapy, Dr. Riordan raises his patients' blood levels of vitamin C to a far higher range than can be reached with oral supplementation. These high blood concentrations of vitamin C can kill cancer cells and microbes, but are nontoxic to healthy cells. During the past 28 years, Dr. Riordan has used IV vitamin C (15 to 100 grams) to treat bacterial and viral infections, relieve toxic reactions to insect bites, and improve the quality of life for people with cancer (in some cases entirely eliminating their tumors).

Proof Even Skeptics Can't Deny

Seeing the power of IV vitamin C presented anew rekindled my interest and commitment to this extremely useful medical therapy. Even more convincing is the research presented in a new book by Thomas E. Levy, MD, JD, *Vitamin C, Infectious Diseases, and Toxins: Curing the Incurable* — a must-read for doctors and patients. This 400-page volume with over 1,200 cited scientific references is a litany of the unbelievable. But it's all true.

Dr. Levy reports that back in the late 1940s, Frederick Klenner, MD, FCCP, used IV vitamin C to cure 60 consecutive cases of polio. In one of those cases, a young girl stricken with polio had already developed weakness and semi-paralysis in her lower extremities. But with high-dose IV vitamin C this was reversed in one week and the entire disease was ultimately eliminated. He presented this information to the American Medical Association and published his results in several papers, only to be completely ignored by the conventional medical community. Also outlined in Dr. Levy's book is how IV vitamin C has been used to cure hundreds of cases of acute hepatitis, both B and C strains, which are thought by conventional physicians to be incurable.

This is precisely the type of book you can recommend to your skeptical friends and physicians — it deals exclusively with published scientific research on vitamin C. Dr. Levy is both a medical doctor and a lawyer, and he wrote this book with the specific intent that every claim on every page be presentable in a court of law. It is a truly compelling anthology of research and clinical experience.

I recently spoke with Dr. Levy about some of his personal experiences using IV vitamin C. One case in particular stands out. A woman suffering with severe and debilitating Lyme disease had been seen by many doctors, and had not responded to several courses of antibiotics. Her health was rapidly failing, and her husband called Dr. Levy.

The woman was immediately infused with 100 grams of vitamin C, and within just two hours of treatment her husband reported that she looked 50 to 60 percent better. Over the next two days she received five more 50-gram infusions of vitamin C, and by hour 72 she was completely well. That was nearly two years ago. She has since suffered no relapses, nor is there any indication of a chronic infection.

Julian Whitaker, MD, has practiced medicine for over 26 years, after receiving degrees from Dartmouth College and Emory University. Dr. Whitaker has long been an advocate of living a healthy life. He was instrumental in the creation of Healthy Directions, the nutritional supplement company that manufactures his exclusive product formulations, and continues as a compensated consultant on the formulation and development of new products based on the latest patient-tested medical and nutritional research. He is the author of eight major health books: *Reversing Hypertension*, *The Memory Solution*, *Shed 10 Years in 10 Weeks*, *The Pain Relief Breakthrough*, *Reversing Heart Disease*, *Reversing Diabetes*, *Dr. Whitaker's Guide to Natural Healing*, and *Is Heart Surgery Necessary?*

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Author: Julian Whitaker, MD
Chairman: Thomas L. Phillips
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Vitamin C Works When All Else Fails

Robert Cathcart, MD, like Drs. Riordan and Levy, has had great success using high-dose IV vitamin C with many of his patients. Dr. Cathcart points out that some cancers are “exquisitely sensitive” to vitamin C, and during a recent conversation he reported the case of a woman with an ovarian tumor the size of a grapefruit. Her doctors at Stanford University surgically removed the tumor, but it had metastasized all over her abdomen. At that point she had a very high CA 125 (cancer marker test) of 145. She failed to respond to chemotherapy, and her doctors gave her two or three months to live. She went to Dr. Cathcart's clinic and began taking IV vitamin C, 60 grams twice a week. Within six months her CA 125 was down to 7, and her Stanford doctors could not find any tumors inside her body. Now, over four years later, her CA 125 is 6 and there are still no tumors.

We are now facing a new viral disease, severe acute respiratory syndrome (SARS). I contend that based upon the experience of clinicians using IV vitamin C as a treatment for other acute viral infections, repeated infusions of high-dose vitamin C would be curative for patients with SARS. Yet the conventional mindset is going to ignore the obvious and sentence thousands of people to disability and death out of arrogant ignorance. This coming tragedy is no different than the tragedy of all those polio patients long ago who could have been spared, but weren't.

How about infectious mononucleosis, which is caused by the Epstein-Barr virus? Dr. Riordan points out that infectious mononucleosis can be cured in four days with four IV infusions of only 15–25 grams of vitamin C. This is significant — every year in high schools and colleges across the country, mononucleosis knocks out large sections of the student population. Many students simply drop out because the illness often lasts a couple of months, and the virus is a common cause of chronic fatigue syndrome. This

unfortunate chain of events could be prevented by a conscientious clinician using a totally nontoxic therapy that has been shown by numerous other clinicians to cure infectious mononucleosis. But Dr. Riordan and others cannot get universities and other entities that interface with these patients to pay any attention.

Let the Truth Be Known

Vitamin C has been much maligned by conventional medicine. For years it was blamed for causing kidney stones and vitamin B12 deficiencies — accusations that were proven false (although this misinformation remains in textbooks everywhere). Orthomolecular physicians have long known that vitamin C does not cause kidney stones or B12 deficiencies. They've known this because unlike conventional physicians, they actually use vitamin C. Here at the Whitaker Wellness Institute we've used IV vitamin C (up to 75 grams per dose) for over 20 years, with no sign of toxicity.

The work of Drs. Riordan, Levy, Cathcart, and others serves only to increase my enthusiasm for and to step up my use of these infusions. Almost every patient here at the Whitaker Wellness Institute will receive IV vitamin C as a part of our standard protocol. What's more, this therapy can be administered at home. In fact, Dr. Riordan sends many of his patients home, and a nurse comes by simply to mix the solution and hook up the IV. If that sounds risky to you, consider that cancer patients often have home infusions of chemotherapy. If some of the most toxic drugs in human history can be administered at home, why not one of the safest therapies ever known?

Virtually every orthomolecular physician I know uses IV vitamin C, but conventional physicians never do. If you want IV vitamin C, you're going to have to see a different kind of doctor.

Recommendations

- To find a physician with experience in IV vitamin C, visit the American College for Advancement in Medicine (ACAM) website at acam.org, or call (800) 532-3688.
- For appointments: Hugh Riordan, MD, in Wichita, KS, (316) 682-3100 or brightspot.org; Thomas E. Levy, MD, JD, in Denver, CO, (866) 750-2121 or peakenergy.com; Robert F. Cathcart, MD, in Los Altos, CA, (650) 949-2822.
- Dr. Levy's book, *Vitamin C, Infectious Diseases, and Toxins: Curing the Incurable*, can be ordered online at amazon.com, or by calling (888) 795-4274.