Paul Artale 21.11.25

Review: Irving Stone, *The Healing Factor: Vitamin C Against Disease*, GD/Perigee Book, NY, 1972 (1982)

Pages: 258

Incredible Health Revelations

Disclaimer: when reading be prepared for an introductory high-school level propaganda short course on Evolutionism in the first four chapters. As expected, this contributes nothing of value in terms of science or health applications of Vitamin C.

Perhaps one of the most important books on disease prevention and treatment, inspired by the pioneering work of Dr Linus Pauling on ascorbic acid. The author traces how a large percentage of sickness was caused by vitamin deficiency (beriberi, pellagra, and scurvy), and so-called 'experts' were led down the garden path of allopathic causes, causing the preventable death of hundreds of thousands of sailors in Britain alone.

On the biochemistry, it is of note C production is passed straight into the blood of animals from the liver, which makes the case for IV-C treatment even stronger.

Comparison of the RDA (~60mg) versus anything large enough to treat sickness or act as a prophylactic (1g +) shows a woeful deficiency. Given what C can do cheaply, safely, and effectively, it is no wonder Big Pharma has no interest in researching or promoting it, quite the opposite. It
C protects against: lead carbonate in [old] paint pigments; Cr and Au salts; benzene vapour; strychnine; aspirin; barbiturates; *Clostridium tetani*; *Clostridium botulinum*; and snake venom.

The reader will appreciate the power of megascorbic therapy, even more so given today's increasingly toxic world.

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Foreword (pp. ix-xiii)

C-deficiency is a disease "that occurred many millions of years ago … Circumstances were such that the mutant had an evolutionary advantage … [not] burdened with the machinery for manufacturing additional ascorbic acid." [pix-x]

Introduction (pp. 1-3)

I) The Beginnings of Life (pp. 4-11)

"Nature had plenty of time to experiment and eventually came up with successful solutions to problems like heredity, enzyme formation, energy conservation, a protective covering." [p8]

"The embryo passes through the various evolutionary stages that its species went through … 'ontogeny recapitulates phylogeny' ". [pp10-1]

II) From Fishes to Mammals (pp. 12-14)

Enzymes for synthesis of ascorbic acid were shifted from the crowded kidneys to the amply-spaced liver. This shift was the evolutionary response to the needs of the more highly developed species."[!] [p14]

Both birds and mammals convergently evolved the shift to the liver!

III) Our Ancestral Primate (pp. 15-18)

Chromosomes are so named as they readily absorbed staining dyes for microscopy.

The liver makes C from glucose. An alleged mutation in the last enzyme in the C production series called L-gulonolactone oxidase now prevents the liver doing this.

IV) The Evolution of Man (pp. 19-23)

"Eskimo" derives from Cree Indian "he who eats raw meat".

V) From Prehistory to the Eighteenth Century (pp. 21-30)

Scurvy manifests as bleeding gums and burst blood capillaries on the skin, especially the legs.

Bubonic plague is difficult to differentiate with scurvy.

In 1497, Vasco de Gama lost 100 of his 160-man crew en route to the Indies via South Africa. However, Captain Cook lost no men from 1772 to 1775 due to his supply of fresh fruit and vegetables.

It took the British Admiralty forty years to adopt Lind's protocol of a daily lemon juice dose, costing 100,000 lives.

VI) The Nineteenth and Early Twentieth Centuries (pp. 31-35)

In 1912-3, Casimi Funk published his theory beriberi, scurvy, and pellagra were all vitamin deficiency diseases.

VII) Finding the Elusive Molecule (pp. 36-39)

Isolation requires concentration from natural extract, crystallisation, then recrystallisation comparison to be sure.

C was first discovered from an Ox's adrenal gland as 'hexuronic acid'.

VIII) The Genetic Approach (pp. 40-44)

Albinism is an enzyme loss in melanin production.

Alkaptonuria (late-life arthritis) and cystinuria (stone formation) are protein metabolism diseases which cause urine colour changes.

Pentosuria cause pentose in the urine.

Galactosemia stops babies digesting lactose in milk.

Phenylketonuria prevents protein digestion and can cause brain damage unless a low-protein diet is followed.

IX) Some Effects of Ascorbic Acid (pp. 45-49)

"One of the outstanding attributes of ascorbic acid is its lack of toxicity even when given in large doses … It acts substantially like an oil for the machinery of life … any excess is rapidly excreted." [p46]

Body saturation point is 5g.

AscA concentrates in the high-metabolic adrenal, pituitary, brain, ovaries, and eyes.

Collagen is the body's most important structural substance.

C combats Hg, As, CO, SO_2, and VOCs.

C controls phagocytosis.

X) "Correcting Nature" (pp. 50-56)

Required 70kg adult dose is 2-4g p.d., rising to 15g under conditions of stress. The RDA is only 60mg!

Linus Pauling recommended 2.3-9g p.d.

XI) Breaking the "Vitamin" Barrier" (pp. 57-63)

AscA goes straight to the blood from the liver avoiding the digestive system.

XII) The Common Cold (pp. 64-69)

The goal is to raise blood and tissue C levels so that no virus can survive.

Dosage should be half-hourly, then every second or third hour.

XIII) Viral Infections (pp. 70-76)

C can treat poliomyelitis @4.5-17.5g every three hours.

Herpes simplex can activate from sunlight, poison, infection, physical or emotional stress.

XIV) Bacterial Infection (pp. 77-89)

Otani (1936) proved IV-C @150mg per shot could treat pertussis.

C can kill *Salmonella typhosa*.

XV) Cancer (pp. 90-98)

Radiation, chemo, and surgery all cause sever biological stress to the body.

Hypoascorbemia may cause cancer.

Scientists in clinical work only use a few grams of C p.d.

Szenes (1942) said C contraindicates cancer as it intensifies tumorogenesis.

Malignancy degree is said to be inversely related to connective tissue resistance (which is promoted by C).

Leukaemia is over-production of leukocytes which may be caused be C deficiency-induced non-homoestasis.

XVI) The Heart, Vascular System, and Strokes (pp. 99-107)

The pump and flexible pipes in the cardiac system must be in a constant state of self-repair and maintenance. Its main structural element is *collagen*.

Scurvy can loosen teeth, reopen old wounds and scars, and cause brittle bones.

C deficiency accentuates with age.

Low C promotes cholesterol synthesis.

Small capillary ruptures (“micro strokes”) can cause dizziness, nausea, and mental deterioration, by which time damage is already done.

"All of this provocative and suggestive research, conducted all over the world for the last four decades, indicates that the simple ingestion of 3 to 5 grams of ascorbic acid a day in several spaced doses may be sufficient as a megascorbic prophylactic regime to prevent the high incidence of heart disease and strokes … prompt application of megascorbic therapy in ICU would seem to assure survival to those now destined to die because of their severe, uncorrected hypoascorbemia." [p107]

XVII) <u>Arthritis and Rheumatism</u> (pp. 108-112)

XVIII) <u>Aging</u> (pp. 113-118)

Dehydroascorbic acid is C's oxidised form.

XIX) <u>Allergies, Asthma, and Hay Fever</u> (pp. 119-125)

14g was used to to treat anaphylactic shock.

XX) <u>Eye Conditions</u> (pp. 126-132)

C is involved in twelve separate biochemical processes in the eye; it has a higher concentration than other tissue.

Glaucoma affects 2% over 40 and 80% over 65.

Cataracts occur when the crystalline lens, which is made of helical proteins, becomes opaque.

Iontophoresis uses current to force C into the eye.

XXI) <u>Ulcers</u> (pp. 133-137)

Duodenal ulcers are 8X more common than gastric.

Smoking and drinking blocks HCl secretion turn-off signals.

Aspirin and cortisone promote ulcers.

XXII) <u>Kidneys and Bladder</u> (pp. 138-145)

52% of stones contain phosphates, 33% calcium oxalate, 6% urate, and 3% cystine.

XXIII) Diabetes and Hypoglycemia (pp. 146-151)

Blood glucose should be 80-120 mg%.

Alloxan and dehydroascorbic acid alike can cause diabetes in rats.

XXIV) Chemicals, Stresses – Poisons, Toxins (pp. 152-162)

C protects against: lead carbonate for, paint pigments; Cr and Au salts; benzene vapour; strychnine; aspirin; barbiturates; *Clostridium tetani*; *Clostridium botulinum*; and snake venom.

XXV) Physical Stresses (pp. 163-171)

0.2g of methylene blue before high altitude ascent (15K ft) prevents altitude sickness.

"Methylene blue and ascorbic acid are both members of oxidation-reduction systems and should have similar therapeutic actions." [p169]

XXVI) Pollution and Smoker's Scurvy (pp. 172-177)

Smoke contains CO, HCN(l), NO, SO_2, acetonitrile. Tar, nicotine poison, and ^{210}Po dust.

One cigarette depletes 25mg of C (a medium-size orange).

Tobacco smoke destroys C in solution.

XXVII) Wounds, Bone Fractures, and Shock (pp. 178-185)

AscA/ deoxy-AscA is a 'morbidity index'; normal is ~14 while the dead have ~0.3.

Shock increases capillary permeability.

XXVIII) Pregnancy (pp. 186-192)

C increases estrogens which act as an abortifacent.

XXIX) <u>Mental Diseases</u> (pp. 193-196)

Adrenalin issues can increase the hallucinogen adrenochrome.

XXX) <u>The Future</u> (pp. 197-199)

<u>Glossary</u> (pp. 254-)

Alloxan: Uric acid derivative. Pancreatoxin.

Cross-linking: with age, flexible collagen molecules cross-link into rigid structures.

Uric acid derivative. Pancreatoxin.“spiritual awakening”.