

BOOK REVIEWS

NUTRICA0 PERFEITA (4TH ED.),

Jose Geraldo Vergueiro
R. Marechal Bittencourt, 588 Brazil,
Sao Paulo

In 1958 when Dr. Vergueiro was 58 he placed himself on a program of super-nutrition. Over the next six months there was some improvement in his arthritis, but he did not recover. He therefore concluded that super nutrition alone could not reverse malnutrition generated over a long period of time and that he might need fortification of his program with injections of 10 vitamins. He believes that oral doses of vitamins are not nearly as effective because they are absorbed with difficulty. By 1960 he had developed a program of giving daily injections of these 10 vitamins for 24 days followed by a seven-day rest. Then the series would be repeated.

In a recent letter he wrote, "In the first nine years I had all the prudence selecting 8-10 patients per month for my observations. Little by little I verified that there was no danger or counter indications and I moved to use these injections on a large scale. Today we have permanently 50 persons taking these injections. Nearly 4,000 persons have been treated. The results are extremely rapid (they appear within a few days or a

month). They show that many syndromes which medical science confesses not to know their fundamental cause come from the dis-nutrition of the tissues and organs, causing lesions and dysfunctions with symptoms identical to those of injections."

Dr. Vergueiro then described the types of chronic conditions which responded to this approach. They included chronic changes both physical and mental associated with old age, hypertension, diabetes, psoriasis, lupus erythematosus, and so on. He also referred to 50 patients with schizophrenia who were not chronic patients in a mental hospital, but had one or more attacks. He found an 85 percent improvement rate. His basic formula contains the following vitamins in 2 ml of solution:

- | | |
|-----------------|----------|
| 1. thiamine | 280 mg |
| 2. nicotinamide | 280mg |
| 3. riboflavin | 20mg |
| 4. Pyridoxine | 20mg |
| 5. pantothenol | 20 mg |
| 6. vitamin A | 30 mg |
| 7. vitamin E | 30mg |
| 8. vitamin D | 400 i.u. |
| 9. vitamin K | 0.5 mg |
| 10. vitamin B12 | 2.0mcg |

The book, **Nutricao Perfeita**, with an English summary, details his theoretical considerations and outlines some of the data he has accumulated.

Readers of this Journal are aware that parenteral vitamins, especially in the early phases of treatment, may be much more effective than oral vitamins. This was first reported by Jonathan Gould, a psychiatrist practising in England, was later reinforced by Allan Cott in this Journal and more recently by Glen Green who finds parenteral vitamins very effective in the treatment of many of the Orthomolecular conditions. But none of us so far have used the program outlined in this book.

Dr. Vergueiro would like us to try out his approach. There should be no difficulty in finding parenteral preparations which approximate his preparations. He would appreciate any questions and is willing to correspond with any interested physician. Please write to him at Rua Marechal Bittencourt 588, 01432, Sao Paulo, Brazil.

It has been stated that there is a 40-year gap in medicine between discovery and its application. Most of us are painfully aware of the enormous resistance of any profession against the examination and introduction of new ideas. It is our responsibility not to fall into the same error.. We must examine each other's ideas seriously and carefully because only in this way will we be sure to continue to promote Orthomolecular psychiatry. I urge as many physicians as possible to try out the approach outlined by Dr. Vergueiro and to report the results either by means of a communication to this Journal, or to a meeting of any of the newer societies dedicated toward the principles of Orthomolecular medicine and ecology.

VITAMIN C. RECENT ASPECTS OF ITS PHYSIOLOGICAL AND TECHNOLOGICAL IMPORTANCE

G. G. Birch and K. Parker
John Wiley and Sons, N.Y. 1974, 259 pp.

Most of the book deals with the technical uses

of ascorbic acid. It is added to soft drinks, especially beverages based on citrus fruits where it is an antioxidant to protect flavor, to meat, and to meat products in curing and pickling, to flour for improving baking quality, and to beer where it is a stabilizer.

There is an interesting but brief historical outline of ascorbic acid as a vitamin. Later Dr. E. Ginter discusses the relationship between hypoascorbemia and hypercholesterolemia. The evidence suggests that long-term use of ascorbic acid in larger than recommended doses will prevent arteriosclerosis. In guinea pigs chronic hypoascorbemia leads to serious cardiovascular changes. While the evidence in humans is harder to obtain, there is now sufficient evidence to make every prudent individual, especially if hyperlipidemia is present, use at least 4 g per day. The general conclusion of all the participants who discussed ascorbic acid was that at this dose it was safe.

In the final two chapters C.W.M. Wilson, the major ascorbic acid investigator in Ireland, if not in Great Britain, and S. Lewin reassure us that ascorbic acid is among the safest of all the known medications or nutrients (in my opinion it is safer than sucrose). These two chapters are very interesting and provocative.

According to Lewin ascorbic acid ameliorates and increases resistance of the body to the toxic effects of mercury and lead. Wilson states, "There is very little definite evidence that any of these possible side effects actually occur." He was referring to such theoretical side effects as the formation of oxalic acid stones, decreased fertility, and so on. Lewin dismisses the argument that extra ascorbic acid is wasted in the urine because of oversaturation as naive. He refers to work which shows that when 1 g is ingested, 1/2 g is absorbed by the tissues. When 3 g is ingested, half of that is retained, and even when 6 g is consumed, 3.3 g is retained. In other words the more one takes the more is forced into the tissues.

All in all this is a good book. It was

BOOK REVIEWS

interesting to note that the United Kingdom recommends 30 mg per day, the USA 60 mg per day, while the USSR recommends 120 mg per day. Perhaps this reflects the level of national concern about good health.

A. Hoffer, M.D., Ph.D.
1201 CN Towers
First Avenue South
Saskatoon, Sask. S7K1J5