

Welcome to the Second World Congress on Vitamin C

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We think this is a memorable occasion for many reasons. First of all we are adding further celebration to the birthday of that great scientist, Dr. Linus Pauling. He's had about nine or ten birthday celebrations and we want to make this one official, too. He was able to make this 90th birthday, I'm sure, because of vitamin C.

When I met Dr. Irwin Stone some 21 years ago, he told me that he attended a professional meeting where he heard Dr. Pauling speak, at which time the Nobel laureate said that he had only one regret: that he would not live to see the fruits of his work. So Dr. Stone wrote him that if he would get into vitamin C, he would, indeed, see the fruits of his work. Dr. Pauling was intelligent enough to follow up on Dr. Stone's advice, and he promptly investigated vitamin C, but only to face great ridicule by the press, by the medical profession and countless others for over two decades. This Congress is a wonderful occasion, because he has recently been vindicated by two governmental bodies.

The National Cancer Institute held a meeting in September 1990, where Dr. Pauling and two of his associates were speakers. One of his comments was, "It is very interesting to be here since, for some ten years or so, you have refused every request of mine for research grants on vitamin C." They did report many highly favorable things about vitamin C at this seminar. Indeed, they found that high levels of C provide significant protection for cancers of the esophagus, larynx, oral cavity, pancreas, the stomach, rectum, breast, cervix and lungs. Yet astoundingly, almost none of this information has been relayed to the public. Some 600,000 physicians go their separate ways, relying on drugs, chemotherapy, and radiation. And the virtues of vitamin C are ignored by the National Cancer Society, the press, television, newspapers, and essentially

all periodicals. The information is simply not getting through to the people who need it most.

Another confirmation came from the Archives of the National Academy of Sciences, August, 1989, in a study by Frei, England and Ames, of the Department of Biochemistry, University of California, Berkeley. These researchers reported that ascorbate is the outstanding antioxidant in human blood plasma, that it offers protection against the "common human diseases associated with aging, including cancer, heart attacks, stroke, arthritis, and cataract."

But, again, this information just does not get through. This is another reason why I felt it imperative that a Second World Congress on Vitamin C be held.

Dr. Stone used to describe ascorbate as "the only known panacea for every human illness." I do not regard this as an exaggeration, because every illness, whatever its cause, among other things, induces stress in the body, and ascorbate is the outstanding anti-stress agent. Further, ascorbate is essential to the full function of the body in countless ways.

Dr. Szent-Gyorgyi received the Nobel prize for his work in the isolation of vitamin C, yet he rather ignored the substance until the later years of his life. As he renewed his study of the fantastic substance, he came to realize its essentiality to our lives. At the 50th Anniversary celebrating his isolation of vitamin C, which I staged in Palm Springs in 1978, he made many important statements regarding ascorbate. Some of them are:

"Ascorbate desaturates protein, so that it can hold together. Without this desaturation, our bodies fall apart."

"Ascorbate is the link between oxygen and the sun and our life. If that link drops out, there is no life, absolutely no life ... And the more ascorbate you have, the

more alive you are."

"I now think that every day thousands and thousands of bodies go down to the mortuary with the wrong diagnosis. What they really suffered from was scurvy."

"If you build a wall, you must put bricks down and put mortar on every one. You can't put the bricks together and then throw mortar on top. It will never hold. So you must have ascorbate, and you must have plenty of it even while you are in your mother's womb."

It's our intent to disseminate the information that we gather here in many ways. Most scientific meetings are mainly little gatherings among scientists and doctors where they talk to one another and sometimes expose great discoveries and ideas. But, their findings are not often picked up by the press. Certainly the recognition of Dr. Pauling was not picked up by the press. The LA Times ran a full page on Dr. Pauling but they didn't say anything about his vindication. They added at the last some very disparaging remarks by other people, and that's the way it's always been, but it must stop.

The wonders of the electronic age are all about us. Novel forms and stages of artificial intelligence are catapulting us by spectacular leaps into a new world that can transform our society within a decade. Each day we lead and are led into some mind-boggling adventure in the fairyland whose doors were first opened by the transistor. Where all this will take us ... we do not really know, to an Orwellian *Brave New World* where individual identity is lost, or into another dimension where our separate needs are both served and enhanced? Maybe substantial measures of both. Our science fiction writers have dreamed their dreams of what is often, now, more science than fiction. We have put together one magic box after another and we are constructing boxes to make boxes even more magic.

Meanwhile, though, slumping into premature disease and idiocy, we as persons wander too soon down a desperate, lonesome, drug-laden road of pain and terror. Why? Because our medical profession is not progressing, is not equal to the problems facing us. We have come to understand a great deal of the electronics of the metallic and non-metallic elements that make our computers work but our minds are

largely isolated from the enormous potential that lies within us. We must find ways to more fully meet the nutritional needs of our own bodies.

Dr. Szent-Gyorgyi often said, "Full health is a state in which we feel best, work best, and have the greatest resistance to disease." But he might then add, "No one knows when he has reached that stage, but it's a goal toward which to strive."

Good health is not an absence of disease symptoms. You may be told by a doctor that you're 100 percent there. But, none of us is really 100 percent there.

During the last decade or so, scientists have made great advances, especially with recombinant DNA, and there will undoubtedly be many remarkable benefits in the near future. Many biologically active substances can be tailor-made, as man assumes more and more of a God-like role. But what seems increasingly clear to me is that our physicians, and indeed, most of our biochemists, are myopic in their view of our most basic health requirements. We need food or food supplements that come closer to meeting every requirement of our body cells, in forms readily assimilated by those cells, timed as best as possible to be available at the right place, at the right time, and in the right quantity.

There's not a single food available to us that meets all our needs, nor is there any combination of available foods that will give us all the nutrients we need without overloading our bodies with a lot of things we should not have, that are carcinogenic, poisonous, too bulky, or too fattening.

We have this Judeo-Christian concept that everything in this world was set here for ourselves. It is absolutely false. We must face the facts. There are over 400,000 different plants in this world and most of them are poisonous. Were they created for us? No, they weren't. Nor are the foods that we eat most. As the FDA has pointed out, the common potato has four known poisons and the tomato is a nightshade, which was a favorite poison in the time of Caesar. And even Popeye wouldn't have done very well on the oxalic acid in his spinach, nor would you. Don't be deceived by those cartoons that you once saw. Once

we recognize this, we have a basis for figuring out what we should do with ourselves. We must understand that there is no one food that gives us everything we want, and we really cannot get all the nutrients we need, without supplementation.

Dr. W.D. Currier of Pasadena, California whom I met 20 years ago, analyzed the diet of many of his patients. He had one very fat man come in who was a chef in a restaurant. So they checked out his intake and found he was getting all the vitamins and minerals he needed, but he was too fat because he was eating about three times what he should! That's one way to do it, but it isn't the solution, is it?

We need countless things that we've never thought much about. For instance, Dr. Schoeder points out in his book, *The Poisons Around Us*, that it takes only .043 micrograms of cobalt (the amount you could possibly get on the point of a pin) to make the B₁₂ (cobalamin) that we need to keep us vigorous. If you have had B₁₂ shots you know that they really invigorate. Now what would we do without that .043 micrograms of cobalt, an infinitesimal amount, to energize our bodies?

We must also recognize that the load placed on our immune system is growing in enormity. Burning coal now generates about 56% of America's electricity. Of the various sources of air pollution in the U.S., coal fired power plants contribute about 70% of the sulphur dioxide, which can become sulfuric acid, 30% of the nitrogen oxide, and 35% of the carbon dioxide. The sulphur dioxide emissions amount to some 17 million tons annually, so we are breathing more and more of this pollutant. Efforts are being made to cut these emissions in half by the year 2000, but as our population grows it will become increasingly difficult because the population requires power, and coal is still our main source of power.

Thus, as the load on our bodies increases, we must have counter measures to correct this load, otherwise we shall be overwhelmed. Human life-span is now up to around some 75 1/2 years. It may not continue its upward trend. I will be enjoying, I hope, my 79th birthday in June because I got on vitamin C, as did Dr. Pauling

some 20 years ago. In that regard I am happy to report in the 18 years that I've been taking timed release mineral ascorbates, I've never had a cold nor a viral attack lasting more than half a day, nor a single new cavity in my teeth. It's very interesting, because the mineral ascorbates work in many ways, one of which is to help produce the antibodies that keep in check the bacteria that causes caries, streptococcus mutans. And, of course, the ascorbates strengthen the teeth and gums.

So it's really a whole new world of better health, greater resistance to disease and a longer life that, best starting in the mother's womb, may come about if we can get adequate nutritional support.