



**The Remarkable and  
Controversial Story of Vitamin C**

# **VITAMIN C: The Real Story**

- The latest research on vitamin C
- Proper dosage and safety recommendations
- Vitamin C for infections, cancer,  
and heart disease



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Steve Hickey

Vitamin C: The Real Story, the Remarkable and Controversial Healing Factor



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Vitamin C - A lot more than an immune booster. This book will change your life in case you are ill. Don't pass this one up, it simply may change not your life, however the lives of those you can find to listen to you as well. Afraid of kidney stones? It definitely indicates Vitamin C is much more than a Vitamin. Rather, this is more of a brief history of the vitamin, along with a few cases in which it can treat "X, Y, Z". Difficult to refute and begging to end up being followed. The RDA dosages are desperately too low. This reserve will describe why it may actually hinder kidney stones, not cause them. Book ruined by evolution speculations Ruined an excellent scientific book simply by inserting unverifiable speculations relating to evolution that were not germane to the rest of the content. If you take too much Vitamin C your body has a very efficient method of coping with it. It basically releases it through the bowels, just like with Epsom Salts (Magnesium Sulfate). Our bodies have been coping with these chemicals for millions of years and recognizes these minerals and vitamins. Remember, "The Parmaceutical Sector does not create Treatments they create Customers. Their production levels are much higher than the RDA amounts. Supplement C does so much more for us than simply boosting our disease fighting capability it is an anti-histamine, electron donor to cells and more. Read the book and discover what this means and how it probably occurred. The doses necessary for each individual fluctuates drastically depending on how ill the individual is. Its simply as or perhaps more essential than Supplement D ( a steroid hormone). If our bodies had the opportunity to produce it, it must be essential for survival. Humans lost this ability. In any case their is much to this book than I could cover. Loved the book. The thing I would have appreciated more would be to have each one of the authors alternate chapters. We can get and remain healthy with the organic things our earth was made out of. Some individuals may take 200,000 mg a day with out a laxative effect if indeed they have a massive infection, however after they effectively treated using Supplement C they may only need 4,000mg a time to maintain their degrees of health. Nothing wrong with that - but I'd recommend obtaining Saul's "Doctor Yourself" if you are looking for a true guide to using vitamin C as an orthomolecular medicine. All in all, a good read! Great book for natural medicine advocates. Do yourself a favor, read this publication and find the real truth of Vitamin C. Very credible, it answers questions issues, and unbelievers of this totally amazing nutrient. The authors wryly declare that gorillas our closest relatives obtain 4000 milligrams of vitamin C within their diet as the RDA for folks is significantly less than 100 milligrams. He says "somebody's wrong and I don't think it's the gorillas". Long tale short whether it's not working it's because the amounts are too small. Grab a coffee and prepare to learn. Well, lifestyle changing, documented evidence by the bucket load. Tells the annals of vitamin C and investigates the documented aftereffect of large doses. This book teaches you myths about of Supplement C. Utilizing a sub-laxative level of Vitamin C to combat of a Candida infections. We ought to probably add similar amounts to remain well. 5 stars. Complex information not for laymen If I were a doctor or a researcher I'd probably give this publication a 5 superstar review. It is full of information that I am sure that scientists need to know if they're doing research on supplement C.. Everyone must have this ! You can find exactly TWO pages that are worthwhile for the rest of us -- the web page that explains how much supplement C to take so when to take it and the page that tells what things to take should you have tumor. Still, those two pages are worthy of the price of the book. Vitamin C The true story Great book. Lots of information so when usual ,things that are being hidden from the public by doctors and pharmaceutical companies. The reason I'm not giving it 5 stars is because I sensed the authors did not spend enough time on the healing mechanisms of C. Our Lord is usually smarter than any doctor or pharmacist. The medical profession wants to scare you from taking high doses and perpetuates these myths. Five Stars Very informative Controversal but probably correct Very interesting reading backed up by science and shedding light in a controversial issue. Those

scared of Vitamin Megadoses Therapy, avoid being. Dr. Saul walks you through the history of Vitamin C Therapy, why it works, the benefits and finally why this information has been buried. It's amazing how something as powerful as Vitamin C offers been "dumbed down" by the present day medical community. Consider the advice, "Fire Your Doctor" or at least keep yourself well-informed as to why Orthomolecular Medicine offers been stifled for such a long time. Do you realize most animals have the ability to synthesize Vitamin C from glucose, in their own bodies and adjust the levels daily bases on what stressed or ill they're." Disappointment compared to the Niacin Real Story You can skip that one, but make sure you read Niacin THE TRUE Story, which was essential read Give me a 'C' Awesome book! The rest is either highly technical information that's not really ideal for laymen or tales (undoubtedly true) about how the government and big pharma don't want visitors to use vitamin C to be healthy. Factual and interesting Factual and interesting though I actually liked Dr. Levy's books better. Vitamin C Megadose Therapy Works! A thoroughly great read with an easy task to follow info for the lay man as well as the educated. Many mammals can easily produce this vitamine themselves at amounts corresponding to human being intakes around 100 instances the presently suggested daily dose. Brilliant.... Well worth reading. A "Must Read". Very interesting and helpful read. I read about half the publication in one sitting and, though elements of it are a bit dried out, the overall information is a God send. Great Vitamin C Thesis A very informative guide to Supplement C. I was also wishing to see more evidence of their very own successes in the use of vitamin C therapy. The majority of what I have seen by skimming forward in the remainder seems predicated on others' work.



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