

The Uses of Intravenous Vitamin C

When treating patients, I recommend supplemental vitamin C very highly. Sometimes the amount of vitamin C that you can take by mouth, either in powder or tablet form, is inadequate for your needs. In these situations, I recommend a large amount of intravenous vitamin C, given once or twice a week, and sometimes more frequently.

No Known Toxicity

Vitamin C is a potent **natural anti-oxidant**. It protects you from the damaging effects of excessive oxygen. It has anti-viral and anti-bacterial properties, and it stimulates your body's own production of interferon, the naturally produced anti-viral substance.

Vitamin C is an anti-inflammatory substance and it has no known toxicity. It enhances your immune function by improving white blood cell activity and increasing antibody production. Taken orally, large amounts of vitamin C may cause diarrhea, but otherwise there are no side effects. There is no diarrhea from vitamin c when given intravenously.

Helps Chronic Fatigue

The usual reason for giving vitamin C intravenously is a severe viral infection such as hepatitis, mononucleosis or influenza. However, it is also effective in relieving the symptoms of colds and dramatically decreasing the duration of the infection itself. **Any inflammatory process or immune system dysfunction is helped by intravenous vitamin C.** Patients with multiple allergies benefit from large amounts of vitamin C. The virus that causes infectious mononucleosis, or "mono", is known as the Epstein-Barr virus (EBV). Chronic fatigue syndrome (CFS) may be related to EBV or several other related viruses. The symptoms of CFS are fatigue, swollen lymph nodes, and recurrent sore throats with low grade fevers. Any of these symptoms that last more than a week suggests a problem. Laboratory tests may help in the diagnosis.

In some cases we have had spectacular results treating these chronic viral syndromes with intravenous vitamin C. The Middlesex News published an article about chronic fatigue mentioning one of our patients who is now able to function at close to normal capacity since receiving the treatment. Another patient was almost completely better from 15 years of illness after 6 intravenous vitamin C treatments and a nutrition program.

Help Against Environmental Chemicals & Free Radicals

My own staff, my children, and I often have had vitamin C intravenously at the onset of a cold or viral syndrome and find it highly effective in preventing the full development of the illness and effective in shortening the duration of illness. Vitamin C is an **excellent detoxifier**, promoting the excretion of heavy metals and decreasing the oxidation damage from environmental chemicals. As an anti-oxidant is also decreases the damage from free radicals, the underlying process in the development of heart disease, cancer, and aging.

As treatment and prevention, vitamin C has remarkable properties. Linus Pauling cites numerous studies confirming its value. This includes his work with cancer patients. Norman Cousins reported on it in *Anatomy of an Illness*, detailing his recovery from a connective tissue disorder using intravenous vitamin C and laughter.

You can benefit in many ways from this simple, safe, and well-known substance.