Not Just for Heart Health!

There are literally tens of thousands of published studies pertaining to vitamin C and lysine individually. Vitamin C is best known for its importance as an antioxidant and for good reason. The vitamin is arguably the single most important water soluble antioxidant in the human body.

Antioxidants play a key role in protecting your cells against free radicals which can damage cells and play a role in heart disease, cancer and other diseases.

The essential amino acid lysine is probably best known for its use in those with herpes simplex infections. Several other benefits have also been ascribed to the molecule including favourable effects on blood pressure and stroke prevention but also a positive influence on mood and anxiety.

In addition to supporting a healthy cardiovascular system and collagen production, vitamin C and lysine supplementation helps support:

- Immune health
- Vision
- Teeth and gums
- Wound healing
- Bones and cartilage
- Recovery from shingles
- Recovery from herpes outbreaks
- Healthy moods

Help reduce the risk of a heart attack with Medi-C Plus™

W. GIFFORD-JONES, MD

History shows mankind is not kind to new ideas. In 1847 one maternity patient in six who entered the University Hospital in Vienna left in a coffin. Why? Because esteemed professors ridiculed Dr. Semmelweis, a colleague, for showing that by simply washing hands after doing an autopsy, deaths were prevented.

Years later Dr. Linus Pauling, two-time Noble Prize winner, was ignored for reporting that large amounts of vitamin C and lysine are needed to prevent coronary attacks. Twenty-five years ago Pauling reported that animals make vitamin C and humans do not. That’s why sailors died of scurvy during long sea voyages, but the ship’s cat survived.

Vitamin C is required to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. Pauling claimed it takes a mere 10 milligrams to prevent scurvy, but several thousand to prevent heart attack. Continued on page 3…

I bet my life on vitamin C and lysine – I turned 89 this year… so far so good!

For more information go to MEDI-C.ca

Available in 300 gram, 600 gram and 150 vegetarian capsules

Heart Attack or Heartburn?

Every year patients go to the emergency fearing they’re having a heart attack. But is it heart attack or severe heartburn?

Those with heartburn complain of a hot fire beneath their breastbone usually after eating too much. Patients with coronary attack have a crushing sensation, as if someone was tightening a rope around their chest. Their pain usually last more than a few minutes. They may also notice the pain spreading to the jaw, neck, and back. They may have nausea, sweating, cold clammy skin and complain of shortness of breath. In either case it’s wise to go to the emergency when the diagnosis is in doubt.

If you’ve been reading my column you now know that heart attack can be avoided by taking Medi-C Plus, a combination powder that contains a high dose of vitamin C and lysine. This natural remedy prevents and reverses atherosclerosis (narrowing of coronary arteries) and could save thousands of lives. Remember – it’s only available in Health Food Stores.

MY HEALTH TIP FOR 2013

My health tip for 2013 is to start a lifetime habit of taking Medi-C Plus, a powder consisting of high concentrations of vitamin C and lysine. We now know this combination acts like Drano to clean out blocked coronary arteries preventing coronary attack.

But it also cleans out arteries in other parts of the body, for instance preventing a blood clot that can cause stroke. Today, due to the epidemic of diabetes many of these patients are also developing clogged arteries in legs resulting in amputation. Medi-C Plus can also help to prevent this catastrophic complication.

So remember…having healthy arteries that can deliver oxygenated blood to all organs is always important, in not only preventing heart attack, but also in preventing chronic disease.

For more health tips go to DOCGIFF.COM
Who is Linus Pauling?

**DR. LUDO BRUNEL, ND**

Linus Pauling was a well-known American scientist famous for the diversity of his interests: quantum mechanics, inorganic chemistry, organic chemistry, protein structure, molecular biology, and medicine. However, he is best known for his work with vitamin C.

After being introduced to vitamin C in 1966, Pauling became convinced of its clinical benefits and took three grams of vitamin C every day to prevent colds. Excited by his own perceived results, he researched the clinical literature and published *Vitamin C and the Common Cold* in 1970. In 1971, Pauling began to research the potential benefits of the use of intravenous and oral vitamin C as a cancer therapy for terminal patients. A few years later Pauling founded the institute that now bears his name and became particularly interested in the link between vitamin C and atherosclerosis. He later published literature on the use of vitamin C and lysine for the treatment of angina.

According to Linus Pauling, the link between vitamin C and cardiovascular disease has to do with a molecule called lipoprotein-a or Lp(a) that has only been found in the blood of humans and other primates. Pauling hypothesized that in some cases Lp(a) helps to strengthen blood vessel walls and assist wound healing when vitamin C levels are low.

The problem is that high Lp(a) levels are also associated with an increased risk of cardiovascular disease, with individuals with levels above 30 mg/dL having double the risk of developing coronary heart disease. Pauling suggested that this risk could be reduced by increasing ascorbic acid levels. In general, ascorbic acid levels in the blood of patients with coronary heart disease tend to be low, and levels in areas of blood vessels with atherosclerotic plaque build-up tends to be much lower than in areas without plaque build-up.

Increased intake of vitamin C was thus hypothesized to help reduce or prevent the development of atherosclerosis and also promote collagen synthesis, allowing blood vessels to be repaired and maintain their integrity, thereby helping to prevent potential damage from high Lp(a) levels.

Linus Pauling himself used vitamin C with L-lysine therapy for the treatment of cardiovascular disease, and reported positive results. He described three case studies in which supplementation with 3 to 6 grams of Vitamin C and 3 to 5 grams of Lysine daily reduced and even eliminated the symptoms of angina pectoris (Pauling, 1991, 1993).

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**The Scoop on the Dosage**

One dose of Medi-C Plus contains 2,000 mg of vitamin C and 1,300 mg of lysine. The amounts are based on research supporting these dosages for cardiovascular benefits, cold and flu, viral infections, proper muscle function, teeth and gums as well as many others. The recommended dosage for Medi-C Plus is 2 scoops per day. Those at greater risk should take one flat scoop three times a day.

Vitamin C in high doses can cause diarrhea. If this happens decrease the dose of Medi-C Plus to bowel tolerance. Please note however, there is no known toxic level to vitamin C or lysine.

If you cannot find the scoop in the powder – dig a little, it’s in there!

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**Don’t Worry - Be Happy!**

Studies at Harvard Medical School show that negative emotions such as anger, depression, worry or anxiety are linked to an increased risk for heart disease. In older adults, it has been found that depression was associated with a greater than 50 per cent risk of heart failure. Considering females ages 35-54 report the highest levels of stress, it is important to take control of your stress levels.

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**ASK THE DOCTOR**

**Why hasn’t my doctor told me about Vitamin C and Lysine for heart health?**

There are several possible reasons. The main reason is that pharmaceutical companies have spent hundreds of millions of dollars promoting cholesterol-lowering drugs as the be-all-and-end-all to preventing heart attack. So there is little chance your doctor has heard about the research proving that Medi-C Plus can prevent and reverse coronary artery disease. History also shows that great medical discoveries are rarely accepted by the medical profession. For instance, Dr. James Lind, the British naval surgeon, showed that lime juice could prevent scurvy in British sailors. Yet this discovery required another 60 years before the British Admiralty made lime juice available to sailors.

- W. Gifford-Jones, MD

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**Vitamin C and Lysine**

- W. Gifford-Jones, MD

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**How will I know if Vitamin C and Lysine is working?**

There’s no way to know as you can’t look inside your arteries. So the only way you will know the value of Medi-C Plus, with Vitamin C and Lysine, is when you reach 95 years of age and have not had a heart attack or other conditions associated with clogged arteries. In the meantime vitamin C and Lysine will also support your immune system and provide for clear vision, healthy teeth and gums, and more…

- W. Gifford-Jones, MD
Help reduce the risk of a heart attack with Medi-C Plus™

…continued from page 1

Williams Stehbens, Professor of Anatomy at Wellington University in New Zealand, proved Pauling was right. Stehbens’ research showed that coronary arteries closest to the heart are under the greatest pressure. This causes collagen to fracture resulting in the formation of a blood clot and death.

Dr. Sydney Bush, an English researcher, has now proven that vitamin C can reverse atherosclerosis. Bush took retinal photographs, then started his patients on high doses of vitamin C and lysine. One year later additional pictures showed atherosclerosis had regressed in retinal arteries.

So what has happened to these monumental findings? Bush, like Semmelweis, has been ridiculed by cardiologists. One has to ask whether cardiologists, by ignoring his results, are condemning thousands of people to an early coronary heart attack.

Fourteen years ago following my own coronary attack, cardiologists claimed it was sheer madness for me to refuse cholesterol-lowering drugs. Instead, I decided to take high doses of vitamin C plus lysine with breakfast and the evening meal, for several reasons:

- I knew that Dr. Graveline, a physician and NASA astronaut, had twice developed transient global amnesia from taking Lipitor
- I was also aware that patients have died from CLDs. Others have developed kidney, liver and muscle complications.
- I also believed the research of Pauling and Stehbens irrefutable and the work of Dr. Bush has convinced me my decision was prudent.

But to take large doses of vitamin C and lysine requires swallowing many pills daily. It’s a tall order for those who dislike swallowing one pill. So for several years I’ve been trying to find a company that would manufacture a combination of vitamin C and lysine powder. Now Medi-C Plus, from Preferred Nutrition, is available at Health Food Stores.

The dosage for the Medi-C Plus combination is one flat scoop with breakfast and the evening meal. Those at greater risk should take one flat scoop three times a day. If high doses cause diarrhea, the dose should be decreased.

This column does not recommend that those taking CLDs should stop them. This is a decision that can only be made by patients and doctors.

As for me – I bet my life on it!

Peewee Amounts of Vitamin C Won’t Stop Heart Attacks

A Harvard study involved 15,000 healthy male doctors. Half were given a multivitamin pill, the others a placebo. Dr. Howard Sesso of Boston’s Brigham and Women’s Hospital reports that after 11 years of study there was no difference between the two groups in rate of heart attacks, strokes, heart failure or chest pain.

What amazes me about the Harvard study is how researchers could waste 11 years studying a project doomed to failure. The multivitamin used contained only 75 milligrams (mg) of vitamin C. This amount is potent enough to prevent scurvy, as only 10 mg is needed to guard against this ancient disease, but prescribing 75 mg of vitamin C to prevent coronary attack is like trying to kill an elephant with a BB gun.

Dr. Linus Pauling reported years ago that one mg of vitamin C to prevent coronary attack is potent enough to prevent scurvy, as only 10 mg is needed to guard against this ancient disease, but prescribing 75 mg of vitamin C to prevent coronary attack is like trying to kill an elephant with a BB gun.

Dr. Sydney Bush, the English researcher who took photos of the retina (back part of the eye). He then prescribed large doses of vitamin C and lysine, proved one year later that weakened arteries were gradually restored to normal.

Although this research is ignored by cardiologists and The Harvard Medical School there is no reason medical consumers should not benefit when the scientific facts are so valid.

To fight heart disease, remember that weight control, a healthy diet, no smoking and moderate drinking have also proven beneficial. Always check with your doctor before starting or changing medication.

Atherosclerosis

Atherosclerosis happens when plaque builds up in our arteries. Cholesterol is a major component of plaque. When our cholesterol is too high it helps contribute to the formation of plaque which is carried through our arteries in the blood. Plaque is a sticky substance that can build up along the artery walls, particularly in areas that are damaged or weakened, causing them to narrow and further damage their lining. This process creates the risk for strokes, heart attack, circulation issues and angina. Maintaining healthy arteries is an essential part of maintaining cardiovascular health.
Common Questions About Medi-C Plus

The following information is a general guideline. I am not your doctor, always check with your own physician on these matters. W. Gifford-Jones, MD

I’d like to take Medi-C Plus, but acid foods bother my stomach and I understand that ascorbic acid (vitamin C) is acidic! This is not a problem. For every one scoop of Medi-C Plus add one quarter of a scoop of baking soda. The addition of baking soda will make Medi-C Plus a neutral solution and will not change its effectiveness.

How long must I take Medi-C Plus? Since you will never make your own vitamin C and lysine you must take Medi-C Plus for a lifetime to obtain the desired result.

I want to stop taking cholesterol-lowering drugs, but I’m afraid to do so. I know of no reason why you cannot take Medi-C Plus along with CLDs. But it is always advisable to discuss medical matters with your own doctor.

Is there any contraindication to taking Medi-C Plus? Patients who suffer from hemochromotosis, often called iron overload, should not take any type of vitamin C. In these patients, excessive amounts of vitamin C will increase the absorption of iron, which infiltrates many organs of the body and is a serious problem.

Can I continue to take Medi-C Plus with anti-coagulant drugs? Large doses of vitamin C can decrease the effect of coumadin and possibly Plavix. This decision should be made by your own physician.

Can I take vitamin C if I have a cold or influenza? People who have a cold or influenza, or who suffer a trauma actually have an increased need for higher doses of vitamin C. For instance, animals who develop an infection and normally produce 10,000 milligrams of vitamin C daily, will increase the production of vitamin C to 150,000 milligrams.

Can I take Medi-C Plus with other liquids? Medi-C Plus is usually taken with water. You can substitute orange juice, but not grapefruit juice.

W. GIFFORD-JONES, MD

W. Gifford-Jones, MD is a graduate of The University of Toronto and The Harvard Medical School. He took post-graduate training in surgery at the Strong Memorial Hospital in Rochester, McGill University in Montreal and Harvard.

During his medical training he has been a family doctor, hotel doctor and ship’s surgeon. He is a Fellow of The Royal College of Surgeons and author of seven books.

His medical column is published by 70 Canadian newspapers, several in the U.S. and the Epoch Times. He was Senior Editor of the Canadian Doctor, a regular contributor to the magazine Fifty Plus and other publications.

During his career he has travelled extensively to interview a number of internationally renowned scientists and researchers.

Gifford-Jones is married to Susan, has four children and 11 grandchildren. His hobby is trap shooting.