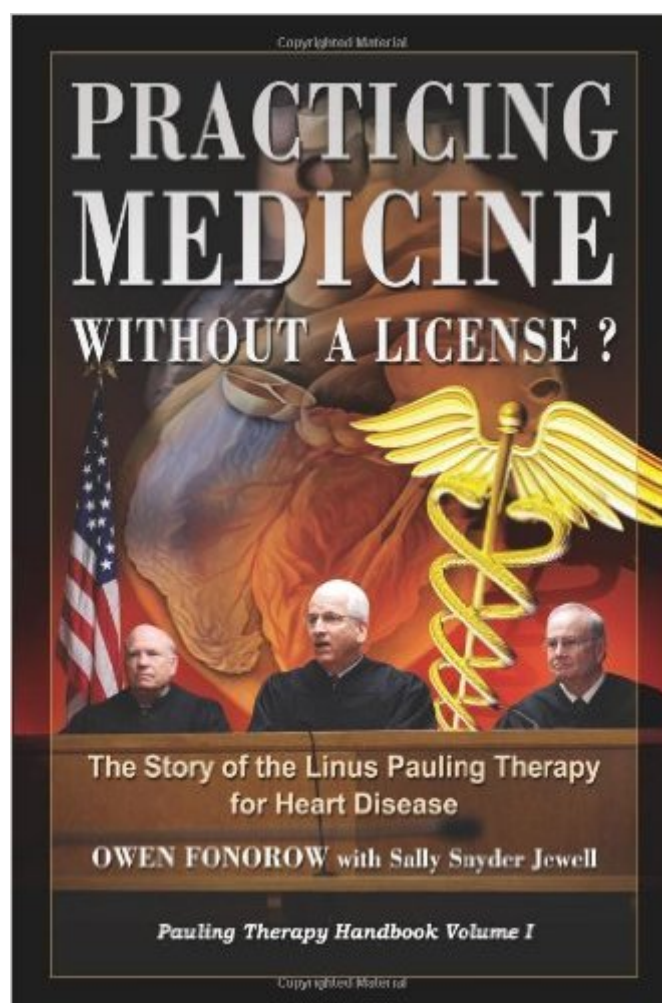


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Practicing Medicine Without A License? The Story Of The Linus Pauling Therapy For Heart Disease (Pauling Therapy Handbook)



Synopsis

This book by the co-founder of the Vitamin C Foundation covers the greater than 50-year history of the vitamin C theory of heart disease as well as the 12-year history of a therapy for cardiovascular disease invented by the American scientist, Linus Pauling. Heart patients who decided to follow Linus Pauling's advice recovered in approximately 30 days, and many experienced significant relief in as little as 10 days. The recoveries only occurred after these former patients adopted the Pauling-therapy®[®], usually without their doctor's knowledge or consent.

Book Information

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Customer Reviews

This "vitamin C isn't proven" line is being used as ammunition against vitamin therapy of all kinds. However, we must ask, "Whose proof?" The standards for proof of pharmaceutical drugs are certainly different from those used by the medical establishment when talking about vitamins. Drugs are dangerous, and are often given on the slightest evidence of benefit, without properly evaluating the risk/benefit ratio. Even if it were true that drugs go through rigorous and honest evidence-based selection processes before hitting the market (and I mean hitting literally), the same strictness should not be applied to vitamins, which are safely used even when we're not sure of their utility. We can certainly try them just because "it makes sense", "it helped my aunt", or "I saw a study that said". Moreover, there is so much evidence that vitamin therapy, and other supplements, are safe and effective, that this should be the primary form of medicine. In particular, in "Practicing Medicine

Without a License", Owen Fonorow brings enough evidence that vitamin C deficiency - scurvy - is the cause of heart disease, that one stands dumbfounded before the ignorance covering the medical world. This evidence has existed for at least 50 years. Owen gathers the evidence from many sources, and puts it in a logical pattern which leaves little room for doubt. In addition, the personal accounts and case evidence - actual people who have been helped - brings home the fact that there is untold suffering, caused by the refusal of those who are practicing medicine WITH a license to open their eyes. When a proper diagnosis is made - one that uncovers the CAUSE of a disease - the treatment is often clear. Such is the case of heart disease, caused by weakening of blood vessels due to vitamin C deficiency.

Eleven months ago I was diagnosed as having "multiple coronary ischemia" due to atherosclerosis. My cardiologist made an appointment for me to go into the hospital for stents or possibly by-pass surgery. But I cancelled the appointment, opting to try alternative methods through study. Since then I've been doing diet, nutritional supplements, and daily exercise, with very considerable success at age 72. No drugs (except "armor thyroid" which I've been taking for years). Of the many books I've read since my diagnosis, Fonorow's has been one of the most helpful. The book is basically about vitamin C and Linus Pauling's approach to curing cardiovascular disease. Owen begins with a fairly comprehensive description of vitamin C - "more than "just a vitamin." Vitamin C is an anti-oxidant, acts like a hormone to offset stress, is a detoxifier, is necessary for collagen production for connective tissues, acts as a safe statin to reduce high cholesterol levels, in high amounts is anti-viral, and more. We humans are among only a very few species of higher animals that do not produce vitamin C (ascorbate) within the body. This fact is significant and is emphasized. Owen explains how it is that the build-up of plaque in the arteries is fundamentally due to localized scurvy - "vitamin C deficiency. For decades doctors have been blaming LDL ("bad cholesterol") for the coronary blockages of plaque. But that is not quite accurate. Cholesterol in general is a necessary material for the body. Even LDL performs a positive function. Owen wrote a very informative chapter titled "The Truth About Cholesterol." It turns out that plaque is primarily composed of a particular kind of lipid called lipoprotein(a), also known as Lp(a).

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