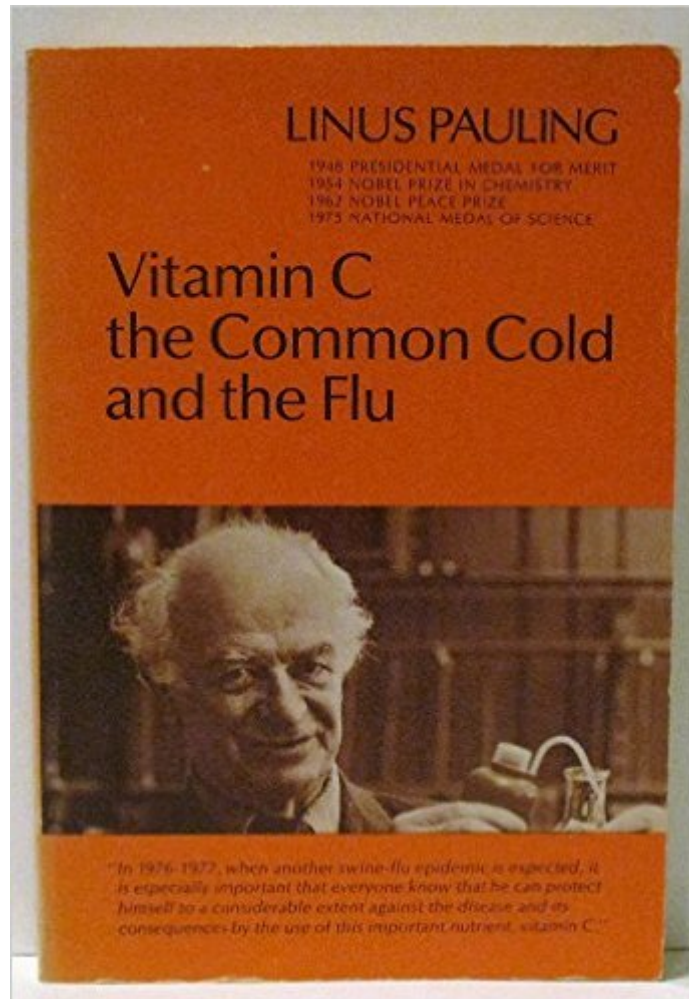


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# Vitamin C, The Common Cold, And The Flu



## Synopsis

Linus Pauling, father of orthomolecular-medicine reveals the benefits of Vitamin C to the public. He explains the mechanism of how this vitamin will strengthen the immune system, while continuing to benefit all of the other parts of the human organism. Pauling also discusses the differences between Vitamin C and conventional drugs.

## Book Information

Paperback: 230 pages

Publisher: W H Freeman & Co (Sd); First Printing edition (November 1976)

Language: English

ISBN-10: 0716703610

ISBN-13: 978-0716703617

Product Dimensions: 7.9 x 5.4 x 0.7 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

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Vitamin C is so important for health that the vast majority of animals manufacture it daily in their bodies. This is why animals can live outdoors even in the winter without getting colds or most other illnesses. Being healthy is important to animals because if an animal gets sick it usually becomes eaten by a healthy animal. Only a few animals -- principally humanes, monkeys, and apes -- cannot manufacture vitamin C. The inability to manufacture vitamin C confines monkeys and apes to live in or near the tropics, where the weather is warm and edible fruits and vegetation is very rich in vitamin C and thus can supply their need for this essential nutrient. Outside the tropics they would get sick and die or be killed. When monkeys and apes are removed from the tropics to live in zoos or as pets, they are routinely fed a diet very rich in vitamin C in order to keep them healthy. Humans also originated in the tropics and cannot manufacture vitamin C but -- unlike monkeys and apes -- most humans eventually migrated away from the vitamin C rich tropics and spread all over the world to places in which the food supply contains much less vitamin C than is needed to maintain our health. Thus, unlike other animals, we humans routinely get sick with colds and other illnesses which

adequate vitamin C would protect us against. Only the invention and use of clothing, shelter, and weapons make it possible for humans to survive the illnesses caused by inadequate vitamin C which we routinely get. Humans are the only animals which routinely get sick and yet generally survive our illnesses. But why should we live with periodic bouts of illness? Why not protect ourselves by taking supplemental vitamin C? This is the argument presented in this outstanding book by the greatest chemist of the 20th century, Dr.

Linus Pauling is a real hero to me and his intelligence, logic and compassion for people come through on every page of this book. The world would be a far better place with more people like him in it. Having said that, after reading this book I do think it is clear he continually honed his message and the basic points he wanted to make about nutrition and orthomolecular medicine as time went on. For that reason I would recommend reading Pauling's book 'How to Live Longer and Feel Better' above this earlier (though still excellent and historically very important) book. 'How to Live Longer and Feel Better' includes a lot of the excellent vitamin C information contained in this book but also so much more. The discussion has a lot more depth, more research is quoted and practical advice is given about a basic but fairly complete orthomolecular program and not just how much vitamin C to take. It is pretty wonderful. This is a slightly paraphrased version of Pauling's basic regimen for a healthy life:

- \* Take 6 - 18 g of vitamin C daily
- \* Take 400 IU, 800 IU or 1600 IU of natural vitamin E daily
- \* Take 1 - 2 B vitamin supplements daily
- \* Take 25 000 IU of vitamin A daily
- \* Take a multimineral tablet daily
- \* Keep your intake of sugar low
- \* Eat what you like in moderation, but avoid sugar. Meat and eggs are good, and fruit and vegetables are good. Don't eat too much of any one food and don't eat so much that you become overweight.
- \* Drink plenty of water
- \* Keep active, but do not severely overexert yourself physically.
- \* Drink alcohol in moderation only
- \* DO NOT SMOKE CIGARETTES
- \* Avoid stress, work at a job you like, be happy with your family.

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