

Vitamin C a legitimate weapon against H1N1

By: W. Gifford-Jones / The Doctor Game

27/11/2009 1:00 AM |

A recent newspaper headline read, *Researchers look to common, cheap medications to help H1N1 patients*. Viral experts are wondering whether cholesterol-lowering drugs and steroids could help to save the sickest H1N1 patients. If these researchers studied history, they would learn how Dr. Frederick R. Klenner saved an important patient, and many others, from life-threatening viral infections.

In *The Clinical Guide to the use of Vitamin C*, Dr. Lendon Smith details Klenner's clinical experiences. Dr. Klenner had cured case after case of viral disease by massive doses of vitamin C. And when you read these cases, it boggles the mind why this research has collected so much dust.

Fifty-six years ago, a seven-year-old boy had been ill for six weeks due to recurring attacks of influenza. He had been treated with sulfa, penicillin and five to 10,000 milligrams of oral vitamin C. But he suddenly dropped into a stupor. Dr. Klenner quickly gave him an intravenous injection of 6,000 mg of vitamin C. Five minutes later, the boy was awake and asked, "What happened?" He received three further injections of vitamin C every six hours and was fully recovered in 24 hours. The patient was Dr. Klenner's son.

Dr. Klenner was an American researcher and family practitioner in North Carolina. In 1949, he reported this momentous news to the American Medical Association. During the epidemic of poliomyelitis, he had cured all 60 patients suffering from this disease by using massive doses of vitamin C, sometimes 300,000 mg daily. None had been left with any paralysis. Yet no one appears to have listened to him.

This was the same year I developed polio in my final year at Harvard medical school. But none of its distinguished professors ever considered, or even knew about, the use of vitamin C in treating viral disease. And as far as I know, 60 years later neither they nor other doctors are aware of this fact.

In February 1948, Klenner reported in the journal *Southern Medicine and Surgery* 42 cases of viral pneumonia treated by vitamin C. Other doctors were using X-rays as therapy! His treatment was 1,000 mg of vitamin C every six hours for mild cases. Three to seven injections were required for clinical recovery. In 1951, in the same journal he reported vitamin C could cure measles and chicken pox in 24 hours.

In June 1957, Dr. Klenner reported in the *Tri-State Medical Journal* what he called the "insidious virus". He described the case of a 19-month-old baby who had a minor cold for two weeks. Then suddenly, instead of improving, the child became cold to touch, semi-comatose, his arms and legs completely paralyzed. Two thousand mg of vitamin C were injected on admission to the hospital and 1,000 more one hour later. Then, 1,000 mg were given orally every four hours. In eight hours, the baby started to recover and the paralysis disappeared.

Dr. Klenner's message was simple. If a serious infection is present, but the cause unknown, doctors should prescribe large doses of vitamin C while they're pondering the diagnosis.

Moreover, just as a small dose of a narcotic will not stop cancer pain, neither will a small dose of vitamin C stop viral disease. But are there any doctors who treat desperately ill H1N1 patients willing to prescribe large doses of vitamin C?