

What is hepatitis?

Hepatitis is toxic inflammation of the liver. Unless you take special measures, it is chronic (long-term). Alcohol, pesticides and herbicides, and disease vectors produce toxic by-products, called free radicals, which harm liver cells. Unchecked, over a period of years, larger and larger areas of liver tissue die, eventually causing cirrhosis, liver failure, and death.

Sometimes hepatitis is caused by exposure to pharmaceutical drugs, such as AIDS medications and Tylenol (acetaminophen). In these cases the continuing damage is accelerated not only by the toxins but also the liver's compromised detoxification system. If the concentration of the toxins is high, as in Tylenol poisoning, a "cascade effect" can occur in which dying liver tissues produce lethal amounts of new toxins that then rapidly destroy the liver, leading to rapid death.

The liver is responsible for many hundreds of essential metabolic processes – creation of proteins, distribution of essential fatty acids, and detoxification of blood are just a few prominent ones. Hepatitis-inflamed liver tissue cannot carry out these functions effectively, so that it is important to control and eliminate this disease.

What is the conventional therapy for hepatitis?

The conventional medical treatment for hepatitis is called interferon-ribavirin therapy. This therapy works for less than half the people who use it and it often causes extreme fatigue, lack of appetite, and other nasty side effects. If it doesn't work, you are sometimes left with a worse case of hepatitis than when you started. Furthermore, many people who have used this treatment have found that the positive results are only temporary and the hepatitis recurs. More recently, various new "anti-viral" medications, such as are used to treat people diagnosed with HIV, have been approved for use for hepatitis patients. These anti-viral medications are extremely toxic.

How is the Natural Therapy different?

The Natural Therapy for Hepatitis uses concentrated, natural detoxifying, anti-viral and immune-boosting supplements to help you detoxify your liver, reduce inflammation, and return your liver to healthy status and normal functioning. It is that simple, but most doctors trained here and in Europe do not know (or even believe) that this is possible. The regimen printed below contains the immune-boosting formula used successfully for several years by Dr. Burton Berkson from New Mexico, and I have added components from the anti-viral regimen recommended by Dr. Matthias Rath in his recent research on viral diseases.

Nutritional and other Recommendations for Hepatitis

Because your liver is involved in literally thousands of body processes and is one of the primary organs of food digestion, it is important to eat foods that are easy for your liver to digest when you are recovering from a liver disease. It is also important to get enough sleep and not overwork your body.

1. Liver cirrhosis and hepatitis are treatable, but it takes a long time (as long as a year or two if you have cirrhosis) and careful commitment to follow the dietary guidelines and the supplement regimen.
2. Pharmaceutical medications (high blood pressure, cholesterol-reducing, allergy, etc.) present a giant strain on the liver, since it is the body's detoxifying organ. In order to fully restore the health of your liver you will need to find natural substitutes for these drugs. (The only exceptions are insulin and thyroid substitutes). Especially do not take pharmaceutical anti-viral medications, as they are extremely toxic.
3. Vitamin Shoppe (<http://www.vitaminshoppe.com>) or iherb (<http://www.iherb.com>) are probably the cheapest and best places in the US to buy the supplements, described below. The cost is about \$150-\$200 per month. (If you cannot afford this amount per month, please confer with me by email.) The larger sizes of supplements are cheaper, so try to order them if you can afford it.
4. You must have your doctor check your liver enzymes and viral counts regularly to be sure that the viruses are being stopped and your liver is getting better.
5. Drink at least 2 quarts of spring water per day (not tap water, which contains fluoride). Use spring water to make green tea or matte.
6. Eat many small, nutritious meals with no "junk food" rather than a few very large meals.
7. Please do not drink milk or eat cheese or any other dairy products. These proteins are very hard for the liver to digest. Drink organic soymilk in substitution for dairy milk. Soy yogurt is also available.
8. Eat whole grain foods (lots of beans, brown rice, vegetables), with as little meat as possible, and salads, fresh vegetables, and fresh fruit. As much as possible, try to substitute low-fat soy foods for meat. There are many soy foods available in most markets, made by such companies as Lite Life. Soy protein powder, available at Bread and Circus, can be used to make soy shakes with soy milk. These are a good way to supplement your protein. Nutritious canned or instant soups are a good way to have small nutritious meals (but **not** Campbell's or Lipton, which usually contain MSG and other chemicals). Fantastic Foods instant soups are quite good, and available at Bread and Circus and some other supermarkets. (Your body needs about

60 grams of protein per day. A soy shake made with soy milk provides about 20 grams. A soy-burger provides about 10-25 grams, depending on brand and variety).

9. Do not take Tylenol or any other drugs for pain, headache, or colds (including aspirin and ibuprofen – motrin, advil, etc.). Tylenol is especially toxic to your liver. Part of the natural regimen is an anti-inflammatory called turmeric, and this should be sufficient to stop pain. If it is not, please send email and I can recommend other safe supplements for pain.
10. Please avoid drinking alcohol. Your doctor probably already told you this. Alcohol is deadly for people with hepatitis or cirrhosis.
11. Please avoid drinking any diet drinks or any product containing Nutrasweet, Aspartame, or any other artificial sweetener. There is a natural sweetener called Stevia which is safe. It is sold at Whole Foods and other health food stores.
12. Do not take addictive or recreational drugs. If you smoke, please cut down or try to get help to stop. Drugs and nicotine are bad for your liver.
13. When cooking, use very little oil or none.
14. Use “Morning Thunder” (matte) or Green Tea for caffeine instead of coffee. **Avoid caffeine altogether during pregnancy.**
15. Try to avoid heavy lifting or overexertion.
16. Get a lot of sleep. Do careful, gentle exercise, such as gentle yoga stretches.
17. Please try to **avoid** the following foods, because they are difficult for your liver to process:
 - a. red meat
 - b. eggs and food made with eggs
 - c. fatty or fried food, cooking oil
 - d. butter and margarine
 - e. salad dressings with oil – use low-fat or no-fat dressings with no artificial ingredients or preservatives.
 - f. sugar
 - g. coffee
 - h. cocoa and chocolate
 - i. Sweetened soda drinks such as coca-cola, sprite, etc.
 - j. Fruit drinks with sugar or corn syrup
 - k. Diet drinks and food containing NutraSweet, Aspartame or Saccharin
 - l. Nuts and peanuts, unless they are very fresh and organic
 - m. Hot and spicy food (except for turmeric and ginger, which are OK)

The Natural Hepatitis Regimen

This is the list of nutritional supplements and dosages you need to help your body overcome hepatitis. I suggest you get a vitamin box so you can keep track of which ones you have taken and so you won't have a lot of bottles at the dining room or kitchen table. I also suggest obtaining powder or capsule forms of the supplements and mixing the powders and/or opening the capsules into the recommended soy drinks for convenience. (Taking this many supplements in pill or capsule form can be a genuine chore!). Divide the daily dosages into 3 meals (or three soy drinks taken at mealtimes).

Soy protein drink mix, 1/3 scoop mixed in blender with a cup of organic soy milk, 3 times per day. Use non-GMO soy protein mix such as Spirutein non-GMO or Naturade Organic. Available at Whole Foods or Vitamin Shoppe.

**If you have an aggressive, acute, or long-term chronic hepatitis that is life-threatening, you should consider finding a doctor who is willing to administer *intravenous* Vitamin C in very large doses - 50-100 grams per day. These dosages of Vitamin C are safe for normal cells, and rapidly detoxify and help heal livers that are compromised by hepatitis. Medical centers with intravenous infusion clinics, such as the Marino Center in Cambridge, Massachusetts (<http://www.marinocenter.org>), The Riordan Clinic in Wichita, Kansas (<http://www.riordanclinic.org>), and Dr. Joe Brown's Medical Centers in Tempe, Arizona (<http://www.drjoebrown.com>) have both the facilities and medical staff that can prescribe and administer intravenous vitamin C. These can also be obtained at "chelation clinics" where they treat people (esp. children) who have lead poisoning. You can use google.com to find these clinics - type "chelation clinic" or "infusion clinic" and the name of the nearest city. Look for clinics that are not connected with hospitals or colleges.

The following is a link to a web page that provides the preparation and administration protocol that you would bring to the clinic. Note that this protocol was designed for patients with cancer. However, the same dosage chart is usable for treatment of hepatitis.

<http://www.healthy-again.net/recnac2.htm>

Vitamin C - 6000-12,000 mg per day or more, take up to 4000 mg per dose. Obtain ascorbic acid capsules or powder. Always take with food and/or organic soy milk. For in-between meal doses, you can use calcium ascorbate if you have a sensitive stomach.

There is also a new form of Vitamin C, called Liposomal C, discovered by one of the vitamin C pioneers, Dr. Thomas Levy. It is about 95% absorbed, so it is about 4 times more effective than oral vitamin C. You can essentially think of it as if it is intravenous vitamin C. It is quite expensive (about \$1 per 1000 mg), but worth it if you are treating chronic diseases such as hepatitis. If you use Dr. Levi's Liposomal C, called Lypricel, it comes as a gel in foil packets, and you can take as many packets per day as you can afford. The bowel tolerance dose is likely to be at 10-20 per day.

Lysine – 6000 mg per day. This is a natural protease inhibitor that stops infectious diseases from spreading.

Proline – 6000 mg per day. This is a natural protease inhibitor that stops infectious diseases from spreading.

Glycine – 6000 mg per day. This is a natural protease inhibitor that stops infectious diseases from spreading.

Decaffeinated Green Tea Extract – 2000-4000 mg per day. (A good brand is Life Extension Mega Tea Extract, Decaffeinated, available at iherb.com and other online stores.)

N-Acetyl Cysteine – 2000 mg per day. NAC enables the liver to produce glutathione, the body's most powerful antioxidant.

Quercetin – 2400 mg per day. Quercetin is a powerful safe anti-inflammatory nutrient.

MSM – 2000 mg per day to start, increase to 4000-8000 mg per day over several weeks. Helps enhance immunity, reduces inflammation.

High-potency multivitamin/multimineral (No iron) – follow manufacturer's dosage

Selenium – 400 micrograms per day. Note that some multimineral capsules contain 200 micrograms already, so all you need to take is 200 micrograms more.

Calcium/magnesium - 1000 mg calcium, 500 mg magnesium, per day. Most people don't get enough of these essential minerals. If you encounter muscle cramps day or night, you can increase these to 1500 mg calcium/750 mg magnesium. When you have blood work done by your doctor, make sure he or she checks the levels of these minerals, and increase accordingly if deficient.

Milk Thistle Extract – 2000 mg per day. Enables liver tissue regeneration.

Zinc – 50mg per day

Vitamin D3: 4000 IU per day, in 2 doses. Recently published research indicates that a minimum of 4000-5000 IU vitamin D3 should be consumed daily (unless you are light-skinned and get daily full-body sun exposure with no sunscreen). Many foods are supplemented with D3, so I have recommended this extra daily supplementation at the 4000 IU level.

Vitamin E – 400 mg per day

Beta Carotene – 50,000 IU per day

Chlorella powder – 1 teaspoon or 3000 mg 20-30 minutes before every meal. This supplement is essential to prevent re-absorption of toxins released by the liver. (Note: Powdered chlorella is much less expensive than tablets.) Start with ½ teaspoon or 1500 mg at each meal, and increase to 1 teaspoon or 3000 mg per meal over several days. Note: some people are sensitive to chlorella. If it causes you stomach or intestinal upset, try using another “green food” such as Natural Factors Enriching Greens or Garden of Life Perfect Food.

Alpha Lipoic Acid – 900-1000 mg per day (**Do not take if you have amalgam (“silver”) dental fillings or during pregnancy or have other heavy metal toxicity.**) Delay taking this supplement for one month after beginning the regimen.

Turmeric Extract – 3000-4000 mg per day, must be taken with food

Ginger Capsules – 3000-4000 mg per day, must be taken with food

Organic Flaxseed Oil – 2 tablespoons per day

Lecithin granules – 2 tablespoons per day

Grapeseed Extract – 300-600 mg per day

Fluids – 2-4 quarts per day

Note: please delay taking alpha lipoic acid for one month, to be certain that any mercury or other heavy metal stores in your body are removed by vitamin C and chlorella. If pregnant, delay taking alpha lipoic acid until the pregnancy is complete. **Do not take ALA if you have amalgam (“silver”) fillings in your teeth or have other heavy metal toxicity.**

The lecithin comes in granules that you can mix up with soymilk or food. This is available from iherb.com or Vitamin Shoppe.

Organic Flaxseed Oil is available at Whole Foods or other health food stores, made by Spectrum Essentials. It is kept refrigerated.

Please make sure to drink at least 2 quarts (2 liters) or more of spring water per day.

For vitamin C: what you need to do is to figure out how much your body really needs. You will get diarrhea when you take too much. (This is not harmful – it is just telling you that your body is not using all of it.) Start with 3 grams at each meal. If you do not get diarrhea, try 4 grams at each meal. If you are still OK, try taking 3 or 4 grams in addition before bedtime. Always take vitamin C with soymilk or food so that your stomach will not get upset. When you get to the point when you have diarrhea, then take less so that

the diarrhea stops – that is the amount your body needs. (You will need much more if you get a cold or flu. I have taken as much as 30 grams when I have had a bad cold.)

Why does this regimen work for hepatitis?

The regimen acts in eight ways to treat hepatitis:

1. The vitamin C together with the amino acid lysine creates a biological barrier that stops viruses from replicating (reproducing). Viruses use enzymes called proteases to replicate, and the combination of lysine and vitamin C neutralize protease – they are natural “protease inhibitors.” Once the viruses are isolated and cannot replicate the immune system can effectively destroy and remove them.
2. The vitamin C, other antioxidants (alpha lipoic acid, vitamin E, beta carotene, green tea extract, milk thistle extract, grape seed extract), minerals (zinc, selenium), and immune precursors (n-acetyl cysteine) rebuild the immune system to deal with the viruses effectively.
3. The antioxidants neutralize free radicals and other toxins and thus help the liver with detoxification.
4. The green tea extract chelates (attaches to) excess iron in the liver. Most hepatitis patients have iron overload in the liver.
5. The curcumin, ginger, and green tea contain natural anti-inflammatories, reducing the inflammation of liver tissue.
6. The curcumin and green tea are natural anti-viral agents.
7. The soy drink, lecithin and flaxseed oil provide the raw materials for healing and tissue regrowth and replacement; the Milk Thistle extract speeds healing and promotes liver tissue healing and regrowth.
8. The chlorella absorbs toxic heavy metals from the small intestine that have been removed from (and by) the liver, reducing the chance for re-absorption.

Explanatory notes for each of the supplements

Vitamin C in these dosages enhances your immune system to stop infection and viral replication. If you have cardiovascular disease, it also allows your body’s arteries to heal properly.

The amino acid lysine is a natural protease inhibitor, which stops viruses from replicating (reproducing). If you have cardiovascular disease, this amino acid is also a natural plaque chelator – it binds with lipoprotein(a), which is the sticky protein normally called plaque, and carries it off to be metabolized.

Silymarin from Milk Thistle is a powerful antioxidant that has been shown to help in healing liver disease.

Green Tea extract is a strong anti-inflammatory and anti-viral agent, and removes excess iron from diseased livers. The recommended brand (Chi Organic), though more difficult to find, contains no caffeine, fluoride or other contaminants.

Turmeric is a strong anti-viral agent and anti-inflammatory.

Ginger is a strong anti-inflammatory.

Lecithin contains phosphatidyl choline, which is needed for liver healing. It is derived from soy.

Flaxseed Oil contains essential fatty acids, which are necessary for proper cell functioning and repair. (Other oils like butter, margarine, and cooking oils should be very restricted or eliminated from the diet.)

MSM is a sulfur-based nutrient found in many foods. It is essential for the synthesis of glutathione, the primary antioxidant and detoxifying compound in the liver, and it is a heavy metal “chelator” – it binds to heavy metals such as mercury and silver, enabling excretion and elimination.

Chlorella (algae) absorbs heavy metals from the intestine, allowing them to be eliminated rather than being reabsorbed in the small intestine.

Vitamin E is critical for the immune system and for healing.

Alpha Lipoic Acid is a water and oil-soluble antioxidant, which increases the availability of vitamin C and vitamin E. Its water and oil-solubility allows it to pass through all body membranes, enhancing healing. (It is important to delay taking this supplement for one month to give the other antioxidants and chlorella the chance to remove heavy metals such as mercury from the liver.)

No-iron multivitamins are usually recommended for people with liver disease because iron overload is typical. Blood tests should be done regularly to verify that there is sufficient iron in the diet to avoid anemia. Vitamin C enhances iron absorption, so that less iron is needed.

Most people don't get enough calcium and magnesium. The amount in the regimen is enough to maintain health.

Selenium is usually found deficient among people with liver disease. Multivitamin capsules rarely have sufficient selenium, and foods are usually completely devoid of it (exception: organic whole wheat flour from certain parts of the midwest).

Zinc is needed for the immune system.

N-Acetyl Cysteine promotes manufacture of glutathione, the most important detoxifying antioxidant in the liver and an essential part of the immune system.

Important Note and Disclaimer

Jonathan Campbell is a health and environment researcher and consultant. He is not a physician, and the information, suggestions, and recommendations that he provides are not prescriptions. When you pursue alternative remedies, you are taking full responsibility for your own health decisions, and it is recommended that you consult with a qualified physician to monitor your progress. This is especially the case if you currently take pharmaceutical drugs, as your dosage requirements will likely change as your body heals.

Notes on Interferon-Ribavirin therapy

Interferon is normally manufactured inside your body as part of a long chain of biochemical reactions in your immune system, and it was thought that injecting it might stop viruses from replicating. It is unbelievably expensive, but made available through free care or paid by health insurance in which case the city or the hospital picks up the huge bill or the phenomenal cost drives up the cost of health insurance. Interferon has been called “a drug looking for an illness” by hepatitis C activists. Lloyd Wright, who cured himself of hepatitis C writes: “Interferon is not only hopelessly inadequate, it is a barbaric, destructive, and deadly treatment that is forced on those suffering from Hepatitis C as the only option.”

Ribavirin is a new expensive anti-viral drug and, like interferon, has serious side effects, such as anemia, gout, muscle pain, indigestion, tiredness, skin rashes, and hair loss.

Maintenance Regimen for the Natural Hepatitis Therapy

Once you have successfully eliminated the viruses in your body, your ALT and AST levels are stabilized and there is no sign of cirrhosis or scarring (see Safe Testing Protocols) and your health is restored, you will need to keep up a strong immune system maintenance regimen to prevent re-occurrence. The following nutrients will help you to do this.

- a. Beta Carotene – 25,000-50,000 IU per day, in 2 doses. This is the safest way to obtain vitamin A, since Beta carotene is very safe in extraordinarily large doses, whereas vitamin A oil is toxic in large doses.
- b. Vitamin C – 6000-12,000 mg per day or more, take up to 4000 mg per dose. Obtain ascorbic acid capsules or powder. Always take with food and/or organic soy milk. For in-between meal doses, you can use calcium ascorbate if you have a sensitive stomach.
- c. Lysine – 3-4 grams (3,000-4,000 mg) per day.
- d. Proline – 3-4 grams (3,000-4,000 mg) per day.
- e. **Decaffeinated** Green Tea Extract – 1000 mg per day.
- f. Curcumin (Turmeric Extract): 500-600 mg per day with meals. Curcumin has a powerful anti-viral effect.
- g. Vitamin D3: 4000 IU per day, in 2 doses. Recently published research indicates that a minimum of 4000-5000 IU vitamin D3 should be consumed daily (unless you are light-skinned and get daily full-body sun exposure with no sunscreen). Many foods are supplemented with D3, so I have recommended this extra daily supplementation at the 4000 IU level.
- h. Vitamin E – 400 IU per day.
- i. Milk Thistle Extract – 500-600 mg per day
- j. Calcium/magnesium - 1000 mg. calcium, 400-500 mg magnesium, per day.
- k. High-dosage multivitamin/multimineral complex per day.
- l. Zinc/Copper – 50 mg zinc/3 mg copper per day. If tablets irritate your stomach, there are zinc lozenges available at health food stores. (Check the content of the multimineral/multimineral supplement. Take enough to reach 50 mg/3 mg total.)
- m. Keep fluid levels high by drinking ½ to 1 gallon (8 to 16 cups, 2-4 liters) of fluid per day. This is essential both for the high vitamin intake and also to flush toxins out of the body.
- n. Lecithin – 1 tablespoon per day. This extract from soybeans provides the raw materials to maintain liver health.

- o. Organic Flaxseed oil – 2 tablespoons per day. This provides the correct balance of essential fatty acids for cellular membrane health.

If you have allergic symptoms or inflammation:

- a. Ginger: 1000-3000 mg per day with meals.
- b. Quercetin: 400 mg three times a day, about 20 minutes before each meal.

Frequently Asked Questions

Are there documented studies of this therapy?

Dr. Burton Berkson of Arizona has used just three of the components in this therapy for several years for his hepatitis clients, and has found that their liver health has consistently improved and viral load decreased. (See reference at the end of this manual).

(The pharmaceutical industry is not particularly interested in inexpensive, natural nutritionally-based therapies; as a result, their allies in the government do not generally fund studies of natural therapies.)

Is this hepatitis therapy safe?

The hepatitis therapy nutrients are ordinary food nutrients. It has **no side effects**.

Vitamin C is an essential nutrient needed for dozens of cellular systems – tissue reconstruction and regeneration, cholesterol recycling, and white blood cell creation to name just a few. Most animals produce their own, but humans must get it in food or nutritional supplements in large quantities – much larger than the federal RDA – to remain healthy. (For more information about the safety of vitamin C, see the section entitled “Is vitamin C safe?”)

Beta carotene is derived from carrots or other yellow-orange vegetables. It is proven safe in enormous quantities. Your body makes as much vitamin A as it needs from it; vitamin A is needed for healing and to maintain eye health. Any excess of beta carotene is safely excreted.

Lysine is ordinary – and essential – amino acid derived from protein such as soybeans. The concentrations provided by the regimen are higher than in normal food, but consider: the semi-solid part of our bodies – mostly made of collagen – is composed primarily of lysine and another amino acid called proline.

Milk Thistle Extract has been used safely for many years for liver disease.

As mentioned earlier, curcumin and green tea are common food and drink nutrients.

Quercetin is a bioflavonoid derived from legumes. It has been tested – and found non-toxic - on animals in enormous quantities, and has been used for years as an effective anti-inflammatory.

What about other medications and insulin?

If you are taking heart or blood-pressure remedies (e.g., beta blocker, calcium channel blocker), ask your doctor to carefully monitor the symptoms that these drugs are supposed to address, and taper off the dosage as your cardiovascular system becomes healthy again on its own.

If you have diabetes, it is imperative that you monitor blood sugar closely and frequently, as your need for insulin will likely decrease. This is especially true in the case of Type II (age-onset) diabetes.

Why don't most doctors know about this therapy?

This therapy and other natural remedies for chronic illness are not known by most doctors because their primary source of information is the pharmaceutical industry, which has no incentive to publicize non-patentable, inexpensive, natural remedies or cures. Doctors are literally barraged each day with drug company reports, press releases, and free samples. Meanwhile, we are treated to advertisements for these expensive new pharmaceutical "remedies" on television and in virtually every newspaper and magazine in the United States, so that we know just which drugs to ask for from our doctors.

The conventional treatments for chronic illnesses do not generally cure or prevent these illnesses, but instead call for expensive maintenance drugs or toxic chemicals that destroy the immune system and inhibit healing.

These maintenance and/or toxic therapies represent hundreds of billions of dollars per year in drug company revenue. Thus cheap, non-patentable natural remedies and cures represent a major threat to these companies.

Is vitamin C safe?

Vitamin C is probably the safest nutritional supplement. In fact there is no toxic dose. It is proven safe in huge quantities. Intravenously it has been in quantities exceeding 200 grams per day with no side effects. Dr. Ian Brighthope of Australia and Dr. Robert Cathcart in California use 100+ gram vitamin C infusions for their AIDS patients, with no adverse effects. Its only "side effect" is mild diarrhea if you take too much orally. Some AIDS patients have taken enormous quantities orally – upwards of 100 grams per day – for extended periods of time, again with no side effects.

Almost all animals on earth produce their own vitamin C, at concentrations between 30 and 300 times as much as the FDA says we need. Humans, monkeys, guinea pigs, and a few other animals have a genetic defect that prevents them from turning blood sugar into ascorbate – vitamin C. When most animals are under stress – when they are scared or ill or exposed to toxins – their internal vitamin C factories go into overdrive and provide this nutrient in very large quantities.

What about the vitamin C scares?

There have been no documented cases of anyone who has ever had adverse side effects from taking very large doses of vitamin C, other than the diarrhea mentioned above, which is simply the indicator that you have exceeded the dose that your body is using. But for many years, the pharmaceutical industry has gone to great lengths to scare people away from vitamin C. These companies have huge investments in expensive prescription drugs that attempt to treat the symptoms of diseases that would be addressed, cured, or prevented easily and cheaply with the same dosage of vitamin C as is found in the blood of most animals.

The scares have accelerated since 1999. One researcher noted finding vitamin C in a cancer tumor, and then reported that vitamin C might induce cancer or interfere with anti-cancer agents. If he had understood the action of vitamin C against cancer, he would have realized that the vitamin C that he found was contained in leukocytes — our body's natural immune defense mechanism against cancer — that had collected in the tumor to attempt to destroy it!

A few months later, two researchers reported “thickening of the artery wall” from vitamin C, assuming that the arteries were being blocked. In fact, they did not test for blood flow, and if they, too, had understood the action of vitamin C, they would have realized that the thickening was in fact related not to the blocking of the arteries, but rather to the strengthening of the arteries that was due to proper collagen formation.

Finally, in June of 2001 a researcher at a university that receives large amounts of funding from drug companies reported, with great media attention, a test-tube experiment in which he analyzed the action of vitamin C on “peroxidized lipids” (blood fats that had been made toxic by extreme free radical damage) and reported that the resultant compounds might be carcinogenic. This researcher failed to mention that this test tube reaction has been known for several years and that no such reaction has ever been found in animals or humans. He also failed to mention that peroxidized lipids do not form in the first place in a person who takes adequate vitamin C. Finally, he failed to mention that peroxidized lipids are extremely toxic to the body anyway, so that claiming that they turned into something toxic when exposed to vitamin C is misleading at best. This might be equivalent to saying, “When I applied vitamin C to cyanide I got something poisonous.”

It is interesting to note, as has Dr. Matthias Rath, that the timing of these scares coincides with the meetings of the Codex Alimentarius commission of the United Nations. In his public lectures Dr. Rath has pointed out that this commission is strongly influenced by the major pharmaceutical companies.

Safe Testing Protocols for Hepatitis

The primary tests for hepatitis are simple blood tests that measure the amount of liver cell waste products. You should stay on the full-strength regimen until these tests are in the normal range.

ALT (alanine transaminase) – a measure of liver tissue health. The normal level is 6 to 59 units per liter (U/L).

AST – another measure of liver tissue health. The normal level is 3 to 45 units per liter (U/L).

Elevated ALT and AST levels indicate liver tissue destruction.

When you are initially examined to evaluate the amount of damage done to your liver and the extent of any cirrhosis (replacement of liver tissue with fatty tissue), the doctor may also want to have an Ultrafast CT Scan, which is an extremely accurate x-ray photo. This test is relatively safe, though it does expose your liver to x-rays.

Do not allow the doctor to use Positron Emission Tomography (PET) scanning to be done. This involves injection or ingestion of radioactive substances and exposing your entire body to them internally, which can cause cancer.

References:

Berkson BM. A conservative triple antioxidant approach to the treatment of hepatitis C. Combination of alpha lipoic acid (thioctic acid), silymarin, and selenium: three case histories. *Med Klin.* 1999;94 Suppl 3:84-89.

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