

# Benefits of Vit C - for winter germs by Tessa Jupp RN

With the present research on using the poliovirus to cure cancer topical at the moment, it might be pertinent to look at research by Dr Fred Klenner on Vitamin C as a cure for polio. I came across his work more than 20 years ago and some of his papers and reviews are now available on the internet

Of significance is the way that the poliovirus uses the nerve cell's protein assembly station to make lots of little new polioviruses in their protective capsules so they can go out and invade another nerve cell to do it all again. (see diagram on right - I can email these pics and Dr Klenner articles to anyone who wants them.)

Dr Klenner explains how the Vitamin C can stop that action, an action that is now being used to kill cancer cells, just as the poliovirus destroyed nerve cells.

Dr Klenner graduated as a doctor in 1936 from the same hospital, Duke, now engaged in the poliovirus cancer research. In 1949 in the midst of the polio epidemics, Klenner was curing polio with large (80G) doses of Vitamin C. He continued his work on Vit C and died in 1984. His further work reveals: Quote -

"Vit C enters all cells. It "proceeds to take up the protein coats being manufactured by the virus nucleic acid, thus preventing the assembly of new virus units." Cells expand, rupture and die, but there is no virus particles available to enter and infect new cells.

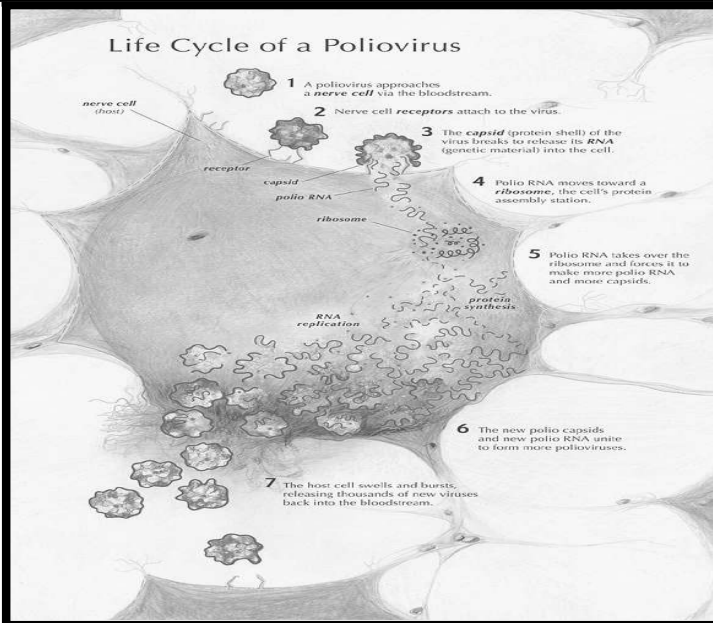
Viral nucleic acid has a protein coat which protects this parasite as it rides the blood or lymph highway to gain specific cell entry. Vit C can remove that protective protein coat in the blood stream or in the cells, so that the white blood cells of the immune system can neutralize these virus particles."

Knowing that, explains how we can use Vit C, now, this winter, to help us deal with colds and flu.

Just as Vit C could stop the poliovirus multiplying, we can use that same way of helping our bodies overcome cold and flu viruses. Klenner said

**"Unless the white blood cells are saturated with ascorbic acid (Vit C), they are like soldiers without bullets."**

Research I found some years ago explaining the action of Vit D in the body has a similar function. Without Vit D, the immune cells can't make the ammunition to fight germs and allergies (hayfever/asthma). Vitamin D enables a specific bullet to be made. Vit C is the explosive that penetrates the outer protective barrier. Two actions.



So at the first sign of a cold, flu (even shingles), in fact any toxin, abnormal reaction - from foods, bites, allergy - take a decent dose of Vit C. You will only get diarrhoea when you reach saturation point. Then you can reduce the dose slightly. You are winning the battle but the war is still going on. **Dr Klenner recommends "4G in 4 hours or 2G every 2 hours."**

**"Dr Klenner's main complaint: failure to benefit from Vitamin C use, is usually due to inadequate amounts being used for too short a period of time."**

Vit C combines directly with the toxin/virus. This new compound is oxidized by Vit C; the toxin/virus and the Vit C are both destroyed. This must be why Vit C has to be continued after the apparent cure."

I have found this dose works for me too plus I take 5-10 Vit D x 1,000iu every 4 hours for the first couple of days too. As the Vit C and D are used up we start to feel sick again - the signal to have another dose.

Rest and fluids are the other essentials. Remember when we were young and Mum would put us to bed when we were sick. This still applies. Give your body a chance to fight the infection. Rest up.

**Go back to the old harmless remedies:**

**Chicken soup** to move phlegm, **Vicks** rubbed on the feet or sip **colloidal silver** to stop a cough. **Boil** a cup of **ginger ale** in a saucepan (not a microwave) and **sip it hot** to relieve congestion (repeat as often as you like - it is harmless).

**Salt and lemon gargle**, **Betadine** or colloidal **silver** gargle for sore throat. Freshly **grated apple** to stop vomiting. Sip a teaspoon of **white vinegar** slowly to stop diarrhoea. For gastro or food poisoning take half a cup of **Silver** and lie 10 minutes each side, and back and front, to kill the germs. I can send you sheets on all of these if you need them. Just ask.