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## **FOR IMMEDIATE RELEASE**

**Orthomolecular Medicine News Service, October 21, 2010**

### **How Doctors Use (Or Should Use) Vitamin Therapy**

(OMNS October 21, 2010) Numerous letters to the Orthomolecular Medicine News Service come from readers wanting to know exactly how to use nutritional therapy for a specific disease. Since we cannot answer such emails personally, we wanted to provide some highly useful resources for our readers' benefit.

**We suggest that you print these documents out and take them to your doctor.**

#### **Multiple Sclerosis**

The vitamin-based treatment plan of Frederick Robert Klenner, M.D. is a free download at [http://www.townsendletter.com/Klenner/KlennerProtocol\\_forMS.pdf](http://www.townsendletter.com/Klenner/KlennerProtocol_forMS.pdf)

#### **Cardiovascular Disease**

Vitamin E dosages as written and used by Drs. Ewan and Wilfrid Shute are posted at [http://www.doctoryourself.com/shute\\_protocol.html](http://www.doctoryourself.com/shute_protocol.html)

The doctors specifically treated the following with vitamin E:

- Coronary thrombosis
- Acute rheumatic fever
- Chronic rheumatic heart disease
- Angina
- Hypertension
- Thrombophlebitis and Phlebothrombosis
- Thrombocytopaenic Purpura
- Diabetes Mellitus
- Acute and Chronic Nephritis
- Burns

#### **Cancer**

Hugh D. Riordan, M.D. and colleagues tell how employ vitamin C intravenously in a free download from <http://www.doctoryourself.com/RiordanIVC.pdf> or <http://www.riordanclinic.org/research/vitaminc/protocol.shtml>

Compare with this original 1986 IV vitamin C protocol by Ewan Cameron, M.D.: <http://www.doctoryourself.com/cameron.html>

#### **Instructions on Making an Injectable Vitamin C Solution**

Written for physician and hospital use by Robert F. Cathcart III, M.D. <http://www.doctoryourself.com/vitciv.html>

At <http://www.doctoryourself.com/titration.html> Dr. Cathcart provides specific dosage ranges for treating these illnesses:

- Mild cold
- Severe cold
- Influenza
- Coxsackievirus
- Mononucleosis
- Viral pneumonia
- Hay fever
- Asthma
- Environmental and food allergy
- Burns
- Injury
- Surgical recovery
- Anxiety
- Cancer
- Ankylosing spondylitis
- Reiter's syndrome
- Acute anterior uveitis
- Rheumatoid arthritis
- Bacterial infections
- Infectious hepatitis
- Candidiasis

**Clinical Guide to the Use of Vitamin C**

The full text of this book by Lendon H. Smith, M.D. is posted at [http://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical\\_guide\\_1988.htm](http://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical_guide_1988.htm)

Writes Dr. Smith: "I have used Dr. Klenner's methods on hundreds of patients. He is right. It helps almost every condition and situation, and my failures were due to inadequate amounts."

The book discusses, in varying detail, megavitamin treatment of the following illnesses:

- Virus Pneumonia
- Poliomyelitis
- Hepatitis
- Herpes Simplex & Zoster
- Chicken Pox
- Measles
- Mumps
- Mononucleosis
- Diphtheria
- Dysentery
- Pancreatitis
- Scarlet fever
- Rheumatic fever
- Tuberculosis
- Rocky Mountain Spotted Fever
- Tetanus
- Arthritis
- High cholesterol
- Ruptured intervertebral discs
- Corneal ulcers
- Diabetes
- Glaucoma
- Schizophrenia
- Burns
- Heat stroke
- Radiation burns
- Surgery
- Heavy Metal (including Lead) Poisoning
- Other Poisonings
- Venomous bites
- Allergies
- Poison Oak or Ivy
- Myasthenia Gravis

Experienced physicians have used massive amounts of vitamin C and other nutrients in treating an astonishing and nearly unbelievable variety of conditions. "Many physicians refuse to employ Vitamin C in the amounts suggested," writes Dr. Klenner, "simply because it is counter to their fixed ideas of what is reasonable. There is no doubt that physicians are being brainwashed with the current journal advertising. I have never seen a patient that Vitamin C would not benefit."

Dr. Klenner was board certified in diseases of the chest. The Shutes, in obstetrics. Dr. Cathcart, in orthopedic surgery. Dr. Smith, in pediatrics. Dr. Riordan, in psychiatry. Dr. Cameron, in surgery.

What you will learn from the documents above may be a good start, but it is only a start. We recommend that you read extensively and then discuss these physicians' experience with your doctor before making any health decision.

**For Further Reading:**

A searchable free archive of hundreds of full-text nutrition therapy papers is available at <http://orthomolecular.org/library/jom/>

**Bibliographies** of the published writings of orthomolecular doctors are posted at

Robert F. Cathcart, M.D.: [http://www.doctoryourself.com/biblio\\_cathcart.html](http://www.doctoryourself.com/biblio_cathcart.html)  
 Emanuel Cheraskin, M.D., D.M.D.: [http://www.doctoryourself.com/biblio\\_cheraskin.html](http://www.doctoryourself.com/biblio_cheraskin.html)  
 Benjamin Feingold, M.D.: [http://www.doctoryourself.com/biblio\\_feingold.html](http://www.doctoryourself.com/biblio_feingold.html)  
 Max Gerson, M.D.: [http://www.doctoryourself.com/bib\\_gerson.html](http://www.doctoryourself.com/bib_gerson.html)  
 Abram Hoffer, M.D., Ph.D.: [http://www.doctoryourself.com/biblio\\_hoffer.html](http://www.doctoryourself.com/biblio_hoffer.html)  
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 William Kaufman, M.D., Ph.D.: [http://www.doctoryourself.com/biblio\\_kaufman.html](http://www.doctoryourself.com/biblio_kaufman.html)  
 Humphry Osmond, M.D.: [http://www.doctoryourself.com/biblio\\_osmond.html](http://www.doctoryourself.com/biblio_osmond.html)  
 Linus Pauling, Ph.D.: [http://www.doctoryourself.com/biblio\\_pauling\\_ortho.html](http://www.doctoryourself.com/biblio_pauling_ortho.html)  
 Carl C. Pfeiffer, M.D., Ph.D.: [http://www.doctoryourself.com/biblio\\_pfeiffer\\_ed.html](http://www.doctoryourself.com/biblio_pfeiffer_ed.html)  
 Hugh D. Riordan, M.D.: [http://www.doctoryourself.com/biblio\\_riordan.html](http://www.doctoryourself.com/biblio_riordan.html)  
 Evan Shute, M.D. and Wilfrid Shute, M.D.: [http://www.doctoryourself.com/biblio\\_shute.html](http://www.doctoryourself.com/biblio_shute.html)  
 Lendon H. Smith, M.D.: [http://www.doctoryourself.com/biblio\\_lsmith.html](http://www.doctoryourself.com/biblio_lsmith.html)  
 Roger J. Williams, Ph.D.: [http://www.doctoryourself.com/biblio\\_williams.html](http://www.doctoryourself.com/biblio_williams.html)

To locate a nutritionally-minded physician: <http://orthomolecular.org/resources/omns/v06n09.shtml>

**Nutritional Medicine is Orthomolecular Medicine**

Orthomolecular medicine uses safe, effective nutritional therapy to fight illness. For more information:  
<http://www.orthomolecular.org>

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