

The Time is Now to Eradicate Heart Disease & Strokes

How does one connect the dots between vitamin C, scurvy, and heart attacks and strokes? That is the life-time work of two-time Nobel Laureate, Dr. Linus Pauling, and his friend and co-worker, Matthias Rath, MD, with their books and mutual mission to eradicate heart disease and strokes—and the time for that is now!

Animals don't get heart attacks because they produce vitamin C in their bodies. This protects their blood-vessel walls. We humans are not capable of producing whole-food-form, complex vitamin C (not the isolated ascorbic acid). Dietary vitamin deficiency of this nutrient weakens blood-vessel walls. Cardiovascular disease is an early form of scurvy.

For those who are unfamiliar with scurvy, it is a disease caused by a deficiency of vitamin C. While largely non-existent in the modern world, scurvy is characterized by swollen, bleeding gums and the opening of previously healed wounds. It particularly affected undernourished sailors and western pioneers until the end of the 18th century.

Clinical studies document that the optimal daily intake of vitamin C (along with the other vitamins that complement it) halts and reverses cardio-vascular disease naturally. Complex vitamin C and other essential nutrients can prevent and help correct heart attacks, strokes, high-blood pressure, irregular heart-beat, heart failure, circulatory problems and diabetes.

These diseases will be essentially unknown in future generations.

Dr. Matthias Rath is a world-renowned physician and scientist who led the breakthrough towards the natural control of cardio-vascular disease. He is the founder of cellular health—the new understanding that health and diseases are determined at the level of cells and that an optimal supply of nutrients, such as vitamins, to our trillions of cells is the basis of vibrant health.

Dr. Rath's two books: *Ten Years that Changed Medicine* and *Why Animals Don't Get Heart Attacks But People Do* are about the passage of the Dietary Supplement Health and Education Act (DSHEA), *The Vitamin Freedom Act*, of 1994, and about our right to purchase and use vitamins and minerals in the US, with a description of the various diseases and their vitamin C treatment and prevention.

The discoveries of Dr. Matthias Rath and Dr. Linus Pauling set off the events that launched the DSHEA. They also exposed the efforts of pharmaceutical companies to suppress vitamin therapies worldwide through the United Nations' *Codex Alimentarius*. ■

This April 1992 issue of *Time* magazine became the bestselling

issue in the history of the magazine. **The Rath-Pauling Manifesto:** Normally, if a medical record is made, it will take years for the benefit to become available. This was not the case in the vitamin C/scurvy/heart disease connection. The key substances of vitamin C, lysine, and other essential nutrients were already available. Thus it was clear that this medical breakthrough rested on one factor only: how fast the information about this knowledge could be disseminated to patients around the world.

