Most people know that vitamin C is an important nutrient that comes from citrus fruits, famous for its ability to boost the immune system and necessary for the prevention of certain diseases such as scurvy. But, in fact, it can do a lot more than that.

One day when I was still practicing neurosurgery, I went to see a young girl who had developed a viral septicemia, which meant she had been infected with an uncontrollable virus that had spread throughout her body. Her liver, lungs, brain, and many other organs were all affected.

She was deathly ill and her primary care physician had no answers to offer her or her parents.

At the time, I had been studying the effect of high doses of vitamin C on viruses. Due to this girl’s desperate situation, I began treating her with high doses (5 grams) of intravenous vitamin C.

By evening, my patient was beginning to feel better, and her lung function was improving significantly. Within two days, she had mostly recovered; her liver function had improved steadily and her lung function was almost back to normal.

It was an amazing turnaround. Her spirits were up, her parents were relieved, and I was quite grateful myself to have been part of such a wonderful recovery story.

Since that time, I have given moderately high intravenous doses of vitamin C to patients with severe injuries, and my efforts have met with further gratifying results. In addition, over the last several years, medical practitioners outside of the traditional medical establishment have been using large doses of intravenous vitamin C for a number of ailments, including infections and even cancers, with great success.

Yet all this success is completely ignored by the modern “evidence-based” medical community.

The medical-pharmaceutical orthodoxy would have you think that there is no scientific support for the use of high-dose intravenous vitamin C as a treatment. Nothing could be further from the truth.

In this month’s issue of The Blaylock Wellness Report, I will review the science behind vitamin C and describe some of the many
A Terrible Infection Is Cured

Vitamin C, which can exist as ascorbic acid or as ascorbate, has been shown to play an important role in protecting the human body from infections.

A new book, Primal Panacea, by cardiologist Thomas E. Levy, demonstrates some incredible uses of vitamin C. Dr. Levy begins by recounting a case that appeared on a New Zealand TV news program in 2010.

During the H1N1 flu epidemic of 2009, a farmer from New Zealand developed a rare complication from this otherwise mild flu virus. He had overwhelming pneumonia that filled both lungs with fluid.

His condition was particularly serious because he also had leukemia (cancer of the blood or bone marrow), which lowers a person’s immunity to infections.

This man’s lungs were so overwhelmed with infection that he had to be placed on a respirator and given antibiotics and other “supportive drugs.”

Unfortunately, none of these medical efforts were working, and the man lapsed into a coma for four weeks, totally dependent on the artificial breathing apparatus. As a result, his doctors concluded that he would not survive.

They agreed among themselves that he should be allowed to die because to keep him on life support would only prolong his suffering.

Fortunately, the man's family did not accept this death sentence, and asked that he be given large doses of intravenous vitamin C. His doctors allowed it, yet warned that “they all agreed that it would be of no benefit.”

But after only two 25-gram infusions of vitamin C, the farmer’s lungs began to clear significantly, as demonstrated on a chest X-ray. He was then given 100 grams a day, and within a few days improved so much that he was able to be taken off the respirator.

Then, to the family’s shock, he began to deteriorate once again. They soon discovered that the doctors had discontinued his vitamin C infusions. The family pressured the doctors to resume the infusion, but they only agreed to give 2 grams a day to the patient. Once again, he improved, but at a slower pace.

The man was then moved to another hospital closer to home. Doctors in the new hospital also refused to administer vitamin C and, of course, he once again began to deteriorate.

Finally, it took the intervention of an attorney to force the hospital to resume the vitamin C treatment, but once again they only agreed to 2 grams a day.

However, this time, without the doctors’ knowledge, the farmer’s family began to feed him a high-absorption form of vitamin C.

Miracles of all miracles, the man walked out of the hospital not only cured of his lung infection, but also his leukemia.

In his book, Dr. Levy also recounts the case of a girl who had similar lung deterioration following
H1N1 infection and was near death. Her brother, having heard of the farmer’s case, convinced doctors to give her intravenous vitamin C. Her lungs began to clear after only a couple of treatments and she too was removed from her respirator.

Incredibly, doctors convinced her mother that the high-dose vitamin C might be dangerous and she agreed to have it discontinued. Within a few days the girl deteriorated and died — the victim of an uninformed healthcare system.

Sepsis Poisons Tissues and Organs

One of the most frightening things that can happen to a person is to develop sepsis — an overwhelming infection that causes a rapid deterioration of the tissues and organs throughout the entire body.

This frightening condition can occur with extensive surgeries, severe injuries, pneumonia (viral and bacterial), cancer, and gangrene.

Sepsis can range from minor to severe, with the most severe cases involving complications such as:

- Edema (leakage of fluid from blood vessels)
- Lung failure
- Falling blood pressure that does not respond to intravenous fluids
- Failure of multiple organs

In such cases, death follows quite rapidly. Sepsis is a major cause of death in hospital critical care units.

When certain types of bacteria (called gram-negative bacteria) infect the body, they trigger intense immune reactions, both within the body and brain.

As the body attempts to kill off these invaders, the dead organisms release fragments of their cell bodies, which contain a substance called lipopolysaccharide (LPS).

LPS triggers a number of destructive reactions leading to severe damage to blood vessels, muscles, and organs, including the liver, lungs, gastrointestinal tract, brain, kidneys, and eventually the immune system itself.

The debris and internally released poisons from the LPS block the tiny blood vessels (arterioles and capillaries) in organs and tissues, preventing oxygen and glucose from reaching the cells (conditions called hypoxia and ischemia).

This causes further worsening of the infection as dead cells and tissues are released into the bloodstream. This self-poisoning is what eventually kills a person with a sepsis infection.

As vital organs such as the kidneys, lungs, and heart are lost, life ebbs away.

At this point, pharmaceutical drugs can do nothing to combat the infection because they can’t reach the infected tissues and organs through blood vessels that are blocked or constricted. Eventually, the tissues die and organs fail.

About Dr. Blaylock

Dr. Russell Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurological residency at the Medical University of South Carolina in Charleston, S.C. For 26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored four books on nutrition and wellness, including “Excitotoxins: The Taste That Kills,” “Health and Nutrition Secrets That Can Save Your Life,” “Natural Strategies for Cancer Patients,” and his most recent work, “Cellular and Molecular Biology of Autism Spectrum Disorders,” edited by Anna Strunecka.

An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition-related subjects.

Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation.


Dr. Blaylock previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss., and is a visiting professor of biology at Belhaven University, also in Jackson.
Vitamin C Is Essential For Healthy Blood Vessels

A number of studies have shown that patients in critical care units have very low vitamin C levels in their plasma and white blood cells (leukocytes). This is also true of people with chronic illnesses.

Studies have also shown that patients often come into the hospital with low antioxidant vitamin levels, and that the condition gets much worse the longer they are in the hospital. This is an indictment of the nutritional services in hospitals.

The stress of disease or surgery rapidly depletes vitamin C, as well as all of the B vitamins. Vitamin C levels are also low because the body is filled with free radicals (molecules with unpaired electrons) and lipid peroxidation products, which consume vitamin C during its attempt to neutralize these nasty particles.

Inflammation, both acute and chronic, has been shown to inhibit the uptake of vitamin C by the cells lining blood vessels, called endothelial cells.

These important cells control most of the functions of the blood vessels, including regulation of vessel dilation and constriction (controlling of blood flow), metabolism within the wall of the blood vessel, protection against free radicals and lipid peroxidation, and prevention of fluid leakage from the vessel.

Vitamin C is essential for the health of the blood vessel. It must be inside these endothelial cells to protect them and keep the vessel functioning properly.

In fact, a number of carefully conducted studies have shown that both oral and intravenous vitamin C dramatically increase blood vitamin C levels and improve the function of the smaller blood vessels (the microvascular system). As noted earlier, it is these smaller blood vessels that deliver the oxygen and the nutrients to all of the body’s cells.

Unfortunately, most intravenous fluids that are administered in hospitals contain no vitamins of any kind, much less vitamin C.¹

Performing Miracles At the Molecular Level

Vitamin C is also a very powerful antioxidant that easily enters cells, where it does the most good.

Clinical Studies Using Vitamin C

In a randomized, double-blind, placebo-controlled study of 216 critically ill patients, the results of which were published in the journal Anesthesia & Analgesia, found that death at 28 days from admission was significantly reduced in patients who were given intravenous treatments of combined vitamin C and vitamin E.

A second study, published in Archives of Surgery looked at 596 critically ill surgical patients and found that those who were given a combination of vitamin C (1,000 mg every 8 hours, intravenous) and vitamin E (1,000 IU every 8 hours, orally) starting at 24 hours after admission had a significant reduction in the relative risk of pulmonary edema and multiple organ failure — both major killers of critical care patients.

If that’s not convincing enough, a third study found a decrease in complications in severely burned patients who received very high intravenous vitamin C (1,584 mg/kg per day). These patients had significant reduction in swelling (edema), a reduced need for fluids, and better lung function.

Infection and deteriorating lung function are major killers of burn patients. I worked in one of the first burn and trauma centers in the United States under Dr. Curtis Arts and Dr. John Moncrief, two of the leading names in burn and trauma care in the world at that time. Based on my experience, I can appreciate just how important these effects of vitamin C are to severely injured patients.

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The password for every issue is provided in the introductory e-mail.
One reason the beneficial effects last so long is that cells can retain the high levels of vitamin C. On the other hand, extracellular vitamin C (outside the cells) is quickly lost.

Vitamin C also affects numerous genes that have to do with inflammation, and inhibits the enzyme (NADPH oxidase) which protects blood vessels from powerful free radicals.

Importantly, intravenous vitamin C reduces\(^2\) leakage of fluid from blood vessels, the process called edema.\(^3\) Pulmonary edema — a condition in which the lungs fill up with fluid — is a major killer of critical care patients.

Also of great importance is the observation that vitamin C reverses the unresponsiveness of the smaller arteries (arterioles) that occurs with sepsis. This happens because vasoconstrictors, which contract the blood vessel (the neurotransmitters norepinephrine, angiotensin, and vasopressin), and vasodilators, which widen the blood vessel (acetylcholine), no longer work when there is a sepsis infection.\(^4\) The unresponsiveness of these important neurotransmitters severely interferes with blood flow in major organs and tissues, and leads to their ultimate failure.

This somewhat complex biochemistry demonstrates that we know on a molecular level how vitamin C is performing miracles. This information should be shared with the skeptical doctors of the medical establishment.

If the skeptical doctors taking care of the farmer from New Zealand and the young girl who died had done their homework, maybe they wouldn’t have made such fools of themselves.

**Fighting Bowel Infections**

Sometimes, people develop conditions that can lead to an overwhelming infection with a number of nasty bacteria all at once — up to hundreds of pathogenic bacteria.

One such condition is called “intestinal strangulation.” This occurs when the intestine becomes twisted on itself and, if unrelieved, can burst, spilling contaminated feces into the abdomen, leading to a very severe form of sepsis that is difficult to treat.

A similar condition is a perforation of the bowel. This can be caused by:

- Cancer

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**What You Need to Know About Anesthesia**

If you are entering the hospital to have surgery, you need to take special precautions. While anesthesia is safer now than ever before, it is still not without hazard. People do die from anesthetic complications.

My personal experience with anesthesiologists is that they are some of the most highly trained, skillful, and careful of all medical specialists. Yet even with the best of care, things can happen. When they do, they happen very rapidly. In this case, an ounce of prevention is truly worth a pound of cure.

Most modern anesthetic gases are fluoridated compounds, meaning they contain fluoride, a known toxin. Because anesthetics enter the brain easily, they pose a special danger to this key organ. Fluoride is also very toxic to the heart, so people with heart problems are at special risk.

Fluoride poisons critical enzymes needed by the heart to produce energy and can cause abnormal heart rhythms (arrhythmias). This could lead to stroke, sudden heart failure — during surgery or soon after — or even delayed heart failure.

Fortunately, several nutrients are known to protect against fluoride toxicity in both the brain and the heart:

- Calcium
- Selenium
- Vitamin D3
- Antioxidants
- Magnesium
vitamin C (200 mg/kg). The death rate in the animals given ordinary IV fluids without vitamin C was 91 percent. The death rate in the animals administered high-dose vitamin C was 35 percent — a huge difference.

Another study using the FIP model found that only 19 percent of the animals survived without vitamin C, whereas 50 percent of the animals administered vitamin C survived.

**What researchers have found is that intravenous vitamin C reverses the blockage of the microvessels that is seen in cases of sepsis.** Even more importantly, the beneficial effects of the vitamin C were rapid and continued long after the treatment was given.

Another factor in sepsis is that the high levels of free radicals oxidize a substance within the endothelial cell called tetrahydrobiopterin. This substance is critical for formation of nitric oxide within the blood vessel.

Vitamin C prevents and even reverses tetrahydrobiopterin oxidation, and therefore increases beneficial nitric oxide content in the blood vessel.

Injection of intravenous vitamin C six hours after sepsis causes a dramatic improvement in blood flow in microvessels as early as 10 minutes after it is administered.

Improved production of nitric oxide by the endothelial cells of the blood vessels dramatically improves blood flow and even prevents atherosclerosis.

### Vitamin C and the Brain

If you ask most doctors to describe the function of vitamin C in the body, they will say that it’s an antioxidant, or that it prevents scurvy.

In fact, many in the medical establishment are of the opinion that unless the levels of vitamin C in the diet are severely deficient — that is, low enough to bring on scurvy — there is no real risk.

In fact, government health agencies have set the recommended daily allowance for vitamin C at a mere 90 mg a day.

But in the brain, vitamin C has many functions besides being an antioxidant — many of which are still undefined.

For example, it is an important co-enzyme (an enzyme helper) involved in the synthesis of several neurotransmitters, such as the catecholamines (epinephrine, norepinephrine, and dopamine). It also plays an important role in production of:

- Carnitine
- Cholesterol
- Amino acids
- Certain peptide hormones

It also activates genes that regulate cell energy production, transport of iron, formation of blood vessels (angiogenesis), and overall cell survival.

Furthermore, vitamin C is critical in forming collagen, which is the main component of the body’s connective tissue.

**Because of its ability to strengthen collagen, vitamin C may also help prevent brain hemorrhages, especially in newborns and the elderly.** I have always thought that vitamin C should be administered to patients with cerebral aneurysms (ballooning of a blood vessel in the brain) to strengthen their vessels and prevent further aneurysms.

Collagen is also important for the formation of the lining (myelin sheath) around nerves. Studies on the effect of vitamin C on myelin demonstrate that high doses stimulate myelin formation and differentiation of schwann cells, which protect the neurons of the peripheral nervous system.

This may explain why some multiple sclerosis patients who are treated with high-dose intravenous vitamin C experience dramatic improvements.

Vitamin C can also be oxidized to form...
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dehydrovitamin C (DHA), which can protect the brain because it easily enters brain cells, where it is rapidly converted back to vitamin C.

**The vitamin C level in the brain is four times higher than the blood, and during times of vitamin C deficiency, the brain holds onto its vitamin C very tightly.**

Both of these facts underscore how important this nutrient is to the health and functioning of the brain.10

In fact, in certain areas of the brain that have particularly high activity — such as the hippocampus, the hypothalamus, and the striatum — levels of vitamin C are very high.

**A Critical Role in Brain Development And Disease Prevention**

There appears to be an exchange mechanism between vitamin C and glutamate in the brain. This causes vitamin C to be released from neurons and glia (brain cells that protect the neurons) when glutamate receptors are firing.

The vitamin C, in turn, stimulates the removal of glutamate from around the brain cells and protects the cells from excitotoxicity.11, 12

This may also explain why large amounts of vitamin C are released from the brain when a stroke occurs.13 The vitamin C is attempting to protect the damaged brain from excitotoxicity as well as oxidative injury.

Vitamin C also plays a critical role in formation of the brain early in life. Its levels double during late-stage pregnancy and it enhances maturation of embryonic stem cells into neurons.

Interestingly, vitamin C has been shown to enhance maturation of the synapse (the connection between two brain cells), which is something not done by other antioxidants. This all means that vitamin C is important to how the brain forms and develops.

**Because of the high level of vitamin C in the substantia nigra (a midbrain structure that controls movement, among other things) and striatum (part of the basal ganglia, which also governs movement), it may be that vitamin C is involved in Parkinson’s disease.**

Vitamin C is also an inhibitor of the enzyme that destroys acetylcholine (acetylcholinesterase) and therefore may also play a role in Alzheimer’s disease. The brains of people with Alzheimer’s have deficient levels of vitamin C.

Vitamin C has been shown to reverse certain types of memory loss in mouse models of Alzheimer’s dementia.14

**Reducing the Severity of Strokes**

A loss of blood supply to the brain, as seen with a stroke, rapidly depletes the brain’s supplies of glutathione and vitamin C, both critical protective molecules.15

In experimental animals used as a model for human strokes, it was found that intravenous
Vitamin C also reduces brain edema, a major cause for neurological damage and death in the aftermath of a stroke.17

The Safety of High Dose Vitamin C

So are high doses of vitamin C safe? When I speak of vitamin C, I am actually referring to the buffered natural forms (calcium and magnesium ascorbate).

If you listen to the medical orthodoxy, you might think it is one of the most dangerous substances on earth. But when you actually look at the published studies, you see that there is very little danger from vitamin C.

The most common warning is that vitamin C in high doses can precipitate calcium oxalate kidney stones. This conclusion is based on studies done in a test tube.

Actual cases of such stones have been reported less than a dozen times out of tens of millions of people taking high-dose vitamin C every year. Those kinds of numbers are hardly conclusive.

There has only been one study of the side effects of high-dose intravenous vitamin C ever conducted. That study found that out of 11,233 patients who received multiple doses of extremely high-dose vitamin C, very few complications were reported.

Most of the complications that were reported were minor and quickly reversed when treatments were stopped.

There were no deaths among these 11,233 patients, and only one confirmed occurrence of an oxalate kidney stone. The only case of kidney failure was in a patient with extensive cancer metastasis to the kidney, and most likely was not related to the vitamin C.

The authors of the study concluded that high-dose intravenous vitamin C was “remarkably safe.”18

The one significant warning is that people with an extremely rare condition called glucose-6-phosphate dehydrogenase deficiency should not take intravenous vitamin C, as it can cause massive breakdown of red blood cells in such people.

How to Improve Absorption

There are several ways to improve vitamin C absorption. One simple way is to empty the capsules into 6 ounces of purified water, shake the mixture
vigorously for a minute, and then drink.

Vitamin C in solution is easier to absorb than in a capsule. Hard tablets should be avoided.

Some have suggested putting the same 6-ounce solution in an ultrasonic jewelry cleaner for a few minutes. The ultrasonic waves from the device will break the vitamin C into much finer particles, which greatly improves absorption.

A third method is to buy a product called Lypo-Spheric Vitamin C by LiveOn labs. In this product, the vitamin C is encapsulated in a liposome, which is an artificially prepared bubble of liquid for delivery of nutrients. This greatly increases absorption.

In fact, this is the product that the family of the New Zealand farmer used to treat his lung failure. If you add it to water, it will sink to the bottom of the glass. Stir the water vigorously; this will suspend the liposomes, allowing you to drink it.

This product does, however, have a little bit of a bad taste. Some people prefer to add it to juice in order to mask the bad taste.

**Daily Supplementation Saves Lives**

Life can be fragile. One never knows when tragedy will strike, but those who are well-prepared are more likely to survive and have a good recovery. Here, I have cited examples of patients with life-threatening conditions who received substandard treatment in hospitals — mainly critical care units.

You should supplement with essential vitamins, minerals, and other nutrients long before such an event occurs. This will give your body time to maximize its antioxidant system, boost immunity, and reduce inflammation. It also strengthens your tissues, cells, and organs so they can better withstand disease or injury.

Daily supplementation with highly absorbable, buffered or liposomal vitamin C (1,000 mg three times a day, between meals) can protect against death following a flu infection, no matter how severe it is. We know this from studies of poor populations in Africa and Australia — mortality is directly proportional to one’s nutritional status. Adding vitamin E offers even more protection.

Antioxidants such as vitamin C and vitamin E work as a system — that is, they need to all be present in sufficient amounts.

The risk of death from infections, especially the flu, is directly proportional to a person’s vitamin D3 levels. This vitamin stimulates the body to produce special, very powerful antibacterial and antiviral proteins (antimicrobial peptides).

A physician in my area recently measured the vitamin D3 levels in his patients and found that virtually all were deficient, and many were extremely deficient. Combine this with a low vitamin C level and you have a prescription for a severe reaction to infections.

There is no question that vitamin C plays a major role in protecting the brain from free radicals and lipid peroxidation products, and helps the body fight infections. In fact, in high doses it can perform miracles.

**REFERENCES**

Do Doctors Trust Their Own Treatments?

Ken Murray, M.D., a clinical assistant professor of Family Medicine at the University of Southern California, has shocked the world with his recent paper titled “How Doctors Die.”

The article revealed what most doctors discuss among themselves but keep from their patients and the outside world: They know that orthodox treatments for many serious conditions, such as advanced cancer, are essentially worthless.

The paper opens with the story of a surgeon who discovered that he had pancreatic cancer. But instead of undergoing chemotherapy, radiation, or even the very surgery he had performed on many of his own patients, he did nothing. Instead, he went home and waited for death.

Nearly 80 percent of oncologists polled said they would not take their own treatments if they were diagnosed with cancer. In addition, many physicians refuse vaccinations because they don’t believe the vaccinations work, or have too many side effects. Yet they do not hesitate to convince patients that these are the proper decisions.

In part, this behavior stems from fear of lawsuits. And in part, it comes from simple frustration at having so little to offer patients. Yet a growing number of physicians are demanding that patients submit to their suggested treatments. This is especially true of vaccination recommendations.

Doctors know things that the general public does not know. For example, most people assume that everyone who is given CPR for a heart attack survives. In truth, if your heart attack occurs outside the hospital, CPR is successful only 8 percent of the time. If it occurs in the hospital, it’s successful 19 percent of the time.

Also, only 10 to 15 percent of patients who develop metastatic cancer (cancer that has spread) will survive as long as five years, even with the most advanced care medicine has to offer.

Still, many doctors insist that everyone go through the entire procedure: chemotherapy, surgery, and radiation treatments, at the cost of hundreds of thousands of dollars, with little chance of success.

In fact, doctors have even used the court system to force parents to have their children subjected to these mostly unsuccessful treatments. Yet there is growing evidence that chemotherapy, in many cases, actually reduces an advanced cancer patient’s lifespan.

Experts Meet to Discuss Vaccine Safety

Nothing is more important than the safety of the hundreds of millions of doses of vaccines that are routinely given in today’s world, especially now with the incredible move to make vaccination mandatory.

On January 3-8, I was invited to join a group of the world’s foremost experts on the subject of vaccine safety at the Tryall Club on the island of Jamaica.

Among the group of presenting scientists were Chris Shaw and Lucija Tomljenovic from the Neural Dynamics Research Group at the University of British Columbia, who recently published some groundbreaking papers on the effects of aluminum in vaccines.

Romain Gherardi, head of the department of histology at Henri Mondor Hospital in Paris, France — a specialist in neuromuscular diseases and discoverer of the vaccine-related disorder macrophagic myofasciitis — presented compelling evidence that vaccine adjuvants can cause harm.

The group also included Chris Exley, an internationally recognized expert on aluminum toxicity; Beatrice Golomb, Raymond Obomsawin, and Shiv Chopra, who exposed the corruption of the Canadian Ministries of Health.

I presented my hypothesis concerning the causation of autism spectrum disorders based on vaccine triggered immunoeexcitotoxicity.

A film group led by Leslie Manookian put together a video of the vaccine safety issue called The Greater Good, which includes this conference as well as the personal stories from many of the victims of the flawed vaccine program.

You can get a copy of this film by going to: greatergoodmovie.org.

This issue is critical for all people because of the complications and contaminations caused by vaccines — many of which are often irreversible.
Ask Dr. Blaylock

Attention Blaylock Readers:

Dr. Blaylock welcomes any questions or comments you would like to share. Each month, he will select a few to be published and answered in the newsletter. Please remember that he cannot answer every question. When submitting a question or comment, please include full name, city, and state. Please e-mail the doctor at: askblaylock@newsmax.com.

Q: I enjoy drinking white and green tea, but I have read that there is fluoride and aluminum in tea. Should people with hypothyroidism reduce their tea consumption?

— Jackie R., Anna Maria, Fla.

A: The advantage of both green and white tea is that they contain very little fluoride or aluminum. White tea, which is taken from a younger tea sprout, has the lowest levels of all, and the highest levels of beneficial antioxidant polyphenols (catechins).

Q: How are magnesium levels determined? What tests must be done?

— Kathy D., Cincinnati, Ohio

A: The only way to measure body magnesium with any accuracy is to test red blood cell magnesium levels, which some laboratories do.

Q: My 15-year-old son was recently diagnosed with leukemia. Will curcumin make his chemotherapy more effective?

— Joshua T., Morristown, N.J.

A: There is compelling evidence that curcumin can inhibit leukemia cancer cell growth and enhance the effectiveness of the chemotherapy. Quercetin has even more evidence for beneficial use against leukemia.

The most important factor is absorption. Curcumin and quercetin powder can be mixed together in extra virgin olive oil; this greatly increases absorption of each.

There is also some evidence that by stimulating cellular immunity using beta 1,3/1,6-glucan, one can also inhibit leukemia.

It is especially important to measure iron levels (ferritin, transferrin, and free iron) because elevated iron levels worsen the prognosis of leukemia and can cause resistance to treatments.

Curcumin and purified epigallocatechin gallate (Teavigo, which is 95 percent EGCG), made from green and white tea, bind iron and directly inhibit leukemia cancer cells.

Q: My husband had a brain injury 20 years ago. I’m wondering if he is now developing Alzheimer’s. Besides CoQ10, magnesium and resveratrol, what other supplements can he take?

— Britt B., Canton, Ga.

A: This is an area where I am presently doing research. Some individuals develop progressive brain deterioration many years after an injury, a condition recently named “chronic traumatic encephalopathy” or CTE.

I published one of the first papers to offer a hypothesis as to why it develops, and another paper that goes into treatment, which will be released soon. I will have these papers on my website shortly.

Basically, treatment involves taking doses of curcumin, quercetin, resveratrol, higher-dose multivitamins, (especially niacinamide, also called...
vitamin B3), thiamine, riboflavin, pyridoxal-5 phosphate, methylcobalamin and folate.

Also critical is daily supplementation with magnesium.

Q: **Do you have any information about histoplasmosis? My daughter has it all over her lungs and heart and esophagus. Is there anything that will help get rid of it?**

— Donna B., Panora, Iowa

A: Histoplasmosis is a fungal disease, usually seen in people with suppressed immunity, especially suppressed cellular immunity. The disseminated form, in particular, is associated with immune suppression.

With most such disorders, the answer is to stimulate cellular immunity. This can be done with a number of supplements, including beta 1,3/1,6-glucan taken daily on an empty stomach.

Other selective cellular immune stimulators include MGN-3, lactoferrin, maitake extract (and its various fractions).

People with histoplasmosis should avoid sugar and omega-6 oils (most vegetable oils), as they suppress immunity.

Q: **Do you have any suggestions for a person who suspects that he may have acquired chronic wasting disease from tainted elk meat?**

— Margaret N., Greeley, Colo.

A: Wasting disease is a disorder that has been largely overlooked by the medical profession, the media, and government health agencies. In some ways it appears to be related to a group of disorders involving prions, which are mutated cell factors.

These disorders have been shown to affect certain animals, including elk. There is also evidence that they can be contracted by people.

When these disorders were first recognized it was thought that they were caused by an infectious organism, but recent evidence suggests they are caused by consumption of a prion.

Normally these prions protect cells, but when they are abnormally formed (mutated) they trigger other prions within a person's body to also become abnormal.

There is evidence that some of the flavonoids can stop the progression of wasting disease, which may allow recovery. One of the most studied of the flavonoids is curcumin. A plant extract called indole-3 carbinol, by stimulating removal of mutated prions, should be of benefit.

The problem is that it's difficult to get a high enough dose of curcumin into the bloodstream to cure this condition, because curcumin is very poorly absorbed unless it is mixed with extra virgin olive oil.

The effective dose would come from mixing 1,000 mg of the powder with oil and taking this mix four times a day.

There is some link between immunoeexcitotoxicity and prion disorders, which means that DHA, mixed antioxidants (vitamin C, carotenoids, magnesium, etc.), and mixed tocopherol/tocotrienols would also help.

One should also avoid all omega-6 oils in foods and as a cooking oil (peanut, soybean, corn, safflower, and canola oils).