

# Vitamin C in the News

## Issue #4 August 2012

The Vitamin C Foundation monitors research and news reports from around the world concerning vitamin C - ascorbic acid. We have been surprised by the increasing frequency of recent positive reports. The links to the following sample of these reports can be found from our main web page, [vitaminCFoundation.org](http://vitaminCFoundation.org)

### 1. Study: Long Term Use of Antioxidant Supplements Cuts Risk of Breast Cancer in Half.

*“Taking antioxidant vitamins for a long term may help prevent breast cancer, according to a study published in the Aug 24, 2011 issue of BMC Cancer. The study led by S.Y. Pan of Public Health Agency of Canada, Ottawa, Ontario, Canada and colleagues showed that premenopausal women who had taken zinc supplements for 10 years or longer were 54 percent less likely to develop breast cancer, compared to those who had not. The study also showed that supplementation of multivitamin, beta-carotene, vitamin C, vitamin E and zinc for 10 or more years was associated with 26, 42, 21, 25, and 53 percent reduced risk of breast cancer, respectively, in postmenopausal women. On the other hand, dietary antioxidants including beta-carotene, alpha-carotene, lycopene, lutein and zeaxanthin, vitamin C, vitamin E, selenium and zinc or supplementation of antioxidants for less than 10 years were not associated with reduced risk of developing breast cancer.”*

[http://www.foodconsumer.org/newsite/Nutrition/Supplements/antioxidants\\_breast\\_cancer\\_0802120710.html](http://www.foodconsumer.org/newsite/Nutrition/Supplements/antioxidants_breast_cancer_0802120710.html)

### 2. Study: High Antioxidant Intake Significantly Decreases Pancreatic Cancer Risk (by 67%).

*“What researchers found was that those who consumed the most selenium roughly halved their risk of developing pancreatic cancer compared to participants with the lowest intake. Even more remarkable, participants in the top 25 percent of consumption of vitamins C, E and selenium reduced their risk by 67 percent. The authors concluded that this amount of reduced risk could possibly prevent 8 percent of pancreatic cancers.”*

<http://www.examiner.com/article/antioxidant-intake-significantly-decreases-pancreatic-cancer-risk>

### 3. Study: Vitamins C, E Cut Prostate Cancer Risk

*“The study led by E. Bidoli of Centro di Riferimento Oncologico, IRCCS, Aviano, (PN), Italy and colleagues found men who had highest vitamin E intake were 22 percent less likely to develop prostate cancer, compared to those who had the lowest intake.*

*A similar association was found between vitamin C intake and risk of prostate cancer. Men*

*who had the highest intake were 14 percent less likely to develop prostate cancer compared with those who had the lowest intake."*

[http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin\\_e\\_c\\_prostate\\_cancer\\_0723120901.html](http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin_e_c_prostate_cancer_0723120901.html)

#### **4. Study: Vitamins C, E and Selenium Drastically Reduce Risk of Death From Gastric (Stomach) Cancer and Esophageal Cancer.**

*"Gastric cancer or esophageal cancer patients who took vitamin C, E and antioxidative selenium supplements during a 15-year study were 50 percent less likely to die from the cancers."*

[http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin\\_c\\_e\\_supplements\\_0315120825.html](http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin_c_e_supplements_0315120825.html)

#### **5. Study: Even small amounts (500 mg) of Vitamin C Improves Pulmonary Function in Newborns of Pregnant Women Who Smoke.**

*We found that daily use of vitamin C (500 mg/day) by smoking pregnant woman significantly improved pulmonary function tests administered to their offspring at about 48 hours postpartum."*

[http://www.sciencecodex.com/vitamin\\_c\\_improves\\_pulmonary\\_function\\_in\\_newborns\\_of\\_pregnant\\_smoking\\_women-91948](http://www.sciencecodex.com/vitamin_c_improves_pulmonary_function_in_newborns_of_pregnant_smoking_women-91948)

#### **6. Study: Intravenous Injection of Vitamin C Can Help Relieve Pain of Shingles.**

*"Intravenous injection of vitamin C can help relieve pain and dermatologic symptoms of shingles induced by herpes zoster, a new study in the April 2012 issue of Medical Science Monitor."*

[http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin\\_c\\_relieves\\_pain\\_0702120936.html](http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin_c_relieves_pain_0702120936.html)

#### **7. Study: Low Dose Vitamins C/E Benefit Women on Oral Contraceptives.**

*"Daily doses of vitamin C and E of 150 mg and 200 IU, respectively, were associated with a significant decrease in oxidative stress." [http://www.nutraingredients-usa.com/Research/Vitamins-C-E-may-benefit-women-on-oral-contraceptives?](http://www.nutraingredients-usa.com/Research/Vitamins-C-E-may-benefit-women-on-oral-contraceptives?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright)*

[utm\\_source=copyright&utm\\_medium=OnSite&utm\\_campaign=copyright](http://www.nutraingredients-usa.com/Research/Vitamins-C-E-may-benefit-women-on-oral-contraceptives?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright)

## 8. Study: Asthma/COPD Worse when Vitamin C Blood Levels Low

*"People who have asthma and COPD are more vulnerable to particulate air pollution if they have low levels of vitamin C in their blood, a study from London found."*

<http://www.environmentalhealthnews.org/ehs/newscience/2012/06/2012-0726-antioxidants-reduce-air-pollution-risks>

## 9. Study: A Novel Animal Model of Vitamin C and Heart Disease

*"Some rodents (those in one of the two hypoxia groups and in one of the two control groups) were given vitamin C water daily for its antioxidant effects. When the pups were born, the researchers noticed dramatic differences between the various groups. Rats born of hypoxic pregnancy with no vitamin C treatment showed increased thickening of the walls of the aorta up to 170% above normal. and molecular markers of disease, such as an increase in the heart's heat shock proteins, a signal of cardiac oxidative stress. When the pups grew to adulthood, at about 4 months, their hearts pumped consistently harder and faster than normal, which, over the long term is a known predictor of eventual heart failure. The pups also showed obstructions in their large arteries, just as people developing cardiovascular disease do. These changes were not seen in newborn and adult offspring of hypoxic pregnancies treated with vitamin C, the team reports online today in PLoS ONE. "*

<http://news.sciencemag.org/sciencenow/2012/02/embryos-starved-of-oxygen-may-be.html?ref=hp>

## 10. Celebrities Flocking to Health and Wellness Centers for Intravenous Vitamin and Mineral Therapy Sessions.

*"Rihanna is one of many celebrities flocking to health and wellness centers, paying hundreds of dollars for intravenous vitamin and mineral therapy sessions. The vitamin cocktail mixture is typically comprised of B vitamins, vitamin C, calcium and magnesium, among other nutrients." <http://ktar.com/22/1551282/Intravenous-vitamin-sessions-on-the-rise>*

## 11. Report: Woman Refuses Drugs and Chemo to Battle Breast Cancer with Vitamin C and Fresh Veg.

*"She refused not only chemo, but also a mastectomy and radiotherapy advised by doctors.*

*Instead, the 55-year-old former model decided that what she needed was a complete diet overhaul.*

*Jessica, from Bedfordshire, England, who now works as a leadership mentor, cut out dairy, upped her vegetable intake and took high doses of vitamin C.*

*Within three weeks of starting her intensive regime, a scan showed her tumour had gone to sleep and her latest blood tests came back normal. "*

<http://www.thesun.co.uk/sol/homepage/woman/health/health/4467643/Jessica-Richards-on-why-she-refused-drugs-for-breast-cancer-to-have-vegetables-and-vitamin-C.html>

## 12. “Moderate” Doses of Vitamin C May Lower Blood Pressure.

*"Miller and his colleagues reviewed and analyzed data from 29 randomized, controlled, previously published clinical trials that reported systolic and/or diastolic blood pressure values and also compared vitamin C intake to a placebo. What they found is that taking an average of 500 milligrams of vitamin C daily reduced blood pressure by 3.84 millimeters of mercury in the short term. Among those diagnosed with hypertension, the drop was nearly 5 millimeters of mercury."*

<http://www.sciencedaily.com/releases/2012/04/1204181111810.htm>

## 13. Reversing Heart Disease with A Vitamin – Daniel Cobb, DOM.

*"In my clinic, we have a saying, "Heart disease is easier to treat than low-back pain." This treatment, when done correctly, works wonders. Out of all my heart disease patients, I have had only one who did not improve significantly, and that one patient did not use the recommended type of vitamin C. Another patient last year completely reversed her heart disease in 2 months."*

*Dr. Cobb is a physician and one of our customers. His article reprinted with permission from [wellbeingjournal.com](http://www.wellbeingjournal.com).*

<http://www.vitaminCFoundation.org/pdfs/DrCobb4WBJJA11.pdf>

## 13. New Book: The Patented Heart Disease Cure that Works.

*"This powerful new book documents one disabled heart patients amazing experience curing his heart disease after 17 years on statin cholesterol lowering drugs with the Pauling/Rath vitamin C and lysine therapy for heart disease. Mr. David Leake has also posted his medical records on-line." <http://www.amazon.com/Patented-Heart-Disease-Works-ebook/dp/B007NC3JIS>*

The Vitamin C Foundation would also like to congratulate the Townsend Letter for publishing *Alternative Therapeutic Approach to Various Cancers with Combinations of Chemotherapeutic Drugs or Vitamin C and D-Fraction*, Bobby Alexander, Andrew Fishman, Majid Eshghi, Muhammad Choudhury, Sensuske Konno, p. 79, in the Aug/Sep 2012 issue. This outstanding paper reported surprising basic research results showing that Vitamin C and the D-Fraction Maitake Mushroom extracted drastically reduced the growth of all cancer lines *in vitro*. This effect, reported by experienced New York University medical school researchers, was not found with Vitamin C alone, the D-Fraction alone, or any combination of standard therapeutic agents.

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