

## VITAMIN C & CANCER THERAPY

*StoneTree Naturopathic Clinic, Collingwood, ON*

The idea of using vitamin C to treat cancer is not a new one. The first research in the this area was done by two-time Nobel laureate Linus Pauling, who hypothesized that cancer is a collagen disease associated with vitamin C deficiency.

More recently, new research is revealing more about how this vitamin might work against this epidemic disease.

### **Cancer Prevention**

Most of us know of the antioxidant properties of vitamin C. It's one of the many compounds in nature that put out the "fire" of free radicals, which are thought to cause damage like arteroscelorsis, heart disease, cataracts and cancer. Taking daily doses of vitamin C and/or other antioxidants has been shown in study after study to help reduce risk of developing cancer.

### **Cancer Treatment**

But what about when the cancer already exists?

Studies are beginning to show a different side of vitamin C. At very high doses, between 50-100g given intravenously, vitamin C no longer acts as an anti-oxidant. Through a series of biochemical reactions, vitamin C turns into hydrogen peroxide. Hydrogen peroxide is selectively damaging to cancer cells because our regular cells have a defense mechanism built in to neutralize hydrogen peroxide, and cancer cells don't.

So does vitamin C cure cancer? No one can responsibly make that claim. What studies have shown is that it can increase quality of life and prolong survival times.

Little research has been done combining the use of high dose Vitamin C therapy and conventional oncology treatments. Because Vitamin C is primarily seen as an anti-oxidant, and conventional treatments actually work by creating free radicals in the body to cause damage to the cancer cells, it's important to not use any natural therapies during conventional cancer treatment without first speaking with a qualified health care professional.

*To learn more about vitamin C and cancer care, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*