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COPY

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Dear Irwin

I am waiting for a single case of plague to try to treat in the IV ascorbate+ the indicated antibiotics. I am convinced from studying the disease that the severe morbidity & mortality results from hypoascorbemia. The incidence of the disease is yet so low that no valid conclusions can be drawn. We have no plague in Incline. There may have been one case in the Tahoe basin. We are braced for it however.

The most startling case however was of a healthy-32 year old woman who is a fairly good vitamin C taker. Came down with flu 3 weeks ago - took 30 to 60 grams a day that didn't quite neutralize the disease. When she went out on the lake with guests Sat & Sun so didn't take the C. Well, Monday I saw her- took X-rays of the chest, she had a right upper lobe- lobar pneumonia. I put in 65 grams IV in 4 hours - she actually felt worse except during IV pushes of 2.4 gm in a minute or two but by about 8 hours later the fever broke and she felt 100% better. I continued IVs of about 65 gg a day for two more days. She took a total of over 150 grams a day for the next few days. In 3 days the lungs were clear to auscultation; 90% clear on X-ray in 5 days. She was back to work in 1 week. She is still taking over 6 heaping teaspoons a day without diarrhea but otherwise feels perfectly well. She estimates that over a 3 week period she has taken 4 lbs of vit C powder. 2 Weeks later her husband and secretary in their office came down with the same thing. The husband blasted to bowel tolerance + 2 days IV and only missed one day of work. The secretary was not as tolerant at first- I do not know whether it was gastritis or the disease that caused colic type abdominal pain at first but a few days later she was able to take higher doses without problem. I allowed her to add NaHCO<sub>3</sub>- I still worry about the huge doses of NA+. Anyway the disease lingered about 2 weeks but she remained ambulatory and out of the hospital. She had a fair sized infiltration about the bronchial area on the (R)side on X-ray. That started clearing after a week. The feeling was that we could get in enough ascorbic acid to keep her relatively detoxified but that she could not quite tolerate 150 to 200 grams necessary to bring about rapid resolution. This disease whatever it is is the biggest consumer of vit C I have encountered as yet - only mononucleosis regularly approaches this consumption before detoxifying. If this is the epidemic we are destined to have this year do not miscalculate the dosage necessary to touch it. I had a headache off and on and ~~if~~ if I really reached the sensation of slight chest congestion for a week off and on, I was consuming heaping teaspoons every hour the 1st 2 days and down to 3/4 level teaspoons about every 2 hours. I let up for a few hours 2 mornings ago and had to go back up to the heaping teaspoons for a few doses. Today I seem OK but am being careful to stay at tolerance levels. I suppose I caught the same disease but I can't be sure.

I am enclosing a recent ~~reject~~ from JAMA. I would appreciate your not making specific reference to it, i.e., that it was rejected. I still have to be careful because of the prosthesis. (It sold 474 last month).

Not enclosed →

I'm trying to write the book. I have been writing and rewriting. I was wondering if you had any hints on approaching publishers. Believe it or not, my approach is ~~so~~ controversial that when a reporter from the National Enquirer called (Frank Catchpool had given him my name) about vitamin C and hepatitis, even the Enquirer wouldn't publish it. That has to be some kind of a record.

Say hello to Mrs. Stone for me. I certainly enjoyed meeting you both at that meeting.

I was very sorry to hear about Mrs. Pauling's problem. We are all of course most concerned for Mrs. Pauling herself - but I can't help anticipating what the anti-vitamin C jerks are going to say.

I am very concerned about the "gap" occurring in medicine between what is technically possible and what is practice of the community. I know the malpractice crisis and government enforced peer review is going to continue to make matters worse. The natural reluctance of physicians to accept new things is being institutionalized with teeth in it. I am just reading Carlton Frederick's Psychonutrition in which he makes out psychiatry to be an unscientific cult. He is really correct. It is frightening to think that in some cases I have to refer patients to these people for legal protection. I see chelation as being another thing that is causing a severe split. I do have experience recently with hypoglycemia. It is amazing how many people are benefitted by the no sugar, low carbohydrate, high protein, moderate fat diet.

You know of my expression "unsick" I use for the condition of having some viral disease 99% suppressed by ascorbic acid. And I expressed the concern that I felt I was getting unsick about 2x a month. I was worried about my 15gm a day maintenance might be making lazy other mechanisms of the body that are ordinarily operative in the hypoascorbemic state. Theoretically I still think we must be watchful for some homeostatic mechanism that is going to decrease a certain % the benefits that should result from high maintenance doses. Don't get me wrong. I am sure the benefits are going to outweigh. I am only saying this in the close vitamin C circles. Anyway since going on the hypoglycemic diet, yeast, multiple B, lecithin, selenium, v. & E (I had been on over 1200 iu vit E for a long time); I do not think I am getting unsick much anymore. The only time for the past few months is that I really think I was unsick on Susan's disease (the name of the pt I described) for about a week. I was consuming heaping teaspoons with no reaction every couple of hours for a week.

I am giving a talk on vit C at the meeting of the Northwest Academy of Preventive Medicine, Oct. 1-2. I wonder if I could borrow the slides you have on evolution and vitamin C and the ones showing the amount of vitamin C various animals produce. I wanted to introduce my work as being inspired by you, Dr. Pauling and Dr. Klenner.

Sincerely

Signed BOB

Can't find the AMA letter today but will send it as soon as I can. It is about time I sent this.

I wondered if you had any hints on publishing a book. Mistakes to be avoided, etc.