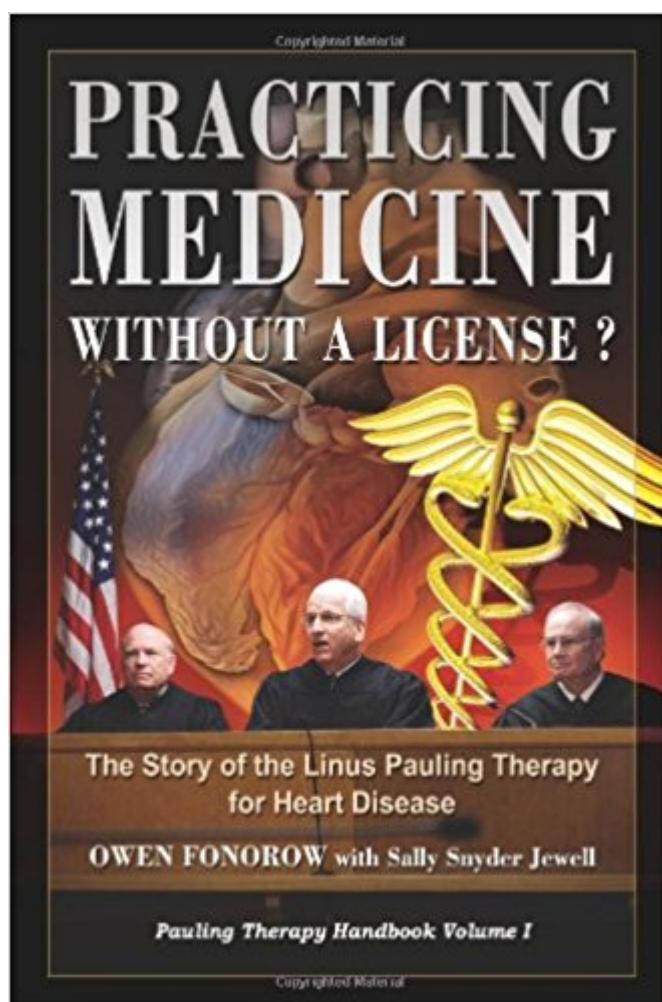


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Practicing Medicine Without A License? The Story Of The Linus Pauling Therapy For Heart Disease (Pauling Therapy Handbook)



Synopsis

This book by the co-founder of the Vitamin C Foundation covers the greater than 50-year history of the vitamin C theory of heart disease as well as the 12-year history of a therapy for cardiovascular disease invented by the American scientist, Linus Pauling. Heart patients who decided to follow Linus Pauling's advice recovered in approximately 30 days, and many experienced significant relief in as little as 10 days. The recoveries only occurred after these former patients adopted the Pauling-therapy®, usually without their doctor's knowledge or consent.

Book Information

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Customer Reviews

Excellent... Life changing health information... :)

My husband loves this book. So much information to help everyone heal and be well!

I had read previous articles about Linus Pauling and his theory of Vit C and have been taking the supplements. I also have been changing my lifestyle for myself and my husband. I learned a lot from this book as it goes into more detail than I had learned previously. I recommend this book to everyone!

Eleven months ago I was diagnosed as having "multiple coronary ischemia" due to atherosclerosis.

My cardiologist made an appointment for me go into the hospital for stents or possibly by-pass surgery. But I cancelled the appointment, opting to try alternative methods through study. Since then I've been doing diet, nutritional supplements, and daily exercise, with very considerable success at age 72. No drugs (except "armor thyroid" which I've been taking for years). Of the many books I've read since my diagnosis, Fonow's has been one of the most helpful. The book is basically about vitamin C and Linus Pauling's approach to curing cardiovascular disease. Owen begins with a fairly comprehensive description of vitamin C — more than "just a vitamin." Vitamin C is an anti-oxidant, acts like a hormone to offset stress, is a detoxifier, is necessary for collagen production for connective tissues, acts as a safe statin to reduce high cholesterol levels, in high amounts is anti-viral, and more. We humans are among only a very few species of higher animals that do not produce vitamin C (ascorbate) within the body. This fact is significant and is emphasized. Owen explains how it is that the build-up of plaque in the arteries is fundamentally due to localized scurvy — vitamin C deficiency. For decades doctors have been blaming LDL ("bad cholesterol") for the coronary blockages of plaque. But that is not quite accurate. Cholesterol in general is a necessary material for the body. Even LDL performs a positive function. Owen wrote a very informative chapter titled "The Truth About Cholesterol." It turns out that plaque is primarily composed of a particular kind of lipid called lipoprotein(a), also known as Lp(a). Pauling learned that the presence of high Lp(a) in the blood is a major risk indicator for heart disease or heart attack — and a likely reason that Lp(a) reaches high levels in the blood would be that the body does not have enough vitamin C, which in turn leads to damage to the walls of coronary arteries, which in turn leads to the body attempting to plug leakage and strengthen the wall of the vessel with Lp(a) and calcium (because adequate ascorbate is not available for proper repair). Owen does a very good job of explaining the ifs, ands, and buts. It is critical to understand lipoprotein(a) and also how it should be tested. Some docs don't test it at all, and many labs do not test it adequately or do not use the method that provides the most valuable information. Owen explains all of this and even mentions some top labs for doing the testing. Indeed, for the lay person this book provides the best coverage of the whole subject of lipoprotein(a) that I have seen thus far anywhere. The Lp(a) information alone is worth more than the price of the book. I find only one fault with the book perhaps worth mentioning. From chapter one and onward, Owen mentions Pauling's "Unified Theory" without giving us a brief summary of what that actually is. Even when we get to chapter 5 which is titled "The Unified Theory," I was still scratching my head until three pages into that chapter when finally a single long sentence appeared which listed several points that looked sort of like, or probably, various factors involved in the Unified Theory. But the sentence had started

as: "The neglected vitamin C theory isÃ¢â€¢" I did not get a satisfying understanding of exactly what The Unified Theory is until I went to Google and found an article by Linus Pauling himself (and his cohort, Matthias Rath M.D.) titled: "A Unified Theory of Human Cardiovascular Disease Leading the Way to the Abolition of This Disease as a Cause for Human Mortality." However, I could then see that Owen pretty well covers the various factors involved within "The Unified Theory" throughout the book. So even though lacking a clear summation of said theory, and considering the outstanding coverage of lipoprotein(a), the book still very much deserves 5 stars!!! Chapter 7 titled "The Pauling Therapy" goes into specific nutritional supplemental recommendations. Chapter 11 presents some of the dangers and faults of conventional treatments for cardiovascular disease. The book also includes several reports by real people and their experiences with Pauling Therapy, including even some failures! (Honesty!) This is an outstanding book.

I forwarded to a friend who is dealing with heart condition. I feel that he could benefit from this book.

Very good book, everyone has to read it.

Probably one of the most important books I have ever read.

I guess I should start with my great-grandfather, not a smoker, not obese, who died of a massive heart attack in the mid-70's before I was ever born. My grandfather, somewhat overweight, smoked frequently, wasn't very active and loved to eat, had bypass surgery in the 80's I believe and was dead before he was 70. It probably didn't help that he never quit smoking and didn't bother to try to lose weight or exercise. Now moving onto my father. My father had his first recorded heart attack in December of 1999. I remember coming home for Christmas to find my mother waiting near the door to inform me that my dad was in ICU. They installed a few stents in his body, put him on statins and sent him on his way. With or without the statins, he was suffering more clogged up arteries and needed more stents installed every few years. I will note that my father was a smoker, was not obese, but was also not very physically active. In July of 2015, he went to see his cardiologist who reported to him that he needed 6 bypasses / open heart surgery. My father wasn't keen on having this surgery done and it was at this point that I purchased this book "Practicing Medicine without a License". With some hope that it would help to reverse his heart problems or buy him a little more time on this earth. My father was committed to finding an alternative to surgery as it seemed that the

approach taken by doctors was not working for him, his father or his grandfather...His hope was the Pauling therapy would work and this would be a way for him to not only stay alive but for me to avoid heart problems and my children to avoid heart problems. He had been suffering from what he was calling "horrible angina" on pretty much a daily basis and was taking Tower Brand "Heart Tech". He reported that when consuming vitamin C as prescribed in the book, that it seemed to ease up on his angina considerably. He still had "bad days" where the pain was absolutely debilitating. He went to a clinic and had them test his lipo (a) as a control before starting this protocol. In September or October of 2015, he had his cholesterol checked and it was down considerably, not from statin drugs but from what he believed was the megadoses of Vitamin C. His good cholesterol was up, bad cholesterol was down...and it was a huge jump to the point that his primary care doctor was shocked and had asked why he considered going on the statins. My father reported that he was not actually taking the statins. It did seem as though the vitamin C treatments were working. Yet, he continued to suffer chest pain and during phone calls I had with him, he stated that he believed the pain he was feeling was the vitamin c and lysine "cleaning out his system". Well, December 2nd, 2015 he suffered his final heart attack, sudden death. I share this story with everyone with a heavy heart. I do not share this as negative information about the book or Linus Pauling. From the results of my dad's cholesterol tests, it was pretty apparent that the protocol does have an effect on cholesterol levels. Unfortunately, it's not something that worked for my dad. He was not willing to have the surgery done anyhow, so this experiment that he did with the last months of his life was not the result of being misguided by the information in the book. I would suspect that if you just had your first heart attack, it would not hurt you to follow this protocol, along with getting plenty of exercise, eating right, not smoking etc. In fact, vitamin C with lysine, proline etc. could be helpful to you overall. Yet, if you have serious heart problems and you're presented with open heart surgery as a means of staying alive...I would recommend having the procedure done instead of relying on vitamin c. I hope that this helps someone.

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