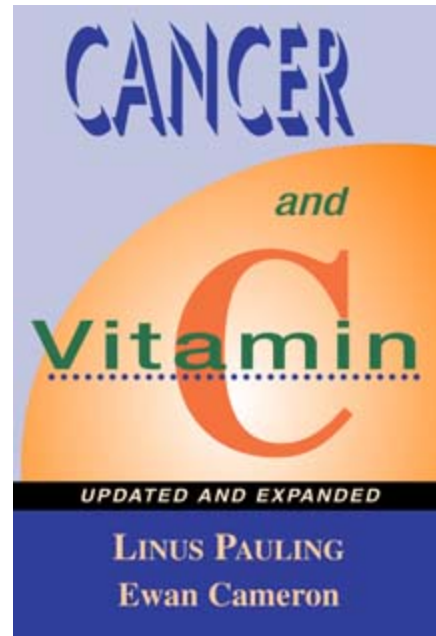


Cancer and Vitamin C

Ewan Cameron and Linus Pauling

Contents

Preface	
Preface to the Updated Edition	
Part I. THE NATURE AND CAUSES OF CANCER	
The Nature of Cancer	
The Causes of Cancer	
The Common Forms of Human Cancer	
Part II. THE TREATMENT OF CANCER	
The Treatment of Cancer	
The Treatment of Cancer by Surgery	
The Treatment of Cancer by Radiotherapy	
The Treatment of Cancer by Chemotherapy	
The Treatment of Cancer by Hormones	
The Treatment of Cancer by Immunotherapy	
Some Unconventional Forms of Cancer Treatment	
Part III. A RATIONAL APPROACH TO THE TREATMENT OF CANCER	
Controlling Cancer	
Spontaneous Regressions in Cancer	
Host Resistance to Cancer	
Vitamin C	
Vitamin C and the Immune System	
Other Properties of Vitamin C	
The Utilization of Vitamin C by Cancer Patients	
Part IV. THE USE OF VITAMIN C IN THE TREATMENT AND PREVENTION OF CANCER	
The Principal Trial of Vitamin C in Vale of Leven Hospital	
Other Clinical Trials	
Case Histories of Vale of Leven Patients	
Some Illustrative Patients from the United States and Canada	
The Prevention of Cancer	
Summary and Conclusions: The Role of Vitamin C in the Treatment of Cancer	
APPENDIX I Estimated Cancer Deaths in the United States for 1980	
II Foods and Nutrition	
III Some Information about Anticancer Drugs	
IV Practical Information About Vitamin C and Its Use	
V A Discussion of Surgical Terms	
VI A Major Symposium on Vitamin C Sponsored by the National Cancer Institute	
VII Vitamin C: A New Look	
VIII Vitamin C Intake and Mortality Among a Sample of the United States Population	
IX Hardin Jones Biostatistical Analysis and Mortality Data	



Glossary
References
Name Index
Subject Index

From the Preface

Some years ago we developed the idea that regular high intakes of vitamin C (ascorbic acid, or its several biologically active salts known as ascorbates) play some part both in the prevention of cancer and in the treatment of established cancer. Evidence steadily accumulates to support this view.

Cancer, of course, is the major unsolved health problem with strong emotional overtones. Although not the major killer, it has become the most feared of all diseases and a major focus of biological research throughout the world. The repeated statement of our views and clinical results in the scientific literature has given rise to much fruitful discussion with colleagues in the scientific and medical fields, and it has also involved us in a massive correspondence with desperate cancer patients seeking advice and help, as well as with their families, friends, and physicians.

For some years we have tried to write personal letters to these patients, family members, friends, and physicians, but meeting this obligation is now beyond our resources. It seems increasingly clear to us that many of these despairing patients lack understanding of (a) the very nature of cancer, (b) the value and the limitations of all conventional (and some unconventional) forms of treatment of cancer, and (c) our own views as to how vitamin C might help them. This book is an attempt to answer these questions.