

# Cancer and Vitamin C

21<sup>st</sup>-Century Edition

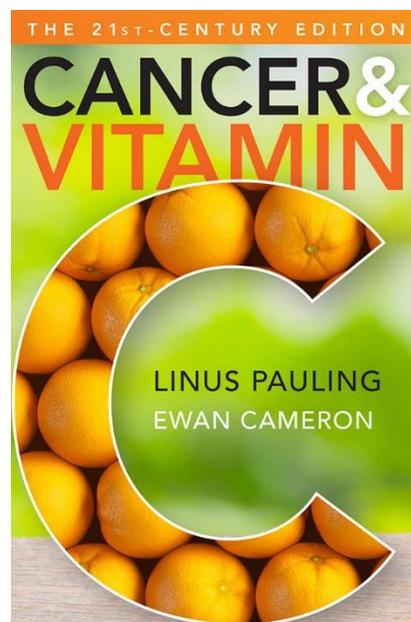
Linus Pauling and Ewan Cameron

## Preface to the 21<sup>st</sup>-Century Edition

By Stephen Lawson

Cancer and Vitamin C by Ewan Cameron and Linus Pauling has been in print continuously since its initial publication in 1979, providing laypeople and health professionals with in-depth information on the use of vitamin C as adjunctive therapy for cancer. This book was designed to give readers information about the nature of cancer, how it is commonly treated, the role of vitamin C in cancer therapy, and how patients under Cameron's care responded to high-dose vitamin C. The authors also briefly surveyed other clinical trials, including the first Mayo Clinic randomized controlled trial (RCT) of vitamin C in advanced cancer. The appendices furnish information on cancer chemotherapeutic drugs and some practical information on the preparation and use of vitamin C as adjunctive therapy.

An updated and revised edition was published in 1993, with a new preface by Linus Pauling. There had been some developments in the field, and Pauling wanted to bring them to the public's attention. Chief among these were the second Mayo Clinic RCT of vitamin C in advanced cancer and new clinical studies by Pauling's Canadian collaborator, Abram Hoffer. In one new appendix, Pauling highlighted a symposium on vitamin C at the National Institutes of Health in 1990, which was followed the next year by an article in the journal *Science* entitled "Vitamin C gets a little respect." Another new appendix reprinted an article from *Epidemiology* on the association between increased dietary intake of vitamin C and a reduced risk for mortality due to cardiovascular disease and some cancers. In that study, information on diet was collected from over 11,000 people in a three-year period (1971-1974), and mortality data were collected in a follow-up period about a decade later (1982-1984). The authors reported that the risk for death from all causes, including many cancers, was reduced in males and females who consumed at



least 50 mg per day of vitamin C from their diets and also took vitamin C supplements.

What had especially captured Pauling's interest were data collected by Abram Hoffer on survival times of cancer patients who followed a supplemental regimen of vitamins and minerals and were given dietary advice. Hoffer pioneered the use of high-dose niacin, a B vitamin, in the treatment of schizophrenia, work that stimulated Pauling's seminal 1968 paper in *Science*, "Orthomolecular Psychiatry," in which he laid out the theoretical and empirical basis for treating mental and physical illness by varying the body's concentration of substances like vitamins normally found in the body.

Some oncologists and other physicians in British Columbia referred patients with advanced cancer to Hoffer because the patients developed anxiety, depression, or other problems as a result of their illness or poor prognosis. Hoffer observed that the patients who followed his supplemental regimen, discussed in Appendix IX, lived longer than expected. Hoffer began collecting data on his controlled study in 1978 and followed patients through 1990. The analyses and favorable results were presented in two papers by Hoffer and Pauling published in *The Journal of Orthomolecular Medicine* in 1990 and 1993.