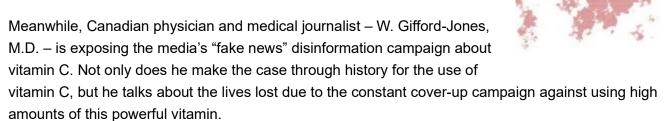
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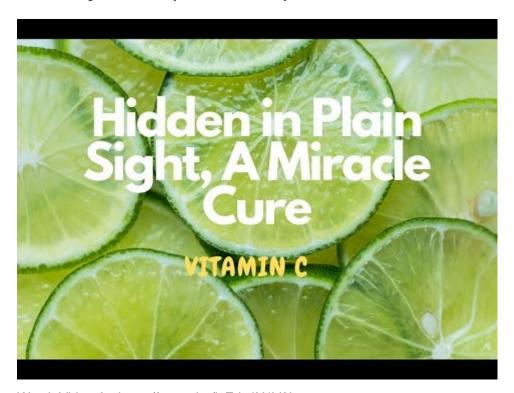
Joy Jensen, staff writer March 24, 2020

(NaturalHealth365) Schools have closed, toilet paper is in short supply, and every state in the United States has now been affected by COVID-19. Many people are working at home, some are in quarantine, and others in isolation as the government tells us it could be months, if not more than a year, until a vaccine is developed to stop this pandemic.



## History backs up the use of vitamin C, why is the media silent?

In a recent YouTube video (watch below), W. Gifford-Jones, MD, who happens to be a Harvard trained surgeon and 96-year-old medical journalist, discusses vitamin C as a "miracle cure."



Watch Video At: https://youtu.be/joZdy4X1V9I

A simple look back through history backs up the use of vitamin C to combat disease. Citrus has been

1 of 3 3/29/2020, 5:47 PM

used since the 1600s as a way to prevent and treat scurvy. James Lind, a Surgeon in the British Royal Navy, would go on to prove the benefits of citrus and vitamin C for scurvy prevention and treatment in the 1700s. Later, in 1948, polio was treated effectively with the help of vitamin C. More recent research also backs up vitamin C as a powerful preventive measure and treatment for multiple diseases. Along with the well accepted role of preventing scurvy, significant research backs up the ability of high dose vitamin C to prevent the common cold.

Multiple publications exist on the role of vitamin C in atherogeneis and lipid metabolism, and some evidence shows that this vitamin in high amounts is highly effective at reducing the threat of atherosclerosis. Gifford-Jones, MD even gives an account of his personal experience with high amounts of vitamin C as a way to treat atherosclerosis after he had a heart attack and a triple bypass.

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Vitamin C has also been studied for its ability to prevent and treat cancer, diabetes, heavy metal toxicity, and its role in improved immunity.

## Reducing the threat of COVID-19 with vitamin C

With people dying across the world of COVID-19, in a recent article, W. Gifford-Jones, M.D. urges the use of vitamin C as a "cure." He calls these deaths needless as health authorities and doctors continue to ignore the role high amounts of vitamin C can play in the treatment of this virus.

High amounts of intravenous vitamin C have already been used in China to combat COVID-19. We recently reported that three vitamin C studies were approved in China, although there's been little reporting on the success physicians have had with this method of treatment.

According to Gifford-Jones, high amounts of vitamin C offer a great way to avoid the threat of this virus. He recommends taking 2,000 mg doses twice a day to improve immunity.

If you begin to develop flu-like symptoms, his recommendation is to take 2,000 mg every hour as your bowels tolerate it. Keep in mind, when taking vitamin C powder or capsules orally, you can experience loose stool or diarrhea, at your upper limits.

Another thing that's important to remember: the sicker you are, the more you need. Talk to your integrative doctor about what's best for you ... and, if they don't know enough about vitamin C – find another doctor that can help you.

2 of 3 3/29/2020, 5:47 PM

Sources for this article include:

DocGiff.com

NIH.gov

YouTube.com

NaturalHealth365.com

3 of 3