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## Robert Cathcart - Mega C for Viral & Other Diseases

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Phil: If you have questions about that, [Jen 00:00:04] will be available at the break, and also at the end of the evening. Last announcement, I'm happy to tell you that after three years of saying it should happen, Will and I are finally at work with a good plan for promoting the [Legacy 00:00:26] Treatment for viral disease. That is the use of very large quantities of ascorbic acid, 50 gram, 100 gram quantities, administered by IV drip, very painlessly and comfortably. [inaudible 00:00:44] showed in his book, and he spoke to us a couple years ago, that there's lots of research that is ignored, showing that a variety of viral diseases can be cured using this treatment. The interesting thing about it is that it is very dramatic, very quick.

I'll tell you two quick stories. Before I tell you these stories, let me tell you what Will and I are doing. We're going to make a video documentary of people before, during and after this treatment. Instead of presenting a lot of research, which no one looks at or believes, we're going to just show the American public that this treatment works. We have a plan for reaching the American public, unless we get these videos made. That plan is in this proposal here, which is on the table. I hope you pick it up, because we're going to be looking for you all to help us find patients. Especially patients with Shingles, which is a very dramatic disease, and you can actually see the symptoms regress in a single infusion over two or three hours. This is what we want to show in the video, if people see this happening.

Let me tell you two stories. One is, I was talking to [Dr. Tim Gilford 00:01:54] about something else and he mentioned that sending a friend of mine who is an attorney, [inaudible 00:02:05] MA in mathematics over to see him because she had Shingles. By the way, two treatments, which is not enough, but two treatments and she was completely cured. It should have been four. I don't know why she didn't get four. She got the first one, pretty much knocked it down and then they upped the dose for the second treatment, and that was the end of it. We'll be interviewing her. What we really want to do is to get people on camera who are suffering, who have their eyes swollen shut if their face is inflamed, and we want to show that changing. This is why I know it can be done.

I talked to Tim, he said "I was treating a woman who," I can't remember what it was, maybe a mercury toxicity, and she brought in her husband who didn't believe anything, in fact that alternative doctors were kind of strange and you would never get there. But, he was suffering, so he said 'What the heck, what have I got to lose?' He comes in, his face is inflamed, his eye is swollen shut. Tim sits him down, starts the drip. In two hours his eyes opened and the inflammation was about 80% regressed. At the end of five treatments he was cured, that was it. That's the first story. I don't have time to go into the details, so I'm going on to the second story, without trying to get into the wrong kind of consciousness again.

The second story with Tom [inaudible 00:03:19]. Tom has had experience with encephalitis, which is not a disease we're going to show in this video because it's so dangerous that we wouldn't have any access to people with that. Tom has had patients with encephalitis that he's treated where he gave them an injection, an inter-muscular injection, and in about 30 they came out of comas, the fellow came out of a

coma. Now, this is anecdotal stuff, but when we get into that video and we interview the people, interview the doctors who are supervising, then I think people are going to believe it. Seeing is believing.

This is our plan. How we're going to distribute it and use it is there for you to see. We have a plan that's going to work, but we need your help finding patients. Pick that up, see what diseases we're looking for. When you hear your friend has Shingles, when you hear that a guy that's 35 years old has the mumps, he's worried about losing his fertility, let us know. We'll line them up with one of the doctors [inaudible 00:04:14] whatever, [Bob Cathcart 00:04:20]. Bob's our main man in this video. We need your help, and we'll be talking about this from time to time. This is [inaudible 00:04:28] project, this is a project of Will and myself. We're going to use our friends, use all of your connections, and we're looking for referrals.

I'd like to take questions on that, but we've got to move right on here. I'm going to bring up Don to introduce our local celebrity, who's not just local, who's world famous, and he'll explain.

Speaker 2: Okay, thank you Phil. This evening, thank God, we have a national treasure in this room of wonderful, wonderful people. There's a lot of horsepower here, and while Dr. Bob Cathcart trained at Stanford, San Francisco Medical Center back to Stanford. While he and I have devoted our lives to science, prayer and goodness for human beings, we have people, Dr. Bob, in this room who have devoted their lives to fast women, slow horses [inaudible 00:05:31] rum. Some of these people are not worthy of being helped. As a last desperate effort Bob, we would like to call you forward. Perhaps you can do something with them, because God only knows I've lectured to many of them. I am not getting through, so hopefully you can.

Speaker 4: What are their initials?

Bob: I started this work on vitamin C in 1969. I was an orthopedic surgeon. I was trained at Stanford and I was in private practice at Mills Hospital in San Mateo. I had frequent colds. If I went two months without a cold, I was very lucky. I also had seasonal hay-fever. In early 1969 I heard that Linus Pauling was writing this book about vitamin C and the common cold. I decided to try it and as luck would have it, I got this powdered ascorbic acid that had a concentration of four grams per level teaspoon. I didn't know how much to take, so I just took a teaspoon, which is four grams. I had no idea how that was going to kill me supposedly. I took it, and within about 15 minutes, I hadn't expected this, I was trying to prevent the cold. My hay-fever went away and stayed away for about four hours. Then it started coming back and I took another teaspoon and it went away for another four hours. So I took another one and another one, so I'd taken about 16 grams in this one day [inaudible 00:07:47].

I went for about nine months before I caught [inaudible 00:07:52] and I did catch a cold taking 16 grams a day. I've had a lot of patients come in since I read Linus Pauling's book in 1970 and started taking vitamin C, I've not had a cold since that time. Well, you can't prove that by me, but there was something really the matter

with my immune system so I was getting colds all the time. I went nine months without a cold. I took the four grams of vitamin C, and I noticed in about a half an hour that the symptoms went away, but they came back in about half an hour. I took another dose, and another dose, and another dose and by the end the day, I'd taken about 60 grams, which would ordinarily would have caused diarrhea. I thought "hey, that's interesting." The next day I was all well and I went back to the 16 grams a day.

I tried this out on patients. I found that without exception, in people who have a 100% normal GI tract, what I mean by that is no esophagitis, no gastritis, duodenitis, no ulcers, no nothing, no irritable bowel syndrome, or anything like that. This person can usually take from 10 to 15 grams of ascorbic acid, divide it up into four to six doses per 24 hours before it produces diarrhea. There are some people where even five grams will cause diarrhea, and we'll get back to that. The astonishing thing was, let's say this person gets diarrhea 15 grams a day, with a mild cold, they could take 30 to 60 grams. This just blew my mind. With a bad cold, they could take 100 grams, with the flu they could take 150 grams.

I realized the magnitude of this phenomenon when this 23 year old, 98 pound lady librarian came in with severe Mononucleosis. She ate a pound of ascorbic acid in two days without so much as gas. By the third day she was feeling almost well, and by the fourth or fifth day she was all well.

Now, this, as I emphasized, this is not something... and these people who can really take these doses that I'm talking about, and really get the idea, this works in 100% of the people. I don't think it's a matter of medicine, I think it's a matter of chemistry. I think that if you put in enough of these electrons from these ascorbic acid, that it will neutralize the free radicals and take away the symptoms. Sometimes what happens, and this is a very interesting phenomenon, is sometimes people get what I call unsick. What usually happens when people take massive doses of C, first of all maintenance doses, is it depends upon a person's, I call gremlins, sometimes. You can kiss the wrong person when you were 14 years old and get Epstein-Barr virus. Maybe not even get Mononucleosis, but you're infected with this virus. Or you might have Herpes 6 or cytomegalovirus, or there has to be at least a dozen or so other viruses you could be carrying.

When I went to medical school, they taught us that our brains and bones and liver and spleen and blood stream we were sterile. Now we know that's not true. We all have these bugs inside of us, and it depends on the number of bugs that you have that are producing a certain amount of free radicals. The number of free radicals that is being made in your body generally, determines what your maintenance dose should be. Of course, normal people, young people who are feeling pretty well, I don't think they need to push it to bowel tolerance all the time. I think that when you reach what I call the age of wrinkles, you may slow down the aging process if you titrate pretty close to bowel tolerance.

This will vary from time to time and day to day. You could be making this many free radicals one time during the day and this many free radicals another time during the

day. The amount of ascorbate that will cause diarrhea here, is not enough for here. If you have a pattern like this, you take it like this. If you have a pattern like this you take it like this. Now how much is that? That's like, how do I know when you're hungry? I don't know, you know. The worse you feel, the more you take, the better you feel, the less you take. I know because I'll get a little bit of congestion. I take titrate to the point that this sort of a blah feeling in my head is gone all the time. You see?

Then sometimes, and usually if you're taking those doses and you feel a cold coming on or a flu coming on, you quickly up the dose. You may start taking two or three or four or five grams every 15 minutes to every hour until you begin to start getting diarrhea. About nine tenths of the time, the cold will just go away within a few hours. But, sometimes you'll get the cold anyway. Then you get what I call unsick. What this means is, you'll feel the symptoms in a sense. You'll know that you're sick but all the soreness, the coughing, the sneezing and all that is suppressed by this. This is the darnedest thing because you can turn the cold off. In other words, if you get unsick for two days, and you stop the vitamin C, you're going to get sick sick right away. So you keep this up until you get well.

The interesting thing about this, I hope there are no enemies of vitamin C here, because I don't like to tell people this. You can stay unsick a couple of days longer than you would have been uncomplicated sick sick. What I mean by that is, if a cold routinely last for seven days...

Where I got all this experience was I had to leave San Mateo where I was doing orthopedic surgery, it's a long story. I went up to Incline Village where for the first few years I was the only doctor in town. If you came to see me, you had to take vitamin C or go over Mt. Rose into Reno, which was difficult in the winter time. Or, go into Truckee, which in my opinion was a fate worse than death. That was another snow pass to go over. By the time an internist came about three years later, half the town thought I was crazy and the other half thought I could walk on water and that was okay. We were taking more vitamin C per capita than any other place in the world. This was between 1970 and 1980, that I was in Incline Village.

That's where I got all this vast experience with treating of these infectious diseases. I cannot remember having anybody with acute infectious disease, mostly colds and flus, but we got Mononucleosis and gonorrhea and hepatitis A, B, and they called it non-A, non-C and non-B in those days, syphilis and all these things, pelvic inflammatory disease and so forth. I didn't hospitalize a single patient during that entire time. We must have had four or five epidemics of flu during that time, and we just pushed the vitamin C.

The other thing about 1972, I got onto a no sugar kick. I've never regretted that. If you come see me, you're going to get a lecture about sugar. You've got to stay off sugar. Sugar is a big killer of our time. It's responsible for a lot of the degenerative diseases that we have. Also, sugar competes with vitamin C getting into cells. The more sugar

you eat, the less vitamin C you get into your cells. It helps to augment the effect of vitamin C to get into the cell.

Anyway, this unsick thing. It can last a couple days longer than uncomplicated sick. What I mean by that is that if you have particular epidemic that maybe lasts for five days then a few, maybe 10%, will go on to get bronchitis or sinusitis or something or other like that. They stay sick for a couple weeks or a month or so. Maybe 1 or 2% wind up in the hospital with pneumonia or something like this. In my experience, this never happens in people who are good at taking vitamin C. The thing about it is though, remember that I said my hay-fever went away with these massive doses of ascorbate? Somehow I think ascorbic acid in large doses augments cellular immunity and suppresses humeral immunity. I think humeral immunity is turned on by free radicals. By neutralizing the free radicals, you're not as sick and so you don't build up antibodies as fast. Sometimes that's why you stay unsick longer than you would've stayed sick, uncomplicated sick. But you never develop complications, and you're not coughing and sneezing and spreading it around a lot. I tell you, even people who experience this unsickness would never trade it for being sick sick.

The intravenous vitamin C, I am a big pusher of oral ascorbic acid. When I'm talking, I'm always talking about ascorbic acid orally. Actually, that's one of the arguments I had with Tom [inaudible 00:17:00]. He thinks he gets what I call the ascorbate effect is this sudden suppression of the symptoms. What I mean by that is, let's say you're this sick with what I call a 100 gram cold. Remember, what I said that with a bad cold, you can take 100 grams sometimes without it producing diarrhea, I call that a 100 gram cold. If you have little cold and it causes diarrhea at 30 to 50 grams, I call that a 30 or 50 gram cold. If you have a 100 gram cold and you're this sick, and you start taking 10, 20, 30, 40, 50, 60, 70, 80, suddenly the symptoms begin to drop off. This is a threshold effect. I think this is what you would anticipate.

Redox potential is determined by something like the concentration of the oxidizing substance times  $K_1$  divided by the concentration of the logarithm of the concentration of the reducing substance times the logarithm  $K_2$ . Anyway, what the emphasis of the logarithm, you know how logarithms go like this. The clinical effect of these massive doses of ascorbate is like this. What I think you're doing is driving a reducing redox potential into the effected organs by the disease. You're driving and reducing redox potential into the nose and throat and that eliminates the symptoms. It may or may not get rid of the virus. I think that if it augments the cellular immunity enough, so that the cells are able to eat up the virus, then you're well in a day. If it doesn't manage to do that, if somehow or another the virus can escape back in, they have to wait until the immune system takes over.

We have found that these massive doses of ascorbate are extremely helpful in hay-fever and asthma. I have all sorts of patients who come in that are on Prednisone, all sorts of other diseases, inhalers and so forth for asthma, and we're able to get most of them off of about 90% of these drugs, sometimes 100%, by giving them massive doses of ascorbic acid.

There's this book by Alan B [Clemonson 00:19:09] MD, and he's a professor at Tulane, who wrote a book that was published in the CRC press in 1989 which was just on low doses of vitamin C. 1989 he wrote this beautiful book, essentially about Scurvy and all of the different diseases or conditions that would cause what he called hypo-vitaminosis C. I sort of like that term better than I do [Erwin Stone 00:19:43], he called it sub-clinical Scurvy. Chronic sub-clinical scurvy. This hypo-vitaminosis C has less of a stigma about it and I have a whole list of the things he says it causes, hypo-vitaminosis C. He emphasizes he's not talking about a lack of vitamin C in the average American diet, he's talking about these things cut down the vitamin C in your body: Aging, smoking, infection, trauma, surgery, hormone administration, heavy metals, pregnancy, hemolysis, ionizing radiation, aspirin, alcohol and other drugs. All these caused an increased destruction of ascorbic acid.

All of these conditions, are there are even more, any time your body is stressed, the adrenal glands have about the highest concentrate of ascorbate in all the organs of the body. When you're under stress, the vitamin C is burned up in your body. This causes hypo-vitaminosis C, which then doesn't necessarily cause the classic symptoms of Scurvy, but may cause little individual symptoms. For instance, the immune system being suppressed, or easy bruising, or lack of memory, spiders and more wrinkles and aging more rapidly and things like that. Degenerative disc disease. Remember vitamin C is extremely important as far as the build-up of collagen fibers and dentine. If your collagen fibers start breaking down, then you're going to start herniating discs, and you're going to have torn tendons. Like people will rupture their Achilles tendon, or get burcitis of the shoulder where they rip the rotator cuff and things like that. It turns out, actually there some of the football teams that their trainers secretly use vitamin C as a secret weapon. They find that the football players get less injuries and less soreness of the muscles and so forth when they take large doses of vitamin C.

We've found that after surgery, if you give huge doses of vitamin C, that the pain medication is reduced tremendously and you heal more rapidly. One of the people that I've heard rumors of it increases the scarring, but it really doesn't. What happens is the tissues just come together and they heal. In fact, one of the symptoms of real Scurvy is the dehesence of wounds and I mean even some wounds that have been healed for years will dehist with frank Scurvy. One of the other symptoms of Scurvy, which is not very well known, is Osteoporosis. Osteoporosis involves lack of bone matrix, calcium...a well, but bone matrix, if it's there, it calcifies. We think that Osteoporosis is primarily a bone matrix deficiency and that's why things like vitamin C, zinc, manganese, chromium, selenium, boron and exercise and estrogen all these things, help more to build up the bone matrix. I don't push calcium, but that's another long story.

This thing that I'm talking about, the sudden drop of a symptom, I call the ascorbate effect. I wanted to give this talk because the possibility of a bad flu. People have talked about how there's a cytokine cascade, which occurs with this bird flu that's extremely fatal. All I've got to say is if this bird flu hits, you better have the vitamin C on hand and you better take it fast and hard. Because what I mean, if it gets out of control and you get into respiratory difficulty and you go into a hospital, they're not

going to let you take vitamin C. The thing is that you've got to hit it hard. That may mean that you take, it may be a 200 gram disease, it may be a 300 gram disease, I don't know. Because I've heard rumors that there is some hemorrhage, a hemorrhagic fever to some extent. You take hemorrhagic fevers like Ebola virus, they may be 300 to 500 gram diseases. In those cases, only intravenous C is going to provide it fast enough.

An interesting thing, you might say, "this is crazy, how come this is so important?" Well, all other animals except for man, monkey, the guinea pig and the African fruit eating bat, make ascorbate. This is why your dog can eat terrible things off the ground. Why it can bury a bone, let it rot for a few days, and then dig it up and eat it. They make ascorbate in their liver like we make saliva. There's one liver enzyme called [inaudible 00:24:38] that we lack genetically. This happened about 65 million years ago up in the trees. The higher primates were living in sparse populations and dirty things were falling to the ground and it developed these arms and hands and they were picking up clean things. One of our distant cousins was born that survived that didn't produce ascorbate, and had this interesting advantage.

You might say "well, if this is so important, how come we would have lost it?" The thing is that these other animals don't get this ascorbate for free, they make it from glucose. Maybe 20% of what your other animals eat goes into making ascorbate. That means that we are better at starvation than other animals. Humans really are good at starvation. We don't like it, but you look at the pictures of people in Dachau and it's really amazing how long people can go without food. A wild animal would probably burn itself up making ascorbate faster than humans. I think that was the advantage.

When the monkeys came out of the trees and started herding large civilization, then diseases like Cholera and plague and Smallpox would wipe out small percentages of world population until we got modern sanitation. I think immunization helped a little bit. By the way, the question about immunizations, I say whether you should be immunized or not depends on your skill at taking vitamin C. If you get skilled at taking vitamin C, don't take the immunizations. That's just my opinion.

The vitamin C is extremely effective in the treating of various different allergies, it increases healing, and I think it prevents Osteoporosis. I think that osteoporosis is also caused by indoginously produced cortisone. This is one of the things that people that the doctors don't talk about. When you go to have an allergic reaction or your under stress or when you have a chronic infection, your body makes adreneline and/or cortisone to try and block the inflammation caused by these situations. The adrenaline type person is the type A personality who is very volatile and the type B personality is more heavy-set, collects fluid, and most people are crosses in between. Remember, cortisone causes Osteoporosis. I think this is one of the causes of Osteoporosis is these hidden infections. When we see elderly ladies that come in and have these tests, and their bones say that they have early Osteoporosis. We take them off all sugars. If you're made of sucrose and you start falling apart in your old age, big deal, what else is new.



We get you off sugars, we put you on an anti-yeast program, because we find out when people are elderly they almost always... if you get any immune suppression of any sort, this yeast they call Candida, the doctors and the micologists call it Candida, but that is probably calling it Candida, this is very controversial, but it's not an infection. It's not like vaginal Candida infections. It's like everybody has this amount of this yeast in them as a result of having 10x you get so sensitive to it, you can't stand 100x. That's why you've got to be so fanatical about the sugar. These people, I have patients with chronic Candidiasis and I have a tremendous number of them because none of the other doctors in town, well I apologize, maybe some of the doctors in here treat Candida. But, they're the only ones in the area that do. Patients learn that I treat chronic Candidiasis, so I see all sorts of ladies that have chronic Candidiasis. I don't want to pick on the ladies, but they have four or five to one on the men, as far as chronic Candidiasis is concerned. We give them the anti-yeast program, high doses of vitamin C, zinc, manganese, chromium, selenium and vitamin E and high doses of the B vitamins, and actually with osteoporosis I give them boron and strontium and we just don't have trouble with osteoporosis. That just seems to be what it is.

Right now I'm sort of interested in auto-immune diseases. I think that auto-immune diseases are... First of all, B cells make antibodies. When a B cell is born in the body it on a random combination of the type of antibodies it makes. It goes around and tries to match the chemicals on the surfaces of cells. When an immature B cell matches something, it dies. When a mature B cell matches something, it multiplies and produces antibodies of that shape. What happens is were born with millions of B cells making millions of different antibodies, except for the ones that exactly fit the chemicals on the surface of our cells.

What happens when we get an infection, like a cold, our immune system is up-regulated for a few days and that's okay. If we get chronic Candidiasis, or Epstein-Barr or herpes 6 or we have chronic allergies or something like that is happening all time that produce free radicals. This chronically up-regulates the immune system and we start coding in sensitivity reactions either to the bug itself, or to food or chemicals that we're exposed to. For instance, if every time you have a cold, you stay home and eat peanut butter and jelly sandwiches and a glass of milk when you're a kid, you're likely to be allergic to those things. If I see an oriental, I'm more suspicious of rice, for instance.

There are exceptions to all these. We find that sometimes then, the antibodies to either the bug or the flu or the chemical cross-reacts with different organs in the body and if it reacts to the thyroid you get thyroiditis, or the skin you get a skin rash, or to your blood vessels you get Lupus, or to your joints you get Rheumatoid arthritis. I treat all these things the same thing. It is surprising how many people go into remission. I have particularly good results with Lupus patients right now.

I wanted to say something about all of you people here. If I got all this experience up in Incline Village, Nevada where we have young, healthy, athletic people and children who take vitamin C like it's going out of style. When I came down and gave this talk to the [inaudible 00:30:48] Medical Society about 1975, there were more people in that

room who couldn't take vitamin C than in the entire town of Incline Village. I'd never seen anybody have trouble. I'm sure that a lot of you people out here can't take vitamin C. I've got to tell you, if you take ascorbic acid and it burns your stomach or esophagus or gut, something is the matter. You've got [inaudible 00:31:11] or Candida that needs to be cured. A normal stomach just doesn't have trouble with ascorbic acid. Ascorbic acid has a ph of 3.5, hydrochloric acid has a ph of 1, and that means that low numbers are more acid. Thousands of times more acid than ascorbic acid. If ascorbic acid burns your GI tract, you've got a problem. You ought to take care of it. We have to work with these people who have these difficulties with their GI tract.

I put them all in the anti-Candida program. For some reason I think even viruses and bacteria, I know Helicobater doesn't seem to like the anti-yeast program. I got very excited back when I first heard about Helicobater. There was a triple therapy that was ampacilin, Flagyl and Pepto Bismol. I found that some of my chemically sensitive people didn't do very well on Flagyl. After I did about half a dozen people, checking their blood and all that, after about six months, what happened was that we found that they got well just as fast as the people in the anti-yeast program.

I think they're signaling me to stop.