



Dealing with a Nasty Virus

Antibiotics-like penicillin, for example-kill bacteria... but NOT viruses.

There are a lot of things that you can do to help your body... to speed things up by at least 50%.

First of all, some advice about **preventing** viral infections is in order. The late, great Dr. Linus Pauling made a career out of extolling the virtues of taking a regular, preventive dose of Vitamin C. He took 12,000 mg or more daily for most of his adult life. Having lived to age 93, he made a good case for that. He also reported having had a greatly lowered incidence of “colds” and viruses, once starting the daily Vitamin C routine.

Secondly, I recommend Dr. Pauling’s 1986 book, **How to Live Longer and Feel Better**, an inexpensive, easily read softback which will give you a good preventive foundation of knowledge. I consider this book a must-read for anyone serious about becoming more knowledgeable as a healthcare consumer. A good foundation is the necessary prerequisite to assuming more of a role in the decision-making process involving the care of one’s own body; and this book is one of several good building blocks in such a foundation.

The facts are that Vitamin C is used exactly where and when it is most needed by the body. Let me demonstrate this, as follows: If I were to take a blood test on you right now to measure your blood levels- or concentrations- of Vitamin C, in a couple days results would come back that could give us certain numbers to look at regarding your Vitamin C blood levels. Let’s say, for illustration, that this number represents “X.”

Okay, suppose we also simultaneously took a sample of your cerebrospinal fluid (CSF) to analyze it for Vitamin C concentration. (That wouldn’t be any fun.) But if we did that, the results for Vitamin C levels in your CSF would come back “10X” or ***ten times*** your blood levels!

On that same test day, now, imagine we went a little deeper into diagnostic Neverneverland and did a biopsy of your spinal cord or brain: this means we would take a *piece* of it (A *what?* Ouch!!) and analyze it for vitamin C concentration at the lab. This would show that your brain or spinal cord had a concentration of Vitamin C which was “100X,” or exactly ***100 times*** your blood concentration. There are tiny biologic “pumps” that maintain these differences in concentration, right where they are needed. Studies also show that, with infection, white blood cells need more C, as do people who smoke.

Regular **Vitamin C** will help prevent a virus. I recommend at least 6,000-10,000 mg daily in two divided doses. Dr Pauling always said to avoid timed release C, so I have always done so. Further,

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Vitamin E 400 IU daily with food, and Beta Carotene, 15 mg, once or twice daily, also help prevent viral invasion. All three of these strengthen immune resistance.

But what if you get a virus anyway? One of my most favorite agents for the lipid-coated virus-that kind which is usually encountered with a cold, or coryza-is BHT, or Butylated hydroxytoluene, 250 mg. I recommend taking six of these small capsules at bedtime, for about two weeks. Taken during the day, these may make you drowsy.

BHT unwraps the protective lipid (fatty) coat from around the virus, enabling your immune system to better act upon it.

I do not recommend BHT on a daily preventive basis, but only at the first suggestion of a viral infection, or even an exposure to endemic in the family or workplace. Incidentally, BHT has been found to be effective even for limiting herpes genital symptoms, at the same dose. Herpes is a lipid-coated virus.

I would also increase your Vitamin C during an infection, taking about 500 mg every hour or two while awake. If you start to have a hint of loose stool from such an increased intake, then deduct about 10% from your total dose, and take that amount as your daily total for that illness. That quantity is likely your "bowel tolerance derived dose" which Dr. Linus Pauling wrote as being an appropriate dosage.

Echinacea will also give your body a boost during viral infection. Take two twice a day for 7 to 14 days, depending upon symptoms. You can take BHT and Echinacea together without worry.

The same is true for **Lysine** 500 mg, an amino acid with antiviral activity. Take 1,000 mg twice a day for 10-14 days, or during exposure. Lysine has also been helpful on preventive basis for cold and canker sores.

Garlic is an immune stimulant, which also has direct antiviral activity. Take one or two twice/day.

I have found **Intravenous** (IV) agents to be even more effective, depending upon the individual case. The IV simply slams a virus! - DC K