

“Well, I don’t know that there is a need for a randomized prospective, double blind controlled trial when you get evidence of this sort, the value of large intakes of vitamin C and also of lysine for preventing the deposition of atherosclerotic plaques, and preventing death from cardiovascular disease.” — Linus Pauling, *Unified Theory* Lecture on Video

Chapter 13

A Theory is a Terrible Thing to Waste

The information presented in this book is based on more than 12 years of experience with the vitamin C theory of heart disease. The Pauling/Rath *Unified Theory* explains the cardiovascular disease process. The knowledge of this theory, most of which is available in a videotaped lecture given by Linus Pauling in 1992, has allowed thousands of heart patients to improve their lives, just as Pauling told us it would.

A good scientific theory brings order to chaos. The vitamin C *Unified Theory* filters the mass of accumulated scientific data and anecdotal evidence and bares the essentials. It makes sense out of seemingly contradictory experimental results. We can understand what Pauling understood — that good science rarely produces contradictory results. However, the data must be viewed in the correct light. For example, the vitamin C *Unified Theory* predicts that clinical trials using low doses of vitamin C will fail. Without the theory, we would have no means by which to filter studies that utilized improperly low dosages.