

“There are more than ten thousand published scientific papers that make it quite clear that there is not one body process (such as what goes on inside cells and tissues) and not one disease or syndrome (from the common cold to leprosy) that is not influenced (directly or indirectly) by Vitamin C.” — Emeritus Professor Emanuel Cheraskin, M.D., Ph.D., 1974

Chapter 3

Chronic Scurvy

The leading cause of death in the United States is generally called *heart disease*. The disease process is characterized by scab-like buildups that slowly grow inside the walls of blood vessels. Eventually the blood supply to the heart and other organs is diminished from constricted blood vessels, and this results in angina (“heart cramp”), heart attack, and/or stroke.

The better terminology for this disease process is *chronic scurvy*, a subclinical form of the classic vitamin C deficiency disease. The primary symptom of chronic scurvy is atherosclerosis. If the term 'chronic scurvy' were in common use, the entire problem would be solved, as doctors would simply correct the vitamin deficiency.

Scurvy

The devastating symptoms of scurvy, expressed in the wasting and disintegration of the tissues of the body, suggested a large and ubiquitous presence in the body for the factor in nutrition we know today as vitamin C. Fortunately the disease yielded to the simple therapy of supplying a small ration of the foods that contain the vitamin. The therapy worked its cure long before the vitamin was identified and still longer before its biochemical role began to be as well understood as it is today. — **Linus Pauling, 1986**