

“Vitamin C has been under investigation, reported in thousands of scientific papers, ever since it was discovered (circa) fifty years ago. Even though some physicians had observed forty or fifty years ago that amounts a hundred to a thousand times larger (than the RDA) have value in controlling various diseases, the medical profession and most scientists ignored this evidence.” — *How to Live Longer and Feel Better*, Linus Pauling, 1986

Chapter 5

The Unified Theory

Various theories attempt to explain what causes the cardiovascular disease that leads to heart attack and stroke. There is a cholesterol theory; a fat (saturated and polyunsaturated) theory; the long-neglected homocysteine theory first proposed by Kilmer McCully; an oxidized cholesterol theory; a free radical/heavy metal theory; and even a microbe theory. Every theory attempts to explain what causes the lesion, i.e. the initial injury or crack in the artery that precedes the development of atherosclerosis.

At least one major theory is never mentioned in the medical journals or lay media: *The vitamin C theory*. Linus Pauling and Matthias Rath argue that the great problem of cardiovascular disease is the body's reaction to a chronic rather than acute vitamin C deficiency. The Pauling and Rath *Unified Theory* explains how humans and the few other species that have lost the ability to manufacture the vitamin in their bodies have been able to survive this negative mutation.