

“Although physicians, as part of their training, are taught that the dosage of a drug that is prescribed for the patient must be very carefully determined and controlled, they seem to have difficulty in remembering that the same principle applies to the vitamins.” — Linus Pauling

Chapter 7

The Pauling Therapy

Cardiologists have been kept in the dark regarding the vitamin C connection to heart disease. Most cardiovascular drugs are compensating for low vitamin C intake. There are cardiovascular drugs that exacerbate heart conditions. In my opinion, for the best patient response the doctor would be well advised to replace as many standard heart medications as possible with the following vitamin C and lysine protocol.

NOTE: Linus Pauling specifically recommended high, generally equal oral doses of vitamin C and the amino acid lysine between 5,000 and 6,000 mg in his Unified Theory lecture (available on video). Anything less, by definition, is not the Linus Pauling Therapy.

The extended protocol includes advice given by Linus Pauling in his 1986 book, *How To Live Longer and Feel Better*. The other recommendations account for variables such as a poor diet, advancing age, and/or the use of the prescription drugs commonly given to heart patients. I have attempted to present the additional nutritional substances in the order of their importance.

Linus Pauling coined the term *orthomolecular* — right molecules — to stand for vitamins, amino acids, and other