

Introduction

State permission should not be required in order for a person to offer nutritional advice to a friend, relative, or acquaintance. This book, *Practicing Medicine Without a License? The Story of the Linus Pauling Therapy for Heart Disease*, is more than the story of Linus Pauling's invention of a nutritional treatment for cardiovascular disease. Owen Fonorow poses many thought-provoking questions that beg answers.

For example, why have medical scientists ignored Linus Pauling's heart disease claims, and why, after more than a decade, are there still no studies designed specifically to test the vitamin C theory of heart disease? Why hasn't the apparently curative Pauling therapy protocol been thoroughly investigated?

What if someone recommends vitamin C to a heart patient and the patient is cured? Was that advice lawful? What about when a person then tells a third person what occurred in the first case? When is a person who recommends nutritional advice acting lawfully or unlawfully?

The Food and Drug Administration (FDA) rules have been shrewdly designed to ban nutritional supplements that have not been approved for use as drugs. The current law can be construed as making us all criminals if we give nutritional advice, especially if we recommend supplements that cure specific diseases. Even licensed medical doctors cannot recommend "unapproved" nutritional supplements. This interpretation is derived from the incomprehensible rules promulgated by the Food, Drug, and Cosmetic Act, which defines a "disease" and a "drug."