



JONATHAN LANDSMAN THE MOST POWERFUL VITAMIN TO KILL VIRUSES WITH THOMAS E. LEVY, MD, JD

Jonathan Landsman: Welcome to the NaturalHealth365 Talk Hour. I'm your host, Jonathan Landsman. Our show today, Vitamin C: Fact Versus Fiction.

Our guest is an internationally recognized expert on the topic of vitamin C, a board certified cardiologist, and author of six books on health-related issues. Most of his work has centered on how to restore and maintain good health in the face of many different forms of toxicity that all of us face typically on a daily basis.

Our guest is an expert on the importance of liposomal technology as a way to optimally deliver vitamin C, glutathione and other nutrients into the body orally, appearing to even surpass the bioavailability seen with the intravenous administration of these antioxidants.

We've all heard about vitamin C. But I hope this program gives you a deeper appreciation of what this essential nutrient can do for you.

Please join me in welcoming Dr. Thomas Levy to our show. Dr. Levy, welcome.

Dr. Jonathan Levy: Glad to be here!

Jonathan: This show is for educational purposes only. Always consult your trusted healthcare provider for medical issues that concern you and make an informed decision.

For more information about Dr. Thomas Levy, visit PeakEnergy.com.

Jonathan: Dr. Levy, how does vitamin C actually work inside the body?

Dr. Levy: Well, that's the basic question, and the answer is amazingly straightforward. Biology and biochemistry can be so complicated sometimes. And when you start to see the big picture, you can see that there are very significant common denominators to the way molecules interact inside the body, not only of human beings, but of all animals.

And the basic thing about vitamin C is it is what's called an antioxidant. An antioxidant donates or gives up its electrons.

A toxin on the other hand or any infection or anything that causes a medical symptom in the body occurs because there's increase oxidative stress, which means there's increased molecules that have had their electrons taken away—they're oxidized.



Vitamin C can give those electrons back, quell or hold down the level of oxidation, oxidative stress, and relieve symptoms. And when it's done dramatically enough, it not only relieves symptoms, but it starts to reverse the disease process. Depending on how much vitamin C is given and how old or chronic the disease is will determine reversibility.

But the bottom line is vitamin C quells oxidative stress. Oxidative stress is the only thing that makes a toxin toxic. And it's really the only thing that makes any infection bad for you. It builds up oxidized products in your body. And when they go beyond a certain point, and there's not enough antioxidant like vitamin C around to bring it back, you start to develop diseases, you start to develop symptoms.

It's really that simple and elegant.

Now, of course, there's a lot of other antioxidants in the body. Vitamin C is just particularly good because it's a small molecule, it's widely distributed throughout the body, it gets just about everywhere.

And even in areas of fatty tissues, as it's water-soluble, it can't get in there, but it will still interact with molecules that are inside the fatty tissues like the membranes with vitamin E and recharge the vitamin E inside the membrane. So, vitamin C does effectively have an antioxidant effect in all the tissues of the body.

All the other antioxidants are good, but they're not as effective as vitamin C.

That's not to say we shouldn't take other antioxidants as well. The more you support vitamin C and this antioxidant function in the body, the better. So I always tell people: "Take as broad a spectrum of antioxidants as you can reasonably afford and reasonably take on a daily basis, along with substantial doses of vitamin C. That will represent a good supplementation regimen."

Jonathan:

Dr. Levy, I think it's great already, the way you're starting this program. You're talking about tools.

You made one very important point that I happen to personally notice, and that was you were talking about how unhealthy bacteria, viruses, things like these, it's not like we should be living in fear.

I want to get your comments on this. Most people go to the doctor's offices, "Oh, my God! You



have a virus. Oh, you have these terrible bacteria." And it's not like what we're trying to say, "Do this, that, and the other thing. And you will never have an infection for as long as you live." That's completely unrealistic.

The point you made was to keep it sort of in a container—that's what I'm getting from you—and to also to be able to put into the body things like vitamin C to help guard ourselves from any of these stuff getting out of control.

Dr. Levy:

Absolutely! The only places a virus is ever going to take hold in the first place is if the levels of antioxidants are low due to either lack of attention in the diet or supplementation or another chronic disease the person might have that's keeping the antioxidants being used up and utilized.

And if you don't have beyond a certain level of protection of vitamin C and other antioxidants in your tissue, you will definitely fall prey to just about every virus there is without any rhyme or reason as to seemingly when you would be struck down by a virus.

The bottom line is nobody with a high body level of antioxidants and vitamin C gets viruses. That's just a fact across the board—maybe not well appreciated, but it's a fact.

Jonathan:

Well, that's why we're doing this program. And that's why I so much appreciate your time, Dr. Levy.

Jonathan:

Before we get to the next question that I really think is important about how vitamin C relates to all kinds of diseases (and I want you to talk about how it can help), I want to make something very clear. And I know we're going to talk about this more at the end of the program as well.

Just for those new people out there, it's not like "just go out to your local pharmacy and buy a whole bunch of vitamin C." The quality of the vitamin C does matter, right? I'd like you to go on record just for a moment and at least make that point very clear.

Dr. Levy:

Well, the quantity of vitamin C is important, but most importantly—assuming of course that you have a basically good product—is to take the right form and enough of it.

I will say this. For somebody who's not supplementing at all in any fashion at all, even a tiny additional dose of vitamin C is going to help you. It's not going to give you the maximum positive effect, but for somebody who's not doing that well or has any other number of chronic illnesses,



even a small amount of vitamin C will help.

So, someone shouldn't be deterred from not supplementing with vitamin C simply because they don't think they can take enough. I mean, I recommend multiple grams on a daily basis by a number of different types of vitamin C, but that's not to say that's the only way it can be done. I'm just representing that as the best way to do it.

If you have a limited budget, and you can only afford a little bit of vitamin C, still take some because anything taken is going to be better than taking none at all.

Jonathan: Point well taken, Dr. Levy.

Jonathan: Why don't we talk about how vitamin C is connected to actually helping to cure some diseases? Please tell us.

Dr. Levy: It's incredible, but there's an enormous amount of scientific literature over the last seventy or more years. And one particular person did the main body of it, Dr. Frederick Klenner. To me, he should get as much of the credit of being a vitamin C genius as Linus Pauling because he did something that nobody else did.

After vitamin C was discovered and isolated and purified by the Nobel Prize winner, Dr. Albert Szent-Gyorgyi, somehow, this country physician in North Carolina, Dr. Klenner, when vitamin C first started becoming available and got the idea—and I really don't know how—that very large doses of vitamin C could start positively affecting a lot of different infections and toxins and diseases.

Dr. Klenner published a host of articles—I think twenty-something in all—documenting that he was able to cure—and I do use the word "cure" in the correct manner—just about every virus he ever treated.

He was able to cure 60 cases of polio, all the different cases of measles and mumps and other childhood illnesses. He was able to bring people out of comas that had viral encephalitis, a viral infection of the brain. And he would do this with 30 to 50 grams of vitamin C intravenously as well as different forms of vitamin C orally. He would just get as much onboard as possible.

For some of the tiny babies, he would give intramuscular injections and still get just as fabulous



results.

So, vitamin C has been documented to cure a wide variety of viruses. And in a large amount of laboratory research in a test tube, I would say that there's never been a virus that vitamin C has not killed or inactivated in a test tube.

So, there's really no reason to believe that there's any virus out there that would ultimately be resistant to vitamin C because they all have a very common denominator of accumulating iron. And when they accumulate iron, they self-target themselves for destruction by an agent like vitamin C.

Jonathan:

You must basically laugh at these mainstream media reports about how there's an outbreak of the flu virus somewhere in Asia and South America, and it threatens the populations of the world, some pandemic is going to happen, and nobody is mentioning a word about vitamin C.

How do you react when you're sitting at home and you see a report like this on TV?

Dr. Levy:

Gosh, it does depend on my mood. I laugh, I'll get disgusted, I'll get angry at all the innocent victims that are going to be subjected to useless protocols and viral infections that can be cured that will otherwise kill. I get saddened by the fact that the truth just seems to still either elude so many physicians or be ignored by so many physicians, or yes, be suppressed by a number of physicians as well.

So, it's a whole cornucopia of emotions. I don't have any one particular reaction. It really depends on my mood. But it is sad. And with radio shows like these, the books that I'm writing, the patients that I see with the help of other physicians, I get emails every day, "What should I do for this person?" and although I'm not actively practicing clinical medicine, you can say I treat a lot of people at arm's length just by my interaction with the doctors, hopefully, before I die, some of these will take hold and not go through another 50 to 100 years of being ignored, being suppressed or just being ridiculed.

Jonathan:

Dr. Levy, this might be a little tricky to answer, but I was just thinking about something as you were talking. Just on a clinical level, isn't it true that everybody is slightly different?

So it's not to say that let's say somebody comes in with a virus, you're making it very clear, vitamin C really can take care of this, "Incredible! Most all of these viruses, absolutely," but isn't



it true that some people might get an impact on say 5000 or 10,000 or 20,000, but someone else who's severely compromised or overrun might need 40,000, 50,000 or 60,000 depending on their ailments?

So, I could really see or envision where it's very important that you find a healthcare practitioner who really understands this and remains diligent until you get the results that you want. Can you please make a comment on that?

Dr. Levy:

No, that's absolutely true. And for somebody that wants to receive the benefit of vitamin C, it's absolutely essential. You have people who might contract a virus that would otherwise be fatal in 10 or 15 or 20 mg. of vitamin C given intravenously every day might not do anything for him, whereas 50 grams a day will cure them in three or four days. So, dose is everything!

It's nothing really magical. Everybody, over the course of their lives, has accumulated different levels of toxins. They have different diseases. Some have chronic infections. Some have root canals in their head, and now there's a really significant dental infection. All of these things consume antioxidants.

So, if one person comes along and contracts the virus that has very little else going on in their body consuming antioxidants, a dose of vitamin C might cure that person, but won't even touch another person who has an enormous amount of toxins going on in addition to their acute infection.

Jonathan:

It makes a lot of sense.

Jonathan:

Dr. Levy, I know we touched on it before at the beginning, but I'd like you to talk a little bit more for a few minutes about why is vitamin C the optimal antioxidant. Explain it to the lay person out there.

Dr. Levy:

It's the optimal antioxidant mainly because—well, nature designed it that way as a matter of fact.

People, human beings, guinea pigs, fruit bats, primates, we're the unfortunate animals who lost the ability somewhere along the line to have the fourth enzyme step in our liver that takes glucose and converts it to vitamin C. All the other wild animals do it.

And if you're an animal aficionado, if you will, you'll see that most wild animals live healthy until



they reach the end of their life span, and then one thing or another happens, and they die. But they don't spend 50% or more of their life spans being chronically ill.

Now, this is interesting too because a lot of people out there might think, "Oh, well, dogs and cats, they see the vet. They get sick. They get arthritis." You know, that's true, they do. And the reason why they do is because dogs or cats will make vitamin C a little bit more than humans, but at only 10% of the efficiency of say a goat.

So, you have some animals that make large amounts, other animals that make small amounts, and animals like people who make little to none.

Jonathan:

Well, Dr. Levy, also, when you mentioned a dog or a cat—and I want to underscore this or underline this—this is a domesticated animal. That is not what you were referring to before (correct me if I'm wrong if you mean something else).

But the wolf, the gray wolf where the dog comes from, I don't see that wolf going around going, "You know, my joints are really bugging me today. I think I'll go to the Arthritis Foundation and see what I can do about it."

Dr. Levy:

No, that's absolutely true. And of course, the other thing that goes along with domesticated is, just like people, a much poorer diet. You really can't compare a cat or a dog eating prepared pet food to a wolf in the wild being a predator and eating other animals and other things fresh. They're all going to contain more of what that wolf needs to sustain itself.

So, regardless of what you think about vegetarianism or eating meat, that's what predators do, and they stay healthy as a result of it. When you give dogs and cats processed foods that have preservatives, and you take the fact that their livers produce far less vitamin C than other animals of equivalent size, you'll find that dogs and cats do stay a little healthier than people, but they will start to get the diseases. And once they do, that can present production doesn't mean much, and they get sick just like we do, and end up getting cataracts and going blind and having arthritis and having just about everything that a person can have.

Jonathan:

Dr. Levy, let's talk about some of the factors that are involved in an effective administration of vitamin C. I think this will be a great interest to a lot of people.

Dr. Levy:

Well, first and foremost, dose. We've already touched upon that a little bit. But basically, if you



have x amount of stress, oxidative stress, going on in your body, you'll need x amount of vitamin C or antioxidants to deal with it and neutralize it that will allow the body to recover. And if you consistently fall short of that amount or very far short of that amount, you're not going to get that much positive effect at least in terms of a "curing" an acute infection or acute toxin. So, dose is extremely important.

Route, route is important because how you give the vitamin C makes a big difference as to where it goes and how effective it is. Remember that the point of any vitamin C administration is to ultimately get a molecule of vitamin C side by side with a molecule of toxin. If the two can't meet, vitamin C can't do its job.

So, you can give vitamin C intravenously. You can give it intramuscularly. You can actually inhale it in a nebulizer. It can be taken in ophthalmic solutions. It can be taken by rectal administration. It can be applied topically, inside the ears or on the skin. It can be used in liposomal preparations not only to take orally, but to spread on the skin and be absorbed transdermally.

The only thing to remember about that is that whatever form of vitamin C you take, if you take it on a sensitive area like the eye, it needs to be properly buffered and be pH neutral. But other than that, the vitamin C is going to have a positive effect wherever you give it. And how effectively you get it to the site of the pathology will be how effectively it works.

Type, there's a wide variety of types. We have the liposomal capsulated type which is a fairly new form and a fairly exciting form because it allows someone orally to get a greater amount of vitamin C inside their cells—not in the blood, but inside the cells—than even a larger dose of vitamin C intravenously.

And as crazy as that may seem, it's because the liposome has a delivery system that allows tiny fat encapsulations of vitamin C to literally pass through the cells or the cell walls, and put vitamin C inside the cell in what's called a non-energy consuming fashion.

Whenever you take regular vitamin C, either orally or intravenously, it still needs to consume energy for the active transport systems to take it up from the blood to go inside the cell.

So, you have the liposome, you have regular sodium ascorbate powder.

Dr. Levy:

One thing that should be avoided is calcium ascorbate powder. That's a whole other subject about.



I'm writing a book right now about the toxicity of calcium. People do not need to be ingesting any extra forms of calcium. And calcium ascorbate is one of those.

Jonathan: Wow! You just dropped a bombshell. I know that's not what you want to get into for this show, Dr. Levy, but the last I checked, calcium supplementation is right up there at the top of the list especially in the United States.

Dr. Levy: The title of my new book is *Death by Calcium: The Toxic Nutrient*. And in fact, in the last two years, they have published studies that show prospectively the more calcium you supplement, the quicker you die, plain and simple, or cause mortality, not just heart disease.

So, it really supports the concept that just about all older people have calcium excess throughout their body even if they have calcium deficiency in their osteoporotic bones.

Jonathan: Is it fair to say that this whole idea that you just touched on is the idea that the body, the human body, is calcifying—meaning getting hard as a rock. To me, on an intuitive level—I mean, I'm no doctor—it just doesn't seem like that's something you want to do while you're alive.

Dr. Levy: It's absolutely not. And there's no question that the calcium supplementation fuels that fire. But what's even more important is substantial amounts of dietary calcium fuel the fire as well. So, even people with substantially higher dietary intakes of calcium die sooner as well.

Jonathan: And all of these synthetic vitamin C, all these boost up calcium—you know, it's fortified with calcium, orange juices fortified with vitamin C—I know depending on your mood, you've got to either laugh or, sometimes, you must be crying at that kind of information that's being marketed to people every day, am I right, Dr. Levy?

Dr. Levy: Well, that's the big word, "market." People just need to remember—doctors too—that marketing has nothing to do with science. Marketing is marketing. And all marketing aims to do is sell a product (in, hopefully, a legal fashion, but not always) without any regards for the absolute truth. It's plain and simple.

I mean, milk does the body good. You never outgrow your need for milk. Milk is a natural. We've been inundated with that garbage all of our lives, but it's been effective because there's hardly a person on earth who doesn't think milk would be a good part of your diet.



Most people these days understand you can overdo it, but they think certainly some is good. And I would say... not really.

Jonathan:

Well, sure! Healthy bones and teeth are drinking lots of toxic fluoride from chemical companies and also consuming all of these conventional dairy with pus in it and bacteria, it's homogenized and pasteurized, and any kinds of nutrients that might be in raw milk are completely killed. This is the kind of stuff we should be consuming every day to be very strong, right, Dr. Levy? Absolutely!

Dr. Levy:

Absolutely! And it's interesting because all this does tie back again with vitamin C and antioxidants because I'm going to tell you, osteoporosis is actually scurvy of the bones.

The reason people develop osteoporosis is because they're so completely and thoroughly depleted of vitamin C not only throughout their bodies, but especially inside their bones.

You give a large amount of calcium, you will increase bone density, but you won't decrease the chance of fractures. So, all you did was make a cosmetic change while allowing the person to have even more calcium throughout the rest of their body where they don't need it.

When you restore the antioxidant status through a number of mechanisms (which of course will be discussed in the book), you end up rebuilding bone, increasing calcium in the normal molecular and mineral matrix in the bone while mobilizing and dissolving the calcium that's accumulated and deposited throughout your body.

Jonathan:

And not to mention—you've mentioned this term before. I don't think it's something we should skip over so quickly. When you said "cool the fire" or "quell the fire," all we hear about in the mainstream media is: "Oh, do this, do that. Inflammation is the root of all disease. We've got to do something about this terrible thing called inflammation."

And again, nobody is talking about taking more vitamin D, taking more vitamin C, getting some more antioxidants into the body.

I mean, all it is is like fear campaigns. That's all it sounds like.

Dr. Levy:

Well, it's funny you say inflammation because when they say "inflammation is the root of all disease," they're right, but they're wrong. Let me tell you what I mean by that.

Inflammation only exists where you have increased oxidative stress and decreased antioxidant



capacity like vitamin C. So, when those conditions exist, you have inflammation by definition.

So, they've taken a situation that's very common—I mean, that's what starts heart disease, you lose the vitamin C inside your endothelial walls because of, usually, all of the toxins and microbes that comes out of your root canal-treated teeth and gone into your blood and set up shop inside your arteries. But it's when the vitamin C goes down to zip, the oxidants start to increase, that's what inflammation is.

So, they're right and they're wrong. It is inflammation, but they don't seem to realize yet that all inflammation is is a strong, focal imbalance of the pro-oxidant to the antioxidant capacity.

Jonathan:

Right! And this program is focused all the time—that's again why I'm so glad you're on this program talking about the value of vitamin C. Oh, yeah, we know it's well-researched, and it's been out there for decades and decades—and Linus Pauling. But again, I started this program by saying, "I hope people really fully appreciate the value of vitamin C because it's a really powerful tool.

We shouldn't be just looking at inflammation, "Oh, my God! I'm a victim;" at cholesterol, "Oh, it's such a terrible thing." No, cholesterol is coming in laying itself on the arteries to help repair.

Nobody is talking about what the problems are. And that's what you're highlighting now, Dr. Levy.

Dr. Levy:

It's sort of ironic, if you will, but that's actually what hurts, the dissemination of good information about vitamin C more than anything else, just about everybody in the population knows vitamin C is good for you. "Yeah, I know that. I don't need you anymore. Vitamin C is good for you, sure." And that's where their education stops.

What they never get a chance to realize is not only is vitamin C good for you, but when you take large amounts of it, and you stop neutralizing it inside your body, it's not only good for you, it's going to keep you healthy, it's going to eliminate the possibility for so many disease to ever get hold, it's going to cure just about any infection you could possibly have, it's going to neutralize any toxin or poison you can take inside your body.

So, they know vitamin C is good for you, but it's like the tip of the iceberg. And so, ironically enough, the fact that they know vitamin C is good for you keeps them from having any curious as to how much more should be good for you.



That's why I think the new book might really touch a chord. Everybody thinks calcium is good for you, but what are they going to think when they find out they're poisoning themselves taking their calcium.

They know vitamin C is good for you, so they're going to take it. Not enough! But what are they going to do when they find out that in their pursuit of good health, they're not only not helping themselves with calcium, they're actively poisoning their body.

Maybe it'll strike a chord. We'll see...

Jonathan: Oh, believe me, I'll be right there, Dr. Levy. I couldn't agree with you more. I can't wait to have you come back on to the program here. We'll devote an entire show on this whole concept of calcium and what people originally thought about it. I'm sure they'll be changing their point of view by the end of the program.

Jonathan: I'd like to talk about this idea of the Multi-C Protocol that I know you're a part of. Why is this so effective? Please talk about it.

Dr. Levy: It's so effective because and with the absolute rarest of circumstances—it's so rare, I can't even think of one—the only time vitamin C should fail to substantially improve a condition—I didn't say "cure," it's not going to cure everything—but the only time it's going to fail to substantially improve a condition, make a person less symptomatic is when enough vitamin C doesn't get to the right areas where it needs to go.

So, even though a lot of people will do great just popping up a few pills a day of vitamin C, if you have a chronic degenerative disease or an infection or a chronic toxin administration, and you want to make sure that you're doing everything you can, you can't declare vitamin C a failure or an inadequate treatment until you've at least taken several grams a day of liposomal vitamin C that gets it inside the cells, until you've taken multi-gram doses of sodium ascorbate powder which cleans out the gut, neutralizes toxins and gets other vitamin C not into your intracellular space like the liposomes, but the extracellular spaces in the body...

Jonathan: Wait! Dr. Levy, would that help people with Candida? Can you talk about that for a moment?

Dr. Levy: Sure, absolutely! No, it's anything you can do that can start suffusing vitamin C in the gut. I'm not going to promote it as a cure-all for Candida, but a lot of people, if they started taking sodium



ascorbate powder on a regular basis up to (or even exceeding) bile tolerance so that you have a loose diarrhea called C-flush, and then taking a good probiotic formula to help repopulate after the gut gets cleaned up by the vitamin C, there's a lot of people where that problem would cease to exist, absolutely.

Jonathan:

Wait a minute! Dr. Levy, you just read my mind too. I was waiting for the right time to ask you this. And I know there's literally thousands of people listening to this program right now who'll be saying, "When is he going to ask about the diarrhea?" This is a common thing that people taking vitamin C, "Oh, my God! That stuff is no good for me. It gave me diarrhea. I'm going to stop taking vitamin C right away."

What would you say to those people?

Dr. Levy:

I'd say they're missing the point. The diarrhea is not a side effect. It's a desired effect.

Now, if you don't want to deal with diarrhea, that's fine. You don't take vitamin C up to the point of causing increased motility in your gut. After taking C-powder for a few days, you'll rapidly find a dose that you can take that doesn't challenge the bowel, and a higher dose that does.

But what I'm saying is having this loose diarrhea on a reasonably regular basis—for most people, once a week—would be a great idea. It cleans out the gut, gets rid of anaerobic bacterial toxins (the same type that are present in a toxic mouth are coming from your gut), and substantially increases the antioxidant capacity in your body.

So, the C-flush is great. But if you just mentally or emotionally don't like the idea of having a short bout of a loose diarrhea flushing out your gut, well, you can avoid it. But it's not a side effect, and it's not to be avoided in terms of being something bad.

Jonathan:

But is it also reasonable, Dr. Levy, to say that, sometimes, a lot of these things that happen—it just makes sense to me in a common sense level. If you get diarrhea let's say one day or two days, isn't it true that if you just kind of hung in there a little bit, that it might fade away as well or is that an inaccurate statement?

I mean, a lot of times, people just tend to say, "Oops, I got diarrhea once. I'm completely stopping," and they give up. What if they were to just continue? Wouldn't the body adapt at some point and things would calm down when it comes to this?



Dr. Levy:

Well, the diarrhea point is generally reached when the vitamin C stops neutralizing, it stops being absorbed and presents itself down to the colon. And although it's not an absolute rule of thumb, generally, sicker patients need more to reach the diarrhea than well patients. It's because the body needs to absorb more of the vitamin C to deal with the toxicity. And this is something Dr. Cathcart worked out in great detail.

So, from one day to the next, you can vary from one day to the next because there are days when you might have a viral challenge. You might be dealing with a substantial amount of stress, other things that consume antioxidants. All these things will affect that bile sensitivity.

So, I will say this. What is important when people take lots of oral sodium ascorbate, if you're going to deliberately take enough to do a C-flush, it's good to do it first thing in the morning before you start eating.

If you decide late in the day after you've already had breakfast, after you've already had lunch, to do a C-flush, you can cause an enormous amount of gas build-up that has a difficult time getting out. And you can be very, very uncomfortable because certain food stuff, they just stay in the gut for a certain period of time, and you're not going to push them through quicker than they're ready to go through.

So, it's very good to be at the end of the line pushing through than in the middle of the line pushing through.

Jonathan:

Yeah, that makes sense. So in other words, you've gone all night, you've been asleep, you had some water. It's kind of light all night—eight, nine, ten hours. And now, you just hit yourself with the vitamin C in the morning. That would really be the best way to go.

Dr. Levy:

Yes, that's absolutely correct.

Jonathan:

So, let's talk about—I want you to explain this mop-up vitamin C. Why does it work? First of all, what the heck is that? And why does it work?

Dr. Levy:

Well, the thing about mop-up vitamin C is most people, if they have an acute infection or an acute intoxication, acute poisoning, you give them vitamin C, it neutralizes it, it cures it, and they feel fine. But what vitamin C also does is it mobilizes toxins.



So, there's a subset of people (that you can't really identify that I know of ahead of time) that when you start giving large doses of vitamin C intravenously, the vitamin C gets inside the cell, it turns on again previously dormant or oxidized enzymes that help push toxins out of the cells, and the high dose of vitamin C pushes a load of toxins into the blood and people feel lousy. They feel sick, they feel bad.

Well, the doctors out there need to realize is this is very, very easily remedied with what I call the "mop-up vitamin C," which very simply is, if 50 grams by vein made you feel horrible when you gave it over an hour or an hour and a half because it starts putting toxins into the blood, guess how you take care of it? You follow it with another 15 to 25 grams of vitamin C given over twice the amount of time.

That amount of vitamin C is not enough to continue to kick toxins out of the cells, but it's plenty to neutralize the circulating toxins that the previously large, rapid-dose of vitamin C kicked into your blood.

And this is important because, also, it allows doctors to deliberately push high levels of vitamin C that they might not have been willing to push before because they didn't want to deal with their patients feeling bad—which is normal. If the patient feels bad, they're probably not going to come back, and they're not going to get well.

This way, this allows much higher doses of vitamin C to be pushed and given without worrying about causing this detox reaction because the mop-up vitamin C provides an enormously simple, easy way to have people feeling great by the time they leave the office.

Jonathan:

Now, I'm glad you're bringing this up because, often, in the natural health world, we hear this term all the time, "Oh, it's so important to detoxify." But I think it's always important when that word comes up to let people know that, hey, if you have inflammation in your gut, if you have digestive issues or other health problems, and you just go to mobilize some toxins that were trapped somewhere in your bodily tissue, and it just gets released, and it's still trapped in your body, that's not a joke!

You're going to feel sick. You could cause all kinds of problems—heart arrhythmias. You're a cardiologist. I mean, all kinds of electrical problems, all kinds of brains like headaches, vision problems, all of these.



This is extremely important that when we talk about detoxification, we are also talking about respecting the elimination process, and to ensure that that is happening—or else, you could be in a lot of trouble .

Dr. Levy:

Well, the phrase that I've always used is that detoxification is also retoxification. When you're pushing toxins out of the body, hey, there are toxins going in, and there are toxins coming out. And yes, if detoxifications are done in an extremely reckless fashion using high doses of some of the prescription agents like DMPS, you can knock the immune system for a loop and push people into serious illnesses.

That need not be the case just by pushing so hard on a detox and not giving the body and the blood circulating antioxidant support to deal with the toxins as they come out.

Jonathan:

Exactly! I mean, I've seen people in the past in my own personal experience, Dr. Levy, who are in very, very sick, weakened conditions—I mean, really frail and home-bound—and then, they go into these homeopathic remedies that are designed to detoxify. Are you kidding me? The person never got sat down by the healthcare practitioner.

This is in the natural healthcare world. I'm not knocking homeopathy. I think it's great. But to look at an individual like that, to not have them fully appreciate that the food that they ate yesterday, the day before, last month, the month before that, the activity, their lifestyle, where their body condition is in, to not explain any of that at all, and to just say, "Here, take some drops. This will flush out some medication toxins," I think it nearly killed this person. It was a horrible-looking state that they were in.

And they were taking this stuff because it was easy to take, but I really never felt like this person understood it that well.

And I see this, time and again, happening. It really saddens me.

Dr. Levy:

Too many people and too many doctors stop their thinking process at "Well, if you've got a lot of toxins in you, it's definitely good to take them out." Well, stated that way, it's true! But there are different ways to get it out. And if you get it out too fast, you can actually do more harm than good than leaving the toxins untouched at all.

So, it's a double-edged sword. Somebody needs a physician that's aware of the fact that they



need their immune system supported at all times. You just can't wave the magic wand and go from point A to point B. You have to deal with all the points in between while it's happening.

Jonathan:

Okay! So, Dr. Levy, I know this is a very big question, but let's close out the program this way. Let's say somebody out there is listening. They're in fairly good health. Their energy is good. There's no diagnosed disease. They want to take some vitamin C. I would like you to sort of recommend. Feel free and comfortable to talk about what you would say would be a good way for that person maybe generally speaking to go at it. I know we can't be too individual on a radio program like this.

But also, I want you to address the idea that, hey, if somebody out there is really not feeling well, no, don't just start popping vitamin C into your body. I don't think you're recommending that. What should a healthcare practitioner do? Should they go to your website? Please address that side of it as well.

Dr. Levy:

Well, for general well-being, usually taking 1 to 2 grams of a properly liposome-encapsulated vitamin C a day like from LivOn Labs, if you don't know what your bile tolerance is, if it doesn't cause diarrhea, taking 3 or 4 or 5 grams of sodium ascorbate powder a day, taking 1 or 2 grams of ascorbyl palmitate (which is a fat-soluble form), that's a good regimen.

Jonathan:

So, just to be clear, Dr. Levy, you're recommending this Multi-C Protocol? It's not like, "Oh, hey, just take this one vitamin C and everything will be okay"?

Dr. Levy:

Well, let me say this. What I just said is the best way to do it, but with you bringing up that point, there are a lot of people that will do perfectly fine if they just take one pack of liposome a day or if they take 4, 5 or 6 grams of regular vitamin C a day.

Jonathan:

Sure!

Dr. Levy:

That will do the trick for many people as long as they realize that, if that seems to fall short at times, there are other options.

Jonathan:

And so, let's shift gears now, Dr. Levy, to that person out there—I mean, even somebody listening to this program who really love somebody in their family or friend out there who they know really could probably benefit from vitamin C, but they're not feeling well. The person listening to this program, they're not physicians.



What would you advise that person to do? If someone was open to getting it, to taking care of themselves with vitamin C, but they're not too sure, and they're a little nervous with their condition, should their doctor go and contact you? How do doctors get educated on this and bring them up to speed?

Dr. Levy:

Probably one of the most practical ways to approach that—and they have some of these docs as far as I know in most states of the country—there's a group called the American College for the Advancement of Medicine. The website is ACAM.org.

They have a list of docs. I'm not going to tell you everyone of them is enlightened, but even just about all of them know what vitamin C can and can do. And even if it's not an active part of their practice, they know a doctor they could refer you to if they don't do it themselves.

That's where you need to start. You need to start with a doctor who can look at you, evaluate you, look at your appropriate blood test, do everything that's involved in a proper medical evaluation, and then of course know what he/she is doing when they start antioxidant therapy along with whatever prescription medicines you may or may not need.

Jonathan:

Dr. Levy, I want to thank you for your time. And I want to thank our listeners for joining us today. For more information about Dr. Thomas Levy, visit PeakEnergy.com.

I'm your host, Jonathan Landsman. I hope you enjoyed this program. Thank you for your support. Talk to you soon. Take care.