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Surviving and thriving with food

To carry on last week's theme, poor nutrition, along with decreased fresh air and exercise, attitude and accumulation of toxins superimposed on our genetic predisposition produces disease. The natural forces

within us are the true healers. Nature alone cures, but the doctor collects the fees.

Thomas Edison said that the doctor of the future will give little medicine and involve the patient in the proper use of foods, fresh air and exercise.

Processed sugar (sucrose-glucose/fructose) causes much disease in our country to include the two top killers, cancer and cardiovascular disease. Sugar structurally resembles vitamin C. Unlike most animals,



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humans cannot make this important vitamin in that our ancient ancestors were cultivated in the tropics, were vitamin C was more abundant in their diet.

Eating correctly to include the proper amount of vitamins and minimal amounts of sugar will help to insure our cardiovascular health. Now, let's discuss cancer.

In addition to inhibiting (killing) viruses, vitamin C builds collagen, the glue that holds our bodies in good shape. This week, I again had the pleasure of meeting with Dr. High Riordan, director of the Center for the Improvement of Human Functioning, based in Wichita. He is a practicing researcher who has challenged the conventional medical model for almost five decades. He told me of numerous cases where he actually cured cancer by high (100 grams IV a day) doses of vitamin C. It is no wonder that Dr. Mark Lavine of the National Institute of Health recommended the RDA to be increased from 60 to 200 mil-

ligrams. Medical scientists have been looking for the magic bullet to kill cancer. In tissue, Dr. Riordan explained, vitamin C produces hydrogen peroxide. The hydrogen peroxide kills not only germs, but cells.

However, normal cells have the enzyme, catalase, that inactivates the peroxide which is ~~not~~ found in cancer cells; thus the eradication of cancer and the restoration of health to the patient. Moreover, sugars feed cancer cells better than normal cells.

The more sugar intake, the less vitamin C and the more the cancer cell grows, and conversely. Therefore, scientists have theorized that every day at least 100 new cancer cells develop, but our natural killer cells destroy them. But let the glucose/vitamin C ratio increase, the cancer cells become stronger and overwhelm our bodily defenses and subsequently, our lives. Personally, I'd recommend more vitamins C and the least amount of sugar you can consume.