

Andrew W Saul: Vit. C & immune enhancement – FB & other sources – June, 2020

<https://www.facebook.com/themegavitaminman/videos/617212055523422>

It's a 23-min. video, but if you just want the highlights (or if it gets blocked by censorship):

- 1) Formula for strong immune system, to ward off this and other viruses, see list below. (Of course, this is in addition to all of the basics, such as exercise, sunshine, sleep, good diet and hydration, management of stress, and a good mental outlook. And it presupposes that a person is in reasonable health, NOT with a very sick gut, nor immuno-compromised.) This was published in the International Society for Orthomolecular Medicine (ISOM) publication.
 - V-C -- 3,000 MG per day (SHOULD be divided into doses, at least 3 doses) **see below about tolerance*
 - Magnesium -- 400 MG per day (ideally, divided into doses)
 - V-D3 -- 2,000 IU per day (*I've heard it's far better in combo with K2, & is available this way*)
 - Zinc -- 20 MG per day
 - Selenium -- 100 MCG (micrograms) per day (*I heard elsewhere that you can get enough, just by eating just a few Brazil nuts.*)
 - ** Many people will not tolerate 3,000 MG of V-C daily. The standard recommendation among professionals who recommend V-C is to increase dosage to the point to "bowel tolerance" – when the bowels become a little loose, and then reduce the V-C slightly so that bowel movements become normal again. With any water-based vitamin (V-C, V-B, & I'm not sure which others are water based), it's important to divide the dosage during the day. Taking 1,000mg of V-C in ONE dose is kind of a waste, b/c lots of it will just get pissed away, literally.*
- 2) Most all animals create their own V-C, and they create amounts comparable to an adult human's taking of 1,000-1,500 MG per day. When ill, animals create even more V-C. In contrast, the U.S. recommended daily intake of V-C is only 90 MG per day (or 125 MG per day, for a smoker) – very much too low! Our tolerance and need for V-C varies wildly, depending on our stress level, and health condition – when ill, we also need (and our bowels tolerate) far more V-C. Even Dr. Fauci says he normally takes 1,000 MG per day, and so does Andrew W Saul.
- 3) There is a chain of 20 N.Y. hospitals that are using intravenous (IV) V-C successfully to treat this virus. Andrew W Saul would like to see 25,000-50,000 MG per day, but these hospitals are using about 6,000 MG per day. But you won't hear about it in most media, b/c of censorship. (The form of V-C that is normally used for IV is sodium ascorbate. In another one of the lectures in Saul's series (I heard all 9 episodes), he addressed the common resistance of most conventional medical doctors to its use: "It could damage the kidneys". Saul says that doctors say this all of the time, yet there has not been a single case of kidney damage from high dose IV V-C.
- 4) Hospitals in China (Wuhan, Shanghai) are using high dose IV V-C to treat the virus, about 24,000 MG per day. And the city of Shanghai is now officially recommending it for treatment. Andrew Saul cites study by Dr. Mao in China where 50 moderate to severe cases – no fatalities, all recovered. Saul is also in contact with Chinese/American doctor Richard Cheng, who happened to be in China visiting family when the outbreak occurred, and stayed there to help treat patients – Dr. Cheng also supports the V-C use. Here is what Saul posted on MeWe about Dr. Cheng: IF YOU CAME OVER FROM FACEBOOK, here is the excellent article by Richard Cheng, MD, PhD that FB is very likely to censor:

<http://orthomolecular.org/resources/omns/v16n27.shtml> "Sufficient doses of vitamin C (3000 mg/d in divided doses), and other nutrients such as vitamin D3 (2000-5000 IU/d), zinc (20 mg/d), magnesium (400 mg/d), and selenium (100 mcg/d), lower the risk of the public developing the infection, and can protect patients in the initial stages of infection from progressing to more serious disease. "

Saul also posted on MeWe a link to an interview with Dr. Richard Cheng (same doctor) – if it hasn't been censored yet:

Two-minute video that would save countless lives:

<https://www.youtube.com/watch?v=EM3U3jrhi7s>

- 5) A FEW publications in the U.K. are acknowledging the success with V-C, but at the time of Saul's recording of this lecture, the only really big U.S. news organization talking about it was the N.Y. Post (not the "Times").
- 6) Back January 2020, the Orthomolecular Medicine News Service published: "The Covid-19 pandemic can be dramatically slowed or stopped by immediate use of high doses of Vitamin C." In response, the WHO and U.S. CDC immediately issued a statement saying that V-C was of no use. The censorship is real. Saul said in one lecture (I've heard several besides the one named above) that doctors who say that V-C doesn't work, have that opinion because they haven't seen results – because of not using enough V-C! Dosage is important, as with any other treatment.

Saul also posted in his account on MeWe, a slightly different, recommended immune boosting protocol from an MD – Ron Hunninghake, MD, of Kansas:

- V-C: 1,000-2,000 mg, 3-4 times a day (to bowel tolerance)
- Vitamin D3/K2: 10,000 IU/100 mcg., at least once daily (up to 3x per day if no known kidney or hypercalcemia issues)
- Vit-A: 10,000-25,000 IU, per day
- Zinc Picolinate: 30 mg. twice daily with food
- Selenium: 200 mcg, 1-2 times daily with food

Saul also posted on MeWe a link to a 1978 interview with Frederick R. Klenner, M.D., who was curing severe viral illnesses with very high doses of V-C:

<http://orthomolecular.org/resources/omns/v16n35.shtml>

This about **Vit-D** was also posted on Saul's MeWe account, contributed by one of Saul's followers:

<https://www.bmj.com/content/356/bmj.i6583> Adrian Martineau, a professor of respiratory infection and immunity at Queen Mary University of London says "Vitamin D could almost be thought of as a designer drug for helping the body to handle viral respiratory infections," he said. "It boosts the ability of cells to kill and resist viruses and simultaneously dampens down harmful inflammation, which is one of the big problems with Covid." <https://www.theguardian.com/world/2020/jun/17/uk-ministers-order-urgent-vitamin-d-coronavirus-review>

Also from Saul on MeWe about **Vit-D**:

Says UK physician Dr. Damien Downing: "If we act on the data showing that it is highly probable that vitamin D can save lives, we could fix this pandemic in a month, for perhaps \$2 per person. There would be no significant adverse effects. If we wait for "evidence" that vitamin D mitigates the impact of COVID-19, thousands more will die. The risk from not acting is much greater than the risk from acting. Dosage is important and generally misunderstood." Read more, with charts and references, at <http://orthomolecular.org/resources/omns/v16n34.shtml>

Also from Saul on MeWe:

In less than half a year, 33 positive reports on vitamin therapy, many focusing specifically on COVID-19, have been issued by the Orthomolecular Medicine News Service (OMNS).

The complete free-access archive, in five languages, is a scroll down at <http://orthomolecular.org/resources/omns/index.shtml> This no-advertising newsfeed is peer-reviewed and has been continually provided to the world's news media for 16 years. As the commercial media tends to ignore nutrition news (unless, of course, it is bad news) you may not have seen many of these well-referenced articles, most of which are authored by physicians.

Saul also posted a SLIDE on FB, which said: "I have not seen any flu yet that was not cured or markedly ameliorated by massive doses of vitamin C." – Robert Cathcart, M.D.

FB responded by graying-out this slide, and labeling it as "false information". This statement, from an M.D. with 35 years of clinical experience! The censorship is real. In Saul's comments about this, on MeWe, he posted a link to a paper by this same Dr. Cartcart: Post this [*here Saul adds a visual of the above-mentioned slide*] on Facebook and it (and probably you) will promptly be blocked. The second poster is evidence. Here is a paper by Dr. Cathcart that I think thoroughly proves his point. <http://www.doctoryourself.com/titration.html>

Saul also posted on MeWe a link to a Youtube video from International Society of Orthomolecular Medicine about prevention of the virus. It's less than 4 min. and gives citations to support its recommendations.

"This is what we should REALLY be doing to prevent COVID infection:"

<https://www.youtube.com/watch?v=CWVHuplXOog&feature=youtu.be>

Saul also posted a link to another article, which, among many other things, quotes Frederick Klenner, M.D. as saying "Some physicians would stand by and see their patients die, rather than use ascorbic acid. Vitamin C should be given to the patient while the doctors ponder the diagnosis." The article is quite extensive, and gives citations for its claims. It goes through some brief history of previous outbreaks of other viruses, and then goes into each recommended element of immune boosting protocol.

"Nutritional Treatment of Coronavirus: If you have not seen it, may I suggest a look at:"

<http://orthomolecular.org/resources/omns/v16n06.shtml>

Saul also posted on MeWe a link to an article from 1998, lamenting as he did, about the bias among the medical community to nutritional supplements:

"For a brief, shining moment even the American Medical Association journal Archives of Internal Medicine admitted bias against supplements. That is why this is a 1998 article. Today, the AMA shamelessly takes the very negative view that this paper exposes.

https://www.researchgate.net/publication/13467491_Battling_Quackery_Attitudes_About_Micronutrie

[nt Supplements in American Academic Medicine](#). I do not dismiss papers published 22 years ago any more than I would dismiss people born 22 years ago. Both still good!"

Saul has also been covering, on MeWe, the current court case arguing about the dangers of fluoridation. That hasn't made the national news, has it?

Where to find Andrew Saul:

On FB: Andrew W Saul (you need the "W") Please note, on FB, Saul speaks in code in order to avoid automatic censorship. "Bite a mint sea" for Vitamin C (read it out loud, & you'll hear). Also "Divoc ninety-one" for Covid 19 – just the letters and numbers reversed. Also "vie real" for viral. If you find any other language that seems nonsensical, simply read it out loud, and you'll get it.

On MeWe: MegavitaminMan

On Youtube:

<https://www.youtube.com/user/AndrewWSaul/community>

On the Internet:

<https://andrewsaul.com/>

Also on the Internet:

<http://www.doctoryourself.com/index.html>

Scroll, way, WAY down to see (on the left side panel) all of the topical offerings on this (doctor yourself) page. An extensive and powerful resource.

Also on the Internet:

<http://orthomolecular.org/index.shtml>

copied from this homepage:

"Orthomolecular" is a term that comes from ortho, which is Greek for "correct" or "right," and "molecule," which is the simplest structure that displays the characteristics of a compound. So it literally means the "right molecule." Two-time Nobel Prize winner, and molecular biologist, Linus Pauling, Ph.D., coined the term "Orthomolecular" in his 1968 article "[Orthomolecular Psychiatry](#)" in the journal "Science." Orthomolecular medicine describes the practice of preventing and treating disease by providing the body with optimal amounts of substances which are natural to the body.

Saul is a contributor here, and one of his books is on their "featured books" page. So basically from what I gather, the orthomolecular group advocates health care by means of nutrition, herbs, and vitamin/mineral supplements.