Good News For Mothers-To-Be:

Childbirth Made Easier
With Vitamin C!

Ladies! This one is all for you.
Megadoses of vitamin C—well
above the recommended daily
allowance determined to prevent
scoury—have been found by med-
cal experts to make childbirth labor
shorter and less painful.
And that's not all.
Daily doses ranging up to and over
10 grams during pregnancy are also
producing:
—Uneventful, smooth deliveries.
—An almost total absence of
stretch marks.
—Healthier babies.
—Faster recoveries.
Only a handful of knowledgeable
doctors seem to be familiar with the
maternal virtues of this otherwise
celebrated vitamin. Working separa-
ately they have each achieved the
same successful results.
Dr. William Saccman, a general
practitioner in San Diego and pre-
ceptor at the University of California
at San Diego, reports:
"The ordeal of labor in the case of
vitamin C pregnancies is definitely
shorter and less painful. With
women having first babies, the aver-
age time in labor is approximately
five to six hours, compared to non-
vitamin C deliveries of around 15 to
16 hours.
"The megadoses cut the time to
less than half.
"The birth canal of the vitamin C
mother is more elastic. We find
therefore a markedly reduced inci-
dence of laceration and tearing dur-
ing the delivery.
"The incidence of striae—the
stretch marks—is markedly re-
duced, too.
"We also find the mother returns
to normal much more rapidly. That
means less time in the hospital."
Dr. Saccman's observations are
based on approximately 500 preg-
nancies and deliveries he has con-
ducted during the last 10 years.
A similar story comes from Robert
S. Scott, M.D., head of the Southern
California Women's Medical Group
in Los Angeles, and an assistant clin-
ical professor of obstetrics and
gynecology at the University of
Southern California.
Says Dr. Scott: "I would estimate
that more than 500 patients of mine
have been put on the big doses of
vitamin C.
"What I see as a result is shorter
labor, sometimes lasting little more
than an hour.
"Rarely do I see stretch marks. In
fact, I can't remember the last time.
"I have seen no adverse reactions
to the vitamin C and never a de-
formed baby when the mother was
on this program. The babies are
healthy, pink and squalling."
In Australia, Dr. Archie Ka-
lkerinos, medical officer for the
government-funded Aboriginal
Medical Service, says he has ob-
tained "marvelous" results with very
high doses of vitamin C for pregnan-
cies.
"There isn't much doubt about
it," he says. "The incidence of long
labors, stress during labor, retained
placentas, and other normal com-
plications are reduced quite consid-
erably.
"A labor you might expect to take
24 hours would take 12 or 15. Some
are over in three or four hours."
Prior to assuming his present po-

tion three years ago, Dr. Kal-
kerinos was medical superinten-
dent for 20 years at the Collarenebri
District Hospital, some 500 miles
northwest of Sydney. There, over a
five-year period beginning in 1971,
he followed closely some 300 preg-
nancy cases in which he put the
mothers-to-be on super-large doses
of vitamin C, as high as 30 grams a
day.
"The vitamin C babies were mar-
velous. And what was often so
amazing is that many of the mothers
I worked with were poverty-level
individuals. A large number of
them were alcoholics who ate very
poorly and no matter how hard I
tried I couldn't correct this problem.
"Nevertheless, what I found was
that by supplementing them with
vitamin C, they actually produced
babies that were healthier than a lot of the newborns in the general community.

"And, as the babies were growing, they were showing fewer signs of recurrent infections and problems in infancy than other babies.

"To me, this has always been quite incredible. Even if we couldn’t correct the diet, just the simple supplementation was doing so much good."

"'Rarely do I see stretch marks. In fact, I can’t remember the last time.'"

The findings of these medical men provide solid validation to the "Lone Ranger" work done more than 15 years ago by Fred R. Klenner, M.D., of Reidsville, N.C., the pioneering practitioner of vitamin C therapy in the United States.

Dr. Klenner closely studied 322 consecutive pregnancies over a number of years. His patients took daily oral doses of vitamin C according to the following schedule: four grams during the first trimester, six grams during the second, and from 10 to 15 grams during the last trimester.

 Says Dr. Klenner: "The process of pregnancy drains ascorbic acid (vitamin C) from the mother. Stress depletes the body of vitamin C and pregnancy is a major stress factor. So the requirements of C are multiplied many times.

"The human doesn’t produce his own ascorbic acid, like most of the animals do. That’s why he has to go out and get it. And that’s why in stress situations like disease and pregnancy, it is so necessary to go into the higher doses.

"If you don’t, you open the door to all kinds of problems and infections."

The National Academy of Sciences Food and Nutrition Board recommends daily dietary allowances of vitamins and minerals based on levels found to prevent deficiency diseases. In the case of vitamin C, deficiency is related directly to scurvy.

The board’s recommendation for adults is 45 milligrams daily. For pregnant women, the recommendation is 60 milligrams.

If you remember your conversion tables, you know that one thousand milligrams make one gram.

It is pretty clear then that the advocates of multi-gram levels of vitamin C are operating on a level different entirely from that of the National Academy of Sciences and the medical orthodoxy that sets and follows the recommendations. The difference is precisely this: one is concerned with optimal health, the other with preventing deficiency diseases.

"In our study," says Dr. Klenner, "we found that the simple stress of pregnancy increased the ascorbic acid demand up to 15 grams daily.

"Compare this to the 60 milligrams recommended by the National Academy of Sciences and the disparity is shocking!"

The average pregnant woman receives a prenatal capsule that contains from 100 to 300 milligrams of vitamin C.

"Most obstetrician-gynecologists don’t give anything except a little old pregnancy tablet that has a little iron and mineral in it," says Dr. Klenner, "along with maybe 250 milligrams of vitamin C. And that isn’t nearly enough."

"'The process of pregnancy drains ascorbic acid (vitamin C) from the mother.'"

"You can prevent scurvy at that level," says Dr. Saccoman, "but it isn’t sufficient to be of any benefit at the cellular level. And we do live at the cellular level. All of the cells in our body are dependent upon ascorbic acid."

"Adds Dr. Scott: "The need for vitamin C in the pregnant woman has been demonstrated beyond any question."

"Work done over the years shows there is a higher need than the recommended daily allowances. The work has shown also that there is essentially no toxicity connected"
with the large doses.
“During pregnancy what happens is that a large amount of ascorbic acid goes across the placenta to the baby. The level rises in the infant and drops in the mother.
“People say, well, drink more orange juice. But there isn’t that much in there.
“So I urge my patients to use more vitamin C. We start them slowly with one gram two or three times a day and increase the dose as tolerated until we get them up to five grams or more.
“There is a high level of problems associated with infants born in this country and we don’t know why. We are beginning to think that nutrition and lifestyle may have a great deal to do with it. Although we are a rich country, we have developed some poor dietary habits.
“That’s why I feel it is important to put my patients on a well-balanced diet along with supplementation and the large doses of vitamin C. I want to have as many factors working for the mother—and the baby inside—as possible.
“After childbirth, I urge the patients to continue on high doses. When they begin to notice the good effects like better healing and fewer colds, they become real believers if they haven’t been totally convinced already.”

It is not surprising to hear Dr. Klenner say that vitamin C is the best pregnancy vitamin. Over a 40-year period, he has discovered many and wondrous powers of ascorbic acid and used it to successfully heal cases that failed to respond to “standard” medical treatment.

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“It’s more effective than any drug in the Pharmacopeia,” he says of vitamin C.

During his career, Dr. Klenner estimates he has handled about 2,500 pregnancies, of which about 1,000

birth, the vitamin C maintains the elasticity of the connective tissue of the perineum. That’s the region around the womb that has to stretch enormously for the emerging infant.
“The perineum gives much more easily and more safely when the patient has been on the higher doses of vitamin C.
“As a result, most of the time I have had women in labor only three or four hours. That’s cutting usual labor in half. When you reduce the time and increase the elasticity of the perineum, you effectively decrease the pain.”

Dr. Klenner noted that among his vitamin C mothers the perineum returned to a “virginal-like condition” after delivery.
And what mother wouldn’t be pleased about that, he comments.
Dr. Klenner also found that vita-