

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 scurvy—have been found by medical 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 separately they have each achieved the same successful results.

Dr. William Saccoman, a general practitioner in San Diego and preceptor at the University of California at San Diego, reports:

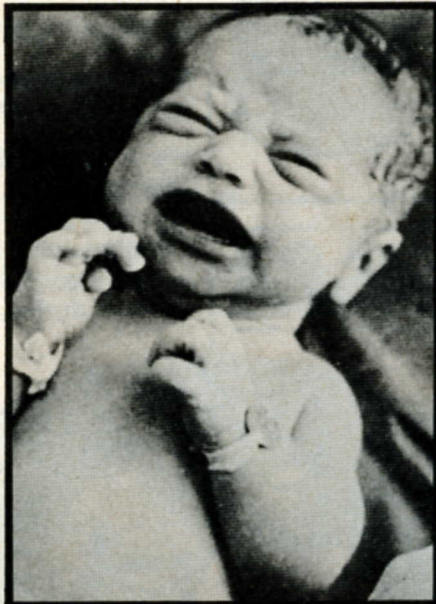
"The ordeal of labor in the case of vitamin C pregnancies is definitely shorter and less painful. With women having first babies, the average time in labor is approximately five to six hours, compared to non-vitamin C deliveries of around 15 to 16 hours.

"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 incidence of laceration and tearing during the delivery.

"The incidence of striae—the stretch marks—is markedly reduced, too.

"We also find the mother returns



By Martin Zucker

to normal much more rapidly. That means less time in the hospital."

Dr. Saccoman's observations are based on approximately 500 pregnancies and deliveries he has conducted 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 clinical 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 deformed baby when the mother was on this program. The babies are healthy, pink and squalling."

In Australia, Dr. Archie Kallokerinos, medical officer for the government-funded Aboriginal Medical Service, says he has obtained "marvelous" results with very high doses of vitamin C for pregnancies.

"There isn't much doubt about it," he says. "The incidence of long labors, stress during labor, retained placentas, and other normal complications are reduced quite considerably.

"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 position three years ago, Dr. Kallokerinos was medical superintendent 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 pregnancy 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 marvelous. 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 ole 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

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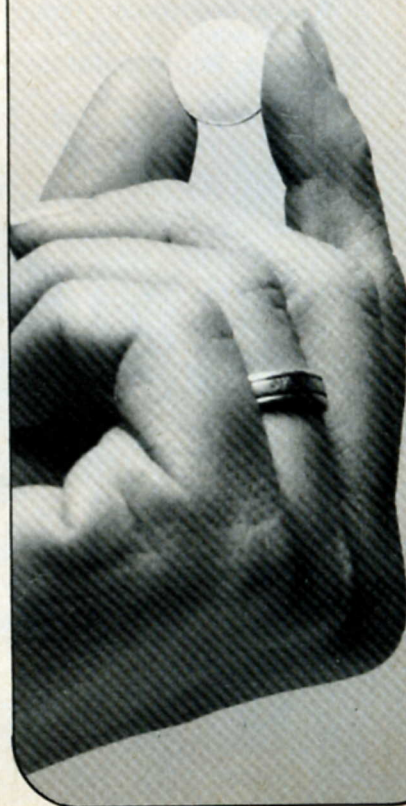
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with the large doses.

"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.

"There is a high level of problems associated with infants in this country and we don't know why."

"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

included varying degrees of vitamin C supplementation.

"This gives me the basis for comparison," he says. "In the very beginning, I was not into vitamin C but as I began using more and more of it I found it is definitely a significant factor in pregnancy.

"Vitamin C has both health-producing and anti-fatigue power. It assists in the metabolism of protein in both mother and baby. It's a prime element in the building of collagen, the connective tissue in our bodies.

"During pregnancy and child-

"...most of the time I have had women in labor only three or four hours."

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-

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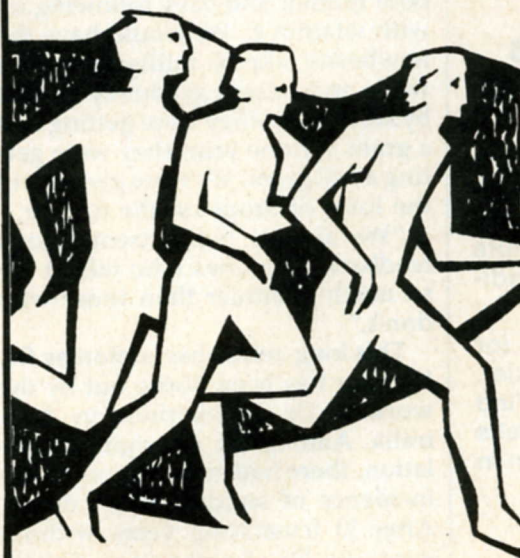


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