

## [Share The Wealth] New Comment Posted to: Excessive Vitamin C Consumption Does Not Cause Kidney Stones!

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Posted on November 9, 2005 10:21 PM  
by [John Javilk](#)

When I was ill in 1984-1986, I mean really, really ill, my vitamin C demand climbed to two heaping teaspoons of vitamin C powder every 45 minutes while awake, and was awakened every three hours to take another dose when asleep. We estimate my consumption of C was nearing 300 grams a day. This kept the spontaneous bruising and yellow splotches down considerably. And believe me, if I didn't keep this consumption up with a timer, I knew I wasn't getting enough!

I had No diarrhea, no kidney stones, just survival for over two years from a raging yeast infection and other infections which, Professor F. C. Odds, in his book "[Candida and Candidosis](#)", said surviving two weeks at that level was unlikely.

It was the vitamin C! It was remembering an obscure article about Dr. Cathcart's work that I'd read years before, which saved my life. And Dr. Cathcart, who gave it back to me.

As I recovered, thanks to many 60 gram vitamin C (sodium ascorbate) IV's by Dr. Cathcart, my C demand soon dropped to about 90 grams per day, then to 60 over the next decade or so. Again, no kidney stones, no diarrhea if I kept the doses coming at a well timed pace, with some adjustments for exposures, the occasional cold, etc. My body was consuming the C, so yes, despite the huge doses there wasn't enough left to prevent colds from getting started. But upping the dose within the first eight hours usually finished them off before the symptoms got bad. If Dr. Cathcart's

office was open, I'd just run and get another IV of C. It was a lot cheaper than losing a week of work!

What I have heard about kidney stones, is that the acidification of the urine keeps stones from forming. Also, since some stones are caused by nano-bacteria, C's keeping the urine relatively sterile inhibits stone formation via that path.

At that high dose level, one must be aware that both too little and too much C will cause diarrhea; one from too much C itself, the other from an imbalance in the ratio of C to spent C (dehydro-ascorbic acid). One soon learns to separate the two causes, and rely on timers. Remember, reset the timer FIRST so as to insure cycle time accuracy, and only then mix your next dose of vitamin C crystals with water.

Vitamin C is good. Your body will tell you how much you need. See <http://www.mall-net.com/cathcart/titrate.html> for more.

In my case, at least in later years, it appears that a substantial amount of that does went into the generation of co-enzyme Q 10. When I started taking a grams or so of that once a night, my C demand vanished.

Dr. Cathcart has some interesting things about C in his web site, <http://www.orthomed.com/> and the papers at <http://www.mall-net.com/>

But one thing no one seems to mention, is the effect of C on breathing. Acidification of the blood increases the breathing rate, delivering more oxygen to the metabolic pathways. Those with vegetarian diets are particularly at risk for metabolic alkalosis, which reduces breathing, and thus may give some vegetarians a characteristic slowness. Improved breathing via acidification of the blood improves this aspect.

-J- (John, [Javilk@mall-net.com](mailto:Javilk@mall-net.com))

CAUTION: I'm no doctor, I only tell computers what to do. Nothing in this document should be construed as medical advice. My opinions are subject to the availability of information. I learn new things each day, and so may change my opinions.

For long lasting relief, consult a doctor who practices Orthomolecular medicine. Ask, and I'll recommend mine.

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