

Vitamins vs. Chemotherapy and Radiation for Cancer Therapy

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We have a general understanding of cancer--one third of cancer patients die in five years.¹ With present therapies, only slow annual improvement is expected. Vitamins have been extensively demonstrated in clinic trials.^{2,3} Vitamins can strengthen the immune system to improve regular therapies and safely kill cancer. Here we compare cancer therapy by multivitamins against radiation and most chemotherapies. The big question is *why are we not using vitamins now?*

In 1969 the National Cancer Institute⁴ showed that oxidized vitamin C, dehydroascorbate, DHA, safely killed cancer cells *in vitro* but that glucose counteracted the DHA. Abram Hoffer, MD, PhD, FRCP (C)^{3,5,6} started a 15-year clinical test in 1978. He enrolled 134 patients with 30 types of advanced cancer. He prescribed a regimen high in oral vitamin C plus other vitamins and minerals, Table 1. He also prescribed a diet low in meat, very low in sugar, but high in fruits, vegetables, and water. Most of his patients had failed prior surgery, radiation and/or chemotherapy as prescribed by their oncologists. To all of his cancer patients, Hoffer offered the vitamin regimen, diet, and hope based on the results with earlier patients.

Dr. Hoffer's results were excellent. Those who refused vitamins lived a median of only 2.6 months. The 101 who accepted vitamins lived 45 months after seeing Hoffer,^{10,11} Table 2.

The vitamin C can be taken as ascorbic acid, sodium ascorbate, calcium ascorbate or a mixture. Pills or powder should be taken in 3 or 4 divided doses preferably with meals. The dose of vitamin C should be built up over a week or so to minimize diarrhea and allow the body to adjust. Intravenous vitamin C, vitamin K-3, and alpha-lipoic acid⁷ could be included. Dr. Hoffer has used his regimen successfully for over 25 years with 1,400 patients.

	Early	Later
Vitamin C mg	12,000	12,000
range	3,000 to 40,000	3,000 to 40,000
*Vitamin A, IU	10-50,000	
*Beta carotene	30K-75K	30,000 IU
Vitamin B complex	B-50 to B-100	1 or 2 of B-100

Vitamin D-3	5,000 IU	To 19,000
Vitamin E, IU	300	
Vitamin E succinate		800 IU.
Selenium	600 mcg	400 to 600
Zinc as citrate	60 mg	60 mg
Coenzyme Q10		300 IU
Curcumin		300 mg
*Bioperin		15 mg
* Optional		

Table 2. Survival of Cancer Patients After Seeing Hoffer¹¹		
Type of Cancer	With Vitamins	Without Vitamins
Breast	70	3.7
Lung	17	2.0
Ovary	16	3.6
Pancreas	40	2.4
Uterus	99	4.0
All 30 types	45 months	2.6

Dr. Hoffer's regimen is safe and helpful even during radiation and most chemotherapies.^{2,3,6,7,8,9}

Dr. Hoffer³ reports, *"I have no doubt that the megavitamin program has improved the quality of their life. It has given them more energy, has improved depression and anxiety, has created a sense of well being, has eased pain and has often eliminated pain entirely."*

In 1971, Ewan Cameron, MB, ChB,² and Linus Pauling, PhD, started clinical tests with vitamin C on terminal and hospitalized patients with many types of cancer. For the first 10 days, Cameron generally gave 10,000 mg/day of sodium ascorbate by IV throughout the day. He also gave a similar amount of sodium ascorbate solution orally and continued the oral dose for years. Of the first 5 patients, the 4 with bone pain obtained major pain relief in about 10 days. Of the first 1,100 patients, the 100 vitamin-treated ones lived 4.2 times as long as the matched controls. Many bedridden patients receiving vitamin C recovered enough to return home. Dr. Cameron has treated over 1,000 cancer patients.

Patients should work with a suitable health professional for safety and best results.

Some researchers^{12,13} have treated cancer patients with too little vitamin C for too short a time. They did not follow Cameron's regimen. Their claim that vitamin C is of no use for cancer therapy is not supported by their data.

Table 3. compares Hoffer's multivitamin regimen containing mostly vitamin C against chemotherapies and radiation. The basis, action, results, side effects and costs are summarized. Costs are less because pills are cheap, hospitalization may not be required, and doctor visits are less frequent.

Conclusion

For advanced cancers of many types, multivitamins show advantages of longer life, less pain, fewer long-term problems, and lower cost. Multivitamins can aid chemotherapies and radiation or possibly replace them in some cases.

Why are we not using vitamins? Because of money and turf protection. Neither vitamin C nor multivitamins have been properly tested or approved. Doctors rarely recommend vitamin therapy for cancer for fear of being called a quacks.

Multivitamins are safe and can be used now under proper medical supervision, however a good understanding of vitamin therapy from the references is helpful for safety and best

Much of this article is taken from Houston R. "Understanding Cancer and Natural Therapies". *Townsend Letter*. 2008;301/302:109-112.

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Table 3. Vitamins vs. Chemotherapy and Radiation for Cancer Therapy		
THERAPY	MULTIVITAMINS	MOST CHEMOTHERAPIES AND RADIATION
Basis	Cancer cells eat mostly glucose. Cancer cells have extra glucose channels.	Cancer cells are more sensitive to oxidation than normal cells.
Action	Vitamin C reacts with free radicals to form dehydroascorbate, DHA. DHA is similar to glucose. DHA enters cancer cells through glucose channels. DHA changes to ascorbate and hydrogen peroxide.	Most chemotherapies and radiation, C&R, selectively oxidize cancer cells. May kill 30 cancer cells for each normal cell killed <i>in vitro</i> . When cancer cells are few, C&R kills mostly normal cells.

	Normal cells not harmed.	
Result	Hydrogen peroxide oxidizes cancer cells and kills them. Longer life for advanced pt.	C&R oxidizes both cancer cells and normal cells.
Side Effects	Less pain Body strengthened Temporary problems: Stomach & GI upset Skin itch No long term problems Must continue vitamin C after recovery. Helps chemotherapy and radiation.	More pain Body weakened Many normal cells killed. Dosages are limited by damage to the body. Long term problems: Impotence, incontinence. harm to heart, nerves, bladder, genitals. Cancer can become resistant to C&R
Cost	\$100.00 per month at first	Many thousands of dollars

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