

Three physicians practicing medicine in Australia present unsolicited written testimonials from physicians or their patients being treated with injectable vitamin C for a variety of ailments, including cancer. The authors state that ascorbate (vitamin C) “when used in the correct manner is the most effective prophylactic and therapeutic substance in the history of medicine.” They conclude by asking, “How much longer can the public be exploited and when will those who wield power in the medical hierarchy conduct some real trials with ascorbate instead of limiting its effects by insisting it is a vitamin?” —*R.D.M.\**

## Ascorbate — The Proof of the Pudding! A Selection of Case Histories Responding to Ascorbate

Archie Kalokerinos, Ian Dettman and Glen Dettman, Australia  
*The Australian Nurses Journal*, March 1982, pp. 18–22

### INTRODUCTION

This down-to-earth title was the suggestion of the editor, Edna Davis! Approaching us with refreshing candor, Mrs. Davis said it was time some results were aired, even if considered to be anecdotal by those with the bang up of “Double Blind Trial Syndrome”.

The following testimonies were unsolicited and, in some cases, they are abridged for publication purposes. In keeping with normal practice, the identity of the patients remains confidential. We have tried to select a cross-section of diseases thus supporting our contentions that ascorbate, when used in the correct manner is indeed the most effective prophylactic and therapeutic substance in the total history of medicine.

#### *‘Spastic’ Child* *February 12, 1981*

Mother had premature baby at a hospital in Victoria (1 lb. 10 oz.), put in humicrib and oxygenated. . . baby then spastic and blinded. Kept in hospital for three months and then given an account for \$18,000 and a “vegetable” to take home to die. She was told baby would only live for about two weeks.

Advised to put infant on sodium ascorbate. As there was nothing to lose Mrs. S. decided to try this. She commenced with half a teaspoon and now, 12 months later, the infant (yes, despite grim diagnosis, still living!) is on about three teaspoonfuls a day.

At age of about six months infant was admitted to Hospital for a viral disorder and

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\*Editor’s note: A fairly substantial body of medical literature on the use of injectable vitamin C in the treatment of cancer exists. Except for selected mention of cancer in this article, we have not included references on the use of injectable vitamin C in the treatment of that complex disease in this volume because we contemplate publishing a second book devoted exclusively to cancer in the future.

the vitamin C was withdrawn, it went downhill very rapidly and Mrs. S. could not wait to get it home and on the vitamin C again.

Currently, the infant is thriving, there is no suggestion of it being spastic and the parents are elated as they have now been told the child's eyesight is improving.

Experts are baffled with the recovery and progress of the child and Mrs. S. is afraid to tell them what she has been and is doing for fear of ridicule.

Currently, the child weighs 17 lb. 8 oz.

*Mrs. M. S.*

*Hearts and Warts!  
Grandfather and Granddaughter  
Copy Testimonial,  
Warts all!*

*September 25, 1980*

Dear Dr. Dettman,

My name is J.R. and I wrote to you last November about advice for my warts.

I am still taking the treatment regularly and even though they haven't gone, I still can't believe how much better I feel. My pimple skin is now smooth and healthy. I haven't had any nasal or hay congested colds I usually get, so the vitamin C has been working great.

I was wondering if it was O.K. to put my grandfather on megadoses of sodium ascorbate? At present he is in hospital with congested lungs which has happened before because of three previous heart attacks. He can't breathe without oxygen and it is terribly frightening. As he is 70 and on various tablets I thought I'd write to seek your advice.

September 26, 1980, advice given ... herewith results!

*February 27, 1981*

Dear Dr. Dettman,

Hope you are well.

I am so thrilled with the treatment that you advised my grandfather and I that I thought I'd write and tell you.

First, my grandfather this time last year was in an intensive care unit with fluid on the lungs and struggling, after two previous heart attacks. After writing to you, you suggested I start him on sodium ascorbate and to see him looking so well and doing his garden and things he loves would bring tears to your eyes. He said the doctor said there is no trace of fluid whatsoever and the vitamin C makes his thirst feel better with its better taste. I am so grateful you are a life-saver.

I've been seeing Dr. L., who has been helping me, too. After many tests and lots of vitamins, my warts are disappearing. Dr. L. is so pleased he showed his wife and some of the staff up there.

Thank you Dr. Dettman - hope others are fortunate to have your helpful advise.

*Cancer Victims (breast)*

*October 7, 1980*

Dear Dr. Dettman,

I am writing to thank you sincerely for giving of your precious time so freely during the two weeks my sister, Dorothy, was here in Melbourne for non-toxic cancer treatment.

Thank you, too, for your expert and very valued advice.

As you know, Dorothy had a mastectomy (she doesn't think it was "radical") in May this year and has since been having chemotherapy (CMF) with rather horrific results.

Dorothy arrived in Melbourne looking so drawn ... she was sick and depressed and told me later that she was convinced she was going to die. She was confused and exhausted. In fact, I hardly recognised her at the airport and cried myself to sleep that first night.

At first, each evening she was forced, by sheer exhaustion, to retire about 8 p.m., but gradually, after the sodium ascorbate treatments intravenously (given at Dr. C's surgery) and other vitamin/mineral supplements as advocated by you, she was able to stay up later until one evening, after the first week, it was 10.30 p.m. and she remarked that she still felt bright at that hour, something which had not been possible since her operation in May.

She told me that since her op. she had continually suffered a lot of adverse reactions from the chemotherapy ... the list is a mile long ... and that she had to lie down each afternoon so that she'd be capable of getting the evening meal.

Each small household chore exhausted her and she had become very depressed. The nerves in her arm were badly damaged somewhere along the way.

The nerve specialist said in a letter it was a "mystery" and the surgeon claims it did not happen in surgery. She has "brachial plexis lesions" (? spelt) and has had daily visits from a physiotherapist since the operation.

Although her arm is improving, she still has limited use of it and is in some pain and extreme discomfort most of the time.

Dorothy left me last Saturday looking well and feeling very able to cope with her family of three children. She was not depressed, but rather looking forward to doing everything she felt she could not handle before. The improvement was dramatic.

Her eldest daughter (17 years) spoke to me on the phone after her mother arrived back in Canberra on Saturday and said, quote "Mum looks radiant ... she looks 10 years younger." It is all very exciting but I dare not expect too much. Getting rid of the toxins from her body alone would effect a change for the better and this, in itself, is a good start.

Dorothy feels certain she will never go back to chemotherapy. She feels strongly that the treatment along the lines of your recommendations is the answer and is very promising.

She was really back to her happy and practical self. She is a trained nurse and could see that the chemotherapy was destroying her body resources.

I cannot thank you enough for your concern and help. All of my family will be forever indebted to you.

Dear Glen,

Re report on Mrs. W., she has been on 45 g I.V. for 3/52 and has improved in X-ray of spine. (Secondary C.A. breast).

*Dr. R.,  
August 10, 1978*

N.B. This patient is still well.

*Diary of a Doctor  
Short Case History Notes*

June 21, 1977: Used the intravenous vitamin C for a patient with lung cancer. Noted chest pains immediately eased, coughing stopped.

June 30, 1977: I have been using 10 grams on my patients for a period of 10 days. Very exciting relief of pain in a lymphoma.

July 5, 1977: Delighted with results in a lymphoma — immediate pain relief that lasted.

November 23, 1977: Go ahead and write up yourself by all means. It (I.V. ascorbate) is invariably a dramatic pain reliever.

December 15, 1977: Consistently dramatic relief of pain and nausea, energy increases, Hb rises.

*Cancer  
Short Case History Notes Ctd.*

*May 1978*

*Information supplied by Dr. O*

1. Man, age 73.

Carcinoma of bile duct. At operation white bile was found, a very bad sign.

Inoperable Paliative cholecystoduodenostomy done on September 16, 1977.

Began to get attacks of liver failure when he returned home. Given I.V. Na ascorbate. 8 grams per day for six days then orally 15 grams per day.

Despite his jaundice, remains remarkably well. No more attacks of liver failure. Good appetite, no pain, occasional pruritis only.

2. Man, age 60.

Complained lymphocytic lymphoma with macroglobul anaemia. Initially treated with cytotoxic drugs.

These were resumed on March 10, 1977 because of deterioration in condition. Patient, however, has refused to take them and is on ascorbate 20 to 25 grams per day and alphetocapherol 1 gram per day. He is clinically remarkably well. Very interesting to note that his serum cholesterol is 75mgm%. His blood counts are satisfactory. However, he still has a distinct gammaglobulin band on electrophoresis.

*Case Histories*  
*Supplied by Mrs. O. (Pharmacist)*

*August 16, 1978*

Mr. R.G., age 41, 4 children, had lump of bowel removed January 1981. Nodes in stomach and liver indicating secondaries.

Surgeon gave him six months to live.

After the operation commenced sodium ascorbate (10g oral) plus Zn. Recent X-rays showed no nodes.

Patient attended Det-Kal public meeting at Malvern Town Hall, says he feels perfectly well and further X-rays were clear. (Scan).

*September 1978*

Patient: male, age 41 years. Operation demonstrated cancer bowel with secondaries (January 26, 1978).

Surgeon tells wife husband has six months to two years left.

Patient commenced sodium ascorbate (10-12g per day) plus zinc, vitamin E and Myadec.

Five weeks after operation he was working four hours a day, four days a week. Three months after operation working 35 hours a week. Currently surgeon is pleased with progress and advised the patient to continue the treatment.

The patient has gained 10 lb. in weight since the operation.

*Miscellaneous Cancer*

Note from Dr. E., July 25, 1978: "Please supply sodium ascorbate for one of my patients, a man aged 50 with a transitional cell Ca of bladder, causing deep vein thrombosis of the right lower limb and much pain."

*Follow-up Letter from Dr. E*

*September 17, 1978*

Dear Dr. Dettman,

Thanks so much for your help with sodium ascorbate. The patient with the transitional cell carcinoma with pelvic mass DVT and lymphatic obstruction of right lower limb is holding his own — minimal pain and excellent spirits mostly. Another with massive metastatic liver from Ca breast had only seven infusions before death, but seemed beautifully serene and pain free.

Not sure why but there was a change in her.

*January 1978*

Dear Glen,

Some more thrills, a man with lymphoma, in agony, losing his pain on vitamin C, 30g I.V. bd, and being able to walk, eat and feel better.

A kid in agony sleeping better than he has for months within 48 hours complete relief after one injection repeated therefore every second day. (A Burkitt's lymphoma).

Also acid phosphatase from Ca prostate dropping under vitamin C and the abnormal results of a bladder cancer dropping back towards normal, with increased energy.

For all of which I thank God and stand in awe.

*Dr. G.*

*Hepatitis and Eczema Itch  
Arthritis and Inflammation*

30g I. V. vitamin C in 200ml normal saline dramatically eased:

1. Severe itch of hepatitis ... relief lasted two days and I am repeating it.
2. Severe itch of varicose eczema ... I am starting her on a weekly course.
3. Agonising pain of rh. arthritis in shoulders. He was talking of euthanasia until the pain went.
4. As well it has reduced the inflammation in a nasty rodent ulcer on a man's eyelid.

*Dr. G.,*

*February 9, 1978*

*Arthritis*

Dear Dr. Dettman,

In March 1978, I attended a talk given by yourself and Dr. Archie Kalokerinos on the use of "sodium ascorbate" in the treatment of arthritis and cancer. I have been taking ascorbate for the relief of arthritis ever since, with quite dramatic results.

My late husband, who was stricken with lung cancer and later liver cancer, also derived some benefit, experiencing less pain after taking ascorbate.

*Mrs. B,*

*July 23, 1980*

*To the Det-Kal C<sub>6</sub>H<sub>8</sub>O<sub>6</sub> Foundation (From a GP)*

Dear Sirs,

I enclose a cheque as a donation to assist the work of your Foundation.

I attended a meeting yesterday of your Foundation in Bendigo. I told the doctors that I had taken fairly large amounts of vitamin C over the past couple of years and complaints of arthritis had vanished. This might be of interest to you.

*Epilepsy*

*From a trained Nurse*

*May 25, 1981*

After a talk given by you at a Kiwanies Mordialloc meeting last July, I spoke to you about the trauma we were having with our daughter who is "epileptic" when you advised to put her on vitamins.

Natalie has been on 3 grams of vitamin C (Blackmores High Potency tablets as the power was upsetting her), 1 gram of vitamin E (Gold Cross 500mg oil capsules), and three of the Formula 3 tablets (from your clinic) each day, along with nine Epilim tablets (sodium valproate 200mg ea.).

Until we introduced the vitamins, none of the drugs available were helping, but now she has been clear of attacks since July 1980 (she was averaging at least one per month and, at bad times, up to 15 attacks per day, particularly when on combinations of drugs).

Of course, we have no proof it's the vitamins that are helping, but it's quite a coincidence.

Also, Natalie was suffering from chronic attacks of infected throat and mouth ulcers every month for over two years — they have also cleared.

We're now seriously thinking of slowly dropping the dosage of Epilim tablets but guess we'll have to consult with the specialist first — or will we? We haven't been back since starting the vitamins.

We're also considering sending this information about the vitamins to the Epilepsy Foundation — do you think it would be of help to other sufferers, or like many others, would they be brain-washed into only being interested in prescribing drugs — perhaps we should wait for a longer period of being "clear."

### *Shingles*

*Dr. G. Dellman*

*Det Kal Ascorbate Research Foundation*

*January 2, 1979*

Dear Glen,

I'd like to express my appreciation to you for suggesting that macro doses of ascorbate could help clear up the very painful episode of shingles from which I was suffering.

After the daily doses of ascorbate 15 grams intravenously, the pain subsided and the rash cleared up. As a result of this my Christmas was a lot happier than if would otherwise have been.

Wishing you every success in your work with the Foundation.

*From Dr. B*

*March 1978*

A patient with severe pain with herpes zoster was given 50g of sodium ascorbate I. V.

Pain almost immediately disappeared, treatment continued, 30g I.V. second day and 15g I.V. third day. Rash and symptoms completely abated at this time.

If it does this for one viral disease as severe as herpes zoster, how it must benefit other patients who are considered to have untreatable viral infections of many types?

*Dr. A.*

### *Middle-Aged Ladies*

*May 1978*

Two middle-aged ladies presented with perirbital shingles of three days' duration treated with oral ascorbic acid. Pain disappeared within three days and the rash never invaded the eye. Complete recovery in five days. Normally illness would have lasted six weeks.

*Middle-aged Lady*

Middle-aged lady with upper right thoracic shingles. Complete case in three days without pain. Another patient present in same week with exactly the same type of shingles. However, she would not take vitamin C and is still suffering considerable post herpetic pain. Her rash ran the full course over six weeks.

*Dr. O.*

*Glandular Fever*

Presented October 11, 1977 with glandular fever (proven by pathology) and severe "antibiotic mouth," treated with 5 grams of Na ascorbate I.V., followed by oral ascorbic acid.

Remarkable improvement within hours of injection, to quote her mother, "you could see the glands going down." However, complete recovery took about two weeks.

Impression I got was that daily I.V. ascorbate would probably have cleared it up in five days at most.

*Dr. O.*

*Emphysema*

I wish to state how much I appreciate your advice to commence a course of treatment consisting of sodium ascorbate, Formula 3 and vitamin E tablets for my Emphysema.

The results obtained after the first 48 hours were truly amazing in that I was able to climb a flight of stairs without pausing to rest two or three times, as was the case previously.

A steady improvement is now noticeable and I have much pleasure in enclosing a small donation to assist your most valuable research.

*Mr. A. M.,  
March 18, 1980*

*Teething and Diabetes!  
A note from a grateful GP*

*March 21, 1978*

Baby S. aged 11/12.

Currently teething, formerly contented child sleeping 12-15 hours per day. Past 8/52 been getting recurrent URTI's lasting for about two weeks.

Yesterday developed another URTI, started on 0.5g vitamin C daily on Dr. Dettman's suggestion. Dramatic improvement over 12 hours, almost asymptomatic by this evening. Treatment continues.

Baby will be on prophylactic doses until contraindicated.

Thanks to Dr. Kalokerinos and Dr. Dettman, I have been able to help at least one elderly diabetic convert from a potential insulin dependent to a vitamin C/zinc ingesting person with minimal diet restriction.



*Flu Vaccine Damage*

Since I had my Influenza injection last year, my health has gradually deteriorated.

I had arranged to go interstate seeking warmer weather, as I felt so ill. My doctor had a blood test done and he advised me it was alright.

On hearing of my condition, Glen Dettman took a urine test and informed me that I was badly in need of “ascorbate” treatment, so I agreed to accept his advice. Commencing with half a teaspoon at each meal for two weeks, then increasing it to a full teaspoon on completion of a month.

My condition slowly improved. No nagging stomach pains, bowels more regular, appetite greatly improved and now able to do the chores around the house with no ill effects and also I am regaining some of my lost weight. I live on my own.

This statement is true in every respect and has my full heartiest appreciation for the powder named “ascorbate.”

*Signed A. H. (aged 76),  
October 8, 1975*

*Further letter, December 21, 1975*

A few lines to express my appreciation of the value I have placed on your interest in my welfare. Now able to do all my chores, etc., without inconvenience.

That is a better Christmas present that anybody could wish for, thanks to your ascorbate.

*Depression*

Dear Dr. Dettman,

You might remember me ringing you some time in December concerning my sister-in-law who had been suffering from mental depression for the past two years, and I think Dr. Wright rang you, too, concerning this case.

She wasn't very co-operative but she has and still is taking the sodium ascorbate powder and the B complex vitamins.

She is certainly the best she has ever been in the last two years, so I feel we can safely say that the mega vitamin therapy has really helped in this case. She feels that it has helped her, too.

*Mrs. K.,  
January 29, 1980*

*Cancer and Pain Relief*

Between June 1977 and July 1979, 106 terminal cancer patients were given, amongst other treatments, intravenous vitamin C in the form of sodium ascorbate diluted with normal saline. Large doses were used, ranging from 15 to 125 gram a day.

Subjective improvement of pain occurred in nearly all cases.

In 34 of these patients, 10 injections were given over a period of time. Ten days of

intravenous vitamin C was suggested as a full course by the Scottish doctors whose work precipitated the present trial.

All appeared to have benefited, to varying extents.

*Dr. A. G.,  
July 19, 1979*

### *Skin Complaints*

*March 31, 1978*

Dear Glen,

Vitamin C orally helps: Moniliasis, Psoriasis and eczema ... dramatically.

*Dr. G.*

### *Allergies*

I'm writing to let you know how thrilled we are with Nicholas' recovery after the bad experience our 7½ year old son has had for some time from his allergy-exacerbated by his last triple antigen injection.

On the Sunday my husband contacted you (1 p.m.). Nicholas was sneezing twice every minute, rubbing his nose and was generally feeling quite miserable. I began your recommended vitamin therapy as soon as my husband had finished conversation with you. I had all the vitamins on hand (as Bernard my husband is himself on vitamin therapy), except for the zinc compound and comfrey tablets, but I did have the alternative, fresh pumpkin seeds.

By 7 o'clock I noticed subsiding sneezing (he had been receiving by then half a teaspoon of vitamin C every hour and had not yet had diarrhoea). By the time Nicholas was due to go to bed at 8 p.m., I had made sure he'd reached the recommended dosage of all vitamins I had on hand.

He slept all through the night without sneezing. We have both been absolutely amazed and elated. There has not been any continual sneezing since the commencement of the vitamins.

Bernard and I are very grateful to you Dr. Dettman, especially after little hope had been offered by an allergy specialist the previous week, apart from phenergan which I refused to put Nicholas on.

Nicholas tells his little friends "These are the vitamins the clever doctor gave me."

Many, many thanks from a grateful mum and dad.

*Mr. and Mrs. S.  
February 22, 1982*

### *Veterinary Applications*

#### *Important as these help to exclude psychosomatic response*

I have been using sodium ascorbate I/M regularly in anorectic cats, especially in feline catarrh, with excellent results. The results with feline leukemia are outstanding.

I have also used it with great success in cattle, especially to aid CNS stimulation in the downer cow syndrome after milk fever.

During the last nine to 10 months, I have used 25 grams of sodium ascorbate plus

vitamin B15 (10-15ml) six to eight hours before a race with gallopers and trotters to obtain their maximum ability. The result obtained in most cases are quite spectacular.

*Dr. B. L.,  
January 28, 1982*

Last night a frantic goatkeeper rang me to say all her goats had been poisoned by eating rhododendron. The vet had prescribed epsom salts which, hardly surprisingly, did no good. The goat book says linseed oil and white of egg. She had one very ill that had not improved at all.

I told her to try 5 grams ascorbate and repeat it if there was an improvement. She gave it last thing last night and left a moribund goat thinking it would be dead this morning, but this morning it was with the others eating!! So works for poisoning as well!

*Dr. P.C.  
February 20, 1978*

Thank you for the last lot of sodium ascorbate. Could you please let me have another 20 x 15g vials?

We have had good success in treating a variety of problems.

*Dr. W.M.  
November 1, 1978*

### CONCLUSION

Of necessity, we have presented only a glimpse of the “dramatic” responses that “brave” GPs and others have reported to us.

If it appears that we are saying that vitamin C is a “panacea,” then we don’t really apologise for this. The results say this, rather than us!

It is not surprising that such results are obtainable after ensuring the ascorbate levels are raised for, as we have pointed out on so many occasions, when ascorbate levels are normalised then the whole potential of biochemistry is mobilised. (See our paper, ‘The Spark of Life’ ANJ Dec. ’81). Then and only then can we allow our overburdened machinery to achieve homeostasis [homeostasis].

Little wonder that prosperous pharmaceutical companies who support the World Health Organisation are loathe to promote a substance that would vitally spell their end. The question is how much longer can the public be exploited and when will those who wield power in the medical hierarchy conduct some real trials with ascorbate instead of limiting its effects by insisting it is a vitamin?

Would these same people condemn penicillin upon the grounds that 1,000 units failed to effect a cure in, say, a streptococcal infection? Hardly, yet strangely enough, this is what they do with ascorbate. They call anything from 500 mg to 1 mg [should be 1 g per ed.] a “megadose.” In Australia alone, some 100 physicians have given amounts of up to 300 g I.V. per day in most cases the results have been spectacular, the only side effect is “chronic good health.” Problems of toxicity are absolutely minimal, they exist only in the minds of those who would resist progress ... in other words, they are often talked about but rarely demonstrated.

At a time when our health care system is nothing but a mockery and in shambles, you would think that any intelligent health minister would demand to have some trials implemented. Providing they were upon the lines we recommended, a whole host medical problems would vanish, virtually overnight.

Perhaps they can tell us why they wish to have people suffering from degenerative diseases for which the patient is drugged to the eyeballs and straining hospital facilities. Perhaps they can explain why they don't want to cut down on the abuses of "diagnostic" facilities? Perhaps they can explain why they won't recommend a harmless few hundred mg of ascorbate to infants to prevent cot death. Perhaps there is some reason why the authorities prefer to use highly toxic drugs which, apart from their awesome side effects cause at least 20 per cent hospital bed occupancy throughout the western world!

Rightfully, the citadel of medicine should try hard to penetrate but, as scientists of this calibre throughout the world have shown ascorbate to be just as effective as we have found it and there is no evidence of toxicity, what we ask is the reason for yet another day delay in making this "panacea" available to the medical profession and thus the long suffering public? After over a decade of privately sponsored research work, we say without hesitation that we have produced "The Proof of the Pudding." ... It's time the whole public shared in the results.