



*A study published by the Harvard School of Health in the Archives of Internal Medicine (March 26, 2001) states that most consumers of dietary supplements do not discuss their use with their physicians because they believe doctors know little or nothing about the products and may be biased against them.*

## Why Physicians Don't Prescribe Vitamins

Dr. Matthias Rath, M.D. is a leading expert in cardiovascular disease and nutrition. I've seen him speak at the Natural Products Expo West Trade Show in Anaheim several times ([www.naturalproductexpo.com](http://www.naturalproductexpo.com)), which by the way, is a 'must see' show to attend, if you work or are planning to work in the field of sports nutrition. Rath is the Director of Cardiovascular Research at the Linus Pauling Institute of Science and Medicine in Palo Alto, CA, and is the author of *Eradicating Heart Disease*, a book that I would recommend to any heart patient or for that matter, any person with a heart.

Rath believes that heart attacks and strokes are not diseases, but rather symptoms caused by vitamin deficiencies. He states that vitamin C deficiency is the primary cause of cardiovascular disease, and then proves his case with the following evidence...

...vitamin deficiency leads to weakness of the blood vessel walls, causing the deposition of the repair molecule lipoprotein(a), this eventually builds up over time into atherosclerotic deposits and plaque, which decrease blood flow to the heart muscle.

Rath also prescribes many other nutrients for heart and artery disease, including lysine, proline, carnitine, vitamin E, Co-Q10, magnesium, niacin, B-complex and several trace elements.

### Misleading Media Story Links Vitamin C with "Clogged Arteries"

Researchers from USC Medical School recently described a form of arterial thickening induced by vitamin C supplements. In the 573 men and women examined, those who took 480mg up to 3,355mg of vitamin C per day had 2.7 times the rate of thickening, compared to those who took 20-190mg per day. Although absolutely no evidence indicated any form of artery occlusion, cholesterol build-up or damage (only healthy thickening) the media got a hold of this story and blew it way out of proportion, frightening people needlessly. Robert Cathcart III, MD of Palos Altos, California, who uses high doses of vitamin C in his practice was said to comment, "My experience with 25,000 patients since 1969 indicates that this charge is ridiculous...if it turns out that there is thickening of the carotid, I think it is reversing the thinning that occurs with aging".

Why don't the majority of allopathic physicians take part in proclaiming the good news about the benefits of vitamin C? There are many reasons, here are some.

First, North American physicians lack financial incentive to prevent disease, as they are rewarded by provincial and state governments and insurance companies, or both, for treating disease based on a reference schedule of time and the name of the condition, just like car mechanics in an automobile repair shop. This is the "business" of medicine. The more

patients a doctor can process in eight-twelve hours, the more s/he is paid. It takes far less time to diagnose a disease and treat symptoms with a prescription drug, than it does to get to know the patient, identify the cause of the problem, and recommend a constructive approach based on the patients biological uniqueness.

Second reason, physicians have little or no training in nutrition and biological medicine. The logic here is: how can someone teach you something about which they themselves know nothing about? Don't expect an allopath to be an expert in botanical medicine and vitamin therapy, or you will be greatly disappointed. As Dr. Leo Roy, one of the first holistic physicians in Canada said, "Doctors are down on things they are not up on".

Third reason, they have little or no support from the policy makers and enforcers from "above", in fact they are often discouraged from practicing any form of medical practice perceived by their Guild or Association as being "non-scientific", unconventional or an obvious form of "quackery". For fear of losing their medical license and being sued for malpractice after 7-12 years of hard work, expense and dedication in medical school, many physicians who would like to "stretch" themselves, simply choose not to and conform with the "rules of engagement".

[allopath] a traditional medical physician, as distinguished from eclectic or homeopathic practitioners [from Greek allos meaning "other" + pathos meaning "suffering"].

[allopathy] a therapeutic system in which a disease is treated by producing a second condition that is incompatible with or antagonistic to the first.

[malpractice] mistreatment of a patient through ignorance, carelessness, neglect or criminal intent / nonconformity, regardless of patient preference and/or benefit, to any procedure or practice, regarded as misconduct or wrongdoing by the governing body.

Fourth reason, VITAMINS ARE NOT PATENTABLE. Pharmaceutical companies have little interest in spending big money on vitamin research. Compared to chemically synthesized drugs and specifically those that do not exist in Nature (xenobiotics), vitamins offer limited prospects in the realm of commercial profit and exploitation.

Fifth reason, a typical allopathic physician has a much different view of disease pathology and etiology, compared to most alternative medical models; their paradigm of health and disease provides a striking contrast.

[xenobiotic] a pharmacologically, endocrinologically or toxicologically active substance not endogenously produced and therefore foreign to an organism.

[pathology] the medical science concerned with all aspects of disease, but with special reference to the essential nature, causes, and development of abnormal conditions, as well as the structural and functional changes that result from the disease process.

[etiology] the science and study of the causes of disease and their mode of operation.

Drug companies can't patent something found in Nature, such as manganese or pantothenic acid. They have to alter it somehow to make it unique, and this change in chemical structure often increases the toxicity of the substance. Therefore, vitamin research