Patrick Holford HIV Vitamin C Statement

In the latest edition of Patrick Holford's New Optimum Nutrition Bible I report on 'in vitro' trials on human T-cells infected with HIV, comparing the anti-viral effect of AZT with vitamin C. I say that “AZT, the first prescribable anti-HIV drug, is potentially harmful and proving less effective than vitamin C (Ref 23)”

Ref 23. These ‘in vitro’ studies on human T-cells shows that vitamin C suppresses the HIV virus in both chronically and latently infected cells, while AZT has no significant effect. It is a tragedy that this simple, non-toxic treatment hasn’t been further tested.


Also see:


STUDY SHOW THAT VITAMIN C OUTPERFORMS AZT IN SUPPRESSING HIV VIRUS ACTIVATION


We badly need these promising findings to be applied in trials with AIDS patients. One study, (Eur J Clin Invest 30: 905-14, 2000), in a small subgroup of advanced AIDS patients, tested the effects of high-dose vitamin C and an antioxidant called NAC (N-acetyl-cysteine) and demonstrated a reduced HIV viral load, improved immune cell (CD4) count and lymphocyte proliferation. So the evidence that does exist is promising. I am unaware of any evidence that shows that high dose vitamin C has no positive effect against HIV AIDS. In this context the role of high dose vitamin C in relation to AIDS is promising and needs to be further explored.

Other useful links:
‘The truth about vitamin C and AIDS’
‘Vitamin C, Aids And The Goldacre Monologues’

Search

Subscribe to E-Newsletter

100% Health Members and Registered Site Users: please sign-in:

Join 100% Health
100% Health Benefits
Forgotten your login details?

Do you want to

- Increase energy
- Lose weight
- Boost your immunity
- Improve your digestion
- Balance hormones
- Superb skin
- Improve your mood
- Enhance memory & concentration
- Say no to cancer
- Say no to heart disease
- Say no to Alzheimer’s
- Say no to arthritis
- Improve your sex life
- Discover your hidden food allergies

Get Onya Bag FREE on all orders over £40!
Find out more...

Terms and Conditions | Privacy Policy | Link to us | About this site | Print This Page