

10 YEARS
THAT
CHANGED
MEDICINE
FOREVER

Matthias Rath, M.D.

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Pioneer of Cellular Medicine

1st Edition

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Contents

1 Breakthroughs In the History of Medicine 19

2 Breakthroughs in Natural Health 35

3 How it All Started 55

4 Milestones 81

5 Roadblocks 123

Breakthroughs in the history of medicine that saved millions of lives



Dr. Rath identified vitamin deficiency as the primary cause of these health conditions

How often is the cause of disease unknown

	Before		After
	Dr. Rath's work		Dr. Rath's work
Heart Attacks	80%	→	5%
Strokes	80%	→	5%
High Blood Pressure	90%	→	5%
Heart Failure	90%	→	1%
Irregular Heart Beat	70%	→	5%
Adult Diabetes	95%	→	1%

Each reduction accounts for millions of lives saved.

INTRODUCTION

*“We had suffered, starved and triumphed,
grown bigger in the bigness of the whole.
We had reached the naked soul of man.”
Sir Ernest Shackleton, Polar explorer, 1908*

The two-time Nobel Laureate Linus Pauling stated that Dr. Rath's discoveries will be seen as the most important discoveries of the second half of the 20th century. This book tells the story about these discoveries.

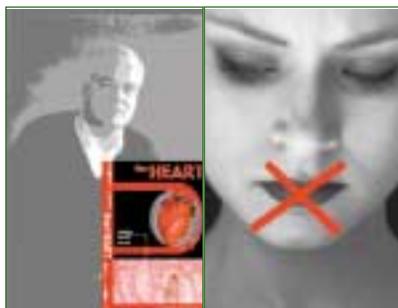
Never before has a medical breakthrough so directly and immediately affected the lives of millions of people as Dr. Rath's discoveries. This book explains to a layperson the immediate consequences of these discoveries for millions of patients.

David Against Goliath

Never before has the medical truth been fought so fiercely by a multi-billion-dollar industry, the pharmaceutical industry, whose very basis is the “business with disease.” This is the war diary of this battle.

Never before was a David-Goliath situation so heavily dependent on one man to be resolved for the benefit of millions of people. This is the historic account of the scientist who forced the pharmaceutical Goliaths to accept the scientific truth and embark on large-scale vitamin research.

The last decade of the 20th century will go into the records as the period when the multi-billion-dollar business with disease by the pharmaceutical companies was turned into a "business towards health," a monumental step in human history and the precondition to the ultimate stage, when health will become a human right.



David & Goliath

Triggering the Vitamin-Cartel

Ten years ago large pharmaceutical companies including Roche, BASF and Archer Daniels Midland, formed a vitamin cartel conspiring in criminal price fixing of vitamin raw materials. These criminal actions artificially raised the price of vitamins for every household in America.

While these companies paid billions of dollars in fines, no one has asked the most important question of all: What triggered the pharmaceutical giants to fix the prices? A multi-billion dollar price-fixing conspiracy requires expectations of a growing consumer demand for these vitamins. This book describes how Dr. Rath informed Hoffman-LaRoche about the medical breakthrough that triggered some of the largest pharmaceutical companies in the world to become involved in criminal activities.

Fighting the Pharmaceutical Cartel

This book also explains the background of one of the great victories for human health in America: The Dietary Supplement Health and Education Act (DSHEA) of 1994. This "Vitamin Freedom Act" was the answer of the American people to a two year long campaign by the American pharmaceutical companies and the FDA to make vitamins prescription items.

Again, no one asked the most important question: What triggered this bizarre effort? Why did the pharmaceutical companies want to make vitamins prescription items - against the will of over 100 million vitamin consumers. This unethical effort by the pharmaceutical companies and the FDA are not an action, but a reaction to a scientific discovery that threatened a multi-billion-dollar market in cardiovascular prescription drugs. For the first time, this book documents the background of this unethical effort.

Did you know that there is a United Nations commission called "Codex Alimentarius" (regulation for nutrition) that has been trying since 1996 to outlaw vitamin therapies on a worldwide scale? This book is the account of the historic battle how thousands of patients Dr. Rath had already helped, came to Berlin in June 2000 and successfully stopped these unethical plans.

Turning Nutritional Medicine Into Established Medicine

Read how within 8 weeks after this historic defeat pharmaceutical giants were forced to enter the vitamin research field. Hoffman LaRoche announced that they would establish an independent vitamin research subsidiary. BASF - one of the companies spearheading the unethical "Codex" plans - was buying Takeda, the second largest manufacturer of vitamin C.

With the global players forced to join in and substantiate health benefits of vitamins on a large scale, nutritional medicine will become established medicine within the next five years. With this encouraging development foreseeable, new challenges arise.

Nutritional health and medicine must not fall into the hands of a monopoly. All mankind must share nutritional health. In this situation the health food stores and the natural health community, including the 150 million Americans who take vitamins on a regular basis, share a particular responsibility.

Receiving the Torch from Linus Pauling

This book breathes history. Join Dr. Rath as he talks about his close relationship with the late Nobel Laureate Linus Pauling, who saw in him his successor. Witness the interests they shared in science and vitamin research, the joint zest of these two scientists for making health a human right and contributing to a better world.

Join them at their historic press conference at the Mark Hopkins Hotel in 1992 when Linus Pauling publicly supported Dr. Rath's first discovery in the Nobel Laureate's last public appeal. Read how the two courageous scientists launched their historic Call for A Scientific Effort to Abolish Heart Disease.



Linus Pauling, Ph.D & Matthias Rath, M.D.

Developing Cellular Medicine

Now, less than ten years later, after having developed the foundations of Cellular Medicine, Dr. Rath has identified many more common health conditions as being primarily caused by vitamin deficiency. They include high blood pressure, heart failure, diabetic circulatory problems and many forms of cancer.

Moreover, through the relentless and uncompromising efforts led by Dr. Rath, this call has been heard. Small and large vitamin companies are heavily embarking in research and clinical studies to finally substantiate the broad health benefits of vitamins.

Health Food Stores as Cornerstones of a New Health Care System

Every health food store in America now has the opportunity to become a cornerstone of a new health care system that focuses on natural prevention of today's common diseases, including cardiovascular disease and cancer.

After fighting this battle for more than a decade, Dr. Rath decided to share the historic record of it with the world. The authenticity of this book leaves no doubt who has been leading the historic breakthrough towards natural health on a worldwide scale.

“Touching the Naked Soul of Man”

Standing up as an individual scientist against one of the largest industries on earth, the pharmaceutical industry, has been a tough road. It has been a battle that reached the “naked soul” of those who fought it.

Political maneuvers at the highest level of government against Dr. Rath, boycotts, attacks on his scientific achievements and on his personal integrity in mass media that are economically dependent on the pharmaceutical industry, are just a few of them.

In one of the last conversations before his death in 1994, Linus Pauling said to Dr. Rath: “Never forget that you are fighting one of the most important battles for human health. It will be long and hard.” That was an understatement. The stakes were one in a thousand for the truth of David to prevail against the economic and political power of Goliath.

By sharing this information with the people in America and other countries, Dr. Rath offers them a strong message of empowerment: You can do it too. Start taking charge of your own health now. Help to spread this information and help make health a human right that is available to everyone.

Setting a Personal Example

Dr. Rath's life sets an example for that path. He's the son of farmers, born and raised in southern Germany. He left the farm and studied medicine. After graduation he started to follow his interest in cardiovascular research. After his first publication appeared in the Journal of the American Heart Association, he accepted the invitation of two-time Nobel Laureate Linus Pauling to become the first Director of Cardiovascular Research at the Linus Pauling Institute in California.

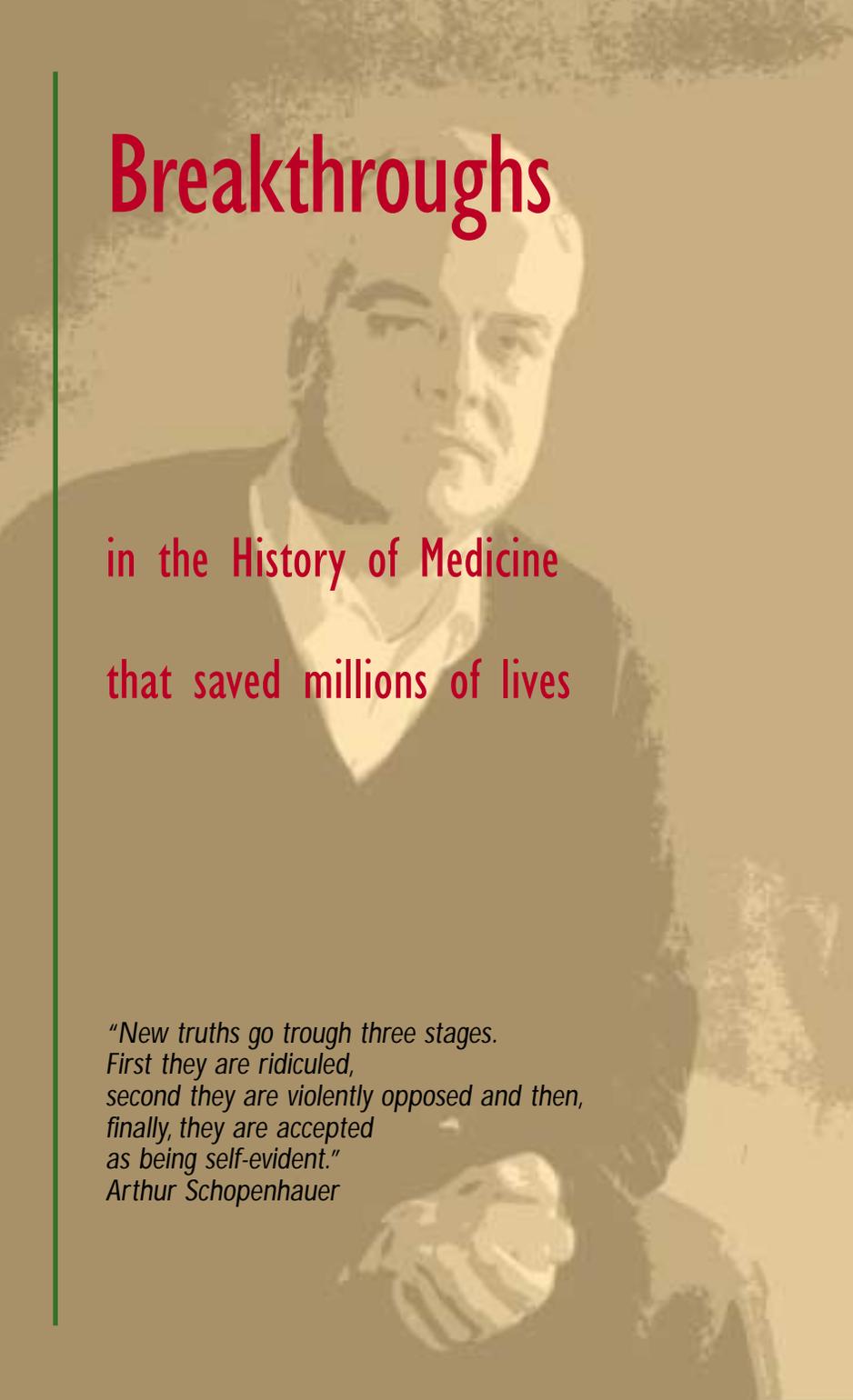
Dr. Rath's scientific achievements are a good example that young people make some of the greatest discoveries in science. They have the advantage that their minds are not preoccupied by existing dogmas.

Medical Breakthroughs

Several times before in human history the discoveries of one scientist ultimately helped to save millions of lives. When Dr. James Lind discovered that scurvy, the sailor's disease, is caused by a lack of citrus fruits, it still took 40 years until that knowledge was applied. The story of Dr. Lind and other single-minded pioneers are deliberately placed at the beginning, to put this book into perspective.

Of course, Dr. Rath does not compare himself with these historic persons. However, the medical breakthrough he led, revealing that today's most common diseases are primarily caused by vitamin deficiencies and are largely preventable, have already today saved tens of thousands of lives.

The fact that it has taken him less than ten years to become widely accepted speaks for his determination.



Breakthroughs

in the History of Medicine
that saved millions of lives

*"New truths go through three stages.
First they are ridiculed,
second they are violently opposed and then,
finally, they are accepted
as being self-evident."
Arthur Schopenhauer*

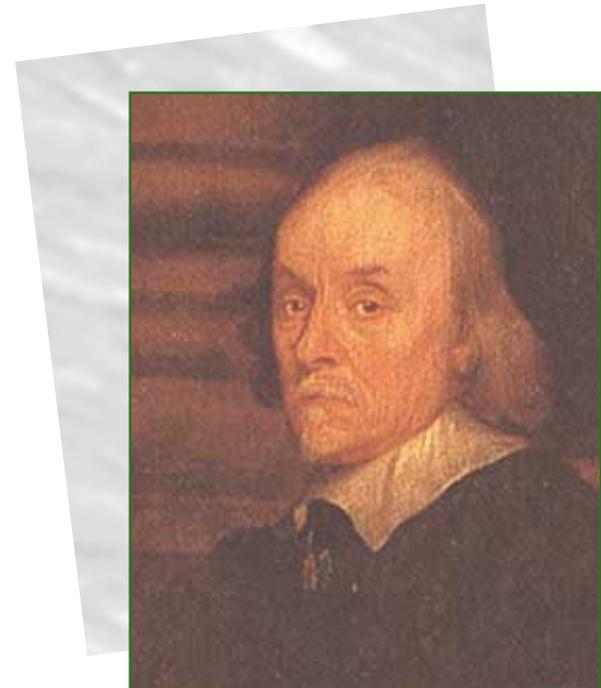
How the heart started to beat

Until the 17th century there was no blood circulation in the human body. From Greek and Roman doctors to the medical students in medieval European universities, the medical profession was taught that everything that moves in the human body, including life itself, was driven by three spirits: the veins carried the “natural spirit”, the arteries carried the “vital spirit”, and the nerves carried the “animal spirit” from the brain.

As long as these ancient beliefs continued, life could not be understood from a scientific or medical point of view - only from a spiritual perspective. Accordingly, for more than a thousand years little progress was made in understanding the basic function of the human body, and millions of people died as a result of this medical illiteracy.

One man made all the difference. In 1628 William Harvey (1578 - 1657) published *The Motion of the Heart and Blood in Animals*. In this book he publishes for the first time that the heart is the motor of the cardiovascular system and that the blood circulation, not “vital spirits”, is the measure of life. But above all, it was the readiness of William Harvey to question the teaching of thousand year old medical dogmas and discard everything that did not hold truth.

The life's work of this man terminated the medieval times in medicine. He had studied the motion of the heart in animals; he conducted strikingly simple and conclusive experiments to prove blood circulation, for example, by tying a bandage tightly around the arm until no pulse could be felt.



*William Harvey (1578-1657)
Founder of Modern Medicine*

When the oceans stopped turning red

One of the greatest threats to sailors of earlier centuries was an increased weakness of their blood vessels, bleeding, and ultimate death from massive blood loss both inside and outside their bodies. From the first efforts to circumnavigate the globe under Magellan, only a handful of sailors returned. No one knew the cause of this terrible disease that killed tens of thousands of sailors from the sixteenth to the eighteenth century.

Until Scottish physician, James Lind (1716-1794) came along. Through a simple experiment Lind proved that providing sufficient quantities of lime and lemon juice to the sailors could prevent bleeding and blood loss. He saved thousands of lives by searching for and finding the natural way to prevent and cure scurvy, the sailor's disease.

Today, of course, we know that the vitamin C contained in these fresh fruits is required for optimum production of collagen, connective tissue, and for optimum stability of the blood vessel walls. When Lind made his discoveries, no one cared about the exact mechanism. The main thing was that it worked.

But more surprising, it took the British Admiralty more than 40 years to put the discoveries by James Lind into practice and distribute limes to the British sailors. Apparently, old dogmas about the mysteries of scurvy lasted about that long, until they were overcome. During those 40 years thousands of British sailors died unnecessarily because of adherence to antiquated dogmas by the Admiralty.



*James Lind (1716–1794)
Tens of Thousands of sailors owe him their lives*

Why epidemics are no longer a curse of heaven

Until the middle of the 19th century, such epidemics as plague, cholera, and smallpox were considered a curse of heaven. The sudden onset of these diseases and the lack of access to microscopes to study its real causes had kept this medieval belief flourishing since the beginning of mankind.

Throughout the centuries hundreds of millions of people have died from epidemics, and the giant industry of infant traders, witch hunters, and other economic and philosophical interest groups thrived on the “business with the epidemic diseases.” Of course this business with disease would last only as long as the true nature of epidemics remained unknown.

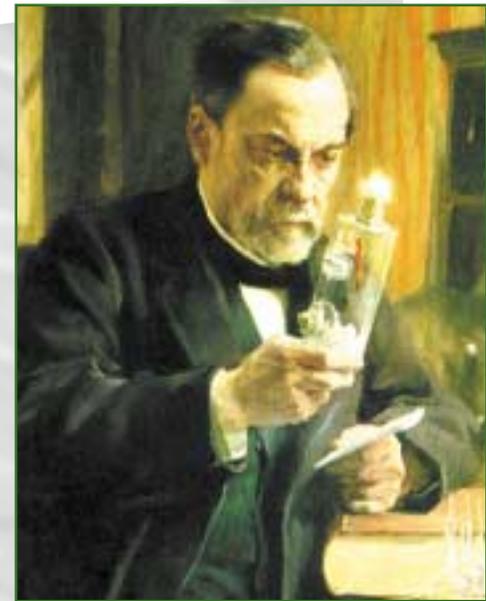
Everything changed with the life of the French chemist, Louis Pasteur (1822-1895). By using a microscope he was able to detect the true nature of epidemics: microorganisms. Not only did Pasteur discover the germs that caused one of the most devastating diseases of its time, rabies; he also developed the first vaccination therapy against it.

Again, one man made the difference that paved the way to the discovery of other infectious germs like tuberculosis, cholera, diphtheria and tetanus. More importantly, it enabled the development of vaccines and, later, antibiotics. Even today, hundreds of millions of people owe their lives to Louis Pasteur – mostly without knowing it.

Were the discoveries by Pasteur immediately acclaimed by the scientific community? Of course not. The French medical academy in Paris disclaimed and discredited Pasteur because he was not a doctor, but “only a chemist”.

But the people of the world did not care about old dogmas. They wanted to take advantage of the new knowledge to save their own lives and those of their children. Against all initial resistance, vaccination therapy and antibiotics have led to the effective control of infectious diseases as the number one killer over the millennia.

When Pasteur died in 1895, he was honored like a hero throughout the world for his lasting contributions to mankind.



*Louis Pasteur (1822-1895)
Millions of people owe him their lives*

How we learned where diseases come from

The advent of the microscope also allowed a breakthrough in other areas of medicine. Until the middle of the 19th century the cause of diseases (not only infectious diseases) was not known. They were thought to be caused by evil spirits or bad blood. At the same time that microorganisms were discovered to cause infectious diseases and epidemics, another medical breakthrough illuminated how many other diseases develop in the body.

With the help of a microscope the German physician, Rudolf Virchow (1821-1902) discovered that the human body is made up of billions of cells. Furthermore, he found that diseases do not just “happen” or “possess” the body or one of its organs. He found that the cause of diseases are malfunctioning cells.

These millions of malfunctioning cells eventually lead to the development of a serious health problem or disease. In 1858 Virchow published his “cellular pathology” explaining for the first time that diseases originate at the level of cells. Until this day, Virchow's cellular pathology is the basis of pathology lessons throughout the medical schools of the world.

Interestingly, while Virchow correctly identified the cells as the starting point for any disease, he did not identify the most frequent cause for their malfunction, a lack of bioenergy molecules essential for the optimal energy supply to each cell. The explanation is simple: vitamins and other essential carriers of cellular bioenergy were not discovered until the early decades of the 20th century – long after Virchow's death.



Rudolph Virchow (1821-1902)

Founder of “Cellular Pathology”

I listed these examples for good reason: they tell an invaluable story about human history, the history of medicine, how millions of people had to die because antiquated and false medical or scientific dogmas were upheld against better knowledge, how the quest for the truth carried on by individuals ultimately paid off, how these pioneers in science and humanity had to endure personal attacks, stonewalling by believers in the old system, and other hardships.

These examples also tell us the encouraging story that nothing, absolutely nothing, can hold up the truth once its time has come. This is the message that I hope will stay with my readers throughout this book and beyond. My scientific achievements in the area of cardiovascular disease and cancer will lead to control of today's most common diseases.

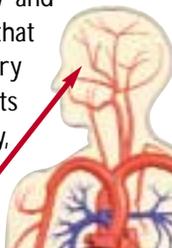
Heart attacks are the number one killer in the industrial countries today. They are followed by cancer (number two) and stroke (number three). The natural control of these diseases during the next two decades and their reduction to a fraction of today's cases will inevitably lead to increased life expectancy. Thus, these discoveries are laying the scientific basis for an old dream of mankind coming true: longevity.

Let's look at the scope of these discoveries from another angle.

Extending the human body

Some of the most recent discoveries of our time that have changed human life – and were also considerable economic successes – had one thing in common: they were inventions that extended certain parts of the human body.

Thomas Edison (1847-1931). From the dawn of time human activity was confined to daylight. With the exception of torches, candles and other fire tools, human productivity and social life were cut in half by the simple fact that human beings cannot see in the dark. The discovery of electricity, the invention of the light bulb and its mass production, changed that forever. Suddenly, **eye vision** was extended – and thus human life – to a 24-hours a day option.

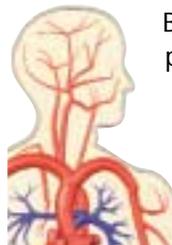


Alexander Graham Bell (1847-1922). Since the inception of mankind, communication between people had been confined to a shouting distance. The telegraph and its precursors made first steps to change that. But it was the invention of the telephone and its network that **extended the mouth and ears** of everyone. Suddenly communication became possible from any one place to another place halfway across the world and in an instant. With this invention an old dream of mankind had come true and confounded the economic success of this invention.



Henry Ford (1863-1947). Another ancient dream of mankind was to travel anywhere at any time. Although others invented the automobile, Henry Ford allowed this dream to come true for a majority of the population. It was he who **extended the legs** of millions and fulfilled this old dream of mankind and who was one of the first entrepreneurial benefactors.

Bill Gates. Since the beginning of mankind its progress was confined by the limitations of one's own brain to store information, do calculations, writings, information exchange and other brain functions. Even though computers were developed earlier, Bill Gates is credited for understanding the need for personal computers to serve the individual human being. He enabled millions of people to **extend their brain functions.**



But one of the greatest discoveries remained to be made: The extension of not just a single organ or body function, but of life itself – **longevity.** This book is an account of this discovery.

The scientific key to longevity

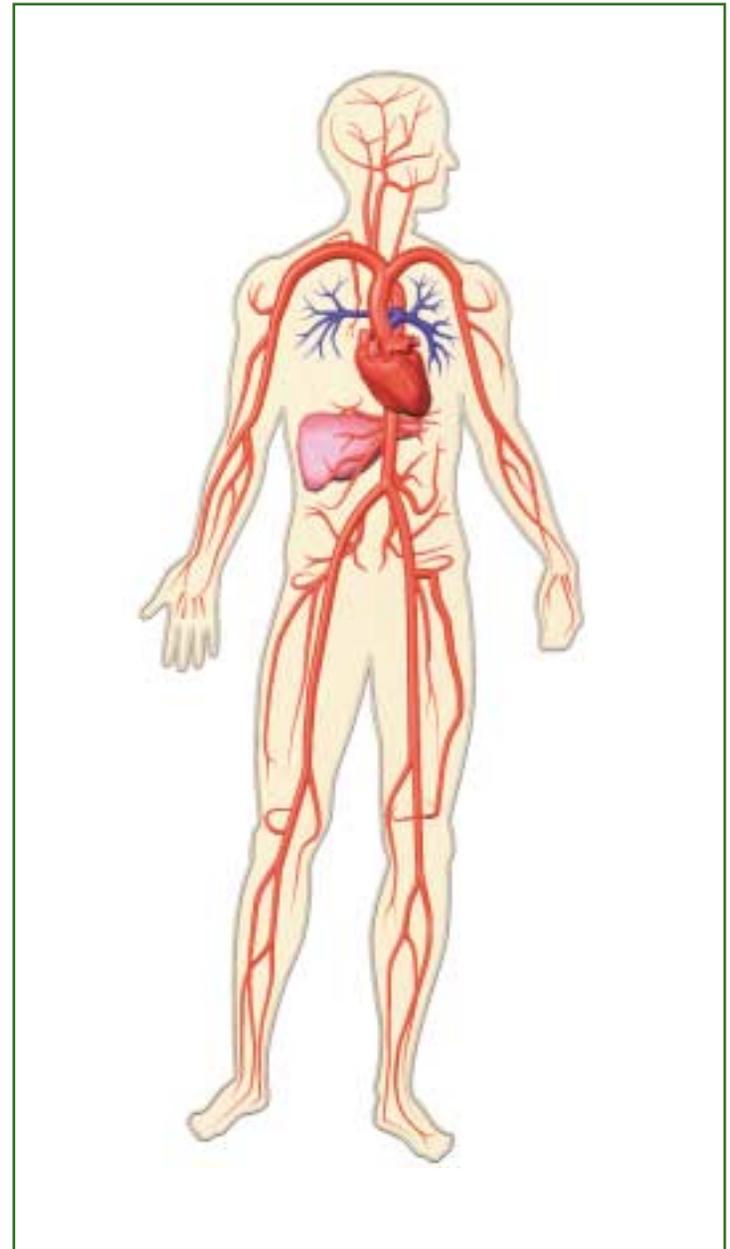
The largest of all human organs is the blood vessel system. Arteries, veins, and millions of capillaries in one body together amount to 60,000 miles in length, and equal the surface area of a football field. The blood vessel system has the tremendous task of providing oxygen and nutrients to literally each cell of the human body. If blood flow is impaired millions of cells suffocate or cease to function properly because of malnutrition.

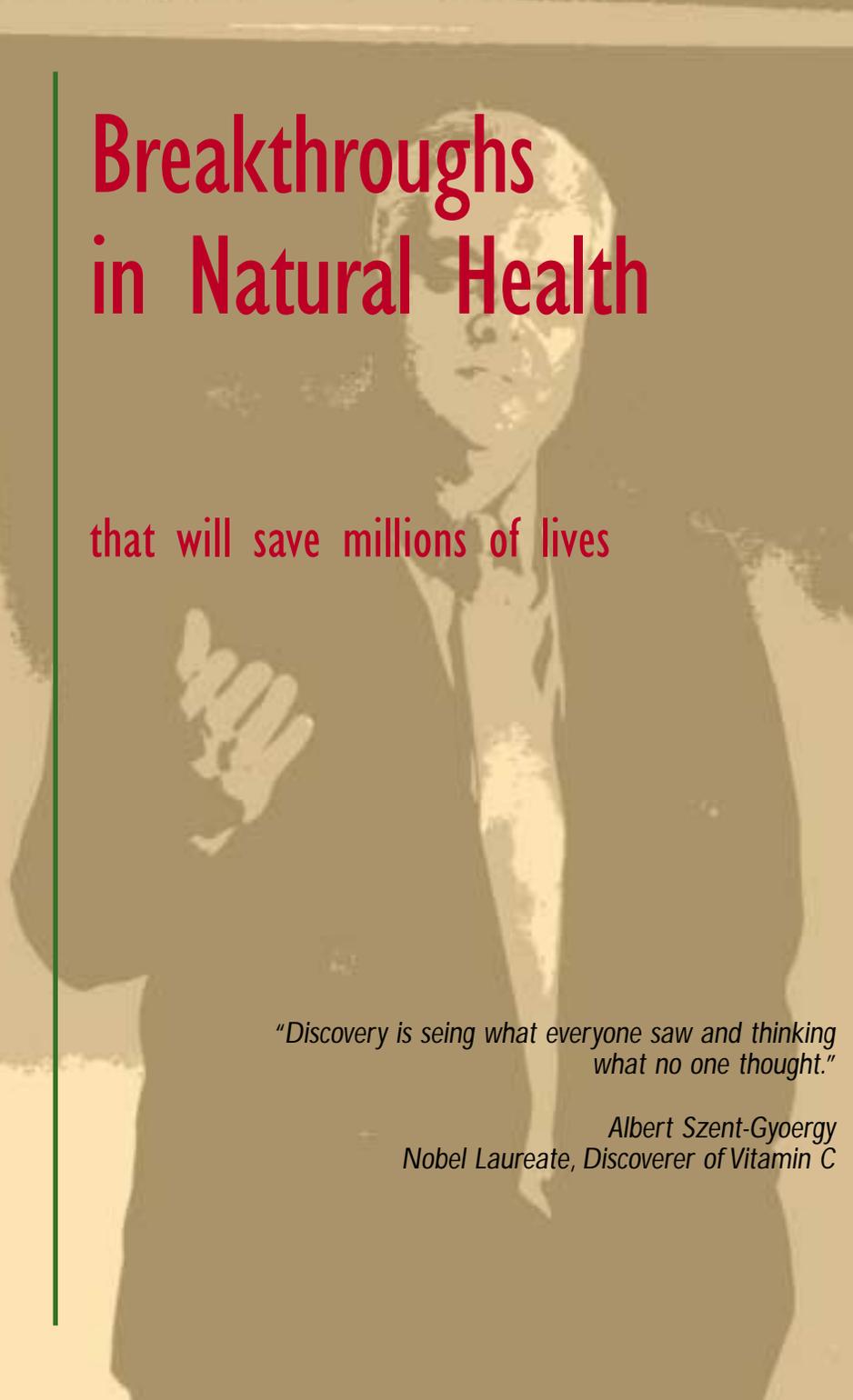
Our body is as old as our blood vessel system. This is a medical law. Thus, the earlier blood vessels harden, the shorter our lives. Vice versa, optimum health of our cardiovascular system adds years to our lives.

Maintaining the stability and proper function of the blood vessel pipeline and preventing its hardening is the first and foremost goal to extending life expectancy.

The scientific discovery that, similar to scurvy, vitamin deficiency weakens the blood vessel walls and facilitates the development of cardiovascular disease, is therefore of utmost importance for every human being. The first patented therapy for the natural prevention and reversal of cardiovascular disease is the scientific key to longevity.

This discovery, supported by progress made in other areas of vitamin research, is likely to push the average life expectancy beyond 100 years within the first half of this century.





Breakthroughs in Natural Health

that will save millions of lives

*"Discovery is seeing what everyone saw and thinking
what no one thought."*

*Albert Szent-Györgyi
Nobel Laureate, Discoverer of Vitamin C*