

Dr. Linus C. Pauling

Born in Portland, Oregon, Dr. Linus C. Pauling was the son of a pharmacist and is arguably the most passionate humanitarian and widely ranging scientist of the 20th century. He was awarded three Nobel prizes (two in Chemistry in 1954 and a Nobel Peace Prize in 1962. None were shared) Linus C. Pauling was a gifted teacher who had a talent for simplification of difficult concepts.

Dr. Linus C. Pauling's first Nobel Prize was for his work on the structure and bonding of molecules. He constructed the first satisfactory model of a protein molecule. It was a discovery that opened the door to understanding the living cell. For the next 20 years Dr. Linus C. Pauling dedicated himself with his unmatched research and inexhaustible energy to better understanding the nature of cells and how to keep them healthy. Though invaluable, his work is largely unknown today.

Dr. Linus C. Pauling was also internationally recognized for his desire and scientific research aimed at ending the threat of war in the nuclear era. He was awarded the Nobel Peace Prize in 1962 for analyzing the dangers of radioactive fallout from nuclear testing and a possible nuclear war.

In 1970 Dr. Linus C. Pauling published "Vitamin C and the Common Cold," in which he advanced a theory that the common cold could be eradicated throughout the world if people were given adequate supplies of ascorbic acid (Vitamin C).



Orthomolecular medicine

Linus C. Pauling had spoken about the importance of vitamins in the late 1930s. Linus C. Pauling later broadened this concept into orthomolecular medicine. This concept and term (meaning "right molecules in the right concentration") characterized an approach to the prevention and treatment of disease and achieving optimum health by maintaining key nutrients such as vitamins, minerals, and amino acids in the body. Without them the body can not do its job of maintaining health.

Vitamin C

Discovering that vitamin C (ascorbic acid) has a wide role in the maintaining of general health, he began searching the scientific and medical literature for experimental and clinical evidence of its importance. From these previously published studies, from his own physiological and evolutionary reasoning, as well as his and his wife's own experiences, he became convinced of the value of vitamin C in large doses to prevent the common cold.

To learn more go to <http://www.thenaturalroad.com/2010/04/linus-c-pauling/>