Vitamin C: Curing Radiation Sickness & Vaccine-Related Injuries

Dr. Atsuo Yanagisawa
President
Japanese College of Intravenous Therapy
International Society for Orthomolecular Medicine
1. Radiation sickness and Vitamin C

2. Treatment for patients with HPV vaccine side effects

3. International Conference 2018 for Orthomolecular Medicine in Tokyo
Tsunami

Ten metre-high waves have devastated Japan.
Fukushima Nuclear Power Plant Accident in March 12, 2011
The mechanism of radiation-induced cellular injuries
Indirect Route = 80%

Direct Route = 20%
There are many scientific studies demonstrating protective effects of vitamin C and other anti-oxidative nutritions upon radiation injury.
In 2010, one year before the FUKUSHIMA.....

Pretreatment with Ascorbic Acid Prevents Lethal Gastrointestinal Syndrome in Mice Receiving a Massive Amount of Radiation.

From
National Defense Medical College & Ground Self-Defense Force in Japan
Prevention of Radiation GI Syndrome by Ascorbic Acid

diuretic effect in mice, leading to severe dehydration and thereby exacerbating mortality. Next, we examined the effect of pretreatment or post-treatment with ascorbic acid on the irradiated mice. Mice were treated with 150 mg/kg/day of ascorbic acid for 3 days before or after 14 Gy WBI and they also received BMT at 24 h after radiation. Pretreatment with ascorbic acid before 14 Gy WBI dramatically improved mouse survival (42% survival), whereas treatment with ascorbic acid after radiation did not affect survival (no mice survived) (Fig. 3). When the mice did not receive BMT following 14 Gy WBI, pretreatment with ascorbic acid rescued no subjected mice (Fig. 3). The rescued mice that were pretreated with ascorbic acid and received BMT after 14 Gy WBI were healthy 30 days after radiation, although they showed marked radiation-induced depigmentation in the fur (data not shown).

Vitamin C (150 mg/kg/day) was orally administered for 3 days, and then the mice underwent 14 Gy irradiation. Pretreatment with ascorbic acid markedly improved radiation-induced gastrointestinal damage, thereby rescuing mice.
When we undertake the rescue of victims from a radiation-contaminated area just after a radiation accident or terrorism, it is important for rescue team members to **promptly take Vitamin C** orally.

Authors of National Defense Medical College & Ground Self-Defense Force in Japan commented in this article,

Did rescue team took Vitamin C at Fukushima in March 2011?

Answer is “Yes”
It is our strongest recommendation that those living in the affected areas regularly take antioxidant supplements such as vitamin C to counteract the negative consequences of long-term low dose radiation exposure as well as to protect the health of coming generations.
People who have a possible internal and/or external radiation exposure should take anti-oxidative supplements to maintain optimal anti-oxidative reserve on their own body.

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Dosage</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>1-3g</td>
<td>3-4 times a day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(50-150mg/kg/day)</td>
</tr>
<tr>
<td>Alpha-lipoic acid</td>
<td>100-300 mg</td>
<td>twice a day</td>
</tr>
<tr>
<td>Selenium</td>
<td>50-200μg</td>
<td>twice a day</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>100-200 mg</td>
<td>twice a day</td>
</tr>
</tbody>
</table>

with other essential vitamins and minerals.
However, Japanese Government, Tokyo Electric Power Company (TEPCO) and media ignored our proposal.
Mr. Ritsuo Hosokawa  
Minister of Health, Labour and Welfare  
1-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8916, Japan  

May 1, 2011

Dear Honorable Mr. Hosokawa,

On the occasion of the 40th Orthomolecular Medicine Today Conference held in Toronto, Canada, April 29 through May 1, 2011, we the conference attendees, representing a diverse group of health professionals, including MDs, DOs, NDs, RDs, PhDs, and RNs, are sending you this letter of our deep and sincere concern for the citizens of Japan.

The horrific devastation of a 9.2 earthquake and subsequent killer tsunami has been terribly complicated by the damage to and radiation from the Fukushima nuclear power plant. Even as we write this, we know that heroic efforts are being made by Japanese workers to try and contain the radiation leaks caused by the earthquake and tsunami. As you are well aware, these workers, and untold numbers Japanese people in the near vicinity of the plant are in grave danger of suffering future radiation sickness because of their exposure to dangerously high radiation levels.

The practice of Orthomolecular Medicine began in the mid-1950s with the work of two time Nobel Prize winner, Dr. Linus Pauling in conjunction with Dr. Abram Hoffer. Their breakthrough discoveries on the safe use of high dose antioxidants, B vitamins, and other key nutrients have survived the test of time, with ongoing research demonstrating disease preventing benefits that can be achieved at a very low cost. These very treatments are the scientific substance of this conference.

We believe that the official statement of the Japanese College of Intravenous Therapy that appears at the end of this document contains reasonable treatment protocols that can help to prevent many of the devastating effects of radiation sickness in the Japanese workers at Fukushima and the Japanese people who have been, or will be affected by the radiation leaks. We urge you to please make these protocols available to the public as a reasonable means of reducing long-term suffering from the degenerative diseases associated with radiation sickness. There is no risk if they are implemented, and the potential protective benefits are substantial.

Our signatures on the following page represent our knowledgeable concern for the Japanese people who could benefit so much from these nutritional guidelines. Please, at the very least, publish our letter, so that those who wish to make use of these protocols will at least know of their existence and purpose.

We thank you for taking time in this time of grave emergency to seriously consider our request, based upon the combined expertise of over 60 years of research and clinical experience in making use of these powerful, but thoroughly safe recommendations.

Respectfully submitted,

Steven Carter  
Director

[Signature]
Yanagisawa A; Vitamin C can prevent radiation damage: results from Fukushima Nuclear Power Plant workers.

In; “The Orthomolecular Treatment of Chronic Disease” Ed. by Andrew W. Saul
Methods: Study subjects

Subjects:
12 men (32-59 yrs.) who worked 5-6 weeks at radiation contaminated area of Fukushima Nuclear Plant after March 12, 2011.

Work operations at contaminated area:
---> Collecting contaminated water
---> Measuring radiation level in the plant area
---> Removal of debris
---> Operation of heavy machinery
Plasma Free DNA was increased in 2 of 12 workers (17%), and Cancer Risk Score was increased in 3 (25%).
Methods: Intervention

(1) Intravenous Vitamin C 25g prescription

Sterile water 250mL
50% vitamin C 50mL (25g)
12.5% MgSO4 5mL
50% vitamin C 50mL (25g)
V-B1: 120mg  V-B2: 2mg  V-B3: 40mg
V-B5: 254mg  V-B6: 120mg  V-B12: 1mg

(2) Daily oral supplements

Lyposomal Vitamin C 1 g  twice a day
Alpha-lipoic acid 300 mg  twice a day
Selenium 200 μg  twice a day
Vitamin E 200 mg  twice a day
Multi-Vitamins  twice a day
Five workers were treated with IVC twice a month and oral anti-oxidative nutritional supplements.

Effect of anti-oxidative nutritional intervention on Free DNA and Cancer Risk Score in Fukushima Workers.

Free DNA

Cancer Risk Score

P<0.05
(1) Working at Fukushima contaminated area has a risk of radiation-induced cancer.

(2) Those cancer risk can be neutralized by anti-oxidative nutrition.

(3) We strongly recommend that people living in the radiation contaminated area should take Vitamin C immediately.
Vitamin C can save the people’s life from radiation - JCIT working group

However, Government, TEPCO and media still ignored our proposal.

Fukushima workers have not take Vitamin C.
Thyroid cancer detection by ultrasound among residents ages 18 years and younger in Fukushima, Japan: 2011 to 2014.

*Epidemiology* 2016;27:316-322. from Okayama University, Japan

Among those ages 18 years and younger in 2011 in Fukushima Prefecture, approximately **30-fold excesses** in external comparisons and variability in internal comparisons on thyroid cancer detection were observed in Fukushima Prefecture within as few as 4 years after the Fukushima power plant accident.
Radiation-related health problems such as cancer, heart disease, birth defect etc will increase in next 5-20 years or more in Japan.

The incidence of thyroid cancer is increased among young people who have lived in Fukushima area.

We believe that daily intake of Vitamin C 3-6 g can prevent radiation-induced health problems and keep optimum health.
According to the experience of Fukushima Nuclear Power Plant accident, we human being can not control nuclear power. 

Once nuclear power plant accident occur, radiation harms people’s health and make the earth more sick for thousands years.

And this may happen every where in the world.
Japan has more than 50 nuclear power plants and now only 4 plants start to supply electricity.

However, government and TEPCO restart more nuclear power plants politically.

They say nuclear power is safe and cheap.
I think “nuclear power is dangerous and expensive”.

My opinion, as a physician who protects people’s health, we should stop all nuclear power plant on the earth.
1. Radiation sickness and Vitamin C

2. Treatment for patients with HPV vaccine side effects

3. International Conference 2018 for Orthomolecular Medicine in Tokyo
The immunization of girls (12-19 yrs) with the human papilloma-virus (HPV) vaccine was initiated to prevent cervical cancer.

The HPV vaccine, Gardasil (Merck & Co) was approved in 2006, and Cervarix (GSK) was introduced in 2009.

However, more than 1500 serious side-effects were reported in Japan and standard therapy could not cure those girls.
In 2013, the government task force analyzed reports of HPV vaccine injuries – examined 2,500 cases and found 617 (25%) cases to be serious. However, another health experts re-evaluate those cases and judged 1,112 (44%) cases as serious.

*However, Japanese government healthcare committee commented that;*

“*adverse reactions are the psychosomatic reactions.*”
## Late-onset symptoms in girls with HPV vaccine adverse effects

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>68%</td>
</tr>
<tr>
<td>General malaise</td>
<td>60%</td>
</tr>
<tr>
<td>Muscle weakness</td>
<td>48%</td>
</tr>
<tr>
<td>Nausea</td>
<td>45%</td>
</tr>
<tr>
<td>Difficulty in awakening</td>
<td>43%</td>
</tr>
<tr>
<td>Learning disturbance</td>
<td>42%</td>
</tr>
<tr>
<td>Muscle pain</td>
<td>42%</td>
</tr>
<tr>
<td>Dizziness</td>
<td>41%</td>
</tr>
<tr>
<td>Photophobia</td>
<td>40%</td>
</tr>
<tr>
<td>Arm, Foot, Finger tremor</td>
<td>34%</td>
</tr>
<tr>
<td>Joint pain</td>
<td>34%</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>32%</td>
</tr>
<tr>
<td>Irregular menstruation</td>
<td>32%</td>
</tr>
<tr>
<td>Gait disturbance</td>
<td>31%</td>
</tr>
<tr>
<td>Hypersomnia</td>
<td>15%</td>
</tr>
<tr>
<td>Impaired writing</td>
<td></td>
</tr>
<tr>
<td>Memory loss</td>
<td></td>
</tr>
<tr>
<td>Skin eczema, acne</td>
<td></td>
</tr>
<tr>
<td>Syncope etc</td>
<td></td>
</tr>
</tbody>
</table>

Onset of initial symptoms after HPV = $9.1 \pm 10.9$ months
Aluminum adjuvant

• HPV vaccine contains Amorphous Aluminum Hydroxyphosphate Sulfate (AAHS) as powerful adjuvant.

• Current research strongly implicates aluminum adjuvants in various inflammatory neurological and autoimmune disorders in both humans and animals.
Translocation of vaccine alum agglomerates-sized nanohybrids from muscle to brain in mouse

- Blood
- Lymph node
- Spleen
- Brain

Day 0
Day 1
Day 4
Day 21
Day 90
Day 180
Auto-immune vaccine antibody was deposited into hippocampus only seen in HPV-vaccine treated rats.

Influenza vaccine

Hepatitis–B vaccine

HPV vaccine
# Treatment: i.v. therapy

By Dr. Atsuo Yanagisawa (Japan)

## VCG Cocktail

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sterile water</td>
<td>250ml</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>12.5g - 25g</td>
</tr>
<tr>
<td>Glutathione</td>
<td>800 - 1,200mg</td>
</tr>
<tr>
<td>0.5 M Magnesium sulfate</td>
<td>10-20ml</td>
</tr>
<tr>
<td>8.5% Calcium gluconate</td>
<td>2ml</td>
</tr>
<tr>
<td>Vitamin B complex (B1, B2, B3, B5, B6, B12)</td>
<td></td>
</tr>
</tbody>
</table>
Case 1

Feb 6, 2014
Before VCG

July 8, 2014
After VCG iv
Case 2

Before

After VCG iv
Treatment: Oral supplements

By Dr. Claus Hancke (Denmark)
Dr. Atsuo Yanagisawa (Japan)

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultra Preventive III</td>
<td>2 x 3</td>
</tr>
<tr>
<td>*Start with 1 and increase slowly with 1 a day until 6 daily.</td>
<td></td>
</tr>
<tr>
<td>EPA/DHA/GLA</td>
<td>2 x 3</td>
</tr>
<tr>
<td>Vitamin D 38 mcg</td>
<td>1 x 3</td>
</tr>
<tr>
<td>Magnesium -Citrate</td>
<td>1 x 2</td>
</tr>
<tr>
<td>Vitamin-C 750mg</td>
<td>2 x 2</td>
</tr>
<tr>
<td>Probiotic</td>
<td>1 x 2</td>
</tr>
<tr>
<td>Turmeric</td>
<td>1 x 2</td>
</tr>
<tr>
<td>Lipoic acid 300mg</td>
<td>1 x 2</td>
</tr>
<tr>
<td>B-Complex</td>
<td>1 x 2</td>
</tr>
<tr>
<td>Co Q_{10} 100mg</td>
<td>1 x 1</td>
</tr>
<tr>
<td>Thiamine B\textsubscript{1} 300mg</td>
<td>1 x 1</td>
</tr>
<tr>
<td>S-adenosylmethionine (SAMe)</td>
<td>400mg/day</td>
</tr>
<tr>
<td>MTHF 5- methyltetrahydrofolate (MTHF)</td>
<td>5mg/day</td>
</tr>
</tbody>
</table>
Regarding HPV vaccine adverse effects, symptoms and their timing of appearances vary by each patient. These symptoms are different from anything that we have experienced before.

Unfortunately, the government and the medical societies have not faced the problem proactively.

Effectiveness of orthomolecular treatments is variable, some are very effective and some are not.

In order to establish an effective protocol, medical scientists and clinicians have to work together.
The onset of HPV vaccine adverse effects comes several months or even more than one year after the injection. This delay makes it very difficult to link their symptom with HPV vaccine.

In Japan, more than 1200 girls were registered as “severe” and still new patients were registered every day.

We estimate more than 300,000 unrecognized girls with mild to moderate HPV adverse effects. The symptoms are commonly seen in young school girls as fatigue, muscle pain, headache, learning disturbance, difficulty in awakening, hypersomnia, irregular menstruation, etc.
In my personal opinion as an ortho-molecular physician who protect people’s health, we should temporary discontinue HPV vaccine.
Today’s topics

1. Radiation sickness and Vitamin C
2. Orthomolecular treatment for patients with HPV vaccine side effects
3. IVC-Network in Japan
Today’s topics

1. Radiation sickness and Vitamin C
2. Treatment for patients with HPV vaccine side effects
3. International Conference 2018 for Orthomolecular Medicine in Tokyo
The International Society for Orthomolecular Medicine Presents

47th Annual International Conference Orthomolecular Medicine Today

April 27-29, 2018

Tokyo, Japan
Thank you!

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