

# Re: Diet and Evolution

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"Malcolm" ([regniztar@xxxxxxxxxxxxxxxxxx](mailto:regniztar@xxxxxxxxxxxxxxxxxx)) writes:

However despite some people taking big does of Vitamin C, there doesn't seem to be any solid evidence of benefits.

On the contrary. Pauling's book "Live Longer and Feel Better" references many scientific studies, including many showing lower rates of disease with higher vitamin C intake. I'm most impressed by the experiment in the chapter on Cancer where patients who had been classified as terminally ill were given 10 grams a day of vitamin C and their remaining lifespans compared with similar patients in the same hospital who were not given the vitamin supplement.