

A new and efficacious antiviral therapy

article written by Felician Stancioiu in spring 2010

with gratitude to God and remembrance for my family

During the past few months (e.n.: winter 2009-2010) I have successfully tested on myself a new combination treatment for two distinct viral diseases. The outstanding results achieved recommend this treatment not just for the two viral affections mentioned below, but also for other viral infections, such as hepatitis, zoster (herpes – and zona- zoster); essentially (for all infections with) AND and/or ARN viruses, enveloped or not.

- At the beginning of the year (January – February 2010), I have experienced symptoms suggesting a severe, aggressive viral infection of the upper respiratory tract (*viral UTI*). The treatment consisted of a combination of medium-dose **vitamin C** (approximately 2-3 g/day divided in 3-4 doses and consisting of both short- and long-acting formulations) and **L-arginine** high dose – around 3 g/day – also divided in three doses. Arginine (which is an amino acid also found in some foods) was administered in also in two forms: arginine aspartate solution and solid caplets/capsules.
The resolution of symptoms of the viral infection (clinical cure) occurred in 3 days of administration of this treatment.
- The second case in which this combination antiviral therapy was successfully employed - for a completely different viral infection this time – was a reactivation of a herpes simplex infection (HSV-1) (better known as “cold sore” or “canker sore”) which occurred during spring 2010; the combination treatment of vitamin C/arginine was similarly employed. The labial (on/near the lip) vesicles were also remitted after three days of this treatment. Consequently (after three days) this treatment was stopped, but there was no sign of infection or re-activation.

These two case reports make a strong case for employing this treatment (arginine + vit C) at least for viral infections with the viruses mentioned above.

With vitamin C administration, two aspects are important:

1. Long-acting formulation of vitamin C are necessary (I have ingested either the esterified form of vitamin C – Esther-C; or the extended-release form – Cetebe) every 4-6 hours, to maintain an adequate continuous level of vit C in the blood, which is not ensured when ingesting regular (short-acting) forms of vitamin C
2. Individual doses of vit C of greater than 500 mg can be followed in some people by gastrointestinal upset (diarrhea); so multiple doses (given at 4-6 hours) is also important

Arginine administration, when given at this doses (3 g or more per day) should be given with care to patients with heart problems who are currently taking medication for ischemia (i.e. nitrates; this is a similar issue with heart patients taking Viagra), since arginine is also improving blood circulation via dilation of blood vessels. The potential danger in some of these patients is a sudden drop in blood pressure, for which a few patients cannot adequately compensate.

The mechanism of action of this combination of the two simple and naturally-occurring substances is not completely known, but it seems to encompass a great increase in the body natural defences (by increasing antibody production and increasing the efficacy of the “cleaning” action of macrophages and T cells). It is also possible that a synergic action of arginine and vitamin C helps the body neutralize virus multiplication. Research is needed to elucidate the specific pathways by which the immune defense of the body is enhanced. (The lack of knowledge on the precise mechanism of action is not a hindrance for the use of treatment, as was the case for example with the use of penicillin against bacteria, and indeed with most medications used in therapeutics)

It is also possible that in patients with chronic diseases (diabetes, cardiovascular, etc.) the therapeutic doses may be increased (i.e. higher doses should be administered for similar efficacy – vit C 3-4 g/day; arginine 4-8 g/day)

These being said, due to the impressive results obtained, I highly recommend that this treatment should be employed in **ALL** viral infections! Ideally, clinical trials should be done simultaneously so that more aspects can be elucidated and more people can benefit from this type of treatment.