

~Passings~

Dr. Cathcart Obituary

~Dr. Robert Cathcart III~ 1932 - 2007

Tribute from a patient and friend

John Javilk

Our partner in healing, our mentor, our friend...

With your light and caring touch
You saved our lives.
Time and again,
You saved our Lives!

We were the modern lepers,
the ones others couldn't help,
MCS, non IgE allergies, "yuppie" flu.
They said it was psychosomatic,
said we didn't want to get better.
Oh, but we did! We certainly did!
To us, Our bodies were our prisons.

With your infinite faith in us
and your humble patience;
You primed us with your care,
then taught us How to care.
You spoke of vitamins and micronutrients.
Diet, nutrition, many other things.
You taught us how to live again,

Picked us up when we fell,
gave us the courage to try again...
...and again...
...and again.

Your office became our Temple,
the place we came for healing,
and for learning how to live, again

You made life worth living Again!

If I could but bargain with death...

I would take your place,

Take it in a flash!

Take it for you,

Take it for us,

Take it that you be here for the rest of us.

If I could but bargain with death...

-JVV-

It should be the goal of every doctor to have every patient feel this way about him or her. That goal is within reach.

What set Dr. Cathcart apart was not just his incredible brain, which he clearly had. Far more, it was his infinite FAITH and in US, his patients! And then his humble patience and work as a Partner in healing, not an authoritarian God.

Of course, that is what comes from having the right TOOLS, tools that WORK! For then you see that 99% of the patients really want to get better. And work harder and harder to get better and better the better they are.

I think the arrogance of modern doctors is in part because they DO NOT HAVE GOOD WORKING TOOLS! And thus must use the witchcraft of authority, suggestion and fear in effort to manage their patients.

Micronutrients, vitamins, trace elements, and the not so trace elements, are all good TOOLS that most modern witch doctors forgo in effort to placate their pharmaceutical daemons. Daemons should be the last resort, not the first.

-JVV-

Important papers from Dr. Cathcart

[Vitamin C, Titrating to Tolerance](#)

[C and Allergy Treatment](#)

[Vitamin C: The Non Toxic Non Rate-Limited, Antioxidant Free Radcial Scavenger](#)

[The Third Face of Vitamin C](#)

[Unique Function of C](#)

[Preparation of Sodium Ascorbate for IV and IM Use](#)

[C and AIDS \(Candida, food and chemical sensitivities\)](#)

From Javilk, "CAUTION: I'm no doctor, I only tell computers what to do. Nothing in this document should be construed as medical advice. My opinions are subject to the availability of information. I learn new things each day, and so may change my opinions."

Photograph and links to Dr. Cathcart's papers were provided by John Javilk. To learn about John [go to his website](#). If your interested in a source for vitamin C and other nutritional products go to: [Wholesale Nutrition](#)

Dr. Cathcart obituary

Dr. Robert F. Cathcart, an orthopedic surgeon who later specialized in allergy, environmental and orthomolecular medicine, died Oct. 17 at Stanford Medical Center. The Portola Valley resident was 75.

"Orthomolecular" was a term coined by Nobel laureate Linus Pauling for nutrition and preventative medicine. In the early 1970s, looking for a treatment for his chronic hay fever and stuffy nose, Dr. Cathcart discovered the merits of vitamin C after reading Mr. Pauling's "Vitamin C and the Common Cold." He was fascinated with the idea that with the onset of a viral illness, the body can process increased amounts of vitamin C without causing unpleasant side effects. His research led him to coin the phrase "bowel tolerance theory of vitamin C," a concept that the more potent the viral disease, the higher the dosage of vitamin C that can be used for treatment. He wrote many medical papers describing treatment with vitamin C.

Dr. Cathcart was also well-known for designing a prosthesis to replace the top of the femur bone, located in the upper leg. The "Cathcart Prosthesis" has been implanted in over 100,000 hips.

Dr. Cathcart was born in San Antonio, Texas, and moved to Hillsborough as a child. After graduating from Stanford University, he enlisted in the U.S. Army in 1955 and was stationed in Germany. He received his medical degree from the University of California School of Medicine in San Francisco in 1961.

He did his surgical internship and residence at Stanford Hospital and was an instructor of orthopedic surgery at Stanford from 1966 to 1967.

From 1970 to 1979 he was the only doctor in Incline Village on Lake Tahoe's north shore. In 1980 he relocated to San Mateo, and in 1985 moved his practice to Los Altos.

In 2002 Dr. Cathcart was awarded the Linus Pauling Award by the Society for Orthomolecular Health-Medicine, one of many professional honors he received during his lifetime, say family members. He was a longtime member of the Stanford Alumni Association and the Los Altos Rotary Club. He retired earlier this year.

He is survived by his partner of 27 years, Alice Schenk; children Lisa Cathcart, Holly Cathcart, and Rob Cathcart; stepchildren Suzanne Schenk and Debra Schenk; and brother Allen Cathcart.

Private burial was held at Alta Mesa Cemetery in Los Altos, and a celebration of his life is planned for next month. Contributions in his name can be made to Pets in Need in Redwood City.