

Abram Hoffer, PhD, MD, FRCP(C) – A Lifetime of Adventures in Psychiatry

Dr. Abram Hoffer passed away on May 27, 2009 in Victoria, BC. At age 91 ½ he concluded his adventures in psychiatry and completed his decades-long personal experiment (taking niacin and other vitamins). Megavitamin therapy healed many of Abram's patients; that same program helped Dr. Hoffer feel better and live longer himself. Condolences to Abram's family and friends.

Dr. Abram Hoffer saved my life, but he was not my psychiatrist. After living with a bipolar II mood disorder for 28 years, by 1995 I was depressed, suicidal and desperate for help. I read many books about psychiatry but found nothing restorative. Misdiagnosed and mistreated, I got worse. One day, another depressed person suggested the *Journal of Orthomolecular Medicine* (JOM) in Toronto. Editor Steven Carter recommended several books. I read that Abram Hoffer, PhD (biochemist), MD (psychiatrist), researched schizophrenia for more than 50 years. Hoffer and his team tested vitamins B3 and C (niacin and ascorbic acid) and discovered that optimum doses of vitamins, trace minerals, amino acids, antioxidants, energy and enzyme co-factors can heal patients with schizophrenia, psychosis, anxiety or depression. Hoffer co-founded orthomolecular medicine and added a restorative dimension to psychiatry. He believed in guideline-quality care starting with medical tests, patient histories, differential diagnoses and kindness before complementing other treatments with regimens of vitamins and nutritional supplements.

A restorative program helped me recover, exactly as orthomolecular authors predict in their books. After appearing in the 1998 orthomolecular documentary film *Masks of Madness: Science of Healing*, I visited Abram Hoffer in Victoria. From our first meeting, Dr. Hoffer offered respect, approval, interest and support. Year after year, he inspired and encouraged me to pay forward my recovery as a volunteer. I read, learned, attended conferences, wrote and reviewed books, published a website and told other people about orthomolecular medicine.

Thank you Abram Hoffer for healing thousands of patients so they can live well. Thank you for researching and developing orthomolecular medicine. Thank you for writing books, articles and editorials. Thank you for starting the International Schizophrenia Foundation and setting up a worldwide network of friends: patients, families, caregivers and health professionals who know that orthomolecular medicine can restore mental health, safely and effectively.

We will never forget Abram Hoffer for co-founding orthomolecular medicine, dedicating his life to researching and developing restorative treatments, healing patients, writing and networking, educating the public and sharing his adventures in psychiatry from 1950 to 2009!

Many more patients can recover if friends of restorative orthomolecular medicine share the facts: scientific research, progress reports, medical books, published articles, JOM archives and the book list at www.orthomed.org Let's continue Abram's public education marathon until orthomolecular care becomes a standard of care. You can help.

Please join Abram Hoffer's H.O.P.E. marathon. Friends, families, patients, caregivers and health professionals can **Help Orthomolecular Public Education**. www.searpubl.ca has fifteen suggestions for orthomolecular support and networking as well as reviews of Abram's books: *Adventures in Psychiatry: The Scientific Memoirs of Dr. Abram Hoffer*, *Mental Health Regained* (with 18 recovery stories), and an excerpt called *How Orthomolecular Medicine Can Help*.

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