

Restorative Orthomolecular Medicine – A Short Introduction

FOR•OM Friends of restorative orthomolecular medicine shared recovery stories at ISOMs 30, 31, 32 and 33 in Toronto and Vancouver. Dr. Abram Hoffer received awards of excellence for leadership, integrity, vision, developing orthomolecular medicine and helping thousands of patients. Patients, families and caregivers expressed their thanks with standing ovations – four years in a row!

Over millennia, nature adapted the human body to survive and thrive. People take their biochemistries for granted until they get sick. Wanting to recover quickly, many patients take prescription drugs; however, a good number have problems tolerating antidepressants, mood stabilizers and anti psychotics for blue moods, bipolar disorders and schizophrenia. Some patients respond badly. Worst cases suicide.

In the 1950s, biochemist and psychiatrist Abram Hoffer wondered how schizophrenic patients could restore normal brain function. He teamed up with Dr. H. Osmond and researchers to study the biochemistry of schizophrenia. They developed an adrenochrome hypothesis, proposed a restorative treatment and did the first double blind experiments in psychiatry. Vitamin B3 (niacin) and vitamin C (ascorbic acid) helped patients recover so they could work! Conventional psychiatrists remained skeptical – their patients stayed home.

For over 50 years, Dr. Hoffer applied the life science of biochemistry to the art of medicine, cooperating with colleagues to develop orthomolecular medicine. Orthomolecular health professionals prescribe natural molecules in therapeutic doses. Their healing biochemicals, easily taken as nutritional supplements, include vital amines, trace minerals, amino acids, essential fatty acids, energy and enzyme co-factors, hormones and precursors.

Dr. Hoffer wrote *Vitamin B3 & Schizophrenia: Discovery, Recovery, Controversy* to share his success treating schizophrenics with daily divided doses: typically 3,000 mg of vitamin B3 with 3,000 mg of vitamin C. (The lethal dose of B3 is 300,000 mg.) He wrote *Smart Nutrients* with help for dementia. *Dr. Hoffer's ABC of Natural Nutrition for Children* has treatments for ADHD. His chapter *How Orthomolecular Medicine Can Help* appears in my book, *Finding Care for Depression, Mental Episodes & Brain Disorders* with my mental healthcare compass and TAYO, the healthcare planner.

Since vitamins are part of a normal diet, many physicians do not recommend them. Family doctors know about supplements for biochemical disorders. Type 1 diabetics take daily insulin to stabilize blood sugar; thyroid patients get thyroid supplements. Orthomolecular psychiatrists like Dr. Hoffer prescribe vitamins and other nutrients with modest doses of prescription drugs. Their patients have fewer problems with side effects than patients who take high doses of psychiatric meds.

Dr. Hoffer helps patients cope with mental disorders like schizophrenia, depression, anxiety, bipolar disorder, attention deficits and autism. Many patients benefit by taking supplements, improving their diets, eliminating trigger foods and avoiding allergens. Individuals respond to therapeutic molecules differently depending on their biochemistries, diagnoses, histories, metabolisms and genetics. Customized and restorative, orthomolecular care renews hope and restores destinies.

Orthomolecular patients and their families applaud Dr. Hoffer's scientific visions and medical excellence. Friends of restorative orthomolecular medicine may not understand biochemistry as well as Dr. Hoffer but we appreciate his ortho-molecules. Beautiful treatments for recovering and living well!

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Author of the SEAR guides: www.searpubl.ca

- *Finding Care for Depression, Mental Episodes & Brain Disorders*
- *90-Day Plan for Finding Quality Care*
- *Depression Survivor's Kit*
- *Restoring Mental Health (in progress)*

Founder of FOR•OM network of patients, families and caregivers. People who want to live well with depression, bipolar, anxiety, schizophrenia, autistic and attention deficit disorders.

NUTRITIONAL MEDICINE TODAY

Friday May 13, 2005 • 7:00 - 9:30 PM

Fairmont Chateau Laurier Hotel - Ottawa

You can hear more on Friday May 13, 2005. The 34th ISOM conference will welcome the public. You can see the film *Masks of Madness: Science of Healing*, hosted by Margot Kidder, hear keynote speakers and meet authors. Details at ...

www.orthomed.org



www.searpubl.ca

Orthomolecular Bibliography - A Short Reading List Resources for patients, families and caregivers

If you want to learn about orthomolecular medicine and find restorative care for depression, bipolar disorder, anxiety, schizophrenia, ADHD, autism and Downs, consider self-help books and resources. You can buy the film *Masks of Madness: Science of Healing*, featuring Margot Kidder and recovered patients. See how Dr. Hoffer and health professionals use orthomolecular medicine. The International Schizophrenia Foundation offers the film, a book list and a quarterly newsletter: *Nutrition & Mental Health*. For scientific research and clinical reports, ask about the *Journal of Orthomolecular Medicine*. (416) 733-2117 www.orthomed.org

DEPRESSION, BIPOLAR & OTHER DISORDERS

Depression-Free Naturally

Joan Mathews Larson, PhD
Ballantine Publishing, New York, 1999

Finding Care for Depression, Mental Episodes & Brain Disorders

by R. Sealey, BSc, CA, SEAR Publ., North York, 2002
www.searpubl.ca

Natural Healing for Schizophrenia and Other Mental Disorders

E. Edelman, Borage Books, Eugene, Oregon, 2001

Natural Highs: Supplements, Nutrition and Mind-Body Techniques to Help You Feel Good

Hyla Cass, MD and Patrick Holford
Penguin Putnam, New York, 2002

Nutrition and Mental Illness:

An Orthomolecular Approach to Balancing Body Chemistry

Carl Pfeiffer, PhD, MD
Healing Arts Press, Vermont, 1987

Nutrients Quiet the Unquiet Brain A Four Generation Bipolar Odyssey

David Moyer, LCSW, BCD
Nu-Tune Press, CA, 2003

Optimum Nutrition for the Mind

Patrick Holford
J Piakkus (Publishers) Ltd., London, 2003

DOWN'S

Downs Syndrome & Vitamin Therapy

Kent MacLeod, BScPhm, Ottawa, 2003

SCHIZOPHRENIA

Healing Schizophrenia: Complementary Vitamin and Drug Treatments

Abram Hoffer, PhD, MD, FRCP(C)
CCNM, Toronto, 2004

Orthomolecular Treatment for Schizophrenia Nutritional Strategies for Healing & Recovery

Abram Hoffer, PhD, MD, FRCP(C)
Keats Publishing, Los Angeles, 1999

Vitamin B3 & Schizophrenia:

Discovery, Recovery, Controversy

Abram Hoffer, PhD, MD, FRCP(C)
Quarry Press, Kingston, 1998

The Madness of Adam & Eve

How Schizophrenia Shaped Humanity

Dr. David Horrobin, Bantam Press, London, 2002

ADHD

Dr. Hoffer's ABC of Natural Nutrition for Children

Abram Hoffer, PhD, MD, FRCP(C)
Quarry Press, Kingston, 1999

Healing the Hyperactive Brain

Michael Lyon, MD, Focused Publishing, Calgary, 2000

AUTISM

Treating Autism: Parent Stories of Hope and Success

ed. by B Rimland, PhD & S. Edelson, PhD
ARI, 2003

Children with Starving Brains

J. McCandless, MD, Bramble, 2002

Enzymes for Autism

K DeFelice, Purcell, Iowa, 2002

Unravelling the Mystery of Autism & PDD

A Mother's Story of Research & Recovery

Karen Seroussi, Fwd. B Rimland, PhD
Simon & Schuster, New York, 2000



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