

Remembering Abram Hoffer, PhD, MD, FRCP(C)

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by Robert Sealey, BSc, CA author of *Finding Care for Depression*

On May 27, 2009 Abram Hoffer passed away, aged 91. He enjoyed a long and distinguished career as a researcher, physician, psychiatrist, teacher, author, editor, network supporter, mentor, healer and friend to thousands of mental patients, families, caregivers and health professionals. Rarely has one man done so much to help so many people recover from and live well with schizophrenia, psychoses and other mental illnesses. He developed safe, effective and restorative treatments using vitamins, minerals, amino acids and other nutritional supplements to help patients feel better and live longer.

Two years ago, on April 19, 2007, at the Royal York Hotel, Toronto, Canada, 200 people attended a Gala Evening to honour Abram Hoffer, then in his 90th year, for his lifetime achievements in biochemistry, research, psychiatry and medical education. On behalf of thousands of recovered patients, I was pleased to say “Thank you Dr. Hoffer!”

My name is Robert Sealey from North York. I have a BSc degree in biological and medical sciences from the University of Toronto. I also have a bipolar mood disorder with episodes of depression, etc. Like many other mental patients, I experienced decades of problems; years of symptoms endured, undiagnosed and untreated. Then I trusted the wrong doctors and got misdiagnosed and mistreated. Several medications made me worse. After 28 years of all that, in 1996, orthomolecular medicine saved my life! I recovered by taking the right doses of the right vital amines, trace minerals, amino acids, and other essential nutrients that my sick brain needed to restore and maintain normal function.

I read many books and articles about restorative care - think of me as a well-read patient. To pay forward, I write books, reviews, articles and a website www.searpubl.ca

Too many patients suffer and deteriorate, year after year, like I did. This is not surprising if their psychiatrists rely on shortcuts and only treat with labels, pills and talks. Desperate for help, I read many books while searching for restorative care. Eventually, I was astonished to read that more than 50 years ago, Abram Hoffer applied his PhD in biochemistry to the art of medicine. Working as a research psychiatrist, he reasoned out what happens, biochemically, when a sick brain hallucinates or goes psychotic. Then he pioneered restorative care for schizophrenia. In the 1950s, in Saskatchewan Canada, Dr. Hoffer and his team did the first double-blind placebo-controlled experiments in psychiatry and they discovered safe, effective and restorative treatments.

75% of their patients recovered – a success rate unheard of then, and still remarkable today! They published their first findings in 1957 – that’s right, 50 years ago! Continuing for more than 50 years, Dr. Hoffer and his colleagues researched and developed restorative treatments for schizophrenia, psychosis and other health problems. Not content with helping his patients get well, Dr. Hoffer translated biochemistry and psychiatry into common language by writing more than 30 books and over 500 articles and editorials.

Even after 50 years of research, progress and success, conventional psychiatrists say Dr. Hoffer's regimens don't work. Who should a sick person believe? Recovered patients say the restorative regimens work well. A worldwide network of orthomolecular doctors agrees. When I trusted my life to restorative care, it worked fine for me.

Right now, in the greater Toronto area, *hundreds of thousands* of people know the heartache of mental illness [*millions more worldwide*]. They need restorative care and they need it NOW! You can tell them about orthomolecular medicine, but don't expect their psychiatrists to listen. With their waiting rooms full, too many doctors only offer labels, pills & talks, apparently too busy to learn about restorative care.

Thanks to Abram Hoffer's research, vision, integrity and leadership, mental patients no longer need to suffer for decades with symptoms of schizophrenia, psychosis, depression, bipolar disorder, anxiety, attention deficit or autism. Orthomolecular medicine heals.

On Thursday, April 19, 2007, more than 200 friends of restorative orthomolecular medicine applauded Dr. Hoffer's lifetime achievements in four areas:

- more than 50 years of research and many wonderful discoveries
- co-founding orthomolecular medicine as a restorative dimension of care
- networking, writing and educating the public, and, most of all,
- helping thousands of patients to recover and live well.

Heartfelt applause, from 200 people, expressed - "Thank you Abram Hoffer."

You Can Honour Abram Hoffer's Marathon of H.O.P.E.

In order for orthomolecular medicine to become a standard of care, many more people need to hear about it. For over 50 years, Abram Hoffer shared his research, progress and positive findings by orthomolecular public education and networking. Recovered patients, families, caregivers and health professionals can Help Orthomolecular Public Education.

On Thursday April 19, 2007, at the Royal York Hotel, Toronto, at *Nutritional Medicine Today*, during the 36th annual conference of the International Society of Orthomolecular Medicine, Abram Hoffer asked everyone to join his marathon. The Orthomolecular Support Network offers a free flyer with 15-steps for volunteers at www.searpubl.ca

Friends of restorative orthomolecular medicine can help with orthomolecular public education and networking. Let's honour Dr. Hoffer's lifetime achievements in co-founding and developing the concept of restorative orthomolecular medicine. Let's expand our worldwide community of friends by networking and cooperating to tell the world about orthomolecular medicine! Beautiful treatments for beautiful minds!

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