

# Orthomolecular Medicine Today 39<sup>th</sup> Annual Conference of ISOM

**WHERE?** Vancouver Fairmont  
**WHEN?** May, 2010 For details, see [www.orthomed.org](http://www.orthomed.org)  
**WORKSHOP** Sun. May, 2010 Mental Health Regained

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## Welcome to the H.O.P.E Project

50+ years of research and clinical success: thousands of patients have used regimens of nutrients to restore & maintain their health. Restorative care heals mental or physical **disorders of biochemistry**. e.g. **metabolism**: oxidation, methylation, perception; **mitochondria**: cellular energy, enzyme deficiencies, **malnutrition**: digestion, food sensitivities, allergies, etc.

Friends of restorative orthomolecular medicine can tell patients, families, caregivers and health professionals about complementary ortho-care.

## You Can Network! You Can Help!

Patients need information, help & hope so they can find quality care, recover & live well. If you share what you know, **you could save a life – today!**

Networking is free. In one minute you can introduce orthomolecular medicine. You can share recovery stories, mention restorative regimens, show books and discuss research. You can encourage patients to ask for diagnostic tests before safe & effective treatments, including complementary orthomolecular care.

## Orthomolecular Resources

ISOM (International Society of Orthomolecular Medicine)  
ISF (International Schizophrenia Foundation), Toronto **416-733-2117**  
JOM (*Journal of Orthomolecular Medicine*, quarterly **journal**)  
*Masks of Madness: Science of Healing* (documentary **film DVD**)  
N&MH (*Nutrition & Mental Health*, quarterly **newsletter**)  
Orthomolecular Medicine Today **conference** – Vancouver ('10), Montreal ('09)  
**Reading list** of books and articles (available from ISF – ISOM – JOM)  
**Web site** [www.orthomed.org](http://www.orthomed.org) (journal articles, conference details, book list)

## You Can Help Orthomolecular Public Education!

***Please tell your friends and families, caregivers and colleagues and health professionals about orthomolecular medicine. If we network until closed minds open, restorative care will become a standard of care.***

***For 15 easy ways to help, please see (over) - -***

**Orthomolecular Support Network**  
**Help Orthomolecular Public Education**

## **15 Ways to Help Orthomolecular Public Education!**

1. **Share helpful, hopeful information** with people who have health problems or care for family members: **50+ years of orthomolecular research, progress and success, including published double-blind placebo-controlled trials.** Note - free archives of the *Journal of Orthomolecular Medicine* at [www.orthomed.org](http://www.orthomed.org)
2. **Learn the orthomolecular regimens** for mood disorders – depression, anxiety & bipolar; thought disorders – schizophrenia & psychosis; attention disorders – ADHD & autism. You can **tell** patients, families and caregivers about **orthomolecular medicine**.
3. **Study** books, articles & recovery stories to **present** at support meetings & **health shows**.
4. **Speak** about orthomolecular **research**, clinical developments, progress & success.
5. **Read, review** and **share books and articles** about orthomolecular medicine. If you find a new book, you can write a review to hand out or submit for publication.
6. **Write** orthomolecular **recovery stories** for the **Open Minds Archives**. Encourage recovered patients to write about their recoveries and get their stories published.
7. **Meet and network** with patients, families, caregivers and health pros. Share what you know. If people say that there are no 'restorative' treatments for mental illness, show them the **ISOM book list** and tell them about Dr. Hoffer's research, memoirs, books and articles.
8. **Attend** the annual **conference – Orthomolecular Medicine Today** – bring a friend.
9. If you belong to **health-related groups** such as MDAO – Mood Disorders of ON, ISF – International Schizophrenia Foundation or CCA – Canadian Celiac Association, ask to speak where you can share information, book reviews and recovery stories.
10. **Call the ISOM office** if you get the chance to speak at a meeting. ISOM will provide book lists, film flyers, reviews of Dr. Hoffer's scientific memoirs – ***Adventures in Psychiatry***.
11. **Start an orthomolecular book club** or just tell friends about your favourite ortho books. Encourage book club members to bring a friend, family member or caregiver.
12. **Find volunteers** in your area and cooperate with **support** meetings where you can network and discuss how patients can benefit from restorative orthomolecular medicine.
13. **Include orthomolecular links** in your **web sites** e.g. [www.searpubl.ca](http://www.searpubl.ca)
14. **Tell people** about the film documentary ***Masks of Madness: Science of Healing***; show the film at support groups, health shows and meetings. Hand out book lists.
15. **Encourage** people to **volunteer and donate** time and money, energy and effort, network, share orthomolecular research and help the ISOM to educate the public.

**H.O.P.E. challenge** After the 15 steps, you can brainstorm new ways to help.

**Snapshot review** *Adventures in Psychiatry: The Scientific Memoirs of Dr. Abram Hoffer* 2005, KOS Publishing, Toronto. [www.kospublishing.com](http://www.kospublishing.com)

For more than 50 years, Dr. Abram Hoffer and a network of colleagues cooperated to apply the life science of biochemistry to the healing art of medicine. They developed restorative orthomolecular treatments e.g. for schizophrenia; they helped thousands of people to recover and live well. Dr. Hoffer's memoirs tell the story.

*International Schizophrenia Foundation & Journal of Orthomolecular Medicine*  
16 Florence Ave., Toronto, ON, Canada M2N 1E9 416-733-2117 [www.orthomed.org](http://www.orthomed.org)

15 Ways to Help Ortho Public Education