

Project H.O.P.E.

Help

Orthomolecular

Public

Education

Remembering

Abram Hoffer, PhD, MD, FRCP(c)

By Reviewing his Books about Psychiatry:
Biochemistry, Research and Clinical Practice

68 page booklet has 18 reviews

by Robert Sealey, BSc, CA - SEAR Publications

Available free at

www.searpubl.ca

Orthomolecular Support Network

Friends of restorative orthomolecular medicine can tell patients and families, caregivers and health professionals about **50 years** of research, progress and success. Thousands have used regimens of nutrients to recover & live well after episodes of schizophrenia, pellagra, psychosis, depression, anxiety etc.

Restorative programs can heal mental and physical illnesses involving:
Moods and **perceptions**: metabolism, oxidation and methylation,
Mitochondria and **enzymes**: cellular energy and brain fuels,
Nutrition: deficiencies, food sensitivities, digestion and allergies.

You Can Network! You Can Help!

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

Networking is free. In one minute you can introduce orthomolecular medicine. You can share recovery stories, mention restorative regimens and show books. You can encourage patients to find / ask for: 1) competent health professionals, 2) mental status exams, 3) medical and mental histories, 4) blood tests before taking meds, 5) differential diagnosis, 6) med risks/benefits, 7) treatment plan. Read about and request complementary restorative orthomolecular regimens.

Orthomolecular Resources

ISOM (**I**nternational **S**ociety of **O**rtomolecular **M**edicine)
ISF (**I**nternational **S**chizophrenia **F**oundation), Toronto **416-733-2117**
JOM (**J**ournal of **O**rtomolecular **M**edicine, quarterly **j**ournal)
Masks of Madness: Science of Healing (documentary **f**ilm **D**VD)
N&MH (**N**utrition & **M**ental **H**ealth, quarterly **n**ewsletter)
Orthomolecular **M**edicine **T**oday **c**onference – Vancouver ('10), Toronto ('11)
Read**i**ng **l**ist of books and articles (available from ISF – ISOM – JOM)
Web site www.orthomed.org (journal articles, conference details, book list)

Orthomolecular Medicine Today 39th Annual Conference

WHERE?	Vancouver	The Fairmont Hotel Vancouver
WHEN?	Apr 30 – May 2, 2010	Details at www.orthomed.org
WORKSHOP	Sun. May 2, 2010	Mental Health Regained

Please Help Orthomolecular Public Education !

Please tell your friends and families, caregivers, 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
H.O.P.E. Project to 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
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 and **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. **Add orthomolecular links** to your **web sites** e.g. 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 ISOM and the ISF to educate the public.

H.O.P.E. challenge After trying 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

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 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

15 Ways to Help Ortho Public Education

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

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

Thank you for taking the time to remember the life of Abram Hoffer. Dr. Hoffer passed away on May 27, 2009 when he was 91 1/2. He enjoyed a long and distinguished career as a biochemist and researcher, physician and psychiatrist, teacher and author. His research, discoveries, clinical programs and books helped thousands of patients.

My name is Robert Sealey. I have a BSc degree in biological and medical sciences from the University of Toronto. I work in North York as a self-employed chartered accountant. I have a bipolar mood disorder. Like many patients, I had years of episodes - depression, anxiety and hypomania; bad moods and other symptoms went undiagnosed and untreated.

Then I trusted the wrong doctors and got misdiagnosed and mistreated. Medications, prescribed by experts, only made me worse. Talk therapy pointed out my faults but did not diagnose or treat anything. As the years passed, I got sicker and sicker.

In 1996, somebody suggested the *Journal of Orthomolecular Medicine* - 2 miles away. I had never heard of it but I went there anyway, curious and skeptical. Thanks to Abram Hoffer and Steven Carter, what I learned there saved my life!

I still get choked up when I remember those horrible years, my struggles to cope, my difficulties finding competent care and then my surprising recovery which Dr. Hoffer made possible by writing about his research. His books explained the principles and practices of orthomolecular medicine so clearly that I learned how to help myself.

After I recovered, I read many books, and surveyed the mental healthcare system - shocked and appalled to learn how few patients get restorative care. Most mental patients get quick labels and easy prescriptions; pills and more pills. Unfortunately, most patients do not recover if they only get brain pills, talk therapies or shock treatments.

When he was a young psychiatrist, the overwhelming reality of thousands of sick and suffering, trusting and deteriorating patients affected Abram Hoffer so deeply that he dedicated his life to researching schizophrenia and developing restorative treatments. Somehow he found the time to write 35 books and 600 articles for medical journals.

Dr. Hoffer even wrote a chapter for my books -
Finding Care for Depression, Mental Episodes & Brain Disorders
90-Day Plan for Finding Quality Care

I was very sorry to hear that Dr. Hoffer passed away on May 27th, 2009. Abram Hoffer would not want us to mourn his passing for long. Instead, he would want us to tell our families and friends about orthomolecular medicine.

If we're not doctors; what can we tell people? Here's what I learned by reading his books - for 60 years, Abram Hoffer researched and developed orthomolecular medicine as a restorative dimension of care. He studied brain chemistry and developed treatments to

restore normal brain function. The usual labels, pills, talks and shock treatments weren't good enough for Dr. Hoffer. His patients needed restorative care. In the 1950s, he applied the scientific method to research schizophrenia. His work came decades after other doctors healed the pellagra psychosis. Dr. Hoffer used the life science of biochemistry - first to investigate what can cause schizophrenia and second to develop restorative treatments.

He noticed that several compounds which cause hallucinations have an indole structure – e.g. LSD and mescaline. He wondered – could internal indoles cause schizophrenia? He developed a scientific hypothesis that 1 or 2 % of people produce indoles until they get sick with schizophrenia. Where could internal indoles come from? What about adrenalin, the fight or flight compound? There's lots of adrenalin in the human body.

The metabolism of adrenalin was researched in the 1930s by Richter and Green et al. Too much adrenalin can be toxic so the body metabolizes adrenalin using several pathways. One pathway turns excess adrenalin into leuco-adrenochrome, a calming compound. However, 1 or 2% of people produce hallucinogenic indoles instead - adrenochrome and adrenolutin. Dr. Hoffer linked this metabolic anomaly to schizophrenia.

Having identified a cause of hallucinations, he needed a treatment. Dr. Hoffer tested nutritional supplements, starting with niacin or vitamin B-3, (using that methyl acceptor to reduce the formation of adrenalin) and ascorbic acid or vitamin C, (using that antioxidant to reduce the irreversible oxidation of adrenalin to adrenochrome and then adrenolutin – hallucinogens). Healing doses of these two vitamins helped 75% of acute patients.

To get scientific proof, Dr. Hoffer designed double-blind placebo-controlled tests – the first in psychiatry. The tests showed that 75% of acute schizophrenics can recover.

While mainstream psychiatry disputed, dismissed, discounted and denied his discoveries, for decades, Abram Hoffer treated patient after patient – restoratively. Ignoring the skeptics, Dr. Hoffer learned that optimum doses of nutritional supplements can help. He customized regimens for each patient – using vitamins, minerals and amino acids, methyl acceptors, energy and enzyme co-factors, antioxidants, fatty acids and hormones. He even checked some patients for food allergies and recommended elimination diets. Thousands of patients recovered. Abram Hoffer was not satisfied until his patients could get along with their families, finish their educations, work and pay taxes!

Thanks to Abram Hoffer's research, vision, integrity and leadership, mental patients do not have to suffer. Orthomolecular medicine can help many more patients but if their psychiatrists don't know, patients and families need to hear about it from somebody else.

On April 19, 2007, at the Royal York Hotel, 200 friends honoured Dr. Hoffer for:

- decades of research and many wonderful discoveries,
- co-founding orthomolecular medicine as a restorative dimension of care,
- networking, writing and educating the public, and,
- helping thousands of patients recover.

During the 36th annual conference of the International Society of Orthomolecular Medicine, Abram Hoffer asked everyone there to join his marathon by doing something to

help orthomolecular public education (I call this Project H.O.P.E.). Anyone can tell friends and families, caregivers and even health professionals about restorative care.

To make it possible for anyone to help patients and families, Abram Hoffer left a legacy by writing 35 books and hundreds of articles, reviews and editorials.

I wrote my latest book for Project H.O.P.E. -

***Remembering Abram Hoffer
By Reviewing his Books about Psychiatry -
Biochemistry, Research and Clinical Practice.***

My book reviews several books that Abram wrote in the 1960s' including –
The Chemical Basis of Clinical Psychiatry *Niacin Therapy in Psychiatry*
The Hallucinogens *How to Live with Schizophrenia*

And 2 recent titles - *Adventures in Psychiatry* and *The Vitamin Cure for Alcoholism*.

You can get a free copy of my 68-page book, with 18 reviews, at www.searpubl.ca.

Abram's books give readers such clear information, that patients and families can learn about orthomolecular research, clinical practices and the recoveries of real patients just by reading his wonderful books.

Please honour Abram Hoffer's memory by joining Project HOPE and Helping Ortomolecular Public Education. Please consider the 15 steps with this handout.

Whenever you get the chance, please mention restorative orthomolecular medicine to your friends, families, caregivers and health professionals. Each time you share Dr. Hoffer's excellent information, you can help another patient. You might even save a life.

We can make Dr. Hoffer's dream come true. If we continue Abram Hoffer's Project HOPE long enough, restorative care will become a standard of care.

Thank you for remembering Abram Hoffer, the truly remarkable psychiatrist who co-founded orthomolecular medicine in Canada in the 1950s as a restorative dimension of care, healed thousands of patients over his 60-year career and wrote 35 books and more than 600 articles, reviews and editorials to educate the public.

For information about restorative orthomolecular medicine and books for patients, families caregivers and health professionals, you can visit these websites.

www.orthomed.org **book list, conference, journal, film**
www.searpubl.ca **books, articles, reviews**