

FOR • OM AT NUTRITIONAL MEDICINE TODAY

Coming to Toronto – Royal York Hotel, April 11, 2003 – 7 P.M.

F O R • O M F R I E N D S R E P O R T

*The 32nd conference of the International Society of Orthomolecular Medicine will welcome the public to the Royal York, Concert Hall on April 11, 2003 – 7 P.M. for progress reports. Keynote speaker. Selections from the film *Masks of Madness: Science of Healing with Margot Kidder.**
www.orthomed.org

Ten FOR•OM friends of the Canadian Schizophrenia Foundation shared success stories at ISOM 30 and 31, in Toronto and Vancouver. Abram Hoffer received awards of excellence for leadership developing orthomolecular medicine and helping patients recover their destinies. Standing ovations came from patients and families.

In the 1950's, psychiatrist Abram Hoffer wondered how schizophrenic patients could restore normal brain function. Teaming up with Dr. H. Osmond, they researched the biochemistry of schizophrenia, developed an adrenochrome hypothesis and proposed a restorative treatment using an optimum dose of natural molecules. To test their theories, the doctors did the first double blind experiments in psychiatry, using vitamin B3 (niacin) and vitamin C (ascorbic acid). Patients recovered and went back to work! Conventional psychiatrists remained skeptical and their patients stayed at home.

For over 50 years, Dr. Hoffer continued his life's work developing the Ortho-M principle of orthomolecular medicine by applying the life science of biochemistry to the art of medicine. He and his colleagues learned to treat a range of illnesses by prescribing natural molecules in therapeutic doses: biochemicals like vital amines, trace minerals, amino acids, essential fatty acids, energy and enzyme co-factors.

Dr. Hoffer's 1998 book *Vitamin B3 & Schizophrenia: Discovery, Recovery, Controversy* explains his research and success treating schizophrenia with daily divided doses: typically 3,000 mg of vitamin B3 plus 3,000 mg of vitamin C. (The lethal dose of vitamin B3 is 300,000 mg. Vitamin C is not lethal.) One of his earlier books, *Smart Nutrients*, offers help for dementia. *Finding Care For Depression, Mental Episodes & Brain Disorders* tells *How Orthomolecular Medicine Can Help.*

Over millennia, nature adapted the human body to survive and thrive. People forget about the molecules of life, taking their biochemistries for granted until they get sick. Depressed people hope to recover quickly by using prescription drugs; there are many life-saving medications including antidepressants and stabilizers for blue moods, dysthymia and bipolar disorders.

Since vitamins are part of a nutritious diet, few psychiatrists prescribe them. Family doctors know about supplements; they use the Ortho-M principle to treat biochemical disorders. e.g. type 1 diabetics can stabilize their blood sugar levels by taking daily insulin supplements, eating low-sugar diets and exercising regularly.

Orthomolecular psychiatrists like Dr. Abram Hoffer prescribe vitamins and nutrients with modest doses of prescription drugs. Their patients have fewer problems with negative side effects than patients who take high doses of powerful psychiatric medications.

Individual patients respond to therapeutic molecules differently depending on their biochemistries, diagnoses, histories, metabolisms and genetics. Some patients benefit by improving their diets, eliminating food allergens and reducing environmental sensitivities. Restorative medicine in action.

Dr. Hoffer helps patients cope with mental disorders like schizophrenia, depression, anxiety, bipolar manic-depression, attention deficit and autism. His restorative methods renew hope. With their destinies restored, his orthomolecular patients can live well.

FOR•OM Friends of Restorative Orthomolecular Medicine may not understand biochemistry as well as Dr. Hoffer, but we appreciate his Ortho-M principle – beautiful treatments for beautiful minds. The right molecules for living well!

Robert Sealey, BSc, CA, North York, ON

Author of

- *Finding Care For Depression*
- *90 Day Plan for Finding Care*
- *Depression Survivor's Kit*

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

www.searpubl.ca

You don't have to wait until April, 2003 to learn how people use orthomolecular medicine and find care for depression, dysthymia, bipolar disorder, anxiety, schizophrenia, ADHD and autism. You can act **NOW!**

You can buy the film *Masks of Madness: Science of Healing*, 1998 featuring narrator Margot Kidder who introduces six patients who live well. Dr. A. Hoffer and five health professionals explain orthomolecular medicine. Call the **Canadian Schizophrenia Foundation**, 416-733- 2117. Ask about their list of books by mail order and their quarterly newsletter: *Nutrition and Mental Health*

To read about scientific research and medical progress reports, call the *Journal of Orthomolecular Medicine* ask about their current issue and subscription rates, 416-733- 2117

BOOKS SUITABLE FOR LAYMEN:

Finding Care For Depression, Mental Episodes & Brain Disorders, by R. Sealey, BSc, CA, SEAR Publications, North York, 2002

- tips and traps, tools and tales, with 250 references for restoring mental health
- chapter by Dr. A. Hoffer called How Orthomolecular Medicine Can Help
- available from SEAR Publications www.searpubl.ca

Nutrition and Mental Illness:

An Orthomolecular Approach to Balancing Body Chemistry by Carl Pfeiffer, PhD, MD, Healing Arts Press, Vermont, 1987

The Way Up from Down

by Dr. Priscilla Slagle, St. Martin's, New York, 1987

Vitamin B3 & Schizophrenia:

Discovery, Recovery, Controversy by Dr. A. Hoffer, Quarry Health Books, Kingston, 1998

Dr. Hoffer's ABC of Natural Nutrition for Children,

by Dr. A. Hoffer, Quarry Health Books, Kingston, 1999

Healing the Hyperactive Brain: Through the New Science of Functional Medicine by Michael Lyon, MD, Focused Publishing, Calgary, 2000

Unravelling the Mystery of Autism and Pervasive Development Disorder: A Mother's Story of Research & Recovery, by Karyn Seroussi, Fwd by B. Rimland, PhD, Simon & Schuster, New York, 2000

The Brain Chemistry Diet by Michael Lesser, MD, Putnam's, New York, 2002

Children with Starving Brains

by Jaquelyn McCandless, MD, Bramble, 2002

Wellness Recovery Action Plan

by Mary Ellen Copeland, MS, MA, Peach Press, Vermont, 1997

The Depression Workbook

A Guide for Living With Depression and Manic Depression, by M.E. Copeland, MS, MA, New Harbinger Publications, CA, 2001

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FOR SUPPORT:

Mood Disorders Association of Ontario, MDAO, 416-486-8046 (Toronto office)

- 45 ON support groups, free support
- monthly meetings, videotapes
- *Equilink* Newsletter www.mooddorders.on.ca

To learn about nutritional medicine, products and services in the GTA: consider *Vitality* magazine, available free in GTA health food stores. If you can't find one, call 416-964-0528 to subscribe.



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