

FOR•OM AT NUTRITIONAL MEDICINE TODAY

Coming to Vancouver – Waterfront Hotel, April 30, 2004 – 7 P.M.

F O R • O M F R I E N D S R E P O R T

*On April 30, 2004, FOR•OM friends will welcome the public to a special evening meeting of the 33rd ISOM conference. You can hear five year progress reports by recovered patients, meet orthomolecular authors and see the 1998 film *Masks of Madness: Science of Healing* – featuring Margot Kidder.*

www.orthomed.org and www.searpubl.ca

FOR•OM Friends of Restorative Orthomolecular Medicine shared recovery stories at ISOM 30, 31 and 32 in Toronto and Vancouver. Abram Hoffer received awards of excellence for leadership, developing orthomolecular medicine and helping patients recover. Standing ovations came from patients and families – three years in a row!

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. Wanting to find an optimum dose of natural molecules for schizophrenia, 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 has researched and inspired colleagues to develop the principle of orthomolecular medicine by applying the life science of biochemistry to the art of medicine. Orthomolecular health professionals 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 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.) An earlier book, *Smart Nutrients*, covers dementia and Dr. Hoffer's *ABC of Natural Nutrition for Children* explains treatments for ADHD. *Finding Care For Depression, Mental Episodes & Brain Disorders* tells How Orthomolecular Medicine Can Help with blue moods and other brain conditions.

Over millennia, nature adapted the human body to

survive and thrive. People forget about the molecules of life and take 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 mood, dysthymic 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 stabilize their blood sugar levels by taking daily insulin, eating low-sugar diets and exercising regularly. Orthomolecular psychiatrists like Dr. Abram Hoffer prescribe vitamins and other nutrients along 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.

Patients respond to therapeutic molecules differently depending on their biochemical individualities, 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 recover and live well, even those with mental disorders like schizophrenia, depression, anxiety, bipolar manic-depression, attention deficit and autism. His restorative methods renew hope and restore destinies. Orthomolecular patients and their families applaud his scientific vision and medical excellence.

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

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

If you want to learn how people use orthomolecular medicine and find care for depression, dysthymia, bipolar disorder, anxiety, schizophrenia, ADHD and autism, you can act NOW! There are books suitable for laymen, a film, a newsletter and a journal.

You can buy the film *Masks of Madness: Science of Healing*, featuring narrator Margot Kidder, six patients who recovered and Dr. A. Hoffer and five health professionals who explain orthomolecular medicine. Call ISOM or the Canadian Schizophrenia Foundation, at 416-733-2117. Ask about their mail order book list and their quarterly newsletter: *Nutrition and Mental Health*. To learn about scientific research and medical progress reports, call the *Journal of Orthomolecular Medicine* at 416-733-2117

BOOKS SUITABLE FOR LAYMEN AND CAREGIVERS:

Finding Care for Depression, Mental Episodes & Brain Disorders by R. Sealey, BSc, CA,
SEAR Publications, North York, 2002
available from www.searpubl.ca

Optimum Nutrition for the Mind
by Patrick Holford
Judy Piakkus (Publishers) Ltd., London, 2003

Natural Highs: Supplements, Nutrition and Mind-Body Techniques to Help you Feel Good
by Hyla Cass, MD and Patrick Holford
Penguin Putnam, New York, 2002

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry
by Carl Pfeiffer, PhD, MD
Healing Arts Press, Vermont, 1987

Wellness Recovery Action Plan
by Mary Ellen Copeland, MS, MA
Peach Press, Vermont, 1997

DEPRESSION

Depression-Free Naturally
by Joan Mathews Larson, PhD
Ballantine Publishing, New York, 1999

*The Depression Workbook:
A Guide for Living with Depression*
by Mary Ellen Copeland, MS, MA
New Harbinger Publications, CA, 2001

The Way Up from Down
by Dr. Priscilla Slagle, St Martin's, New York 1987

SCHIZOPHRENIA

*Vitamin B-3 & Schizophrenia:
Discovery, Recovery, Controversy*
by Abram Hoffer, MD, PhD
Quarry Press, Kingston, 1998

*The Madness of Adam & Eve
How Schizophrenia Shaped Humanity*
by Dr. David Horrobin
Bantam Press, Corgi edition, London, 2002

*Natural Healing for Schizophrenia
and Other Mental Disorders*
by Eva Edelman
Borage Books, Eugene, Oregon, 2001

ADHD

Dr. Hoffer's ABC of Natural Nutrition for Children
by Abram Hoffer, PhD, MD,
Quarry Press, Kingston, 1999

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

AUTISM

*Unravelling the Mystery of Autism & PDD
A Mother's Story of Research & Recovery*
by Karyn Seroussi, Fwd. by B. Rimland, PhD
Simon & Schuster, New York, 2000

Enzymes for Autism & Other Neurological Conditions
by Karen DeFelice, Purcell, Iowa, 2002

*Children With Starving Brains
A Medical Treatment Guide for Autism
Spectrum Disorder*
by Jaquelyn McCandless, MD, Bramble, 2002



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