Restorative Orthomolecular Medicine – A Short Introduction

FOR•OM Friends of restorative orthomolecular medicine shared recovery stories at ISOMs 30, 31, 32 and 33 in Toronto and Vancouver. Dr. Abram Hoffer received awards of excellence for leadership, integrity, vision, developing orthomolecular medicine and helping thousands of patients. Patients, families and caregivers expressed their thanks with standing ovations – four years in a row!

Over millennia, nature adapted the human body to survive and thrive. People take their biochemistries for granted until they get sick. Wanting to recover quickly, many patients take prescription drugs; however, a good number have problems tolerating antidepressants, mood stabilizers and anti-psychotics for blue moods, bipolar disorders and schizophrenia. Some patients respond badly. Worst cases suicide.

In the 1950s, biochemist and psychiatrist Abram Hoffer wondered how schizophrenic patients could restore normal brain function. He teamed up with Dr. H. Osmond and researchers to study the biochemistry of schizophrenia. They developed an adrenochrome hypothesis, proposed a restorative treatment and did the first double blind experiments in psychiatry. Vitamin B3 (niacin) and vitamin C (ascorbic acid) helped patients recover so they could work! Conventional psychiatrists remained skeptical – their patients stayed home.

For over 50 years, Dr. Hoffer applied the life science of biochemistry to the art of medicine, cooperating with colleagues to develop orthomolecular medicine. Orthomolecular health professionals prescribe natural molecules in therapeutic doses. Their healing biochemistries, easily taken as nutritional supplements, include vital amines, trace minerals, amino acids, essential fatty acids, energy and enzyme co-factors, hormones and precursors.

Dr. Hoffer wrote Vitamin B3 & Schizophrenia: Discovery, Recovery, Controversy to share his success treating schizophrenics with daily divided doses: typically 3,000 mg of vitamin B3 with 3,000 mg of vitamin C. (The lethal dose of B3 is 300,000 mg.) He wrote Smart Nutrients with help for dementia. Dr. Hoffer’s ABC of Natural Nutrition for Children has treatments for ADHD. His chapter How Orthomolecular Medicine Can Help appears in my book, Finding Care for Depression, Mental Episodes & Brain Disorders with my mental healthcare compass and TAYO, the healthcare planner.

Since vitamins are part of a normal diet, many physicians do not recommend them. Family doctors know about supplements for biochemical disorders. Type 1 diabetics take daily insulin to stabilize blood sugar; thyroid patients get thyroid supplements. Orthomolecular psychiatrists like Dr. Hoffer prescribe vitamins and other nutrients with modest doses of prescription drugs. Their patients have fewer problems with side effects than patients who take high doses of psychiatric meds.

Dr. Hoffer helps patients cope with mental disorders like schizophrenia, depression, anxiety, bipolar disorder, attention deficits and autism. Many patients benefit by taking supplements, improving their diets, eliminating trigger foods and avoiding allergens. Individuals respond to therapeutic molecules differently depending on their biochemistries, diagnoses, histories, metabolisms and genetics. Customized and restorative, orthomolecular care renews hope and restores destinies.

Orthomolecular patients and their families applaud Dr. Hoffer’s scientific visions and medical excellence. Friends of restorative orthomolecular medicine may not understand biochemistry as well as Dr. Hoffer but we appreciate his ortho-molecules. Beautiful treatments for recovering and living well!

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Author of the SEAR guides: www.searpubl.ca

- Finding Care for Depression, Mental Episodes & Brain Disorders
- 90-Day Plan for Finding Quality Care
- Depression Survivor’s Kit
- Restoring Mental Health (in progress)

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

NUTRITIONAL MEDICINE TODAY

Friday May 13, 2005 • 7:00 - 9:30 PM

Fairmont Chateau Laurier Hotel - Ottawa

You can hear more on Friday May 13, 2005. The 34th ISOM conference will welcome the public. You can see the film Masks of Madness: Science of Healing, hosted by Margot Kidder, hear keynote speakers and meet authors. Details at …

www.orthomed.org
Orthomolecular Bibliography - A Short Reading List

Resources for patients, families and caregivers

If you want to learn about orthomolecular medicine and find restorative care for depression, bipolar disorder, anxiety, schizophrenia, ADHD, autism and Downs, consider self-help books and resources. You can buy the film *Masks of Madness: Science of Healing*, featuring Margot Kidder and recovered patients. See how Dr. Hoffer and health professionals use orthomolecular medicine. The International Schizophrenia Foundation offers the film, a book list and a quarterly newsletter: *Nutrition & Mental Health*. For scientific research and clinical reports, ask about the *Journal of Orthomolecular Medicine*. 

**SCHIZOPHRENIA**

*Healing Schizophrenia: Complementary Vitamin and Drug Treatments*

Abram Hoffer, PhD, MD, FRCP(C)

CCNM, Toronto, 2004

*Orthomolecular Treatment for Schizophrenia Nutritional Strategies for Healing & Recovery*

Abram Hoffer, PhD, MD, FRCP(C)

Keats Publishing, Los Angeles, 1999

*Vitamin B3 & Schizophrenia: Discovery, Recovery, Controversy*

Abram Hoffer, PhD, MD, FRCP(C)

Quarry Press, Kingston, 1998

*The Madness of Adam & Eve How Schizophrenia Shaped Humanity*

Dr. David Horrobin, Bantam Press, London, 2002

**ADHD**

*Dr. Hoffer’s ABC of Natural Nutrition for Children*

Abram Hoffer, PhD, MD, FRCP(C)

Quarry Press, Kingston, 1999

*Healing the Hyperactive Brain*

Michael Lyon, MD, Focused Publishing, Calgary, 2000

**AUTISM**

*Treating Autism: Parent Stories of Hope and Success*

ed. by B Rimland, PhD & S. Edelson, PhD

ARI, 2003

*Children with Starving Brains*

J. McCandless, MD, Bramble, 2002

*Enzymes for Autism*

K DeFelice, Purcell, Iowa, 2002

*Unravelling the Mystery of Autism & PDD A Mother's Story of Research & Recovery*

Karen Seroussi, Fwd. B Rimland, PhD

Simon & Schuster, New York, 2000