

Remembering

Abram Hoffer, PhD, MD, FRCP(c)

1917 - 2009

Biochemist, Researcher, Clinician

Physician, Psychiatrist, Visionary

Author of 35 Books about Orthomolecular Medicine:
Biochemistry, Research and Clinical Practice

Project H.O.P.E.

Help

Orthomolecular

Public

Education

by Robert Sealey, BSc, CA - SEAR Publications

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

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

Abram Hoffer passed away on May 27, 2009 at age 91½. He enjoyed a long and distinguished career as a biochemist and researcher, physician and psychiatrist, teacher and author. His research, discoveries, clinical programs, books, articles, editorials and public education campaign, spanned six decades and helped thousands of patients.

As a young psychiatrist, the overwhelming reality of mental patients suffering and deteriorating affected Abram Hoffer so deeply that he decided to research schizophrenia. For 60 years, Abram Hoffer studied brain chemistry and learned how 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. Starting in the 1950s, he used the scientific method to research schizophrenia. Years after other doctors healed the pellagra psychosis, Abram Hoffer applied the life science of biochemistry to psychiatry. First he investigated what can cause schizophrenia and then he developed restorative treatments for schizophrenia, psychosis, depression, anxiety, bipolar disorder, ADD and dementia.

He observed that a number of hallucinogenic compounds have an indole structure – e.g. LSD and mescaline. He wondered - does the human body make any indoles? If so, could those internally-produced chemicals cause or contribute to schizophrenia? Hoffer learned that 1–2% of people produce so many indoles that they get sick. Where do these indoles come from? What about adrenalin, the fight or flight compound? There's lots of that in the human body.

Too much adrenalin can be toxic so the body uses several pathways to metabolize excess adrenalin. Richter and Green studied adrenalin metabolism, in the 1930s. One biochemical pathway turns 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 root cause of hallucinations, Dr. Hoffer developed a restorative treatment by testing niacin (vitamin B₃), using that methyl acceptor to reduce the formation of adrenalin and adding an antioxidant called ascorbic acid (vitamin C) to reduce the irreversible oxidation of adrenalin to adrenochrome and then adrenolutin. Healing doses of these two vitamins helped Hoffer's first patients recover from schizophrenia.

To get scientific proof, Dr. Hoffer did the first double-blind placebo-controlled experiments ever done in psychiatry. These tests showed that 75% of acute schizophrenics can recover. Even though mainstream psychiatry disputed, dismissed and denied his discoveries, Abram Hoffer kept on treating his patients – restoratively – for decades. Ignoring naysayers, Dr. Hoffer learned that optimum doses of nutritional supplements can restore normal brain function. He customized regimens to suit each patient's biochemical individuality - using vitamins, minerals and amino acids, energy and enzyme co-factors, fatty acids antioxidants, methylation factors and

hormones. He checked 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!

On April 19, 2007, at the Royal York Hotel, 200 friends honoured Dr. Hoffer's lifetime achievements:

- decades of research and important scientific and medical discoveries,
- helping thousands of patients recover,
- co-founding orthomolecular medicine,
- networking, writing and educating the public.

Thanks to Abram Hoffer's research, vision, integrity and leadership, orthomolecular medicine exists as a restorative dimension of care. If their local psychiatrists don't mention restorative care, patients and families need to hear about it from somebody else.

During the 36th annual conference of the International Society of Orthomolecular Medicine, Abram Hoffer asked everyone to join his public education marathon. We can continue Dr. Hoffer's Project H.O.P.E. by telling our friends and families, caregivers and health professionals about orthomolecular research, discoveries, progress and success developing restorative treatment regimens for mental illness.

To make this possible, Abram Hoffer left a legacy by writing 35 books and

hundreds of articles, reviews and editorials. Dr. Hoffer believed that patients and families can learn about orthomolecular medicine by reading about his research, clinical practices and the recoveries of real patients. Dr. Hoffer's books offer clear information, help and hope, suitable for patients, self-help and biblio-therapy!

Please honour Abram Hoffer's memory by Helping Ortomolecular Public Education. Project H.O.P.E. volunteers can consider the 15 steps in this handout.

You can read, learn, write and share.

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

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

Please remember Dr. Abram Hoffer, the pioneering psychiatrist who co-founded orthomolecular medicine, in Canada, in the 1950s and used restorative regimens to heal thousands of patients. Dr. Hoffer wrote 35 books and more than 600 articles, reviews and editorials. He worked tirelessly, for six decades, to educate the public about the restorative dimension of care.

For information about orthomolecular medicine and Abram Hoffer's books, you can visit:

www.orthomed.org
www.searpubl.ca

book list, conference, journal, film
books, articles, reviews

A few words from a recovered patient-turned-author

My name is Robert Sealey. I have a BSc in biological and medical sciences from the Univ. of Toronto. I work in North York as an accountant, consultant and author. I have a bipolar mood disorder. Like many patients, I had years of episodes - depression, anxiety and hypomania. Year after year, 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. Without proper medical care; I got sicker.

In 1996, somebody suggested the *Journal of Orthomolecular Medicine* - 2 miles away. The word 'ortho-molecular' seemed mysterious but I went anyway, curious and skeptical. Thanks to Dr. 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, problems finding competent care and then my surprising recovery which Dr. Hoffer made possible by writing about his research and explaining the principles and practices of restorative orthomolecular medicine so clearly that I learned how to help myself.

After recovering, I read many books, interviewed other patients and surveyed the healthcare system—shocked to realize how many patients get shortcuts: quick labels and easy pills. Few mental patients get guideline-quality care. Unfortunately, patients with metabolic disorders do not recover if they get the wrong pills, talk therapies or shocks. Sick patients risk getting worse if they trust their lives to shortcuts (quick fixes which don't heal underlying metabolic disorders) or nihilists (doctors who do nothing to diagnose accurately or treat safely).

To help other patients avoid the nightmare of substandard psychiatry, I wrote two books:
Finding Care for Depression, Mental Episodes & Brain Disorder
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, caregivers and health professionals about orthomolecular medicine.

My latest book: *Remembering Abram Hoffer*
By Reviewing his Books about Psychiatry-
Biochemistry, Research and Clinical Practice

reviews ten of Dr. Hoffer's insightful books and eight other books including:

The Chemical Basis of Clinical Psychiatry
The Hallucinogens
Adventures in Psychiatry

Niacin Therapy in Psychiatry
How to Live with Schizophrenia
The Vitamin Cure for Alcoholism

For your free copy of my 68-page book, with 18 reviews, please visit www.searpubl.com.

You Can Help Project H.O.P.E.

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!

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 (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), Toronto ('11)

Reading list 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?	Toronto	Fairmont Royal York Toronto
WHEN?	Apr 29 – May 1, 2011	Details at www.orthomed.org
WORKSHOP	Sun. May 1, 2011	Mental Health Regained 2 p.m.

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.

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. **Encourage** recovered patients to **write** about their recoveries and get their orthomolecular recovery stories published. e.g. in the Open Minds archives at the Intl. Schiz. Foundation.
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 you try these 15, 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.