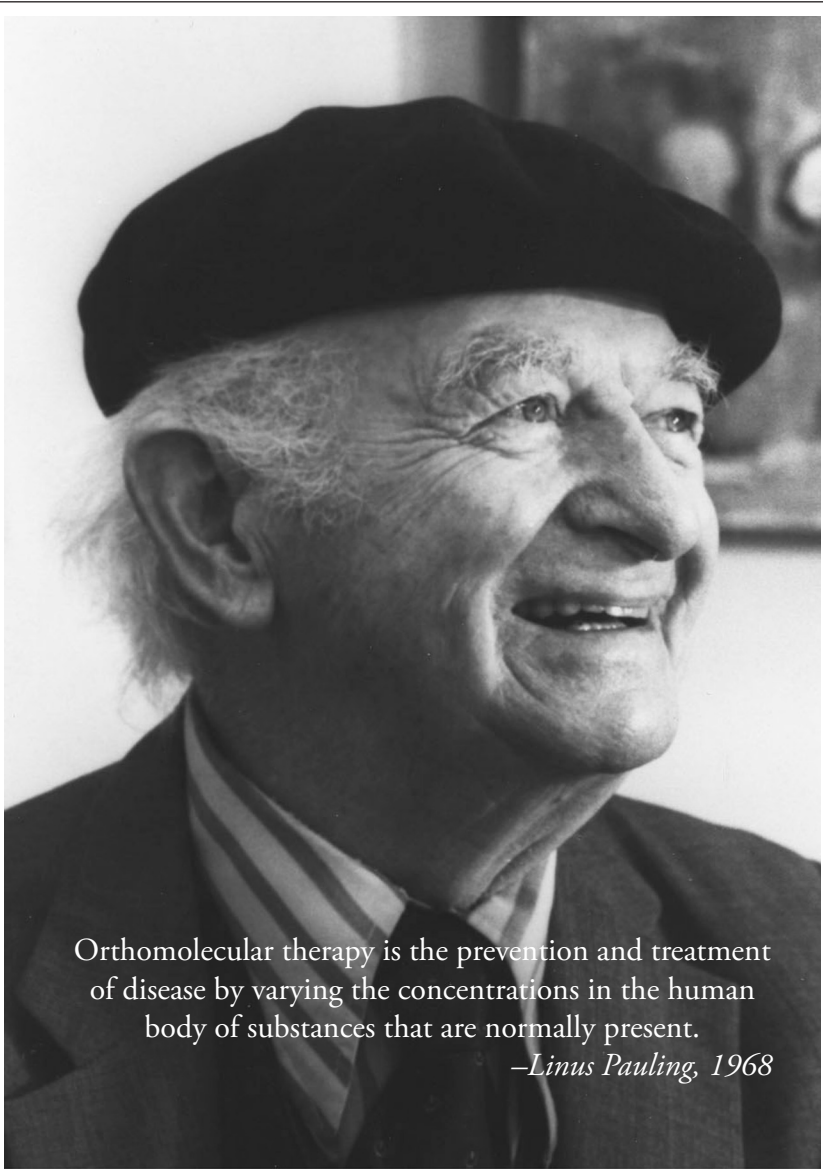


2015

ORTHOMOLECULAR
MEDICINE
HALL OF FAME

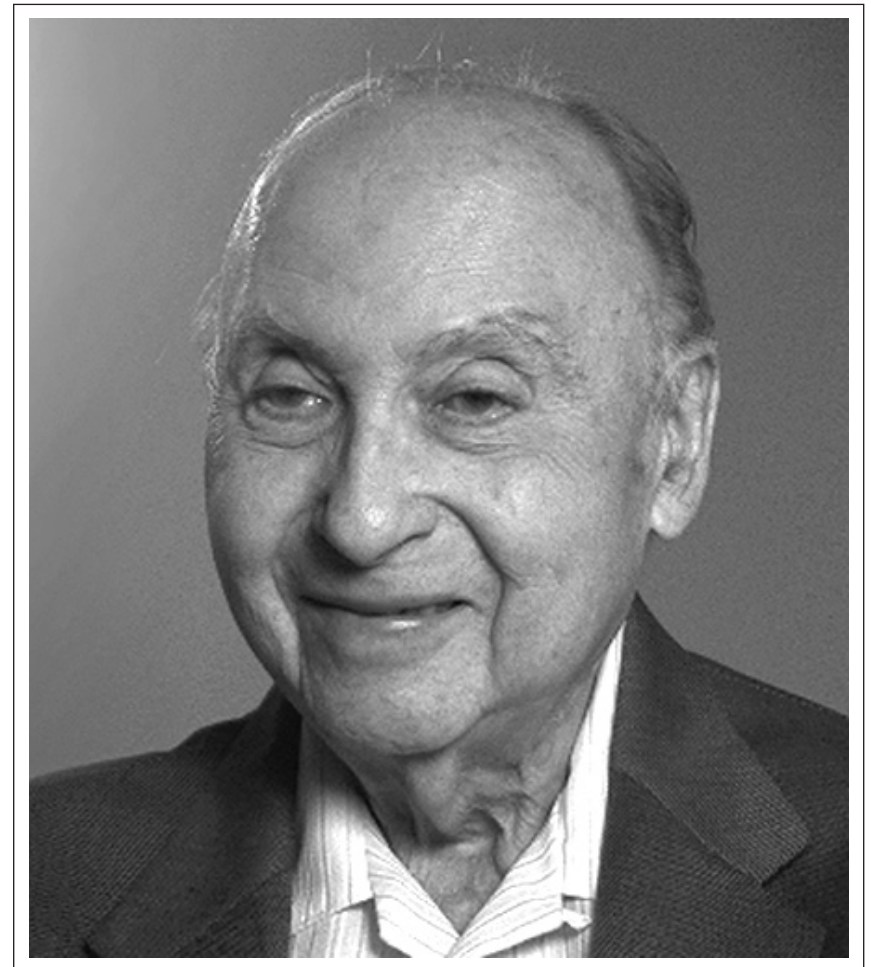


Saturday, April 25
Fairmont Royal York Hotel
Toronto, Canada



Orthomolecular therapy is the prevention and treatment of disease by varying the concentrations in the human body of substances that are normally present.

—Linus Pauling, 1968



Orthomolecular medicine will become the norm and the major diseases which plague us today will disappear.

—Abram Hoffer, 2005

2010



Casimir Funk

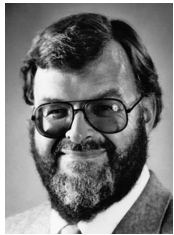


Bruce Ames



Harold Foster

2011



Erik Paterson



Ken Kitahara

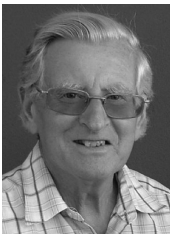


Atsuo Yanagisawa

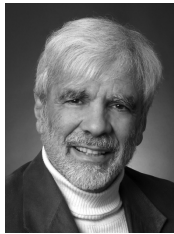


Gert Schuitemaker

2012



Chris Reading



Jonathan Wright

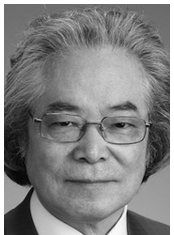


Alan Gaby



Steven Carter

2013



Hiroyuki Abe



Ronald Hunninghake



Andrew Saul

2014



John Ely



Alexander Schauss



Patrick Holford

Program

Honouring Our Orthomolecular Pioneers

*Hosted by
Steven Carter*

7:00 pm Reception

7:30 pm Welcome & Dinner

8:30 pm Induction Program

Orthomolecular Medicine Hall of Fame 2015 Inductees

Irwin Kahan
Aileen Burford-Mason
Hyla Cass
Leonard John Hoffer

Irwin Kahan

1919 - 2015



Irwin Kahan was born on a Saskatchewan farm in 1919. After serving with the Royal Canadian Air Force during World War II, he graduated from McGill University with a social work degree.

In the 1950s, Irwin was an integral member of the research team, headed by Dr. Abram Hoffer, that provided the foundation for the orthomolecular medicine approach. Later, as Executive Director of the Saskatchewan Division, Canadian Mental Health Association, for over a decade he advocated fiercely for the adoption of orthomolecular treatment.

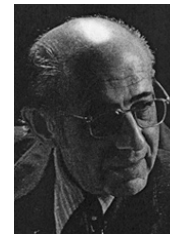
In 1968, Irwin became the founding director of the Schizophrenia Foundation of Saskatchewan, and shortly

afterwards the founding executive director of the Canadian Schizophrenia Foundation (now the International Schizophrenia Foundation). With passion and dedication, Irwin worked hard to create, with very few resources and in a hostile psychiatric community, a new organization dedicated to improving the lives of people with schizophrenia. In this endeavour, he worked closely with his wife Fannie Kahan, Abram Hoffer, other CSF board members, and a large crew of volunteers from branches which he had established across Canada. In 1975, the Academy of Orthomolecular Psychiatry elected Irwin as an honorary member "in recognition of meritorious contributions to Orthomolecular Psychiatry."

Irwin's approach was multi-pronged, focusing on: assisting people at the grassroots level; policy and advocacy at the government level; media communications to promote widespread public understanding of schizophrenia and the orthomolecular approach; and raising professionals' knowledge regarding orthomolecular practice.

Irwin is the author of the memoir *Tending the Tree of Life* (Wild Sage Press, 2015), which includes some of his orthomolecular medicine experiences. Irwin's three decades of putting his heart and soul into advocating for better treatment and conditions for schizophrenics resulted in many lives saved from years of suffering and an increase in the quality of those lives.

2007



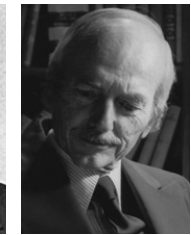
Henry Turkel



Fannie Kahan



Ewan Cameron



Glen Green



Bernard Rimland



Masatoshi Kaneko

2008



Joseph Goldberger



Adelle Davis



Carlton Fredericks



Robert Cathcart



Richard Kunin



Michael Lesser

2009



Ilya Metchnikov



Jeffery Bland



Archie Kalokerinos

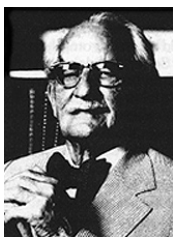


Thomas Cleave



Hugh Sinclair

2004



Roger Williams



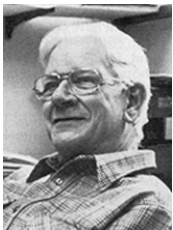
Wilfrid Shute



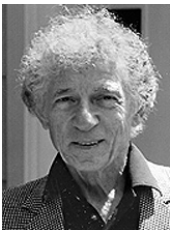
Evan Shute



Irwin Stone



Carl Pfeiffer



Alan Cott



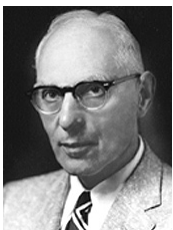
William Kaufman



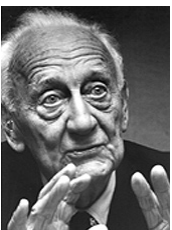
Humphry Osmond

*not shown
Linus Pauling* William McCormick*

2005



Frederick Klenner



Albert Szent-Györgyi



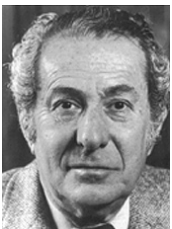
Cornelis Moerman



Max Gerson



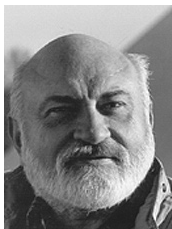
Josef Issels



Emanuel Cheraskin



David Horrobin



Hugh Riordan

2006



Bill Wilson



Ruth Flinn Harrell



Arthur Sackler



Max Vogel



Abram Hoffer



Lendon Smith



David Hawkins



Theresa Feist

Aileen Burford -Mason, PhD

b. 1943



Born Aileen Philomena Reilly in Birmingham England, Aileen returned with her parents to their native Ireland when she was three years old. Her earliest education was at the Dominican Convent, Santa Sabina, Dublin, where her favourite activities were writing, drawing and performing in school productions. From there she went to boarding school at Loreto Convent, County Meath, where she learned little science but developed a lasting love of music.

Aileen's scientific education began in earnest at University College Dublin where she obtained her Bachelor of Science degree. After graduation she moved to England to pursue a research career as

a forensic biochemist in the horse-racing town of Newmarket, Suffolk. Her most enduring memory of that time was her futile attempts to appear calm and unruffled when collecting blood and urine samples from horses. (The horses were not fooled and to this day she is afraid of horses.)

While living in Newmarket Aileen met and married the love of her life, Roger Burford-Mason (d. 1998). They moved to Hitchin, Hertfordshire, where their son Oliver was born. After some years in teaching, she returned to research, this time in immunology. In 1983 she completed her PhD in immunology and continued research in that field until 1988 when she emigrated with her family from the UK to Canada.

Once in Toronto she moved into cancer research, holding positions as Research Associate and later Assistant Professor in the University of Toronto's Department of Pathology. However, a nutritional thread had run through her research career, and she gradually became convinced that all disease had its roots in inadequate nutrition. So in 1996 she made the transition from conventional research to orthomolecular medicine.

Today Aileen divides her time between her private practice, writing, and lecturing to medical and allied health professionals on the evidence based use of diet and supplements in health maintenance and disease prevention. Since 2008, Nutrition for Docs, the course on diet and supplements she designed and teaches has been presented across Canada to 1,700 doctors. *Eat Well, Age Better*, her best-selling book based on the course, has been enthusiastically received by doctors and the public. Aileen serves on the editorial board of the *Journal of Orthomolecular Medicine* and is a member of the core faculty of the Orthomolecular Medicine Today Conference. She is currently working on a new book to be published by Harper Collins in spring 2017.

Hyla Cass, MD

b. 1946



Hyla Cass MD is an internationally acclaimed psychiatrist and one of our foremost experts and pioneers in integrative medicine. Combining the best of natural medicine with modern science in her clinical practice for over 30 years, and in writings, lectures, and media appearances, she's certified by the American Board of Psychiatry and Neurology (ABPN), as well as the American Board of Holistic Integrative Medicine (ABIHM).

She is the author of a number of popular books including *St. John's Wort: Nature's Blues Buster*; *Kava: Nature's Answer to Stress, Anxiety and Insomnia*; *Natural Highs*; *Supplement Your Prescription*; *8*

Weeks to Vibrant Health; and *The Addicted Brain and How to Break Free*.

Dr. Cass also speaks to professional and lay audiences on topics ranging from complementary medicine and psychiatry, longevity enhancement, women's health and hormones, weight management, and natural treatments for addiction, anxiety disorders, and depression. Audiences include the American College for Advancement in Medicine, the International Society for Orthomolecular Medicine, and The American Academy of Anti-Aging Medicine (A4M).

Born in Toronto, Canada, Hyla obtained her pre-medical and medical education from the University of Toronto School of Medicine, interned at LAC-USC Medical Center, then completed her residency training at Cedars-Sinai Medical Center, Los Angeles, where she then served as an attending staff physician for 10 years.

An Assistant Clinical Professor of Psychiatry at UCLA School of Medicine for 20 years, Board Member and Chair of Vitamin Relief USA, providing at-risk children, teens, seniors and adults with daily multiple vitamins across the U.S, she also is a Board Member of the American College for Advancement in Medicine (ACAM), Advisory Board member at Taste for Life Magazine and Medical Editor at Total Health Magazine.

Most recently she serves on the Board of Governors of the Placencia Health Group, which is creating a Medical Free Zone in Belize, while maintaining the highest scientific, professional and ethical standards, with an innovative World Center for Anti-Aging Medicine and Clinical Therapies.

Leonard John Hoffer, MD, PhD

b. 1947



Leonard John Hoffer is a Professor of Medicine at McGill University and Associate Professor in McGill's School of Dietetics and Human Nutrition. He is a full-time investigator in the Lady Davis Institute for Medical Research, Jewish General Hospital, Montreal, and a Senior Physician in the Divisions of General Internal Medicine and Endocrinology in the JGH, where he serves on the nutritional support team.

Dr. Hoffer obtained his medical and subspecialty training in internal medicine at McGill, then a PhD in Human Nutrition at the Massachusetts Institute of Technology, Cambridge MA, a clinical fellowship in nutritional support at

Harvard Medical School, and a post-doctoral fellowship in biochemistry at Brandeis University, returning to McGill in 1984 as an assistant professor. Dr. Hoffer's research and clinical interests focus on the relationship between disease and malnutrition, the metabolic adaptation to starvation, and micronutrient metabolism in disease. He authored the chapter on the metabolic features of human starvation in the last several editions of the clinical nutrition textbook, *Modern Nutrition in Health and Disease*, and co-authored the chapter entitled "Enteral and parenteral nutrition therapy" in the 2015 edition of Harrison's *Principles of Internal Medicine*, the world's most prestigious medical textbook. In 2012 he was recipient of the Kursheed Jeejeebhoy Award and Plenary Lecture, Canadian Nutrition Society.

Influenced throughout his career by the ideas of his father, Abram, John Hoffer has spent much of his career thinking about and studying the therapeutic potential of nutrition in the treatment of important diseases, including cancer. He has served on the editorial board of the *Journal of Orthomolecular Medicine* for decades, and since 2009 as associate editor. With funding from the Hecht Foundation, he was able to contribute to interest in and study of the use of high-dose vitamin C in cancer therapy.