

2008

ORTHOMOLECULAR
MEDICINE
HALL OF FAME

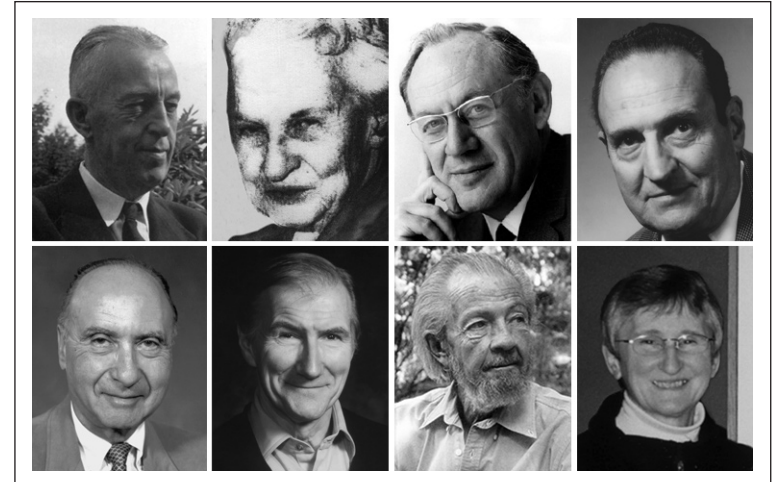


*Saturday, May 3
Fairmont Hotel Vancouver
Vancouver, Canada*

2006 Hall of Fame Inductees

Bill Wilson
Ruth Flinn Harrell
Arthur Sackler
Max Vogel

Abram Hoffer
Lendon Smith
David Hawkins
Theresa Feist



2007 Hall of Fame Inductees

Henry Turkel
Fannie Kahan
Ewan Cameron

Glen Green
Bernard Rimland
Masatoshi Kaneko



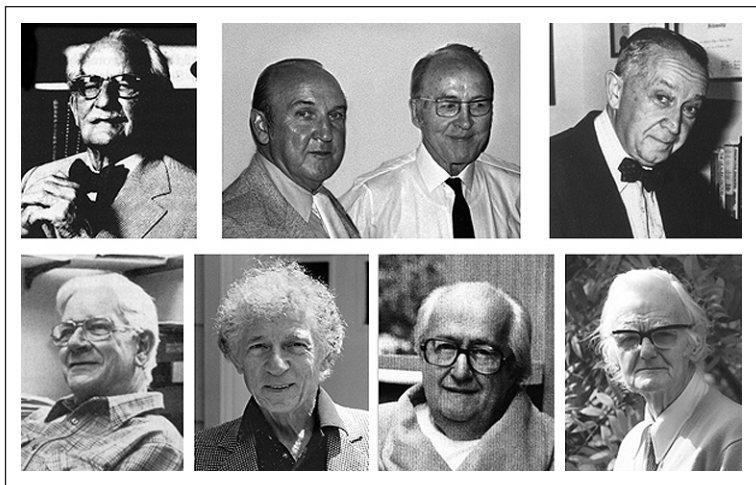
Orthomolecular therapy consists in the prevention and treatment of disease by varying the concentrations in the human body of substances that are normally present.

—Linus Pauling, 1968

2004 Hall of Fame Inductees

Linus Pauling*
William McCormick*
Roger Williams
Evan Shute
Wilfrid Shute

Irwin Stone
Carl Pfeiffer
Alan Cott
William Kaufman
Humphry Osmond



* not shown

2005 Hall of Fame Inductees

Max Gerson
Albert Szent-Györgyi
Cornelis Moerman
Frederick Klenner

Josef Issels
Emanuel Cheraskin
David Horrobin
Hugh Riordan



Program

Honouring Our Orthomolecular Pioneers

Hosted by

Andrew Saul, PhD
&
Steven Carter

6:30 pm Reception

7:00 pm Welcome

Dinner & Program

2008 Hall of Fame Inductees

Joseph Goldberger, MD
Adelle Davis, MSc
Carlton Fredericks, PhD
Robert Cathcart III, MD
Richard Kunin, MD
Michael Lesser, MD

Joseph Goldberger, MD

1874 – 1929



“Goldberger is my model of a brilliant scientist.”

—Abram Hoffer, MD, PhD

Joseph Goldberger was born in 1874 and studied medicine at Bellevue Hospital Medical School in New York, graduating with honors in 1895. After an internship at Bellevue Hospital College, he engaged in private practice for two years and then joined the Public Health Service Corps in 1899. During routine work as a quarantine officer on Ellis Island, Goldberger rapidly acquired a reputation for outstanding investigative studies of various infectious diseases, including yellow fever, dengue fever, and typhus. Goldberger devoted the latter part of his career to studying

pellagra. After quickly contradicting the contemporary general belief that pellagra was an infectious disease, he spent the last 15 years of his life trying to prove that its cause was a dietary deficiency. During the first half of the 20th century, an epidemic of pellagra produced roughly 3 million cases in the United States, about 100,000 of which were fatal. (From: Elmore JG, Feinstein AR. Joseph Goldberger: an unsung hero of American clinical epidemiology. *Ann Intern Med*, 1994 Sep 1;121(5):372-5.)

Abram Hoffer adds: “In the early 1940s, the United States government mandated the addition of niacinamide to flour. This eradicated the terrible pandemic of pellagra in just two years, and ought to be recognized as the most successful public health measure for the elimination of a major disease in psychiatry, the pellagra psychoses. The reaction of contemporary physicians was predictable. Indeed, at the time, Canada rejected the idea and declared the addition of vitamins to flour to be an adulteration. The United States has long been the leading nation in nutrition research.”

Knowledge comes at a cost: Goldberger had yellow fever, dengue, and very nearly died of typhus. The US National Institutes of Health says he “stepped on Southern pride when he linked the poverty of Southern sharecroppers, tenant farmers, and mill workers to the deficient diet that caused pellagra.” (<http://history.nih.gov/exhibits/goldberger/index.html>)

In the end, Goldberger was nominated for the Nobel Prize. Had he not died earlier in the year, he might well have shared it in 1929 with vitamin researchers Christiaan Eijkman and Frederick G. Hopkins.

Alan Kraut’s prize-winning book, *Goldberger’s War: The Life and Work of a Public Health Crusader* (2003) is an excellent source on this outstanding pioneer.

Michael Lesser, MD

b. 1939



“Dr. Lesser is one of the pioneers in the development of orthomolecular psychiatry and medicine”

— Abram Hoffer, MD, PhD

Michael Lesser received his MD from Cornell University in 1964 and has maintained a private practice since 1971 in Berkeley, California. He became a member of the Academy of Orthomolecular Psychiatry in 1972 and served as Vice President from 1976 -1986. During the same period he served on the Board of Trustees for the Huxley Institute for Biomedical Research. On numerous occasions since 1972, Dr. Lesser has served as an expert witness in Psychiatry and Orthomolecular

Medicine in criminal and civil cases before municipal, state and federal courts in California and Arizona.

Along with ten other doctors, Dr. Lesser founded the Orthomolecular Medical Society in San Diego, CA, in 1975. He served as its first President (1975-1979), with Linus Pauling, PhD, as Honorary President; Richard Kunin, MD, Vice President.

Dr. Lesser gave testimony before California State Legislature leading to passage of Orthomolecular Medicine Bills in 1976 and 1977. He also gave testimony before United States Select Senate Committee on Nutrition and Human Needs, “Diet Related To Killer Diseases, V: Nutrition and Mental Health,” in Washington DC, June 22, 1977. An excerpt of his testimony was broadcast on CBS and NBC News that night and he appeared as a guest on ABC’s Good Morning America, June 23, 1977.

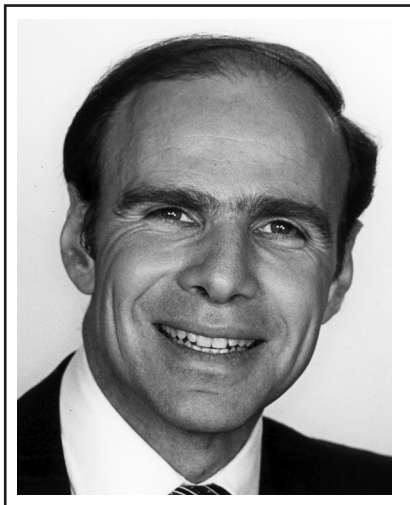
In 1997 he founded Nutritional Medicine, a communications company that sponsors conferences on nutrition and vitamin therapy. With Dr. Kaneko of Japan he organized the OrthoMolecular Nutrition Laboratory Symposium in New York, October 1997.

Dr. Lesser’s books include *Nutrition and Vitamin Therapy* (1980) which sold 350,000 copies; *Fat and The Killer Diseases* (1991); and *The Brain Chemistry Diet* (2002) in which he identifies six primary psychological types—each type evinces certain strengths when health is optimal, and suffers from specific psychiatric vulnerabilities when imbalances occur. His dietary and supplement recommendations are predicated on these differences.

He has published over 50 papers and lectures on orthomolecular medicine and psychiatry and has served on the Editorial Review board for the *Journal of Orthomolecular Medicine*.

Richard Kunin, MD

b. 1932



“Richard Kunin is an authentic trailblazer who merits the name.”

—National Health Federation

Educated at the University of Minnesota, Dr. Kunin received his MD degree in 1955. Following psychiatric residency training at New York Hospital, which he completed in 1959, he served for two years in the United States Army Medical Corps. Dr. Kunin has been in private practice since 1963, now in San Francisco.

Inspired by Dr. Linus Pauling’s work with vitamin C and antioxidants in orthomolecular medicine, his 1973 discovery of manganese as a cure for drug-induced dyskinesia (muscle- movement disorder

caused by drug therapy) was the first orthomolecular research to verify the efficacy of mineral therapy for a disease (other than simple deficiency). His studies on the effects of niacin (1975) were the first to identify prostaglandins in the niacin flush and aspirin as an antidote.

He co-founded the Orthomolecular Medical Society with Dr. Michael Lesser and Dr. Linus Pauling in 1976, and served as its President from 1980-82. Dr. Kunin’s clinical research led to the “Orthocarbohydrate Diet”, the first diet plan based on individualized carbohydrate-protein-fat effects on mood, energy, and weight. The “Listen To Your Body Diet”, popularized in his best-selling books *Mega Nutrition* (1980) and *Mega Nutrition for Women* (1983) remains one of the most user friendly, safe and effective diet-energy plans.

In 1986, Dr. Kunin began a 12-year stint as a columnist for the San Francisco New Fillmore. His column, “Putting Nutrition First,” was a big hit with its readers.

He achieved the first measurement of EPA in snake oil in 1989, substantiating its anti-inflammatory benefits (published in *JOM*, 1989, Vol 4, no 3). Dr. Kunin demonstrated that snake oil is not quackery after all!

In 1994, he founded the Society for Orthomolecular Health Medicine (OHM) in San Francisco, and has organized its annual scientific meetings for 14 years. In the same year, Dr. Kunin became the first Interim President of the International Society for Orthomolecular Medicine. Dr. Kunin is also director of research of Ola Loa Products, leaders in powdered nutrition supplements.

Dr. Kunin also serves on the Board of Governors of the National Health Federation and has been on the Editorial Review Board of the *Journal of Orthomolecular Medicine*, since 1982.

Adelle Davis, MSc

1904 – 1974



“One of the pioneers of the movement toward healthier eating, Adelle Davis, raised many food safety and health issues based on her own research. Her views were not accepted by the scientific community at the time. Now the weight of medical evidence, including former Surgeon General Koops’ Report on Nutrition and Health, has vindicated her views.”

—Patrick Leahy

United States Senator 1998

Adelle Davis, one of America’s best known nutritionists, was born Daisie Adelle Davis and raised on a farm in Lizton, Indiana. She attended Perdue University from 1923 to 1925, and received her bachelor’s degree in dietetics from the University

of California at Berkeley in 1927. Trained in hospital dietetics at Bellevue and Fordham Hospitals in New York City, Davis served as a nutritionist for the New York City public schools until 1931. After several years of private practice as a consulting nutritionist, she earned her M.S. in biochemistry from the University of Southern California in 1939. She continued to see patients in southern California, many thousands of which were referred to her by physicians.

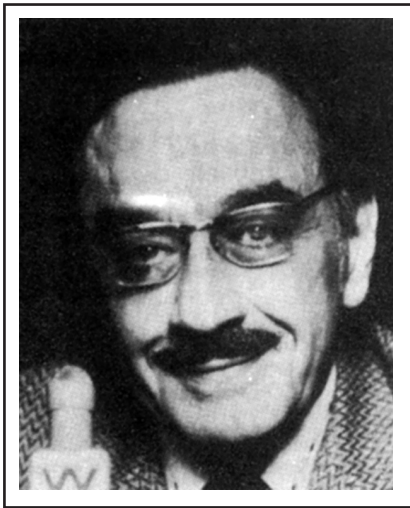
The Adelle Davis Foundation (adelledavis.org) comments that “she repeatedly stated that the body does best when provided with all of the known nutrients, as well as fresh food sources for obtaining nutrients yet to be discovered by science. Knowing the amounts of nutrients that the body requires under given conditions, one can make educated decisions . . . Without knowing the research, one cannot judge what amounts are necessary to avoid vitamin deficiencies. Deficiencies in vitamins, minerals, and other nutrients can cause illness that is reversed when the nutrients are added to the diet.”

Adelle Davis wrote four bestselling books, starting with *Let’s Cook It Right* in 1947. *Let’s Have Healthy Children* (1951), *Let’s Eat Right to Keep Fit* (1954), and *Let’s Get Well* (1965) would follow, each later revised and updated. She was a popular speaker and frequent guest on television, beginning in 1947 and continuing for over 25 years, including a number of appearances on the Tonight Show with Johnny Carson.

Linus Pauling considered Adelle Davis to be “a pioneer in the health movement. She was essentially correct in almost everything she said.” In 1990, *Natural Food and Farming* magazine wrote, “Today’s research shows that she was indeed ahead of her time.”

Carlton Fredericks, PhD

1910 – 1987



“Carlton Fredericks repeatedly kicked the shins of public health officials because of their failure to protect the nutritional health of the public.”

—Michael Barbee,
Politically Incorrect Nutrition

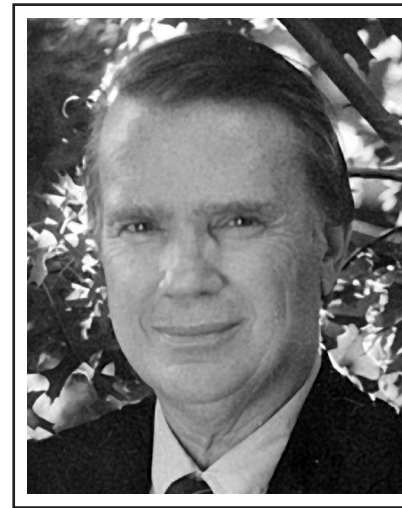
Carlton Fredericks, born Harold Carlton Caplan, grew up in the Flatbush section of Brooklyn. He earned his bachelor’s degree at the University of Alabama in 1931, and received a master’s degree in 1949 and a PhD in 1955, both in Public Health Education, and both from New York University. He wrote over twenty books, lectured widely, and was associate professor of public health at Fairleigh Dickinson University.

Fredericks became famous, and in some circles infamous, for his pioneering use of the media to educate people about vitamin and nutrition therapy. On the radio for nearly half a century, his most famous thirty years began in 1957 at New York City station WOR. Fredericks’ call-in “Design for Living” program, broadcast six days a week and syndicated nationally, resulted in literally millions of letters to a man whom many considered to be “America’s Foremost Nutritionist.” KABC Los Angeles presented his program “Living Should Be Fun” saying that “Dr. Fredericks presents interviews with doctors and nutritionists (and) examines the fact or superstition in certain nutrition beliefs.” In one such 1978 interview, he interviewed orthomolecular niacinamide pioneer Dr. William Kaufman.

Dr. Fredericks, a colleague of Drs. Robert Atkins and Linus Pauling, was heavily criticized as a vitamin “promoter” and food “faddist.” Today, he might be seen more as an orthomolecular version of Paul Harvey. The *New York Times* described Fredericks’ voice as having “crisp diction and authoritative delivery.” Fredericks constantly made fun of junk foods, and brought his listeners many a memorable moment. He quipped that if you lack the time to learn what you ought to know about healthy eating, just follow the average grocery store shopper and purchase only what she doesn’t. When callers asked about white bread, he replied that it “makes a wonderful way of cleaning off your counter tops. You can dust your furniture with it.” The irrepressible Fredericks appeared on the Merv Griffin Show, and was a columnist for *Prevention* and *Let’s Live* magazines.

Robert Cathcart III, MD

1932 – 2007



I have never seen a serious reaction to vitamin supplements. Since 1969 I have taken over 2 tons of ascorbic acid myself. I have put over 20,000 patients on bowel tolerance doses of ascorbic acid without any serious problems, and with great benefit.”

—Robert F. Cathcart, M.D.
Independent Vitamin Safety Review
Panel Statement

Robert Cathcart’s observations on clinical use of ascorbic acid drew worldwide renown, along with the respect of Linus Pauling. A native of Texas, Bob came to Northern California as a child and spent most of his life in the Bay Area. He earned his medical degree from the University of

California in San Francisco in 1961, then completed his internship and residency at Stanford Hospital. Bob was an instructor in orthopedic surgery at Stanford after his residency. The “Cathcart Prosthesis” has been implanted in over 100,000 hips.

Bob became interested in vitamin C when he read Linus Pauling’s Vitamin C and the Common Cold, and he began using it for his own allergies and his patients’ viral infections. He thought about a common side effect of high-dose ascorbate, namely diarrhea, in a new way. He observed that a person’s tolerance for the vitamin increased considerably in the presence of viral illness, seemingly in proportion to the severity of the illness. A person who ordinarily develops diarrhea from, say, a 12-gram dose of ascorbate, might be able to tolerate upwards of 100 grams when ill with a cold or flu. Bob found that titration of vitamin C dosage to bowel tolerance permitted quicker resolution of an illness.

Bob treated tens of thousands of patients with vitamin C megadoses. He was a popular lecturer at medical meetings, where he freely shared his findings with his colleagues. However, he was not well published. Like Linus Pauling himself, Cathcart encountered rejection and even scorn at the hands of scientific and medical journal editors. JOM is proud to be one of the few platforms to have brought Bob’s work to the attention of the world’s healing professions.

Bob Cathcart received the Linus Pauling Award from the Society for Orthomolecular Health Medicine in 2002. He leaves a reminder for all who would do science: progress and success rest more on dispassionate observation and creative thinking than on all the gee-whiz technology mankind has ever come up with.