

Control of Huntingtons Disease by Orthomolecular Treatment

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Over three years ago I reported that orthomolecular treatment had helped a patient recover from latent Huntingtons disease, Hoffer, (1983). A follow-up, one year later, Hoffer (1984), showed improvement was sustained.

In this issue I have a recent update by the husband of Mrs. B who had recovered and their three daughters. It is evident they remain well. Should not other vulnerable families be following the same treatment?

"Concerning the Huntington's Disease, I would deem things to be well. My wife ... is following the treatment you prescribed very seriously and functions well. She is certain she has the disease but feels a great sense of relief, that she can control its effects. She continues in her job as an engineer and bears what I would say, is a considerable amount of responsibility.

"My middle daughter . . . age 24, now is married and has a child. She had a difficult pregnancy because of the hypoglycemia factor. She follows the treatment in a very serious and disciplined way, as a preventive measure, and functions just marvellously. Our youngest daughter . . . about whom we were originally worried, is now approaching 16 and at home with us. We are able to regulate her diet and vitamins. She is doing very well, rarely shows any signs of twitching or hand movement, except under stress, or after periods of poor diet when she is away from us. Even then it is very minimal. She's a great kid, and flourishing. She went to France this Summer to visit her relatives. We hold her to a fairly strict discipline concerning the vitamins. Or rather she holds herself. She senses she has to take them.

"My oldest daughter ... 25, and now living in Minneapolis, and due home soon, is cause for a little concern. She's been rather sloppy about taking the vitamins, at least as I understand it and over the past year, generally follows a poor diet by eating out all the time

and is showing some effects. I can't tell from exactly what. She is breaking up with a boyfriend, so this might just be normal growing stress. Also, she will balk sometimes at the vitamins because she says, 'I don't want to be like Daddy,' since I've had to take them for my treatment of schizophrenia, and still do.

"So we won't be able to tell anything until she gets here. Maybe this is just a general reassessment kids go through. Up until the time we were fairly sure she was taking the vitamins, she seemed to do all right. I think percentage wise, given here is both Huntingtons Disease and schizophrenia in the family, both of which show possible genetic factors, I think she is making a very poor choice we'll be able to regulate that when she gets here. And during the time when she was young, and I was at the extreme of my illness, she did undergo a lot of insecurity and uncalled for harassment on my part. Maybe this is also endemic to being a writer.

"As for me I have a lot of notes on mental illness and draft manuscripts concerning my own situation and I'm at the point now in my life where I have to synthesize them into a whole. I would like to explain not only the pit of hell the megavitamin treatment rescued me from, but also the relation and importance of the creative mind to illness. Or the recovery from illness. I believe this, for reasons of my own, to be so crucial.

"[My wife] and I were discussing the other night the period of my accident when I jumped from the window in France, and certainly she acted with great courage, wisdom, and patience, during a time of enormous stress. And long after. And we both find it a bit ironic, and fortuitous, that had she not married somebody who was schizophrenic, she probably never would have known about Orthomolecular treatment for H.D. Maybe that's just human. And as we sometimes jokingly say, 'Maybe the two damn diseases will cancel each other out.'"

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