

# Letters

## Megavitamin Capsules

*To the Editor,*

For many years Orthomolecular psychiatrists used the Nutra Mega soft gelatin capsules containing mega doses of niacinamide, C, B<sub>6</sub> and E. The soft gelatin capsules were designed to be easily swallowed by schizophrenics, who have trouble with tablets because of their "dry mouth" condition.

The takeover of the Nutra Mega Company by a larger pharmaceutical company made the gelatin capsule megavitamins temporarily unavailable. I have recently learned that the capsules are now being manufactured again, on a small scale, and are available from the North Nassau Dispensary, 1691 Northern Blvd., Manhasset, NY 11030, (516)627-7535.

I thought this information would be of interest to readers of this journal who have difficulty in patient compliance when megavitamin tablets are used.

Very best regards,

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## Misinformation by Omission

*To the Editor,*

Shortly after reading your article, "Is There a Conspiracy?" (Volume 2, No. 3, 1987), I ran into two similar situations in the media. People with Down's syndrome are finally receiving the recognition they need in order to attain their potential for growth and development. However, the medical treatment that has helped these bright examples has been ignored. This happened March 1980, when the *Reader's Digest* published an article about "The Triumph of Rina Cahana". The hard work of her parents and her own persistence were featured — but not her treatment with the "U" Series.'

Then, about a year ago there was an article in the Pasadena *Sun* about my patient, Brad Silverman, who attends Pasadena City College.

Brad has Down's syndrome. This article was picked up by other reporters, as well as the American Broadcasting Company. An After-school Special was aired September 23, 1987, about Brad. Not a word was said about the "U" Series, the medical treatment that made it all possible.

Brad's parents tell me that they did talk about this treatment. Evidently, it was not of dramatic interest. Still, it means that the viewers saw only half the story. At the start of the show, Brad's father, Harold Silverman, was told that his newborn with Down's syndrome would have all kinds of medical problems and was told to institutionalize him at once — fairly standard advice when Brad was born. The unanswered question is, what happened to improve Brad's health? His digestive system was underdeveloped and he could not hold down food. He was always ill with sinus and respiratory ailments. His behaviour was so uncontrollable that he could never have remained in a regular academic program — certainly not through high school — certainly not in college.

Since every child with Down's syndrome begins at his or her own level, not every patient treated with the "U" Series can achieve what Brad, whose I.Q. was 65 at the start of treatment, accomplished. However, another California patient has attended college, though not entirely in the regular academic program. She does drive. A patient treated with the "U" Series in Norway — a girl who was considered badly retarded — was able to enter a regular classroom within months of treatment. After 4 years of treatment, she competed in an art contest with her normal fourth grade classmates, and was a winner. A child born with a three-chambered heart — underdeveloped left ventricle — is growing well and his colour is good. Many other patients have improved far beyond expectation. Parents may remain unaware of the total input into Brad's successes — including the "U" Series.

Then in the September 29, 1987 issue of the Detroit *Free Press*, an article featured

the achievements of Mindie Crutcher. Mindie also benefited from a year of treatment according to her mother, and returned for a second year. At that point, no more progress reports were sent, and I suppose that it is possible that no further improvements occurred. However, in those rare situations, parents are instructed that it is even more important to send the monthly reports, so that adjustments can be made in medication, and this was not done.

And so, misinformation by omission continues.

Sincerely,  
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<sup>1</sup> See *Journal of Orthomolecular Psychiatry*, Vol. 10, No. 4 and Vol. 13, No. 4.