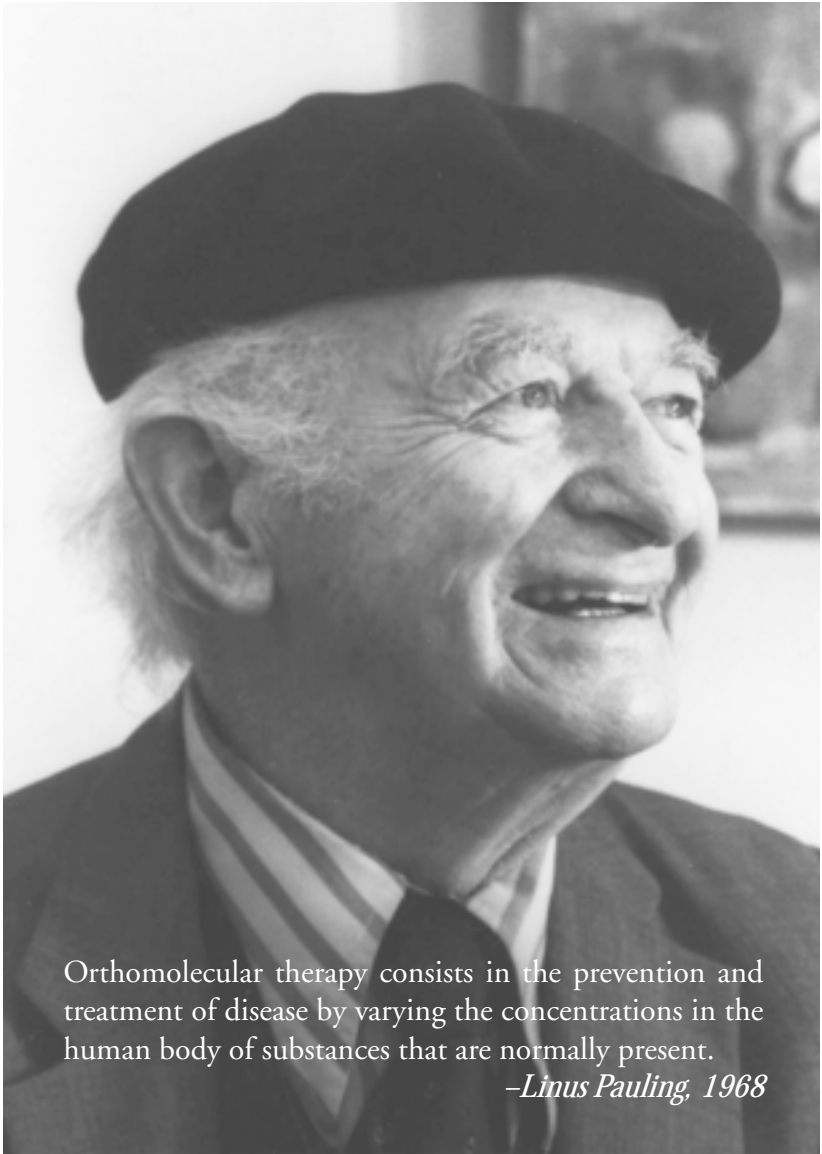


*2005*

ORTHOMOLECULAR  
MEDICINE  
HALL OF FAME



*Saturday, May 14*  
*Fairmont Château Laurier Hotel*  
*Ottawa, Canada*



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*

# *Program*

---

## *Honouring Our Orthomolecular Pioneers*

---

Andrew Saul, PhD  
*Master of Ceremonies*

7:00 pm      Reception

7:30 pm      Welcome  
Dinner

8:15 pm      Introduction

### **2005 Hall of Fame Inductees**

Max Gerson  
Albert Szent-Györgyi  
Cornelius Moerman  
Frederick Klenner  
Josef Issels  
Emanuel Cheraskin  
David Horrobin  
Hugh Riordan

---

*Special thanks to our Hall of Fame Sponsors*



**Anamol**  
Laboratories



**Seroyal**  
GENESTRA UNDA

# Max Gerson, MD

1881-1959



*“I know of one patient who turned to Gerson Therapy having been told she was suffering from terminal cancer and would not survive another course of chemotherapy. Happily, seven years later, she is alive and well. So it is vital that, rather than dismissing such experiences, we should further investigate the beneficial nature of these treatments.”*

—H.R.H. Charles, Prince of Wales

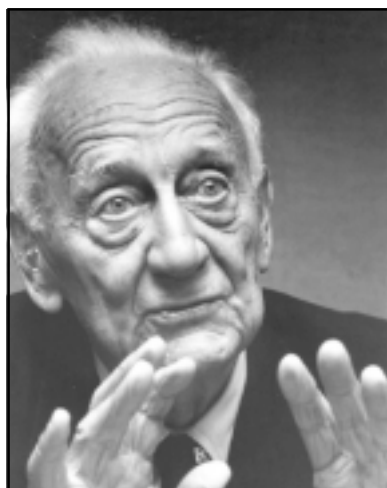
**i**n the late 1920s, Max Gerson, M.D., began observing that cancer could be cured with nutrition in tandem with systemic detoxification. Charlotte Gerson writes: “Dr. Gerson found that the underlying problems of all cancer patients are toxicity and deficiency. One of the important features of his therapy was the hourly administration of fresh vegetable juices. These supply ample nutrients, as well as fluids to help flush out the kidneys. When the high levels of nutrients re-enter tissues, toxins accumulated over many years are forced into the blood stream. The toxins are then filtered out by the liver. The liver is easily overburdened by the continuous release of toxins and is unable to release the load... Dr. Gerson found that he could provide help to the liver by the caffeine in coffee, absorbed from the colon via the hemorrhoidal vein, which carries the caffeine to the portal system and then to the liver. The caffeine stimulates the liver/bile ducts to open, releasing the poisons into the intestinal tract for excretion.”

The Gerson Therapy is not specifically a cancer treatment but rather a metabolic treatment, one that cleanses while strengthening the body’s ability to heal itself. Not surprisingly, the program is effective against a wide variety of serious illnesses. Dr. Gerson’s approach has been shown, for over seven decades, to greatly improve both quality and length of life in the sickest of patients.

There is no higher compliment possible than this summation by the great Albert Schweitzer, M.D., Nobel Prize laureate: “I see in Dr. Max Gerson one of the most eminent geniuses in medical history.”

# Albert Szent-Györgyi, PhD

## 1893-1986



*“Discovery consists of seeing what everybody has seen, and thinking what nobody has thought.”*

—Albert Szent-Györgyi

**D**r. Szent-Györgyi depended on thought, as did Pauling, rather than on equipment.” wrote Abram Hoffer. Albert Szent-Györgyi was born in Hungary and spent the First World War in the Austrian army. After the war, he studied at Gröningen and with Hopkins at Cambridge. It was here that he became interested in a chemical agent, present in plant juices, which had the effect of delaying oxidation, such as the browning of a sliced apple exposed to the air. He suggested that this agent, which was also present in cabbages and oranges, was the mysterious Vitamin C. By 1933, he had isolated the substance in kilogram lots and named it “ascorbic acid” which means “the acid which prevents scurvy.” “During World War II, Szent-Györgyi was in constant danger from the Nazis and finally took refuge in the Swedish legation in Budapest. The Gestapo raided the legation but he escaped and remained in hiding for the rest of the war. He was rescued by the Russian armies and taken to Moscow on the direct orders of Molotov. He was well treated by the Russians but, knowing he could not work in their system, he went to the United States in 1947 where he settled at the Marine Biological Laboratories at Woods Hole, Massachusetts.” (Excerpted from *Albert Szent-Györgyi and Vitamin C*, by Nigel Bunce and Jim Hunt, University of Guelph, 1987) “Albert Szent-Györgyi, PhD, won the 1937 Nobel Prize for his discovery of vitamin C. In fact, it was he who named the vitamin ascorbic acid and first predicted its use in cancer. When Szent-Györgyi was on his deathbed, at the age of 93, Linus Pauling flew from California to Szent-Györgyi’s home at Woods Hole, Massachusetts, to say goodbye. Holding his hand, Linus said wistfully, “You know, Albert, I always thought that someday we two would work together.” Szent-Györgyi looked up and said, humorously, “Well, if not in this life, then maybe in the next.” Pauling himself died a few years later, also at age 93. They were two of the greatest thinkers of the 20th century.” (Ralph W. Moss, Ph.D., *Cancer Decisions Newsletter*, July 18, 2004)

# Cornelis Moerman, MD

## 1893-1988



The best word to describe the Dutch physician, Cornelis Moerman, would be “steadfast.” He withstood the strongest opposition of his colleagues during his entire professional life. Even today in the Netherlands, his name remains symbolic, forever connected to nutritional therapy, especially of cancer. Prior to World War II, Dr. Moerman published his view that cancer is not a local disease, but the tumor is the end stage of the deterioration of the total body. Strengthening the immune system, he said, is the answer to this disease, and nutrition plays the central role.

Moerman, a passionate pigeon-fancier, observed that healthy birds did not develop cancer, whereas the weak and malnourished ones did. He argued, based on his own experiments with his pigeons, that cancer was a derangement of metabolism, a deficiency of iodine, citric acid, B-vitamins, iron, sulphur, and the vitamins A, D, E and later C. A strictly proper diet, supplemented with these substances, forms the basis of the Moerman therapy.

Cutting-edge nutritional science has now caught up with Dr. Moerman’s viewpoint. His principles for the treatment of cancer were, at the time, revolutionary. In September, 1976, Moerman was invited by Linus Pauling to the conference of the International Association of Cancer Victors and Friends in Los Angeles. As the guest of honour, Moerman received an award for his valuable work with cancer patients and for his original approach to the treatment of cancer. Meeting Moerman, Dr. Linus Pauling praised him and considered him to be one of his peers in the fight for the acceptance of nutritional medicine.

Cornelis Moerman’s work lives on today in the “Moermanvereniging,” an ever-growing Dutch association of patients who advocate nutritional therapy for cancer.

*Submitted by Dr. Gert Schuitemaker, President, ISOM*

# Frederick Klenner, MD

## 1907-1984



*"Vitamin C is the safest substance available to the physician."*

—Frederick Klenner, M.D.

**B**orn in Pennsylvania, Dr. Klenner received his medical degree from Duke University in 1936. After three years post-graduate training to specialize in diseases of the chest, Dr. Klenner continued his general practice. "His patients were as enthusiastic as he in playing guinea pigs to study the action of ascorbic acid. The first massive doses of ascorbic acid he gave to himself. Each time something new appeared on the horizon he took the same amount of ascorbic acid to study its effects so as to come up with the answers" (*Journal of Applied Nutrition*, 23: 3 & 4, 1971).

Abram Hoffer writes: "In the early 1950s, Dr. Fredrick Klenner began his work with megadoses of vitamin C. He used doses up to 100 grams per day orally or intravenously. In clinical reports he recorded the excellent response he saw when it was given in large doses. For example, polio patients given vitamin C suffered no residual defects from their polio. A controlled study in England on 70 children, half given vitamin C and half given placebo, confirmed that none of the ascorbate-treated cases developed any paralysis while up to 20 percent of the untreated group did. This study was not published because the Salk Vaccine had just been developed and no one was interested in vitamins. Dr. Klenner's work was ignored."

Dr. Klenner was the first physician to emphasize that small amounts of ascorbate do not work. He said, "If you want results, use adequate ascorbic acid." As a result of seeing consistent cures of a great variety of viral and bacterial diseases with huge doses of vitamin C, he published over twenty medical reports. Orthodox medicine's rejection of his lifesaving work stands as a reminder to all medical mavericks practising today. "Some physicians," Klenner wrote, "would stand by and see their patient die rather than use ascorbic acid because, in their finite minds, it exists only as a vitamin."

# Josef Issels, MD

## 1907-1998



*“Dr. Issels is an intelligent and profound clinician, with principles and applications of medical treatment which I admire.”*

—Professor J. Anderson, King’s College Hospital, London

**D**r. Josef Issels’ roots were in the German tradition of ‘Naturheilverfahren’ (natural practice). Because of his well-known professional skills, his kindness, and relatively high rate of survivors, many cancer patients in the terminal stage came to consult him. In 1951, one wealthy and grateful patient funded his private clinic, the Ringbergklinik in Rottach-Egern (Bavaria) with 36 beds. Issels’ successful work continued until 1960, when he was arrested by the German ‘Kriminalpolizei’ on the instigation of his medical opponents. He had to close down his clinic for years, in spite of a report from an independent scientist who had concluded that, of 252 terminal cancer patients with histologically proved metastases, 42 had survived for at least five years (17%) with the Issels therapy. For terminal patients, such a score is disproportionately high.

Issels believed that cancer was the end stage, the ultimate symptom, of a lifetime of immune system damage which had created an environment for the tumor to grow. Issels argued that conventional therapy just looked at the tumor without recognizing this longtime preconditioning period. Just cutting out or irradiating the tumor “mit Stahl und Strahl” (“with scalpel and radiation”) was not eradicating cancer. Instead, Dr. Issels saw the body as having great potential to heal itself. Good nutrition and a clean environment were central to his therapy. Like Dr. Max Gerson, he recognized the importance of detoxification.

In the end, Issels was proven to be right. From 1967 to 1970, Professor J. Anderson of King’s College Hospital and member of the World Health Organization inspected Issels’ reopened clinic. He confirmed the highly significant survival rate of Issels’ terminal cancer patients. His legacy is continued by the work of his wife, Ilsa and his son Christian.

*Submitted by Dr. Gert Schuitemaker, President, ISOM*



# Emanuel Cheraskin, MD, DMD

1916-2001



*“Man is a food-dependent creature. If you don’t feed him, he will die. If you feed him improperly, part of him will die.”*

–Emanuel Cheraskin

Emanuel Cheraskin, born in Philadelphia, received his M.D. from the University of Cincinnati College of Medicine. He was awarded his D.M.D in the first graduating class of University of Alabama School of Dentistry, where he would stay on for several decades as Chairman of the Department of Oral Medicine. Dr. Cheraskin was among the very first to recognize and demonstrate that oral health indicates total body health. He wrote over 700 scientific articles and authored or coauthored 17 textbooks, plus eight more books for the public, including the bestseller *“Psychodietetics: Food as the Key to Emotional Health.”* His last two books, *Vitamin C: Who Needs It?* and *Human Health and Homeostasis* were published when he was past eighty. In addition to being a professor, physician and prolific author, Dr. Cheraskin was a singularly popular speaker. “Health is the fastest growing failing business in western civilization,” he said. “Why is it so many of us are 40 going on 70, and so few 70 going on 40?” The answer, he said, was our neglect of the paramount value of nutrition, an educational deficiency that Dr. Cheraskin devoted a lifetime to eradicating. Longtime friend Dr. Abram Hoffer writes: “Emanuel Cheraskin was a great scientist, investigator and physician. His papers are models of brevity, scientific clarity and productivity.”

Dr. Cheraskin’s educational legacy continues through the Cheraskin Archive in upstate New York, which contains the doctor’s lecture slides and copies of his papers in the care of Andrew Saul. His complete bibliography of books and papers is posted online at [www.doctoryourself.com/biblio\\_cheraskin.html](http://www.doctoryourself.com/biblio_cheraskin.html).

“Cherri,” a regular speaker at the Nutritional Medicine Today Conferences, was always informative and entertaining. He last presented in Vancouver for our 25th conference in 1996, where he received the Orthomolecular Medicine Physician of the Year Award.

# David Horrobin, MD, PhD

## 1939-2003



David Horrobin was one of the most original scientific minds of his generation. His study of human physiology led him to investigate the role of fatty acids and their derivatives in human disease. He applied his vast knowledge of lipids to investigate their therapeutic potential in medicine. David was a scholar of Balliol College, Oxford, where he obtained a First Class Honours medical degree. To this he added a clinical medical degree and a doctorate in neuroscience. He was a fellow of Magdalen College where he taught medicine alongside Dr. Hugh Sinclair, one of the pioneers in the field of essential fatty acids. After further research on EFAs at the universities of Newcastle and Montreal, he became increasingly fascinated in lipid biochemistry and its application to human disease.

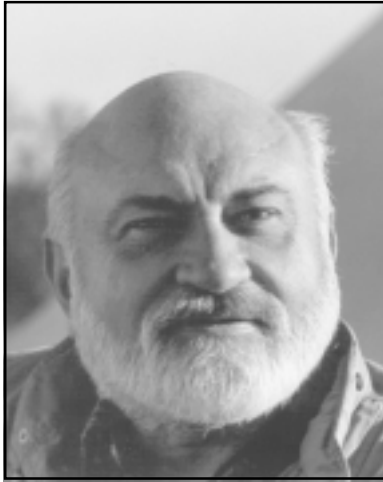
Throughout his travels in East Africa and work in Kenya, he developed the kernel of thought about fatty acids, schizophrenia and its role in evolution. He later elaborated this idea in his 2001 book, *The Madness of Adam and Eve*, which was short-listed in 2002 for the Aventis Science Book of the Year. Abram Hoffer wrote: "This is a remarkable book. I agree with his interpretation that schizophrenia is an evolutionary advantage and that its genes are slowly moving into the general population."

David was the founder and Editor of *Medical Hypotheses*, a forum for the dissemination of new ideas in medicine. He was also the founder and Editor of the journal *Prostaglandins, Leukotrienes, and Essential Fatty Acids*. He was a prolific writer who authored and edited numerous books on a wide range of subjects, as well as contributing to over 800 scientific publications. He served as Medical Adviser and President for the Schizophrenia Association of Great Britain. He also served on the board of the International Schizophrenia Foundation from 1998-2003.

Dr. Horrobin was a favourite speaker at the annual Nutritional Medicine Today Conference, where his presentations were models of clarity and logic.

# Hugh Desaix Riordan, MD

1932-2005



*“Hugh Riordan was an amazing influence on my family and on all who knew him.”*

—Julie Hilton, The Hilton Family Foundation

**O**f all the medical mavericks, Hugh Riordan was one of the most knowledgeable, both as a maverick par excellence and as an historian of mavericks. Hugh was an orthomolecular fighter, who fought hard and consistently on behalf of orthomolecular concepts. He was challenged legally when he wanted to treat his patients with high dose vitamins in the hospital. He won. He was the first to demonstrate how large doses of vitamin C are chemotherapeutic for cancer patients. He was a pioneer in establishing the new vitamins-as-treatment paradigm.

“We worked together on the editorial board of the Journal of Orthomolecular Medicine, and on the board of the International Schizophrenia Foundation. Hugh joined the editorial board of JOM in 1991, then became Associate Editor in 2000. He published several books, including three volumes of Medical Mavericks, and about 70 clinical and research reports. His main work had to do with the schizophrenic syndrome and with the treatment of cancer using nontoxic vitamin C chemotherapy. Hugh was the leader in making available to cancer patients a treatment that is effective, safe, economical and very tolerable. Few oncologists have ever seen these advantages unless they visited Hugh’s clinic. The vitamin C intravenous chemotherapy studies established so well by Dr. Riordan are being continued at the University of Kansas and McGill University, Montreal. In 2002, Hugh was honored by International Society for Orthomolecular Medicine with the “Orthomolecular Physician of the Year” award. He worked tirelessly, founding and developing the Center for the Improvement of Human Functioning International Inc. as a superb treatment center.” This year, the Center celebrates its 30th anniversary. Hugh’s dedicated staff of more than 70 like-minded medical mavericks continue their founder’s pioneering work. ([www.brightspot.org](http://www.brightspot.org))

*Submitted by Abram Hoffer, MD, PhD*

## 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

