

# In Memoriam

Emanuel Cheraskin, M.D., D.M.D.

June 9, 1916–August 3, 2001

Cherri was one of my favorite speakers. No one could walk away after one of his superb presentations without having gained a tremendous amount of information about the need for optimum nutrition if one wanted to maintain good health. He was one of our favourite faculty at the annual Nutritional Medicine Today Conference. Never did I hear one word of criticism about his work or the way he presented it; that alone made him of the top orthomolecular teachers but that was only a small part of his major contribution.

He wrote over 700 scientific publications, many of which I was delighted to publish in this journal. Each paper was a model of the scientific method where he presented his data and proceeded to the final conclusion so clear that anyone would have to come to the same conclusion. In my library, I have most of his books and a goodly portion of his reprints.

His bibliography is tremendous. The list of his books is available at Andrew Saul's important web site (For his books <http://www.doctoryourself.com>), For his complete bibliography [http://www.doctoryourself.com/biblio\\_cheraskin.html](http://www.doctoryourself.com/biblio_cheraskin.html)).

Like other orthomolecular scientists who maintained their good health by looking after their nutrition he did not lose his productivity. He wrote papers into the last months (see p.166) of his life, like Linus Pauling and Carl Pfeiffer.

He was not afraid to challenge orthodoxy. I was having breakfast with him one morning when he ordered a three egg omelet. This was during the era when eggs were considered anathema and doctors were advising their patients to eat no more than two

eggs each week and "egg beaters" were developed to meet this particular craze. He told me he had been doing this since childhood. His cholesterol levels were normal. I suppose that one could, in gest, say that if you eat three eggs every morning for 80 years you may die. That is the risk most people would simply ignore. I will miss Cherri and the pleasant times Rose and I spent with him and his wife Carol at our conferences.

I do not have to say that his research was first class. He took simple concepts and tools and made them work to establish the importance of optimum nutrition. For example he used a paper and pencil test called the Cornell Medical Index. I also had used it in 1952 when I did a Multiple

Sclerosis survey in Saskatchewan. With this survey one can measure objectively the level of health. He showed that the optimum amount of free sugar in the diet is zero, that the optimum amount of cholesterol in the blood is around 170 and so on.

He used a population of subjects, his dental students, who were not poor and who were probably better fed than the average population. His publications on vitamin C are very important and toward the end of his career he had also completed investigative work on the validity of chelation therapy. Between 1972 and 2001 he authored 36 papers in this journal, and 4 more will be published in this journal.

In 1978 he said "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".

–Abram Hoffer, M.D., Ph.D.

