

## The 2008 Orthomolecular Medicine Hall of Fame

The following is excerpted from the introduction to the presentations by Andrew W. Saul, Master of Ceremonies. For full text please see [www.doctoryourself.com/2008HOF.html](http://www.doctoryourself.com/2008HOF.html)

Many years back, my 6th grade teacher taught me to debate fairly, by the rules and by the book. The facts were the issue, she said, and they would speak for themselves; whether or not people liked your position wasn't crucial.

On this, she is wrong. Facts simply do not speak for themselves. As Dr. Abram Hoffer has said, "No amount of evidence can persuade someone who is not listening." Dr. Hoffer has also frequently stated that we need a new paradigm of nutrition, one where "nutrition as treatment" replaces the old "nutrition as prevention" paradigm.

Ignoring therapeutic nutrition carries a high price: The United States now spends over two trillion (\$2,000,000,000,000; ) per year on disease care, and yet has well over a million people die annually just from cardiovascular disease and cancer.

Now, however, the public and the professions are hearing a lot more about orthomolecular medicine. Google Scholar indexes the *Journal of Orthomolecular Medicine*. Indeed, any Internet search engine can find the new, free, online JOM archives at [orthomolecular.org/library/jom](http://orthomolecular.org/library/jom).

The *Journal of Orthomolecular Medicine* is now indexed by the French Institute of Scientific and Technical Information (<http://international.inist.fr/rubrique4.html>), British Library Direct (<http://direct.bl.uk/bld/Home.do>), EBSCOhost ([www.epnet.com/titleLists/aw-complete.htm](http://www.epnet.com/titleLists/aw-complete.htm)), and the Allied and Complementary Medicine Database ([www.bl.uk/collections/health/amed.html](http://www.bl.uk/collections/health/amed.html)).

But not the U.S. National Library of Medicine (MEDLINE). In May 2007, NLM wrote, "While we hold the *Journal of Orthomolecular Medicine* in our print collection here at NLM, it is not currently indexed for MEDLINE/PubMed." One

might well wonder why NLM, a taxpayer-supported public library, physically archives a journal, and yet refuses to index it. JOM Associate Editor Harold Foster has wryly observed that "Medline treats the *Journal* like a dirty magazine: to be read privately, but the fact kept hidden from the public."

The Orthomolecular Medicine News Service has been very active since 2005 in increasing public awareness. OMNS has now issued a total of 39 press releases emphasizing the positive side, the safety and effectiveness of nutritional medicine.

All this must be done, and can be done, due to the very important contributions by the scientists whose work we are pleased to honor tonight.




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### Inductees for 2008

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#### Joseph Goldberger, MD (1874–1929)

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



Joseph Goldberger, MD



Adelle Davis, MSc



Carlton Fredericks, PhD

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 Sept 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.

#### Adelle Davis, MSc (1904–1974)

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.



Robert Cathcart III, MD



Richard Kunin, MD



Michael Lesser, MD

The Adelle Davis Foundation ([adelle-davis.org](http://adelle-davis.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, 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)**

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. (From Richard Huemer’s article, “In Memoriam: Robert Fulton Cathcart III, M.D.” *JOM*, 2007, 22:4).

#### **Richard Kunin, MD (b. 1932)**

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.

#### **Michael Lesser, MD (b. 1939)**

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*.

## 2008 Orthomolecular Doctor of the Year James A. Jackson, Ph.D.



The award is inscribed “For Valor and Fortitude in the Laboratory on the Orthomolecular Front

Jim Jackson receives the award from Steven Carter.

Dr. James A. Jackson received his Ph.D. from Auburn University School of Veterinary Medicine in Physiology, Pharmacology and Biochemistry. His career includes academia, industry and clinical research. He taught at the University of Kentucky and served as a Department Chair and Associate Dean of the Graduate School, Wichita State University. He was in training and product development for the Ames Division, Miles Laboratories.

He made 13 trips to China as a consultant for modernizing clinical laboratories. Dr. Jackson worked on the initial research of intravenous vitamin C and cancer with Dr. Hugh Riordan. He has authored or co-authored 130 publications and is the Laboratory Director and Senior Research Consultant of the Bio-Center Laboratory. Over 50 “Cases for the Centre” have been published in the Journal since 1992, under lead author, Jim Jackson.



The Linus Pauling Event was organized in Schloss Anholt in Germany, April 19 and 20, exactly 40 years after the publication of “Orthomolecular Psychiatry” by Linus Pauling, in *Science*, introducing and defining the term “orthomolecular.” The event was sponsored by the Ortho Fund, a Dutch non-profit foundation, founded by Elsedien de Groot and Gert Schuitemaker

From seven countries, a select group of 16 scientists and doctors who are dedicated to Linus Pauling, attended. The participants agreed upon the following objective: To get orthomolecular medicine widely accepted in society. For the complete report please see: [www.orthomed.org/news/news.html](http://www.orthomed.org/news/news.html)



## ISOM Meeting Report: Vancouver, May 2, 2008

For full report see [www.orthomed.org/news/news.html](http://www.orthomed.org/news/news.html)

During the 37th Orthomolecular Medicine Today Conference, a meeting of the International Society for Orthomolecular Medicine was organized. About 60 persons were present from 13 countries around the world.

The meeting opened with a welcome from the President of ISOM, Gert Schuitemaker, followed by a short archival video featuring Linus Pauling, recorded in October 1993 during a satellite connection between the Linus Pauling Institute in Palo Alto and the conference room in the Dutch city, Utrecht. Schuitemaker outlined that the main activity of the ISOM is enhancing mutual communication. For this purpose the forum website [www.isom.eu](http://www.isom.eu) is functioning with more than 150 participants. Besides sharing clinical information, the forum "alert wire" functions to warn each other regarding negative scientific studies, so the individual participants are aware of such a study and can react adequately in his own country, e.g. to the press. A more tight organization on an international level is quite difficult, since there have to be checks and controls and these are hardly possible on a worldwide basis, i.e. for the quality of practice or for the kind of license (MD, practitioner, scientist).

After this introduction, the representatives from the different countries gave brief presentations about the acceptance of orthomolecular medicine and availability of supplements in their country:

The Netherlands – Dr. G. Schuitemaker  
Finland – Dr. K. Munsterhjelm.  
Sweden – Prof. K. Cederwal  
New Zealand – Dr. D. Proverbs  
Canada – Steven Carter, Dr. Jon Prousky  
Switzerland – Dr. Catherine Gontard  
Korea – Dr. Sung Ho Park

Japan – Dr. O. Misakami, Ken Kitahara  
Mexico – Dr. Roberto Ortiz Gonzalez  
Spain – Dr. Marja van Engelen  
United Kingdom – Dr. Damien Downing  
Philippines – Dr. Jaime C. Cua  
USA – Richard Kunin

### Legal Affairs Around the World

Damien Downing (UK) gave a presentation about legal affairs around the world with the emphasis on the role of the *Codex Alimentarius*. Established in 1963 by FAO and WHO, Codex's stated purpose is to protect the health of consumers, ensure fair trade practises in the food trade and to promote coordination of all food standards work undertaken by international governmental and non-governmental organizations. It is comprised of many committees, including a committee on Nutrition and Foods for Special Dietary Uses. There are eight steps involved in the lengthy Codex process, which moves so slowly that people are generally not aware of what's going on. Examples are the introduction of genetically modified foods, terminator seeds, and genetically modified food animals on the way. The EU to date refuses GM foods and has to pay \$150 million per year for their refusal. Through Codex organic foods have been debased, food and dietary supplements limited to very low maximum permitted levels on the basis of scientifically flawed risk assessment methods; vitamins above determined doses will be classified as drugs. The Food Supplements Directive is providing the template for supplements for the world, but these directives are set by Codex. Unless people take political incentive, the trend will continue; with the one country/one vote Codex voting system, the EU could outvote the rest of the world.

In Canada Bill C-51 opens the door to allowing Codex regulations to deny access



to supplements. To read the letter sent to health minister Tony Clement, Canada's Health Minister, see [www.orthomed.org/news/news.html](http://www.orthomed.org/news/news.html)

In Europe the Alliance for Natural Health challenged the food supplement directive. This organization stresses the need to be aware, think free, spread the word, lobby, for dialogue not polarization, to contribute money, and to participate in the political process.

**Evidence Based Medicine**

Gert Schuitemaker indicates that many discussions about the value of orthomolecular medicine are stopped by the argument that this type of medicine is not evidence based (EBM). There is a big misunderstanding about EBM.<sup>1</sup> The term was coined in 1992 by prof. David Sackett, father of clinical epidemiology. According to Sackett, EBM requires the integration of the best research evidence with our clinical expertise and our patient's unique values and circumstances. However, EBM is usually considered to be solely the first point instead of the integration of these four points:

1. By *best research evidence* we mean valid and clinically relevant research, often from the basic sciences of medicine, but especially from patient-centered clinical research into the accuracy of diagnostic tests (including the clinical examination),

the power of prognostic markers, and the efficacy and safety of therapeutic, rehabilitative, and preventive regimens. New evidence from clinical research both invalidates previously accepted diagnostic tests and treatments and replaces them with new ones that are more accurate, more efficacious, and safer.

2. By *clinical expertise* we mean the ability to use our clinical skills and past experience to rapidly identify each patient's unique health state and diagnosis, their individual risks and benefits of potential interventions, and their personal circumstances and expectations.

3. By *patient values* we mean the unique preferences, concerns and expectations each patient brings to a clinical encounter and which must be integrated into clinical decisions if they are to serve the patient.

4. By *patient circumstances* we mean their individual clinical and the clinical setting.

The next ISOM meeting will be May 1, 2009, in Montreal, Canada.

-Gert Schuitemaker  
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1. *Evidence Based Medicine* (3rd Edition) by SE Straus, WS Richardson, P Glasziou, R Brian Haynes (Turtleback April 29, 2005)

*plan to attend the*

**OHM**

**Society for Orthomolecular Health Medicine**  
**15th Annual Scientific Meeting**

**Feb 27, 28, Mar 1, 2009**  
**Cathedral Hill Hotel**  
**San Francisco**

*For Information,*  
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