OMNS GLOBAL

RESEARCH / CONTEXT / CONVERSATION

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Better Questions. A Broader Medicine.

Research. Context. Conversation.

Welcome to the inaugural OMNS Global Newsletter, an extension of the Orthomolecular Medicine News Service (OMNS) at Orthomolecular.org. OMNS Global carries that public-education mission into a connected community for reading, learning, and discussion; this newsletter brings selected research and articles to your reading desk.

Visit OMNS at Orthomolecular.org >

OMNS brings the work of physicians, scientists, educators, and clinical contributors to a worldwide readership. We recognize the OMNS Board of Editors (BOE) for its scientific expertise, editorial service, and commitment to accessible orthomolecular education. This issue continues that shared mission through recent research and public-education articles.

Help shape what comes next. We invite the orthomolecular community to contribute scientific papers, commentaries, responsibly documented clinical cases, educational articles, interviews, videos, translations, questions, or suggestions to OMNS and OMNS Global. Contributions large and small can advance the conversation; publication remains subject to editorial review.

Contribute to OMNS and OMNS Global >

Share Your Comments and Suggestions >

THE LEAD / MICRONUTRIENT GUIDELINES

What Should Vitamin and Mineral Guidelines Ask?

Developing Evidence-Based Micronutrient Guidelines: An Integrative Orthomolecular Systems Medicine Framework

How much prevents deficiency? When does altered nutrient demand matter? Can a distinct dose, formulation, or route improve a clinical outcome? This preprint proposes fourteen assessment domains to bring physiology, baseline nutritional status, exposure, safety, and evidence certainty into a more explicit guideline-development process.

Four organizing principles anchor the proposal: Nutrient Demand; Nutrient Prioritization; Nutrient Safety–Benefit Exploration; and the Nutrient Functional–Therapeutic Continuum. Together, they invite a more ambitious nutritional science with equally demanding standards for benefit and harm.

Evidence lens: a narrative review and proposed framework, requiring pilot testing and independent appraisal; it is not a validated practice guideline.

Read the Scientific Preprint >

Read the OMNS Public-Education Article >

Featured review: Richard Z. Cheng, MD, PhD | I-OM.ai

THE RESEARCH DESK / RECENT PREPRINTS

From Research to the Conference Stage

02 / ECIM 2026 · LONGEVITY MEDICINE

Cellular Energy and Healthy Longevity

Richard Z. Cheng, MD, PhD, will bring an I-OM Systems Medicine perspective on longevity medicine to the 18th European Congress for Integrative Medicine (ECIM), December 3–6, 2026, in Antalya, Türkiye. This review was prepared as scientific groundwork for his presentation. The congress lists Dr. Cheng in its Functional Medicine and Longevity workshop.

Explore ECIM 2026 >

Mitochondrial Nutrients and Toxicants in Healthy Longevity—An Evidence Informed Framework for Environmental and Therapeutic Exposures and Contextual Orthomolecular Nutrition

Calories provide fuel; healthy function also depends on the machinery that uses it. This review connects mitochondrial nutrition with avoidable environmental and treatment-related injury, medication review, metabolic health, exercise, and individual nutrient needs.

The central question: what is damaging cellular energy production, and what is limiting recovery? The focus is strength, daily function, and meaningful improvement.

Evidence lens: a review and interpretive framework. Nutrient studies differ in population and indication; selected positive findings do not establish a universal longevity supplement regimen.

Explore the Preprint >

Read the OMNS Article >

03 / A4M LONGEVITYFEST 2026 · THE ICV FRAMEWORK

From PCOS to PMOS—and the ICV Conversation

Prepared as scientific groundwork for Dr. Cheng’s upcoming A4M LongevityFest presentation, “The Insulin–Cortisol–Vitamin C Axis: A Systems-Based Regulatory Framework.” Join the wider conversation at LongevityFest, December 10–13, 2026, in Las Vegas.

Explore A4M LongevityFest 2026 >

From PCOS to PMOS and Beyond: Low-Carbohydrate and Orthomolecular Medicine as Foundations for Systems-Based Longevity Medicine

The broader endocrine–metabolic framing opens a timely discussion of insulin resistance, nutrition, reproductive health, and long-term function. This hypothesis paper examines carbohydrate restriction as a phenotype-sensitive option and proposes testable nutritional and redox research questions.

ICV connects insulin and metabolic regulation, cortisol and neuroendocrine stress physiology, and vitamin C and orthomolecular nutrition. Its added clinical value remains to be demonstrated.

Evidence lens: a non-systematic narrative synthesis and hypothesis. Short-term metabolic signals are encouraging, while long-term and reproductive outcomes remain uncertain. Isolated vitamin C supplementation has not been established as a PMOS treatment.

Read the Preprint >

Read the OMNS Article >

THE CONNECTED BODY / NEW ON DISCOURSE

Where Circulation Becomes Nourishment

04 / FEATURED PUBLIC-EDUCATION ARTICLE

Restoring Microcirculation Through Integrative Orthomolecular Systems Medicine

An open major artery does not tell the whole story of tissue nourishment. This new article examines the small-vessel network through the combined lens of metabolic regulation, niacin, vitamin C, magnesium, exercise, inflammation, and stress.

Selected human studies offer promising signals in vascular physiology. They also make an essential distinction visible: an improvement in a vascular measurement is different from proven, lasting improvement in symptoms, complications, or survival. The integrated I-OM approach deserves prospective testing against optimized usual care.

Read the Full Article and Cited Studies >

CONTINUE THE PREPRINT CONVERSATION

Acute Stress, Changing Nutrient Needs

Acute Stress Orthomolecular Nutrition (ASON) asks whether infection, surgery, trauma, or exertion can produce transient, nutrient-specific functional limitations. Its research agenda separates altered blood levels, true functional limitation, and benefit from treatment—each requires its own evidence.

Read ASON on Discourse >

Read the ASON Preprint >

Cancer Progress Through the Patient’s Eyes

Unresolved Problems in Contemporary Cancer Medicine examines prevention, durable benefit, precision-therapy reach, late harms, meaningful endpoints, quality of life, and financial toxicity. It asks for a fuller accounting of treatment success while applying the same evidence standards to proposed integrative approaches.

Read the Review on Discourse >

THE I-OM THREAD

Divide → Examine → Reconnect → Intervene

Define the problem. Examine the evidence. Reconnect the interacting drivers. Choose a defensible intervention and measure the result. This reusable sequence links the articles in our launch issue.

THE READING DESK / RECENT ARTICLES & FEATURES

Keep Exploring. Join the Conversation.

Are Vitamin D Guidelines Setting the Bar Too Low?

An October commentary on adequacy, proposed optimization, and the evidence needed to support recommendations. Read proposed targets as the author's perspective rather than established consensus.

Read the Commentary >

Hypoxia Is Not the Same as the Cause of Disease

A November explainer follows oxygen from delivery to cellular use and asks what is driving the impairment. A useful companion to the microcirculation and mitochondrial features.

Read the Explainer >

The Medical AI Bias Trap

Can a more capable AI reproduce the blind spots of its sources? This commentary examines evidence, incentives, and patient-centered reasoning, alongside a medical-AI framework preprint.

Read the Commentary >

5G, EMFs, and Health

An October discussion of a debated calcium-channel hypothesis and nutritional resilience. It distinguishes mechanistic speculation from demonstrated human effects; magnesium has not been established as protection against wireless exposure.

Read the Discussion >

New Historical Features: The Orthomolecular Medicine Hall of Fame

Explore the Historical Index and the Josef Issels profile. These features document contributions and controversies; historical recognition and clinic observations are distinct from controlled evidence of treatment efficacy.

Explore the Historical Index >

Read the Josef Issels Profile >

BUILD THIS CONVERSATION WITH US

Start with one article. Bring one thoughtful question. Share this launch issue with a colleague or friend who wants a deeper conversation about nutrition and health.

Readers' Comments & Suggestions >

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About OMNS Global: OMNS Global and this newsletter extend the educational mission of the Orthomolecular Medicine News Service (OMNS) at Orthomolecular.org. The original OMNS archive remains an authoritative resource; OMNS Global adds a community setting for articles, learning, and discussion on I-OM Discourse.

Educational information, not individual medical advice. Featured preprints are preliminary scientific work; preprint posting is not peer review. Therapeutic-dose supplements and medication changes require appropriate clinical assessment.

Disclosure: Richard Z. Cheng is the founder of I-OM.ai and developer of the I-OM framework. OpenAI ChatGPT and I-OM.ai assisted with source discovery, organization, drafting, and language editing. I-OM.ai doctrines and principles informed the structure. Human editorial review and final approval remain required.