

## Atsuo Yanagisawa: A New President for ISOM



Dear ISOM Members,

As the incoming president of International Society for Orthomolecular Medicine (ISOM), please let me say a few words.

Dr. Schuitemaker has led ISOM for many years, and, needless to say, his contribution to the organization have been tremendous. I would like to thank, and send my applause, to Dr. Schuitemaker and Steven Carter for their incredible work.

I am very honored to be elected as the new ISOM president. Last year, at the OMT in Toronto, you supported us when we were suffering from the earthquake, Tsunami, and the nuclear accident. I will never forget your kindness and support, and I am pleased to take this position as the president, and to have the opportunity to give back to you by making a contribution to this organization.

During this conference, I had a chance to talk with the Board Members and representatives of many countries. From the valuable conversation, I believe that I shall focus on three things to carry out with you.

1) to provide a global environment to learn and study Orthomolecular Medicine; 2) to establish a firm global network; 3) to promote orthomolecular radio-protection.

The OMT conference is a one example of the first point, "a global learning environment". I believe this is the time for Or-

thomolecular Medicine to spread widely around the world. I hope to create many occasions to discuss with professionals from all over the world, and tell young professionals about Orthomolecular Medicine. In order to educate young professionals in the ISOM, your support is absolutely necessary.

As to the second point, establishing a firm global network, I have learned at the OMT in 2010 and 2011 that patients move across borders. It can be a short trip for a cancer patient with family, or it can be a long stay for business. When they travel, they want to get the same treatment wherever they are. However, the situation is that there are not many orthomolecular practitioners in the world. Talking with the delegates from several countries, I would like to build a large-scale global network of practitioners in which we can introduce each other to the patients in need. I don't think this is difficult. In Japan actually, there are 300 clinics in the network of the Japanese College of Intravenous Therapy, with practitioners of IV Vitamin C or Orthomolecular medicine. With this network, patients can get treatment from the members anywhere in Japan.

When we succeed in the first and the second points, providing a global learning environment and establishing a global network, I expect a large increase in the number



of ISOM members.

Now, about the third point, promoting Orthomolecular radio-protection. As all you know, March 12, 2011 last year, a large earthquake near Japan caused a nuclear accident in Fukushima nuclear power plant. The biggest concern today is the impact of the radioactivity on people's health, especially the health of women and children, the next generation, and so on. After the accident last year, we have advocated Orthomolecular radio-protection with vitamin C as an effective measure against radiation, with scientific proof. Ninety percent of the health impact by radiation injury is caused by free radicals and vitamin C protects our body from radiation.

We have sent letters to the government, and ISOM has urged the government to tell the people in Japan. Unfortunately, Japanese government and TEPCO have ignored our recommendation so far. In the fall of 2011, we presented our study that the workers at the Fukushima plant had abnormality in their cancer related gene expressions, and vitamin C works to correct those errors. We presented this data in Japan, Taiwan, Korea, and on the internet, but the Japanese government continues to ignore it, despite sincere responses from abroad. I regret to say that I am deeply disappointed in our government.

Now, we, the Japanese College of Intravenous Therapy have started a new project. Making a documentary with interviews of Orthomolecular professionals, including Dr. Schuitemaker, Mr. Steven Carter, Dr.

Thomas Levy, Dr. Steve Hickey, Dr. David Liu, Mr. Shibata and me, all who are here today. The project is done in collaboration with ISOM and Japanese College of Intravenous Therapy. The title of the DVD is

*"A Gift from Dr. Linus Pauling. Vitamin C is scientifically proven to protect Fukushima victims from radiation effects."*

Dr. Pauling received a Nobel Peace award in 1962 for his contribution against nuclear experiments. He knew that radioactivity was dangerous, and can be out of our control. Additionally, Dr. Pauling was a leader in Orthomolecular medicine, and taught us that vitamin C can work against various diseases. He must have known that vitamin C was effective in treating effects of radiation.

ISOM now stands on the foundation that Dr. Linus Pauling has established. As a president of ISOM, I would like to ask for your support. Orthomolecular Medicine is the only way to protect our health from radiation. Please watch the DVD, and help us to spread Orthomolecular Radio-protection to protect the people on this beautiful planet.

Let us make this world a safe and peaceful place, without nuclear plants or nuclear experiments. My friends, we are the team.

Thank you very much.

Dr. Atsuo Yanagisawa

The Japanese College of Intravenous Therapy (JCIT) has recently released a video for people wishing to learn more about how to protect themselves from contamination by taking large doses of vitamin C.

Part 1 : [http://www.youtube.com/watch?v=Rbm\\_MH3nSdM](http://www.youtube.com/watch?v=Rbm_MH3nSdM)

Part 2 : <http://www.youtube.com/watch?v=j4cyzts3lMo>

Part 3 : <http://www.youtube.com/watch?v=ZYiRo2Oucfo>

Part 4 : <http://www.youtube.com/watch?v=51Ie8FuuYJw>

## 2012 Orthomolecular Medicine Hall of Fame



Inaugurated in 2004, the Orthomolecular Medicine Hall of Fame recognizes the achievements of pioneers and leaders in the advancement of Orthomolecular Medicine. The evening was hosted by Steven Carter, who was delightfully surprised when Ron Hunninghake seized the podium at the end of the scheduled program to induct him as the 54th member of the Orthomolecular Medicine Hall of Fame. This year we were honoured to have all four inductees from 2011 present. From left to right: Ken Kitahara ('11), Erik Paterson ('11), Jonathan Wright ('12), Alan Gaby ('12), Atsuo Yanagisawa ('12), Gert Schuitemaker ('11), Steven Carter ('12).

### Chris Reading

Chris Reading was a dynamic force in the International Holistic Health Care community, tirelessly caring for his many thousands of patients and helping hundreds of thousands of others through his writings. He was also an original thinker, many of whose ideas were decades ahead of their time. Dr. Reading was a courageous practitioner, who fought for the beliefs and values he championed in practicing orthomolecular medicine, at its very inception, in Australia.

Chris was born in his parents' farmhouse in the village of Boxted on the Essex-Suffolk border in England. In 1954 the family emigrated to Australia, where Chris gained a Commonwealth Scholarship to study Science at the University of Sydney. There he remained for 11 years, taking first his Bachelor's Degree, then a diploma in agricultural science, and finally his medical qualifications. After his internship, he decided to study psychiatry, the field that was to become his life's passion. He became a Fellow of the Royal Australian and NZ College of Psychiatrists, and of the Australian College of Nutritional and Environmental Medicine and was a contributor to the SOMA Health Association of Australia Newsletter.

A regular correspondent with Dr. Abram Hoffer, Chris reported on Orthomolecular activities in Australia in the *Journal of Orthomolecular Medicine* and contributed articles to the *Journal*, most recently in 2005. Of Chris' 2002 book *Trace Your Genes to Health: Use Your Family Tree to Guide Your Diet, Enhance Your Immune System and Overcome Chronic Disease*, Dr. Hoffer wrote: "This first book on genetic sleuthing and treatment will be one of the classics of our time." Many *Journal* readers are aware of Chris' pioneering and dedicated work as he explored the role of diet, allergies, vitamins and genetics across a wide range of illnesses and conditions. This was never merely an abstract idea to him: he lived to help others and to alleviate suffering.

### Jonathan V. Wright

A Harvard University and University of Michigan graduate, Jonathan V. Wright is a fore-runner in research and application of natural treatments for healthy aging and illness. Along with Alan Gaby, MD, he has since 1976 accumulated a file of over 50,000 research papers about diet, vitamins, minerals, botanicals, and other natural substances



from which he has developed non-patent medicine (non-“drug”) treatments for health problems. Since 1983, Drs. Wright and Gaby have regularly taught seminars about these methods to tens of thousands of physicians in the USA and overseas.

He was the first to develop and introduce the use of comprehensive patterns of bio-identical hormones (including estrogens, progesterone, DHEA, and testosterone) in 1982 and (at Meridian Valley Laboratory) directed the development of tests to ensure their safe use. He teaches use and laboratory monitoring of bio-identical hormones at several seminars each year.

He also originated successful natural treatment for elimination of childhood asthma, popularized the use of D-mannose treatment for E. coli urinary tract infection, developed effective natural treatment for seborrheic dermatitis, allergic and viral conjunctivitis, and Osgood-Schlatter’s disease, and discovered the effect of cobalt and iodine on estrogen and other steroid detoxification.

Dr. Wright founded the Tahoma Clinic (1973), Meridian Valley Laboratory (1976), and the Tahoma Clinic Foundation (1996). Tahoma Clinic was established to approach disease by natural means and emphasize correction of imbalances in the body that lead to disease. The infamous 1992 FDA Tahoma Clinic “raid” (“The Great B-Vitamin Bust”) was a major impetus for Congressional reform of vitamin/mineral regulation. Dr. Wright

continues to be an advocate for patient freedom of choice in healthcare.

Internationally known for his books and medical articles, Dr. Wright has authored or co-authored 11 books, selling over 1.5 million copies, with two texts achieving best selling status: *Book of Nutritional Therapy* and *Guide to Healing with Nutrition*. He authors “Nutrition and Healing”, a monthly newsletter emphasizing nutritional medicine that reaches over 118,000 in the USA, and another 15,000 or more worldwide.

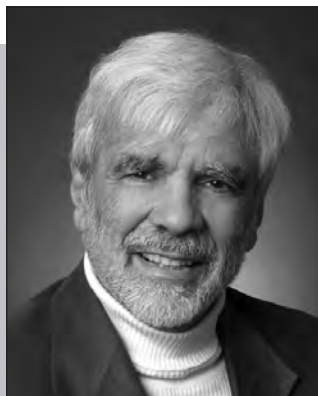
## Alan Gaby

Alan Gaby received his undergraduate degree from Yale University, his MS in biochemistry from Emory University, and his MD from the University of Maryland. He was in private practice for 17 years, specializing in nutritional medicine. He was professor of nutrition and a member of the clinical faculty at Bastyr University in Kenmore, WA, from 1995 to 2002.

He is past-president of the American Holistic Medical Association and gave expert testimony to the White House Commission on Complementary and Alternative Medicine on the cost-effectiveness of nutritional supplements. He is the author of *Preventing and Reversing Osteoporosis* (Prima, 1994), and *The Doctor’s Guide to Vitamin B6* (Rodale Press, 1984), the co-author of *The Patient’s Book of Natural Healing* (Prima, 1999), and has written numerous scientific papers in the



Chris Reading



Jonathan V. Wright



field of nutritional medicine. He has been the contributing medical editor for the Townsend Letter for Doctors since 1985, and contributing editor for *Alternative Medicine Review* since 1996. He is Chief Science Editor for Aisle 7 (formerly Healthnotes, Inc) and he has appeared on the CBS Evening News and the Donahue Show. Dr. Gaby contributed to the special issue of the *Journal of Orthomolecular Medicine* on the Safety and Efficacy of Vitamins in 2003.

Over the past three decades, Dr Gaby has developed a computerized database of more than 26,000 individually chosen medical journal articles related to the field of natural medicine. In 2010, Dr. Gaby completed a 30-year project, a textbook entitled *Nutritional Medicine*. This long-awaited 1,374 page book marks a historic moment in our field and makes a significant contribution.

With his vast research, experience and balanced analysis, Dr. Gaby's insights into nutritional medicine have been relied upon by practitioners worldwide.

## Steven Carter

With the exception of Abram Hoffer, perhaps no one person has had as much impact on the advancement of orthomolecular medicine as Steven Carter.

Responding to the invitation of Abram Hoffer in 1987, Steven left his position as editor of *Alive Magazine* and *Books* in Vancouver to

take over as Executive Director for the Canadian Schizophrenia Foundation. He inherited a small group of like-minded orthomolecular doctors, a thin professional Journal and a modest annual meeting. From these roots, Steven took on the challenge of rebuilding the dormant CSF, and patiently nurtured and grew an enterprise greater than Abram could have imagined. He moved the CSF office from Regina to Vancouver, where there was a growing integrative medicine environment, and in 1992 he set up the head office in its present location in Toronto. With his direction, the CSF became the International Schizophrenia Foundation in 2002. Steven continues to serve as the Managing Editor of the *Journal of Orthomolecular Medicine*, and the Director of the International Society for Orthomolecular Medicine.

As Director of the annual CSF meeting, Steven re-organized and expanded the annual conference. In 1988, he changed focus of the conference toward health-care professionals, renaming it "Nutritional Medicine Today," and, in 2006, he brought it to its present form: the Annual International "Orthomolecular Medicine Today" Conference. Under Steven's leadership, OMT attracts over 250 people to Canada, including delegates, speakers and exhibitors from 19 countries.

Serving in the multiple roles of educator, editor, publisher, planner, facilitator and producer, Steven has worked to establish diet, nutrition and lifestyle choices as the cornerstones of optimum health, and has consistently kept



Alan R. Gaby



Steven Carter



professional and public attention focused on the importance of individual responsibility in health care. His commitment is demonstrated not only through his staying power but also by his ongoing effort to raise awareness and

to provide education in Orthomolecular Medicine. With 25 years of service, Steven's mission has been a great success; Orthomolecular Medicine is on a strong footing, and has a clear path laid out for the future.

## 2012 Orthomolecular Doctor of the Year



Inaugurated in 1998, the Orthomolecular Doctor of the Year is awarded to an outstanding practitioner in the field of Orthomolecular Medicine. Past recipients include Abram Hoffer, Hugh Riordan, and Gert Schuitemaker. This year marked a precedent, as the award was given posthumously to Brian Sparkes, PhD, (on screen, above) who died in December 2011. Brian attended the Orthomolecular Medicine Today Conference annually since 2001, and was a dedicated practitioner and enthusiast for Orthomolecular Medicine. The award reads: "For Brilliant Research, Passionate Commitment and Devoted Caring for Others Through Orthomolecular Medicine." The ceremony in Vancouver on April 28 was attended by Brian's friends, George and Helen Kerr, Eveline Raab, and John Gellard (pictured above), who accepted the award on Brian's behalf. Please see "In Memoriam", JOM 27.1, for full biography.



## Algeria Joins ISOM

Dr. Tahar Naili, MD, Vice President of the Algerian Society of Nutrition and Orthomolecular Medicine, newly formed in 2012, was welcomed to the 41st Orthomolecular Medicine Today Conference in Vancouver by Steven Carter. Dr. Naili writes: "I appreciated the very high level of presentations made by leading physicians and researchers in the field of orthomolecular medicine. The five sessions were very rich in information and current advances. I wish for lots of success to the ISOM in the future."