The Evolutionary Life Force of Orthomolecular Medicine

The late Dr. Irwin Stone understood the important role played by ascorbic acid in the evolutionary history of plant and animal life on Earth, and it is essential that orthomolecular medicine emphasize this, as it legitimizes orthomolecular medicine. Knowing the history of orthomolecular medicine, I have the impression that the important connection ascorbic acid has had with the evolution of life took a back seat when doctors Abram Hoffer and Irwin Stone convinced Dr. Linus Pauling about the efficacy of ascorbic acid in treating diseases. Linus Pauling had a global reputation as a world class chemist. With this reputation it was anticipated that Pauling could validate orthomolecular medicine to a skeptical mainstream of allopathic physicians by proving scientifically that optidoses of vitamins could be effective in treating diseases. While Pauling was able to prove the effectiveness of treating diseases with optidoses of vitamins, I believe he was somewhat disappointed that the majority of the world class scientists and leading allopathic physicians still remained skeptical about the efficacy of orthomolecular medicine.

It is time to seriously consider a new paradigm in explaining the efficacy of orthomolecular medicine. For years orthomolecular advocates have allowed allopathic medicine to dictate the ground rules for debate. For example when orthomolecular advocates mention megadoses (or optidoses) of vitamins it is natural for people to think in terms of prescribed pharmaceuticals. Most people realize that a megadose of a pharmaceutical drug is lethal, so they draw a comparison and conclude that a megadose of a vitamin has to be lethal. Even though the American Association of Poison Control Centers has reported that in the United States, there is not one death per year from vitamins, people still associate danger in taking megadoses of vitamins.[1]

Allopathic medicine has determined that the evolutionary deactivation of the L-gulonolactone oxidase (GLO) enzyme poses no direct health problems. Stone was a visionary with no equals, past or present; this includes Leonardo da Vinci and Nostradamus. Following is a quote by Stone about the deactivation of the GLO enzyme: "The evidence we unearth will show that the lack of this molecule in humans has contributed to more deaths, sickness, and just plain misery than any other single factor in man's long history. When the molecule is finally discovered and assigned its rightful place in the scheme of things, and its potentialities for good are fully realized, undreamed-of vistas of exuberant health, freedom from disease, and long life will be opened up."[2]

In the future, when orthomolecular advocates give a presentation about efficacy of orthomolecular medicine, they should include a short but succinct history on the importance of ascorbic acid during the evolution of plant and animal life. Orthomolecular advocates must now ask the following question of their allopathic counterparts: "How has allopathic medicine contributed to the evolution of life on the planet Earth?" In the evolution of man, the GLO enzyme, crucial to ascorbic acid production, was deactivated, it is believed, in the early hominids. Pauling and Stone hypothesized that the enzyme was deactivated in favor of rapid brain development. Stone held the belief that had we retained the ability to synthesize our own ascorbic acid we would have fulfilled our evolutionary destiny of becoming not Homo sapiens but Homo sapiens asorbicus.[3] Oscillating climatic changes during human evolution decreased the external environmental supply of ascorbic acid. The GLO enzyme was deactivated as mentioned earlier in favor of rapid brain development. Rapid brain development was needed not only to adapt to environmental changes but also to find alternative sources of ascorbic acid. This evolutionary change via punctuated equilibrium or directed panspermia (maybe even both) converted a docile hominid who was a vegetarian to an omnivorous predator who learned to kill for an alternative source of ascorbic acid.[4] Dr. Bruce Lahn, assistant professor of human genetics at the University of Chicago and an investigator at the Howard Hughes Medical Institute, has a fascinating

view of the development of the human brain. According to Professor Lahn the complexity of the human brain is not the result of a gradual evolution. He further states that humans are the only species on earth that have brains resulting from an extraordinary accelerated evolution. I find this following quote from Professor Lahn absolutely fascinating: "simply put, evolution has been working very hard to produce us humans."[5]

Homo sapiens, with the inability to synthesize ascorbic acid, are a species with no future, a dead end. Without the ability to synthesize ascorbic acid we are not robust enough to endure the rigors of deep space travel for the colonization of other worlds. Our very existence as human beings is linked to how well we treat the planet earth; currently this is not going very well. It is imperative that orthomolecular medicine become mainstream so that it can be the main method of therapy in treating nutrient deficient diseases. Orthomolecular medicine has the potential of putting mankind back on the evolutionary path to becoming Homo sapien ascorbicus. Once this evolutionary path has been re-established we can redirect our technology into finding a way to reactivate the GLO enzyme. If successful this will insure our permanence in the cosmos.

If orthomolecular medicine is ever embraced by the mainstream scientific community, modern medicine will experience an unparalleled paradigm shift. If modern medicine does make this shift it will be the first institution on earth to have gone totally "green." Modern medicine would have its roots in one of the main life forces of evolution, which is ascorbic acid. Allopathic medicine has been resistant in acknowledging the efficacy of orthomolecular medicine. Physiological systemic toxemia, created by the side effects of pharmaceutical drugs, is now the driving force towards human extinction. I believe if Stone had lived longer he would have re-emphasized the importance of ascorbic acid in the evolution of plants and animals on earth and how the practice of orthomolecular medicine taps into the very life force of this planet. If we want orthomolecular medicine to be mainstream, a re-emphasis of ascorbic acid and its importance in our evolutionary history must be made. I think Stone would not only want this but he would demand it!

In conclusion, the giants of orthomolecular medicine, such as Frederick Klenner, Abram Hoffer, Wilfrid and Evan Shute, Irwin Stone, Linus Pauling, Hugh Riordan, Robert Cathcart, William McCormick, and many others I have failed to mention have left an unparalleled body of research which proves the efficacy of orthomolecular medicine. I wish allopathic medicine had a similar body of research which would validate the efficacy of their branch of medicine. Today's leaders of orthomolecular medicine have done a wonderful job in taking the torch from the pioneers. Orthomolecular medicine is waging a gallant fight against the titanic forces of the pharmaceutical companies but there is no guarantee that orthomolecular medicine will ever become mainstream. Those who strongly believe in the efficacy of orthomolecular medicine must, express the virtues of this branch of medicine with the zeal of a missionary; only then can we grab and hold onto the attention of the general public. Orthomolecular advocates must never take for granted that everything will work out for the best because there still is the possibility that orthomolecular medicine can fade away into obscurity.

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