

### Author Responds to Book Review: Nutrition and Your Child's Soul

The following is in response to the book review of *Nutrition and Your Child's Soul: Don Quixote's Heart-Cry*, by Richard P. Huemer, MD (*J Orthomol Med*, 2011;26:146-150)

1. Contrary to the reviewer's statement, I am a certified nutritionist (Israeli classification, R.Nu).

2. Although I, too, am awed by the cytochrome P450 system, the statement about patented medicines, "the body does not know enough about how to... break it down and excrete it," is accurate. Note the word "enough." I'm sure Dr. Huemer agrees that the body deals better with orthomolecular substances than with patented drugs.

3. Reviewer: "A more temperate statement would have pointed out that cholesterol does not wholly account for atherosclerotic heart disease." Certainly, cholesterol is involved in some stages of plaque development, but it is not a cause. I stand by my opinion. The current obsession with cholesterol is a fraud perpetrated by drug companies.

4. "Actually the preferable test [rather than serum B<sub>12</sub>] is urinary methylmalonic acid." MMA is a supportive test, as is homocysteine, but if one is chosen, it should be serum B<sub>12</sub>. MMA becomes less important if we properly consider B<sub>12</sub> deficiency to begin at a level lower than around 450 pg/mL.<sup>1</sup> In addition, this book is primarily for parents, who will have more success persuading their physicians to check B<sub>12</sub> than MMA. Here in Israel, I have yet to succeed in having MMA tested for any of my clients.

5. I'm not sure if I understand the reviewer's comments on aluminum and Alzheimer's disease. If he is denying the causality, he is free to do so. However, there are researchers who think that the aluminum found in amyloid plaques is causal.

6. Concerning the possible teratogenicity of vitamin A, the studies Dr. Huemer references are insufficient to obviate the need for

caution based on other studies. Although the common practice of completely removing preformed vitamin A from prenatal multivitamins is unjustified and probably damaging, I still cannot recommend the use of more than 5,000 IU per day from supplements. We students of Don Quixote are not completely without discretion, and the evidence against restricting vitamin A consumption during pregnancy is not as conclusive as the evidence busting other nutritional myths. I do thank Dr. Huemer for raising the point that no pregnant woman would likely swallow dangerous amounts of bad-tasting cod liver oil, but some products contains 5,000 IU.

7. The reviewer missed "8. Allergies to specific foods," in the list of 39 things that can cause ADHD.

8. Part II was not intended to be prescriptive for the various maladies, but to provide hope and direction to parents.

9. Reviewer: "He is even more irresponsible about pertussis. Pediatricians have told me that if you witness a child dying of pertussis, you will never get it out of your mind." Dr. Huemer may not have asked these pediatricians whether or not these children had received the vaccine. Mayer Einstein, MD, in his excellent book, *Make an Informed Vaccine Decision* (2010), writes (p. 73): "In Israel... compliance to pertussis vaccination actually increased [from 93% of all two year olds], but pertussis incidence continued to climb.<sup>2</sup> In 2009, there was a pertussis outbreak in New Jersey; all (100 percent) of the children who caught the disease were fully vaccinated against it."<sup>3</sup> Parents who have watched their children begin to descend into autism immediately after receiving vaccinations will never get it out of their minds.

In summary, Dr. Huemer and I certainly are on the same wavelength about the great majority of the issues discussed in *Nutrition and Your Child's Soul*. As a student of Don Quixote, I may be a bit reckless sometimes, but perhaps the reviewer was, too. As I wrote in the preface, these are "subjects about which truth is incredibly difficult to isolate..." Other reviews of the book, and even more, the thank you notes and comments from read-

ers, have been encouraging. I hope that Dr. Huemer's review will not deter JOM's subscribers from reading this book or from recommending it to others.

Finally, yes, my writing is more balanced than "the info... spewed out by the medical windmills." At least I admit that opposing views exist, and at least I encourage parents to do their own research and question all opinions, including mine.

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### References

1. Pacholok SM, Stuart JJ: Could It Be B<sub>12</sub>? An Epidemic of Misdiagnoses. 2nd ed. Fresno, CA. Quill Driver Books. 2011. In Chapter 11, there is a thorough discussion of B<sub>12</sub> testing, including the statement "Research is needed to determine if raising the lower limit of the serum B<sub>12</sub> test to 450 pg/ml or even 550 pg/ml in adults would eliminate the need for these adjunctive tests." (p. 218)
  2. Moerman L, Leventhal A, Slater PE, et al: The re-emergence of pertussis in Israel. *Isr Med Assoc J*, 2006; 8: 308-311.
  3. O'Brien W: Hunterdon health department monitors continuing whooping cough outbreak. Retrieved from: [[www.mycentraljersey.com](http://www.mycentraljersey.com)].
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