

## 2011 Orthomolecular Medicine Hall of Fame



Inaugurated in 2004, the Orthomolecular Medicine Hall of Fame recognizes the achievements of pioneers in the advancement of Orthomolecular Medicine. 2011 marked the first year in which all of the four inductees are still living! We now have 50 inductees in the Orthomolecular Medicine Hall of Fame.

### Erik T. Paterson

*I am morally compelled to remain an orthomolecular physician; indeed I am alive because of Orthomolecular Medicine.*

Erik Paterson is a fine example of the Orthomolecular General Practitioner working “in the trenches,” in his case, in a small town in the Kootenay River valley of British Columbia, a few kilometers north of the Idaho border. He was born in Cambridge, England, and graduated with an MB from the University of Glasgow, where he practiced until 1970 before emigrating to Creston, BC. There, Erik served his rural community until his recent retirement in January 2011.

Erik’s father, T. T. Paterson, began working with Humphrey Osmond on the administrative aspects of psychiatry in 1956. As a teenager, Erik learned of the work being done by Osmond and Hoffer in Saskatchewan on the use of niacin in schizophrenia. Later, when he established his own private practice, he was dissatisfied with the standard drug approach used by the local psychiatrist for all mentally ill patients. Believing there had to be a better way, he spent time with Abram Hoffer in Saskatoon in 1974. Combining what he learned from Hoffer with material presented by Carl Pfeiffer and Alan Cott at the 1974 meeting

of the Canadian Schizophrenia Foundation, he was able to help 78 percent of his schizophrenic patients become well.

Since those early days of discovery and success, Erik has helped hundreds of patients by using orthomolecular treatment. In the *Journal of Orthomolecular Psychiatry* and the *Journal of Orthomolecular Medicine*, he has made dozens of contributions including many useful case reports from his general practice and he has served on the editorial board of the *Journal of Orthomolecular Medicine* since 1995. A regular presenter at the Orthomolecular Medicine Today Conferences from 1981 to 2006, Erik also participated in the 1998 documentary film “Masks of Madness: Science of Healing”. Along with Abram Hoffer, Erik addressed the *Healing Cancer Convention*, hosted by Dr Masatoshi Kaneko in Vancouver, 2006.

Erik has practiced medicine since 1966, almost as long as he has practiced marriage; he’s been very successful in both endeavors! Jinty, his wife of 56 years, has been a true partner in every way, they have two daughters and two grandchildren.

Erik is a model of perseverance, who has faced the challenges of a remote practice while upholding and promulgating the tenets of Orthomolecular Medicine.

## Tsuyohi (Ken) Kitahara

*Founder of the Japan Society for Orthomolecular Medicine*

Tsuyoshi (Ken) Kitahara was born in Tokyo and graduated from the University of Keio, Faculty of Law. As an international businessman he has lived in the United States, Europe, Singapore and Japan. His keen interest in integrative medicine led him to a few medical doctors in Japan who were frustrated with the current system of medicine and who wished to investigate diet and the orthomolecular approach. In 2001, he needed psychiatric help for his son and when told that his son would never get well and would have to take drugs for the rest of his life, Ken decided this was not acceptable. He found one of Dr. Abram Hoffer's articles on vitamin therapies for psychiatric disorders, which provided hope for patients and families. After sending one e-mail to Dr. Hoffer, Ken's whole world changed. With his son, he visited Dr. Hoffer in Victoria in 2002, where he received immediate support that he had not found in Japan. Dr. Hoffer kindly explained what the original problem was and how to advance the treatment. Ken decided that the benefit and the blessing received from Dr. Hoffer should be available to all people suffering from these problems in Japan. In 2003 he established the Japanese Society for Orthomolecular Medicine (JSOM) along with Dr. Hiroyuki Abe and Dr. Osamu Mizukami. The JSOM focuses on orthomolecular treatment for psychiatric illness, autism and various

stress-related disorders. The JSOM hosts three research and study meetings per year for medical doctors, as well as several orthomolecular seminars for patients and their families. In addition, Dr. Michael Lesser's "Brain Chemistry Diet", Dr. Joan Larson's "Depression Free Naturally", Harold Foster's "What Really Causes Schizophrenia", have been published in Japanese with Ken's assistance. His attendance at the Orthomolecular Medicine Today Conference for the past eight years.

It is always a great joy when patients improve and in JSOM and Ken's office, five former schizophrenic patients are working and performing various business activities. His next goal is to open a group home where orthomolecular therapy will be at the core of living to assist the patients and to provide meaningful work.

Today, Ken still feels his most important duty is to spread the information of the orthomolecular approach, which has been established by our pioneers, and to maintain and lead active movement forward for the sake of those in need.

## Atsuo Yanagisawa

*Leader in Intravenous Vitamin C Education and Treatment in Japan*

Dr Yanagisawa graduated from the Kyorin University School of Medicine in 1976, and completed his graduate work in 1980 from the Kyorin University Graduate School of Medicine in Tokyo, Japan. Dr Yanagisawa served as Professor in Clinical



Erik T. Paterson

Tsuyohi (Ken) Kitahara

Atsuo Yanagisawa

Gert Schuitemaker



Medicine at the Kyorin University School of Health Sciences, and concurrently as Professor in Clinical Cardiology at Kyorin University Hospital until 2008.

Dr Yanagisawa has served as the Director of The International Education Center for Integrative Medicine in Tokyo, Japan, since 2008. He has introduced many well-known teachers from North America in Japan, including Burt Berkson, Michael Janson, John Hoffer and Steve Hickey. He is a fellow of the American College for Advancement in Medicine, board certified in chelation therapy. In 2004 he established the SPIC Salon Medical clinic, which combines IV treatments in a spa setting.

The Japanese College of Intravenous Therapy was founded in 2007, with Dr Yanagisawa as President. The College has grown to almost 400 doctors in 200 clinics in every region of Japan, Dr Yanagisawa presented at the 2nd IV C Symposium in Wichita, Kansas in October 2010 and launched the International College of IV Therapy, which hosted the first conference, also in October 2010, which brought together Japanese and international experts in the field.

Dr Yanagisawa is the author of 140 scientific papers in English and Japanese and has several books in cardiology, chelation, nutrition, coaching, and IV vitamin C for cancer.

His significant contribution as a pioneer of Intravenous therapy in Japan has earned him a place in the Orthomolecular Medicine Hall of Fame.

## Gert Schuitemaker

### *First Nutrition, Then Medicine*

Trained as a pharmacist, Gert Schuitemaker completed his PhD in medicine at University of Maastricht in 2004. He was introduced to Orthomolecular Medicine through the work of Linus Pauling, whom he first met and interviewed in Palo Alto in 1985, Abram Hoffer and others. Gert founded the Ortho Institute in 1982, the leading centre for Orthomolecular expertise in the Netherlands, which publishes the

Orthomoleculair magazine for health professionals and Fit mit Voeding (“Fit with Nutrition”) for the public. The Maatschappij ter Bevordering van de Orthomoleculaire Geneeskunde (Society for the Advancement of OM) was founded by Gert in 1987 and he served as its first President until 1997. Gert organized conferences on vitamin C with Robert Cathcart in 1986, and on nutrition and behavior with Stephen Schoenthaler, which attracted much attention in 1988, the same year he began the “Around the World” column in the Journal of Orthomolecular Medicine. In 1994, along with his partner, Elsedien de Groot, Gert started The Ortho Company, makers of the Plantina line of supplements, for which he is product developer and formulator. Plantina products are very popular among Dutch athletes, including Nicolien Sauerbreij who won gold in snowboarding at the 2010 Olympic Games.

Gert served as President of the International Society for Orthomolecular Medicine from 1999 to 2009 and received the 2005 Orthomolecular Doctor of the Year Award, cited as “A Leader in Establishing Orthomolecular Medicine in Europe.” To celebrate the 40th anniversary of Pauling’s Orthomolecular article in Science, Gert hosted a meeting in Anholt, Germany, with other leading Orthomolecular scientists and practitioners in Europe. His book, *New Light on Vitamin D*, published in 2008, increased the awareness of this important nutrient in the Netherlands. A member of the advisory board of the International Schizophrenia Foundation and the editorial board of the Journal of Orthomolecular Medicine, Gert has published several books and more than 300 articles.

Gert’s influence has led many physicians in the Netherlands to use food supplements in their daily practice and to refer to themselves as ‘orthomolecular’ or state that they do ‘orthomolecular therapy’. In this respect Orthomolecular Medicine is established in the Netherlands. Gert has earned a well-deserved place among the pioneers in the Orthomolecular Medicine Hall of Fame as our 50th inductee.

## 2011 Orthomolecular Doctor of the Year



Inaugurated in 1998, the Orthomolecular Doctor of the Year is awarded to an outstanding contributor in the field of Orthomolecular Medicine. Past recipients include Dr. Abram Hoffer, Dr. Hugh Riordan, Dr. Gert Schuitemaker and Dr. Harold Foster.

**Ron Hunninghake, MD**, received the 2011 Orthomolecular Doctor of the Year Award during the 40th Orthomolecular Medicine Today Conference in Toronto, Canada, on Friday, April 29. The triangle crystal award was presented to Dr Hunninghake by the 2010 recipient, Jonathan Prousky, ND, MSc. The award inscription reads “For Vision, Courage and Leadership in Keeping the Riordan Clinic the World’s Center for Orthomolecular Medicine.” Dr Hunninghake joined the Riordan Clinic in 1989 as its Medical Director, and worked alongside Dr Hugh Riordan until his death in 2005. In addition to his full-time practice at The Clinic, Ron has made three trips to Japan to lecture on The Riordan IVC Protocol for Cancer. He is currently the chair of the International Schizophrenia Foundation and is a regular presenter at the Orthomolecular Medicine Today Conference. At the Riordan Clinic, Ron has presented more than 300 lectures dealing with all facets of nutrition, lifestyle, and optimal health. He has co-authored three books on subjects including inflammation, energy-boosting supplements, and how to stop pre-diabetes. Ron is a deserving addition to OM Doctor of the Year.

