

## The Journal of Orthomolecular Medicine is Alive and Well

Thanks to our many readers who responded to the first issue of 2010 with comment such as “great new design, layout and organization—and very good content.” The editorial board has been actively involved since I became editor in January. We have instituted robust processes for peer review, editing and proofreading, which will increase our readers’ satisfaction with each issue.

In this quarter we have an important contribution by John Hoffer discussing the past, present and future of orthomolecular psychiatry. His paper is really a wake-up call to all of us who practice orthomolecular medicine. We have to do a much better job in communicating with our mainstream medical brethren about the mutual patients we treat. We also have to publish better crafted case reports and case series documenting the successes and failures of the orthomolecular approach. We are also delighted to have a guest editorial by Abraham Rudnick who was invited to comment on John’s paper. Rudnick reflects on the strengths and challenges of orthomolecular psychiatry in a philosophical and pragmatic manner that is engaging and conciliatory.

Robert Smith’s paper is a good review of nutrition and eye diseases. What I particularly like about his paper is the section discussing the need for sufficient doses. As orthomolecular practitioners we have been frustrated by studies utilizing dosages much too low to generate the types of therapeutic results we have all witnessed in clinical practice. Thanks to Smith’s paper we can further understand why a negative result from a randomized controlled trial does not necessarily trump the positive result seen from an observational study.

We have another excellent “Case from the Center” documenting the merits of hyperbaric oxygen therapy. It is easy to forget that oxygen is an orthomolecule worthy of consideration as a treatment modality for

neurodegenerative diseases.

Richard Huemer reviews a book about health care reform in United States and offers his own suggestions as to how the current US system could be radically improved. This is not a typical book review. Huemer’s ideas are very much orthomolecular in philosophy and highly provocative. He argues for “health medicine,” and asserts that by its very nature it emphasizes “biochemical individuality and the whole human being, while being inherently non-collectivist, individualistic, antithetical to the depersonalized, statistically-based, one-size-fits-all medical model under which doctors and patients suffer in common.”

Lastly, I present an educational piece about understanding serum vitamin B<sub>12</sub> levels in the context of neuropsychiatric conditions. The aim of this paper is to educate clinicians about the importance of lower-than-optimal serum vitamin B<sub>12</sub> levels, and for them to consider additional testing such as urinary methylmalonic acid, and the potential benefits of vitamin B<sub>12</sub> treatment.

We invite your questions and comments.



Jonathan E. Prousky, ND, MSc

---

### Correction

In Chalem’s article “Dietary Modulation of Insulin and Glucose in Prediabetes” (*JOM* 25.1, p. 28) the dosages should have read: Vitamin D<sub>3</sub>, 1,000 to 5,000 IU daily, and vitamin K, 5,000 mcg daily.

---