

# **ANNOUNCING a Change in Name**

## **from SCHIZOPHRENIA to**

### **ORTHOMOLECULAR PSYCHIATRY**

The last two decades are characterized by the introduction of powerful psycho-chemicals such as the tranquilizers, antidepressants, etc., which are directly responsible for and made possible modernization of mental hospitals, modern community psychiatry and even the large scale private practice of psychiatry. Several biochemical theories of schizophrenia were introduced and are being examined. However, the newer psychochemicals, valuable as they are, have in the majority of cases been palliative only in the treatment of schizophrenia and it is still possible for Dr. L. Moshier to conclude accurately that only one-quarter of schizophrenics treated with the best current tranquilizer approach are after discharge able to work in the community.

The next two decades should mark another major advance in understanding and treating schizophrenia. It is becoming more evident that this disease belongs to the family of Orthomolecular diseases. Dr. Linus Pauling (*Science* 160: 265-271, 1968) defined Orthomolecular psychiatric therapy as "the treatment of mental disease by the provision of the optimum molecular environment for the mind, especially the optimum concentrations of

substances normally present in the human body."

About 40 to 50 nutrients are essential for life and if one or more is present in inadequate quantities, there will be some dysfunction in one or more organs or tissues of the body. If the brain is the organ of the body affected, one will expect psychiatric symptoms, syndromes and diseases. There can be no recovery until this deficiency is corrected either by spontaneous or deliberate intervention by a physician. Doctors who are aware of these nutrient dependency diseases are Orthomolecular physicians. Those who specialize in psychiatry are Orthomolecular psychiatrists.

Many Orthomolecular physicians first applied this newer branch of medicine in the treatment of schizophrenia when they began to use megadoses of vitamins. Since then their interest has widened to include allied conditions such as hyperactive children, childhood schizophrenia, subclinical pellagra, alcoholism and some forms of neuroses and depression caused by excessive consumption of refined carbohydrates such as sugar, potatoes and white flour.

Because of this widening of interest, the Board of the American Schizophrenia

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**ORTHOMOLECULAR PSYCHIATRY**

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Association and the editors of SCHIZOPHRENIA are changing the name of this journal, effective with the next issue, from SCHIZOPHRENIA to ORTHOMOLECULAR PSYCHIATRY.

We invite physicians who are interested in and/or practicing Orthomolecular psychiatry to present the results of their research here. Our subject matter will include :

1. The development of clinical and biochemical diagnostic tests to determine which nutrients are out of balance. These may include excretion and saturation studies,

enzymatic levels in blood and hair analysis for minerals.

2. Studies relating characteristic syndromes to particular nutrients.
3. Genetic studies of various nutrient dependency conditions.
4. Early recognition and prevention.
5. Studies of biochemical abnormalities.

A. Hoffer, M.D., Ph.D., F.A.P.A.

President

American Schizophrenia Association