

New Books on Orthomolecular Medicine and Psychiatry

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Orthomolecular medicine is rapidly coming into its own. One of the hallmarks of any specialty is its literature. By this test we are well on the way. A surprising number of excellent books have been published within the past year. It is likely as many or more will appear in the year to come. There is an increasing public demand for information. It is being met by an increasing number of articles in national magazines and by publishers who are aware that this demand is present. These books cover various aspects of Orthomolecular medicine. I recommend them all as important additions to this rapidly growing literature describing a very exciting and important field. I include a book on lithium therapy which is a form of megalithium treatment. Our daily intake of lithium in our food is about 2 mg. Up to a thousand times as much, as lithium carbonate, is used for treating and controlling manic-depressive psychosis (900 mg to 1,800 mg per day). Here are the books, in alphabetical order.

1 #3A - 2727 Quadra St., Victoria, B.C. V8T 4E5.

1. Cleave, T. L. **The Saccharine Disease.**

A number of classical diseases are shown to be symptom complexes arising from a diet too deficient in fiber and too rich in refined carbohydrates. This is the saccharine disease. The symptom complexes due to removal of fiber are:

(a) Simple constipation with its complications such as varicose veins, deep venous thrombosis and hemorrhoids, diverticular disease, and in part, cancer of the colon.

(b) Dental cavities and periodontal disease.

Overconsumption of refined carbohydrate, especially sugar, leads to diabetes, obesity, and coronary thrombosis, and primary E. Coli infections. Dr. W. Shute in his book is convinced that a deficiency of vitamin E is the major cause of coronary thrombosis. The fiber-free diet is also very low in vitamin E.

Removal of protein, especially from food artifacts such as soft drinks, causes peptic ulceration.

The massive amount of evidence which supports this concept is given and treatment is described. It is essentially very simple, merely a return to a whole

grain diet free of processed or refined carbohydrates. The saccharine concept has had a tremendous influence on the nature of my practice. Hundreds of patients with the saccharine syndrome have been spared useless and prolonged psychiatric treatment and have recovered.

2. Cott, Allan. Fasting: The Ultimate Diet.

Allan Cott was the first North American psychiatrist to study the fasting treatment for schizophrenia developed in Russia over the past 25 years. It worked as well in his hands in New York. I, too, have seen what it can do. Cott also is one of the first psychiatrists to become Orthomolecular. He demonstrated its value in treating children with learning and behavioral disorders, as well as in adults. In this book he outlines the therapeutic value of short and prolonged fasts.

Fasting has been known to be therapeutic for many centuries. It is mentioned frequently in the Bible. Psychiatry has been disinterested in it as a treatment in the same way that it has neglected the body and its nutrition. I have seen remarkable recoveries following a fast, but it will not recover everyone. Anyone interested in controlled fasting should first read this book.

3. Fredericks, Carlton. Psychonutrition.

This book will be especially appreciated by Orthomolecular practitioners who would like their patients to have an informative, well-written book about Orthomolecular psychiatry. Special attention is given to relative hypoglycemia, to schizophrenia, and to allergies of the central nervous system. Carlton Fredericks has been, and continues to be, a widely read nutritionist. His millions of readers have been served well. They surely are much healthier than those who do not read him, who ignore what he has written, or follow the establishment nutritionist line that all is well and that the average American is receiving the best diet in the world.

4. Hoffer, A., and Osmond, H. How to

Live With Schizophrenia.

This is the second edition. The treatment section has been revised. An examination of the first and second edition shows how much progress has been made in 10 years by Orthomolecular psychiatrists.

5. Hoffer, A., Kelm, H., and Osmond, H. The Hoffer-Osmond Diagnostic Test.

Most of the hard work in preparing this volume was done by Prof. H. Kelm, but he was too modest to allow his name to come first. He did a marvelous job in bringing together the psychological and clinical material. The test is described, and its value is demonstrated in diagnosing, treating, and prognosing. Any physician with the test is a better diagnostician for schizophrenia than the best psychiatrist without its aid.

6. Lilliston, L. Megavitamins.

L. Lilliston, a newspaper reporter, has written a very popular paperback. It presents the megavitamin material in a clear, concise, and interesting way. I find it is very popular with my patients who find it very helpful. It describes several psychiatric conditions such as alcoholism, hypoglycemia, children with learning and behavioral problems, senility, and how they are treated by Orthomolecular psychiatry.

7. Newbold, H. L. Meganutrients for Your Nerves.

H. L. Newbold is one of the first psychiatrists to write a book on Orthomolecular psychiatry. His Meganutrients for Your Nerves is essential reading. All the components of Orthomolecular psychiatry are covered. One of the main problems facing patients and their doctors is how to find out the optimum amount of each nutrient. Newbold discusses this in one of the important chapters of this book. The discussion of brain allergies, megadoses of vitamins, trace elements, the relation of optimum nutrition to optimum physical and mental health is superb.

8. Pfeiffer, C. C. **Mental and Elemental Nutrients.**

This is a very comprehensive guide for all Orthomolecular practitioners. It is another publication from the Brain Bio Center. This is the Center which has highlighted the vast importance of minerals in etiology and treatment of psychiatric disease. Pfeiffer and his colleagues have shown how schizophrenia is divisible into the schizophrenias by appropriate biochemical measures. Some are high in blood histamine, some low. Some have too much kryptopyrrole. In each case appropriate megavitamin and mineral therapy will correct the imbalance. The minerals are given very detailed attention.

These two books, by Newbold and by Pfeiffer, are essential texts for all physicians practicing Orthomolecular medicine.

9. Ross, H. **Fighting Depression.**

This is the only book I have seen so far where depression is treated in a comprehensive way with proper credit to nutrition. Malnutrition is probably the chief cause for the majority of depressions and anxiety states, and its correction has helped many who had failed to respond to all other treatments, including the powerful antidepressants and ECT. There are many books on depression extolling antidepressants or lithium, but in every one there is a total absence of any recognition that depression and nutrition are related. Since most people are subject to some depression now and then, they should know that often they blame the wrong reason for their moods.

It is not their spouse, job, or society which makes them depressed. It may be the alcohol, soft drinks, ice cream, and sweets which are responsible.

10. Shute, Wilfred. **Vitamin E Book.**

Wilfred Shute's Vitamin E Book distills over 30 years of experience with megadoses of vitamin E on over 35,000 patients. His main critics published their inadequate reports over 20

years ago.

They used inadequate small doses for very short periods of time on a handful of patients. It is amazing that criticism by a few uninformed can have had such pernicious effect on suppressing the use of vitamin E. But no more. The level of knowledge and sophistication about vitamins is growing so quickly that it is impossible for any establishment to suppress this information any more. If you want to improve the quality of your life you must read this important book on vitamin E.

11. Williams, R. J. **Physicians Handbook of Nutritional Science.**

This is another important contribution by Roger Williams. In it he again reviews the facts which establish biochemical and nutritional individuality. The relationship between external environment and our inner environment is described. Chapter 4 contains a list of basic principles of nutrition. To emphasize the important concept that malnutrition causes damage to all cells in the body he has developed the word "cytopathy," a pathology of all the cells. Nutritional deficiency affects every cell. Beriberi is not just a disease of nerves or heart; every cell is involved, some more so than others.

This is a brief, well-written valuable outline. It lists the nutritional literature. Students of nutrition who read Roger Williams and the references in his books are bound to become good human nutritionists.

These books will not make the "Recommended" list of the Chicago Nutrition Association (1972). They will, however, make their "Not Recommended" list as has Roger Williams' excellent book, "Nutrition Against Disease." This nutritional association believes that the kind of books I have referred to here are a major menace to society, and they have circulated their lists to libraries so that they will be able to assemble information for guidance in selecting nutrition reading matter. In other words, it is a blatant attempt to have libraries not carry books this Association disapproves of.

The Association also circulates criteria put out by the Dairy Council of Michigan for deciding what is good nutrition. Here are their guidelines. Beware of any information which:

(1) appeals to the emotion through fear (in other words do not claim sugar will cause diabetes because this may cause some fear);

(2) criticizes federal regulatory agencies (in other words governments are never wrong);

(3) recommends self-diagnosis (in other words do not examine your own body for growing lumps);

(4) claims that a specific nutrient will cure any disease (they do not apparently believe vitamin B3 cures pellagra);

(5) uses testimonials and hearsay evidence to back claims (Oliver Wendell Holmes once said, "Medicine learned from a Jesuit how to cure agues, from a friar how to cut for the stone, from a soldier how to treat gout, from a sailor how to keep off scurvy, from a postmaster how to sound the Eustachian tube, from a dairy maid how to prevent smallpox, and from an old market woman how to catch the itch-insect." The Dairy Council is unaware that every clinical account is a testimonial reporting a good or bad result;

(6) recommends doses of vitamins greater than the ROAC (this is arrant nonsense);

(7) recommends elimination of a food group or classification of a nutrient from the diet for weight reduction or as a cure (anyone who advises you to stop eating sucrose is by their definition a quack);

(8) is included in the "non-recommended Chicago Nutrition Association book list."

It is obvious no book ever written by any Orthomolecular scientist including Dr. L. Pauling could pass this stringent test. I hope one day I can make their "Not Recommended" list to be among scientists such as Williams, Pauling, and the others whose books are reviewed here.

I am convinced that the amount of any nutrient for optimum cellular performance is highly variable. There will be a few in any

population who will need 100 or 1,000 times as much as the average. In other words for every nutrient there are some who are dependent, i.e., require these large quantities. Are the degenerative diseases of unknown origin such as the muscular dystrophies, multiple sclerosis, or Huntington's Chorea examples of these dependencies? I believe we should examine every disease of unknown etiology, especially those where there is no infection involved. To assist in this search it would be helpful if we could have an encyclopedia of the nutrients. We need a volume for every nutrient, but prepared in such a way as not to ignore its relationship to nutrition in general. In my opinion Carl Pfeiffer is the logical person to be overall editor of such an encyclopedia. But is there any publisher willing to invest time and money in such a publishing venture?

The last book represents such a book. Gershon and Shopsin reviewed lithium therapy. They display no recognition that lithium is one element in our nutrition, but this may be excused since hardly anything is known about its role in metabolism. I believe that lithium may one day be shown to be a necessary trace element, based upon the following reasoning.

Every chemist knows how difficult it is to prepare any solution free of mineral and other contaminants. The preparation of chemically pure water requires enormous expenditure of energy. Consider then the problem facing any cell developing in the sea. It is surrounded by a medium rich in an enormous variety of minerals. It would require so much energy to keep every mineral out that no cell could provide this and carry on its other functions as well. It would be much more economical to incorporate these minerals into its structure and to make use of them, reserving its energy for keeping out highly toxic minerals such as mercury or cadmium. Since lithium is present in sea water, it makes good sense for cells to develop a use for it in small concentrations. It would be interesting to

see if animals could grow in a lithium-free environment.

Megadoses of lithium are used to control manic-depressive psychosis and may be valuable in controlling recurrent episodes of depression. It is also helpful in controlling violent mood swings in schizophrenic patients. Here it becomes a component of an Orthomolecular approach. If lithium does have a nutritional role, its use in high dosages makes it an Orthomolecular treatment.

This book is a good book if one reads it only from the point of view of non-orthomolecular medicine. It is a one-drug treatment approach. It was introduced into North American psychiatry

slowly and against the opposition of the university psychiatric establishment. Being an orphan drug (there is no patent on it) it was denied powerful support by wealthy parents (the drug companies). Its indications, toxicity, and results of treatment are presented. It will now have to be researched from an Orthomolecular point of view.

WILLIAMS, R. J.: Physicians Handbook of Nutritional Science. C. C. Thomas, Springfield, Ill. 114 pages.

Nutrition References and Book Reviews, Revised 1972. Chicago Nutrition Association, 8158 S. Kedzie Ave., Chicago, Ill. 60652, 32 pages.

GERSHON, S., and SHOPSIN, B.: Lithium. Its Role in Psychiatric Research and Treatment. Plenum Press, N.Y. 358 pages.

LIST OF BOOKS REVIEWED

CLEAVE, T. L.: The Saccharine Disease. Keats Publishing Inc. New Canaan, Conn. 200 pages.

COTT, A.: Fasting: The Ultimate Diet. Bantam Books, New York, N.Y. 148 pages.

FREDERICKS, C.: Psychonutrition. Grosset and Dunlap. New York, N.Y. 224 pages.

HOFFER, A., and OSMOND, H.: How to Live with Schizophrenia. University Books, Secaucus, N.Y. 224 pages. 1966, 1975.

HOFFER, A., KELM, H., and OSMOND, H.: The Hoffer-Osmond Diagnostic Test. Robert E. Krieger Pub. Co., Huntington, N.Y'. 237 pages. 1975. HOD Test Kit is now available from Behavior Science Press, P.O. Box A.G. University, Alabama 35486.

LILLISTON, L.: Megavitamins. FawcettPub. Inc. Greenwich, Conn. 224 pages.

NEWBOLD, H. L.: Meganutrients for Your Nerves. Peter H. Wyden, New York, N.Y. 360 pages.

PFEIFFER, C. C.: Mental and Elemental Nutrients. Keats Pub. Co., New Canaan, Conn. 519 pages.

ROSS, H.: Fighting Depression. Larchmont Books, New York, N.Y. 221 pages.

SHUTE, W. E.: Vitamin E Book. Keats Pub. Co., New Canaan, Conn. 228 pages.