

Editorial

A. Hoffer, M.D., Ph. D.

Journal of Orthomolecular Psychiatry Becomes Journal of Orthomolecular Medicine

For three decades, psychiatry drifted away from medicine, lured by the overblown hype and promises of psychoanalysis and psychosomatic medicine. Over the past five years, it has been scrambling to be reunited with medicine. The observations made by a large number of Orthomolecular physicians (including psychiatrists) are being given a biochemical basis by scientists not associated with megavitamin therapy or clinical ecology. They are still bashful about talking about vitamins as therapy and instead use euphemisms such as "precursor therapy." This move back to sanity is welcome.

Orthomolecular psychiatrists developed this new approach, beginning about thirty-three years ago, and have been mainly instrumental for advancing this. Thus, it was logical that most of the earlier books were written by Orthomolecular psychiatrists, as were the majority of articles in our journal. As the information spread, more physicians began to use nutrient treatment, and

more articles appeared in our journal which were more medical than psychiatric. This includes reports on Candida, mercury, allergies, amino acids and anti oxidant therapy. But all these findings applied equally well to psychiatric as well as medical conditions. The distinction is blurring. Today, Orthomolecular physicians also treat every kind of psychiatric disorder, while most Orthomolecular psychiatrists treat a large variety of physical conditions, including the cancers.

The Academy of Orthomolecular Psychiatry at its last annual meeting changed its name to the Academy of Orthomolecular Medicine. Among other things, this will encourage physicians to become members.

For all these reasons, we have changed our name. But we have not changed our policy, which is to disseminate, as widely as possible, information about new findings and new treatments, provided they have been examined by physicians and found to be effective. We represent an establishment of new ideas, and hope to shorten the usual forty years in medicine from discovery to practice to a more reasonable five to ten years.