

Inauguration of the Orthomolecular Medicine Hall of Fame

In 1968, Linus Pauling made a statement that would challenge more medical paradigms than practically any other he'd ever made: "Orthomolecular therapy consists in the prevention and treatment of disease by varying the concentrations in the human body of substances that are normally present." Since then, this Journal has continuously published new research expanding our understanding of orthomolecular medicine and verifying its effectiveness. Such work has been possible only because of the foundational contributions of inquisitive and innovative clinicians in decades past. This year, as an endeavor formally to honor the pioneers of nutritional therapeutics, the Orthomolecular Medicine Hall of Fame was inaugurated on May 1, during a memorable and uplifting banquet at the 33rd Annual International *Nutritional Medicine Today* Conference in Vancouver, Canada. The Shute brothers were



Andrew Saul (MC for evening) and Vere Shute

among the 2004 inductees; the acknowledgment speech by Vere Shute, son of Evan Shute, was one of the evening's highlights. We are very pleased to present in brief this year's inductees. For additional material on the Hall of Fame please visit www.orthomed.org

Inductees for 2004

Linus Pauling, Ph.D. 1901-1994

After bringing high-dose vitamin C therapy for colds and flu to the public (and much of the medical profession) in 1970, Linus Pauling then had to defend the vitamin from under-informed critics. Dr. Pauling's interpretive reviews of the medical literature on vitamin C have had so great an impact that it may be quite some time yet before it is fully appreciated. Typically, Pauling reexamined studies that originally concluded that vitamin therapy was of no benefit and then showed that the authors either failed to see the statistical significance of their own work, or made outright incorrect conclusions. Pauling was therefore regarded as an "outsider"



The 30 cm crystal polygon is etched with a niacin molecule and ISOM logo

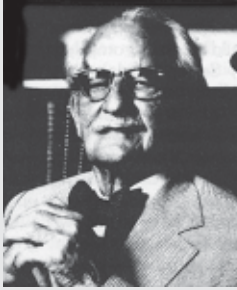
and a sharp critic of medical politics and dogma. He risked his considerable reputation to define and promote orthomolecular medicine, spending much of the last third of his life to bring this health knowledge directly to the people. For such a great and humanitarian accomplishment, he may well have deserved a third Nobel Prize.



Linus Pauling

William J. McCormick, M.D. 1880-1968

Toronto physician William J. McCormick (not pictured) pioneered the idea that poor collagen formation due to vitamin C deficiency was a principal cause of conditions



Roger Williams



Evan Shute and Wilfrid Shute



Irwin Stone

ranging from stretch marks to cardiovascular disease and cancer. This theory would become the foundation for Linus Pauling's and Ewan Cameron's decision to employ large doses of vitamin C to fight cancer. Dr. McCormick also proposed vitamin C deficiency as the essential cause of, and effective cure for, numerous communicable illnesses, becoming an early advocate of using vitamin C as an antiviral and antibiotic agent. Modern writers often pass by the fact that McCormick advocated vitamin C to prevent and cure the formation of kidney stones as far back as 1946. His early use of gram-sized doses to combat what were then and still are usually regarded as non-deficiency related illnesses set the stage for today's intravenous use of 100,000 mg/day antiviral/anticancer vitamin C.

Roger J. Williams, Ph.D. 1893–1988

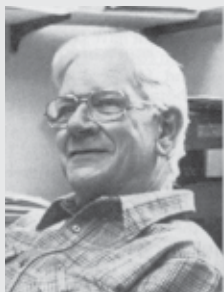
Roger Williams authored nearly 300 scientific papers in the years spanning 1919 to 1986. He was the originator of key orthomolecular concepts including biochemical individuality and genetrophics, and was a pioneer in the nutritional treatment of alcohol abuse. He discovered pantothenic acid and gave folic acid its name. Donald Davis, Ph.D., writes: "As probably no other scientist has, he led the way toward a broad view of nutrition and its importance in health and preventive medicine, including the prevention of

alcoholism. Almost singlehandedly he recognized and called attention to the biological facts of human diversity and their broad importance in science and human affairs." (Davis DR. In Memoriam: Roger John Williams. *Journal of Applied Nutrition*, 1988; 40(2): 121-125.)

Evan Shute, M.D. 1905–1978

Wilfrid Shute, M.D. 1907–1982

Evan V. Shute and his brother Wilfrid E. Shute, began vitamin E research in the late 1930s. Over the next several decades they would use high doses of vitamin E to treat successfully cardiovascular disease in tens of thousands of patients. By 1936, the Shutes were already at work employing tocopherol from wheat germ oil to relieve angina symptoms; by 1940, the Shutes were curing atherosclerosis with vitamin E. By 1946, thrombosis, phlebitis, and claudication were added to the list. Yet when the Minimum Daily Requirements first came out in 1941, there was no mention of vitamin E. Furthermore, the Shutes' work was literally judged fraudulent by the United States Post Office Department which, in a 1961 court decision, said, "Vitamin E has been thoroughly studied and there is no doubt whatsoever as to its lack of utility." Today's growing appreciation of the role of d-alpha tocopherol in preventing and reversing cardiovascular disease is primarily due to the Shute brothers.



Carl C Pfeiffer



Alan Cott



William Kaufman



Humphry Osmond

Irwin Stone, Ph.D. 1907–1984

Irwin Stone, the biochemist who first introduced Dr. Pauling to vitamin C, is the author of *The Healing Factor: Vitamin C Against Disease*. By 1966, Stone had identified the significance of mankind's inability to synthesize ascorbate, and the resultant population-wide deficiency that he termed hypoascorbemia. Humans and a relatively few animal species are able to manufacture only three of the four enzymes necessary for endogenous production of ascorbate. Linus Pauling considered this to be of paramount importance and cited Stone thirteen times in his landmark book *How to Live Longer and Feel Better*, a recommendation if there ever was one.

Carl C. Pfeiffer, M.D., Ph.D. 1908–1988

Carl Pfeiffer identified specific types of schizophrenia: a high histamine group, a low histamine group, those excreting kryptopyrrole, and those with cerebral allergies. He treated patients with a low protein, high complex carbohydrate diet and supplemental nutrients, particularly vitamin B₆ and zinc, finding such therapy to be effective against psychosis, hypoglycemia, and obsessive-compulsive and bipolar disorders. Dr. Pfeiffer was a pioneer in recognizing the problems with excess dietary copper and was interested in the relationship of nutrient-deficient diet to crime and delinquency. His books include *Nutrition and Mental Ill-*

ness; Mental and Elemental Nutrients; The Healing Nutrients Within; Dr. Pfeiffer's Total Nutrition, Nutritional Science and Cookery, and Neurobiology of the Trace Metals Zinc and Copper.

Alan Cott, M.D. 1910–1993

Paperback bestsellers can change lives. For many people, their introduction to therapeutic fasting came by way of Alan Cott's *Fasting: the Ultimate Diet*, and *Fasting as a Way of Life*. In addition, he wrote *Dr. Cott's Help for Your Learning Disabled Child: The Orthomolecular Treatment* and was a frequent contributor to the *Journal of Orthomolecular Psychiatry*. Dr. Cott's papers on Controlled Fasting Treatment for Schizophrenia and the Orthomolecular Approach to the Treatment of Learning Disabilities were presented at the Nutrition and Mental Health Hearing before the Select Senate Committee on Nutrition and Human Needs in 1977.

William Kaufman, M.D., Ph.D. 1910–2000

William Kaufman was among the very first physicians to employ therapeutically megadoses of vitamin B₃ (niacin, or niacinamide). He prescribed as much as 5,000 mg of niacinamide daily, in many divided doses, to improve dramatically and restore range of joint motion in arthritic patients. His groundbreaking work remains important to this day. In his 1949 book, *The Com-*

mon Form of Joint Dysfunction, Kaufman published the details of his niacinamide arthritis treatment, which also incorporated the use of vitamin C, thiamin, and riboflavin, all in large doses. Over fifty years ago, Kaufman showed remarkable foresight into the future of orthomolecular medicine, describing how the lack of just a single nutrient can cause diverse diseases.

Humphry Osmond, M.D. 1917–2004

Humphry Osmond’s remarkable medical career included decades of distinguished psychiatric practice and a prodigious output of writing and research. He is widely recognized as a pio-

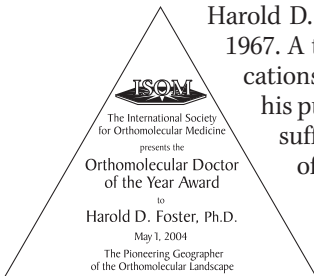
neer investigator into the chemistry of consciousness. Along with John Smythies, Osmond developed the theory that schizophrenics suffer due to endogenous production of an adrenalin-based hallucinogen. This led to the Hoffer-Osmond Adrenochrome Hypothesis in the early 1950s, the very origin of orthomolecular medicine. The popular press today may remember Humphry Osmond for coining the term “psychedelic,” but countless thousands of grateful patients will remember him as the co-discoverer of niacin therapy for schizophrenia.

–Andrew W. Saul
Contributing Editor

2004 Orthomolecular Doctor of the Year



Harold D. Foster, “Pioneering Geographer of the Orthomolecular Landscape,” was presented with the Orthomolecular Doctor of the Year Award by 2003 recipient Bradford Weeks, M.D. at the 33rd Annual International Nutritional Medicine Today Conference on May 2, 2004 in Vancouver.



Harold D. Foster, Ph.D., has taught at the University of Victoria since 1967. A tenured professor, he has authored or edited some 235 publications in eight languages, including over 50 books. The majority of his publications focus on mitigating disaster losses or reducing the suffering associated with various diseases. He has suggested ways of either preventing or curing numerous diseases including myocardial infarction, SIDS, cancer, diabetes, multiple sclerosis, ALS, Parkinson’s disease, Alzheimer’s disease and AIDS. His latest book is entitled *What Really Causes Schizophrenia*.

Highlights from the Nutritional Medicine Today 33rd Annual International Conference



Conference Speakers (left to right): Harold Foster, Margot Kidder, Andrew Saul, Kent MacLeod, Gayle Orner, Alex Schauss, Barbara Reed Stitt, Paul Stitt, Brad Weeks, Phyllis Bronson, Abram Hoffer, Gert Schuitemaker, Hugh Riordan, Woody McGinnis, Bernard Gesch, Garry Vickar.



Richard Kunin, Orthomolecular Health Medicine Society President, (San Francisco) and Steven Carter, NMT Conference Director, admire the Orthomolecular Medicine Hall of Fame Crystal.



photos by Greg Schilhab