

The 2005 Orthomolecular Medicine Hall of Fame

The following is excerpted from Andrew Saul's May 14th presentation. For full text please see www.doctoryourself.com

Welcome to the 2nd Annual Orthomolecular Medicine Hall of Fame induction banquet, the "Orthomolecular Oscars."

Abram Hoffer writes, "The history of medicine is a history of conflict. We should be making awards for infamy but the list would be too long and thus no one would stand out." The Orthomolecular Medicine Hall of Fame honors the mavericks of medicine. We have here tonight a confluence of two schools of orthomolecular medicine: the megavitamin approach and the dietary approach. They both work, they are both orthomolecular, and together form a unified field of nutritional medicine.



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

Inductees for 2005

Max Gerson, M.D. 1881-1959

When Max Gerson testified before the U.S. Senate on July 1, 2, and 3, 1946, he likely had high hopes of acceptance of his nutritional protocol for cancer. No such luck. In 1958, he published all the how-to-do-it details in *A Cancer Therapy: Results of Fifty Cases*. He died the next year. All of Max Gerson's brothers and sisters had died in the Holocaust.

Dr. Gerson's daughter, Charlotte, here with us tonight, is a strikingly healthy octogenarian who practices what her father preached. "I cancelled my health insurance when I was 34 years old," she says. "I'm always telling women: 'Wouldn't it be wonderful if you never had to worry about finding a lump in your breast?' But if you eat healthy, that's what happens. Living in this manner, you don't risk cancer."

Dr. Gerson saved lives and his methods still do. To say that such a message is some-

what controversial is understatement akin to saying that the Beatles somewhat influenced popular music, or that *Citizen Kane* was a pretty good movie.

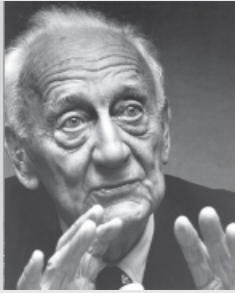
Many years ago, I watched a video tape of a Gerson patients' "reunion." On stage were people from all walks of life, most were advanced in age. One after the other they spoke of the cancer they were diagnosed with three, ten, or twenty years ago. All were recovered. Dr. Gerson was the reason. You cannot watch such an event and fail to be moved.

Albert Szent-Györgyi, Ph.D. 1893-1986

Dr. Hoffer has said that Albert Szent-Györgyi "was a good friend of Pauling's. They got along really well, and he supported orthomolecular concepts." Dr. Hoffer praised Dr. Szent Györgyi in his 1989 paper (Hoffer A: The discovery of vitamin C: Albert Szent-Györgyi, *J Orthomol Med*, 4: 24-26, 1989) with



Max Gerson



Albert Szent-Györgyi



Cornelius Moerman



Frederick Klenner

good reason. Albert Szent Gyorgyi won the 1937 Nobel Prize in Physiology or Medicine “for his discoveries in connection with the biological combustion processes, with special reference to vitamin C.”

I cannot possibly top the Nobel presentation lecture: “The magnificent series of Szent-Györgyi’s discoveries commenced in 1933. They were carried out and pursued with extraordinary rapidity and precision. His clear vision for essentials (aided him in) his isolation of ascorbic acid and of his identification of it with the so-termed vitamin C - a feat that was justly hailed with enthusiasm. . . (Vitamins) cooperate in the oxidation chain and are catalysts, illustrating the way in which these vitamins act in the organism (along with) other enzymes, and oxidizable and reducible substances: Szent-Györgyi’s flavonoles, termed vitamin P. Professor Albert von Szent-Györgyi: You never swerved from your unyielding purpose to study the primary and fundamental processes of biological oxidation...The pace set by you and your co-workers was astonishing, and your results were fundamentally new and highly important. In the midst of fervent research work with most promising aspects you are the discoverer and idealist to the mind of Alfred Nobel.”

(Presentation speech by Prof. E Hammerstein, excerpted from *Nobel Lectures, Physiology or Medicine 1922-1941*, Elsevier Publishing Company, Amsterdam, 1965.)

Cornelius Moerman, M.D. 1893-1988

For over sixty years, cancer treatment and research has been almost entirely restricted to cut, zap and drug: surgery, radiation and chemotherapy. Billions of dollars have been expended investigating every cure but a nutritional one.

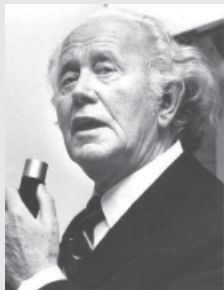
Where is the real incentive to cure the disease, anyway? Business is good. It is now pretty much an open secret that more people live off cancer than die from it. The big money is to be made in disease, not in health. Dr. Moerman guaranteed his own ostracism when he dedicated his life to find out why patients lived, and what could be done to be sure they did. Then he went and did it.

It is said that we are known by our enemies. If that is so, Dr. Moerman has been honored above all. The Dutch Union Against Quackery at a symposium in Utrecht in October, 2000, claims that Dr. Moerman “heads the list of the twenty biggest quacks of the twentieth century.”

Here is what they are so upset about:

“The Moerman diet consisted of fresh fruits, fresh vegetables, non-refined cereals, leguminous plants and dairy-products. Moerman also recommended supplemental vitamins and minerals.”

Moerman, a doctor who practiced nearly 50 years, organized support in the parliament. Linus Pauling praised him. “Moerman received 30 out of a maximum 37 points in the scoring system used for rating quackiness.”



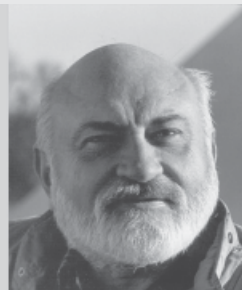
Josef Issels



Emanuel Cheraskin



David Horrobin



Hugh Riordan

One anti-orthomolecular website decries Dr. Moerman's dietary treatment for cancer in part because it is a lactovegetarian diet, with supplements of vitamins A, B, C, D, and E, iodine, and selenium, and which prohibited all meats, alcohol, artificial colorings, cheeses with high fat and salt content, margarine, hydrogenated oils, sugar, salt, white flour, and tobacco.

Good heavens! We can't have people eating like that, now can we!

Frederick Klenner, M.D. 1907-1984

I raised my kids all the way into college without either of them ever having a single dose of an antibiotic. I have Dr. Frederick Klenner to thank for it.

A student came up to me one day after lecture and placed a slim paperback into my hands, saying "You have to read this!" The little book was Lendon Smith's *Clinical Guide to the Use of Vitamin C: The Clinical Experiences of Frederick R. Klenner, M.D.* It is a digest of Dr. Klenner's 27 published and unpublished medical papers, some dating from the 1940s. Since much of Klenner's work was published in regional medical journals, his articles previously had been hard to come by. Consequently, the antibiotic and antiviral effects of megadoses of vitamin C have been largely unknown to the health professions. Dr. Klenner's 40 years of experience successfully treating pneumonia,

herpes, mononucleosis, hepatitis, multiple sclerosis, childhood illnesses, fevers, encephalitis, polio, and over 20 other diseases... all with vitamin C... is even less well known to the general public. Patients and orthodox physicians typically are amazed when they learn that Klenner employed 350 to 1,000 milligrams of vitamin C per day, per kilogram patient body weight. One can only speculate how much suffering might have been avoided if doctors in the 1950s had listened to this man.

Dr. Frederick Klenner gave large doses to over 300 pregnant women and reported virtually no complications in any of the pregnancies or deliveries (Irwin Stone, *The Healing Factor*, chapter 28). Indeed, hospital nurses around Reidsville, North Carolina, the region where Dr. Klenner practiced, noted that the infants who were healthiest and happiest were in Klenner's care. The hospital staff dubbed them the "Vitamin C Babies."

Among Klenner's patients were the Fultz quintuplets, who, at the time, were the only quints in the southeastern U.S. to survive. Upon admission to the hospital for childbirth, Klenner gave all mothers-to-be "booster" injections of vitamin C.

Dr. Frederick Klenner said, "If you want results, use adequate ascorbic acid. Don't send a boy to do a man's job."

Josef Issels, M.D. 1907-1998

Josef Issels, M.D., has become internationally known for his remarkable rate of complete long-term remissions of “incurable cancers” in patients who had exhausted all standard treatments... After completion of the Issels Treatment, these patients remained cancer free for up to 50 years, leading normal healthy lives. The Issels Treatment also significantly reduced the incidence of recurrent cancer after surgery, radiation, and chemotherapy, thereby considerably improving cure rates... In 1951 Dr. Issels founded the first hospital in Europe for comprehensive immunotherapy of cancer. In 1970 the hospital was enlarged from 80 to 120 patient beds. Ninety percent of the patients treated at the hospital had exhausted standard cancer treatment... From 1981 until 1987, Dr. Issels served as an expert member of, and advisor to, the Commission of the German Federal Government in the Fight Against Cancer.

“The Issels Treatment is based on the concept that malignant tumors do not develop in a healthy body with intact defense and repair functions. They present in a specific internal environment which promotes their growth. This environment develops over a period of time due to multiple causes and conditions which persist and remain chronically active even after removal of the tumor (by surgery, radiation, and/or chemotherapy). Treating the tumor alone is not treating the condition that is producing it: the underlying cancer disease. Consequently, there is a high rate of relapse... cancer is considered a systemic disease from the onset and the tumor as its late stage symptom. Even in an advanced state of malignant disease an immune reaction with complete tumor remission can be reached.” (taken from www.issels.com)

Thanks to the pioneering work of Dr. Issels’ 91-year life, this knowledge is readily available for all who need it.

Emanuel Cheraskin, M.D., D.M.D. 1916-2001

Emanuel Cheraskin devoted more than 50 years of his life to natural health practice, research, and education. In doing so, he has greatly elevated all the healing professions. It is because of Dr. Cheraskin’s speeches, scientific papers, and books that so many people have been encouraged to learn about and take vitamins, and improve their diet, and thereby improve their lives. We will always be indebted to this great man.

I recently spoke with Mrs. Carol Cheraskin, who so very much wanted to attend this awards banquet. Carol described to me how Dr. Cheraskin was so generous with his time. “He would spend forty-five minutes or more on the phone with a person that he knew he’d likely never hear from again, just to teach them what they needed to know.”

She also spoke, not only of Dr. Cheraskin’s work, but of her 50-year love affair with her husband. She, in her eighties, sounded to me just like a head-over-heels-in-love teenager.

I think the best remembrance we can offer Dr. Cheraskin is to personally read his work and then redouble our efforts to share his knowledge with a public that so sorely needs it. I am custodian of the Cheraskin Archive for that express purpose.

“If you ask different questions,” said Dr. Cheraskin, “you’ll get different answers.” Spoken like a true maverick.

David Horrobin, M.D., Ph.D. 1939-2003

David Horrobin was one of the most original scientific minds of his generation. His study of human physiology lead him to investigate the role of fatty acids and their derivatives in human disease. He applied his vast knowledge of lipids to investigate their therapeutic potential in medicine. David was a scholar of Balliol College, Oxford, where he obtained a First Class Honours medical degree. To this he added a

clinical medical degree and a doctorate in neuroscience. He was a fellow of Magdalen College where he taught medicine alongside Dr. Hugh Sinclair, one of the pioneers in the field of essential fatty acids. After further research on EFAs at the universities of Newcastle and Montreal, he became increasingly fascinated in lipid biochemistry and its application to human disease.

Throughout his travels in East Africa and work in Kenya, he developed the kernel of thought about fatty acids, schizophrenia and its role in evolution. He later elaborated this idea in his 2001 book, *The Madness of Adam and Eve*, which was short-listed in 2002 for the Aventis Science Book of the Year. Abram Hoffer wrote: "This is a remarkable book. I agree with his interpretation that schizophrenia is an evolutionary advantage and that its genes are slowly moving into the general population."

David was the founder and Editor of *Medical Hypotheses*, a forum for the dissemination of new ideas in medicine. He was also the founder and Editor of the journal *Prostaglandins, Leukotrienes, and Essential Fatty Acids*. He was a prolific writer who authored and edited numerous books on a wide range of subjects, as well as contributing to over 800 scientific publications. He served as Medical Adviser and President for the Schizophrenia Association of Great Britain. He also served on the board of the International Schizophrenia Foundation from 1998-2003.

Dr. Horrobin was a favourite speaker at the annual Nutritional Medicine Today Conference, where his presentations were models of clarity and logic.

Hugh Riordan, M.D. 1932-2005

Hugh wrote the New York Times May 1, 2003: "Based upon its own data, our government and a responsible publication like the New York Times should be screaming that then nutrient intake of American is so

low in so many that it a nation scandal and a public health menace."

I spoke with Hugh on the phone that final morning of January 7. He had telephoned me and my answering machine initially picked up the call saying, "No one is available to take your call. Please leave a message." Hugh said, "I'd like to speak to No One, since No One is available to take my call!" I picked up and said, "Hi, Hugh; This is No One," and we laughed.

He then said that he'd just that morning put up his new book, *Medical Mavericks III*, for free reading at his orthomolecular.org website, and he wanted me to take a look at it. We also discussed our new Orthomolecular Medicine News Service (now in full operation), in which he'd taken a personal and guiding interest.

I told Hugh I was lately remembering his lighthearted, inspirational words from the close of the 2003 Toronto *Nutritional Medicine Today* conference, which were, "Roses are red; Violets are blue; Orthomolecular is good for you." I said to Hugh, "I think I have a sequel for you:

Roses are red;
 You've all heard it said;
 Orthomolecular's for you;
 You heard that from Hugh!

We laughed some more. He then mentioned that he wrote limericks in high school, but "They were," he said with a grin I could detect even over the phone, "Not for publication."

But what Hugh did publish was his research, an indelible contribution to medicine that will stand for all time.

To view the 2005 Orthomolecular Medicine Hall of Fame evening program, visit: orthomolecular.org/resources/news2.shtml

Highlights from the Nutritional Medicine Today 34th Annual International Conference



Above: Howard Straus, Abram Hoffer, Charlotte Gerson and Andrew Saul



Left: Jan Riordan and daughter, Renee Riordan-Olmstead, at the OM Hall of Fame banquet



Right: Ilsa Issels with son Christian Issels, ND



Above: The 2005 Nutritional Medicine Today Conference speakers and Hall of Fame Recipients (left to right): William Grant; Gert Schuitemaker; Parris Kidd; Patrick Holford; Richard Kunin; Stephen Lawson; Aileen Burford-Mason; Julia Ross; Michael Janson; Kent Macleod; Jonathan Prousky; Christian and Ilsa Issels; Hyla Cass; Charlotte Gerson; Carolyn Dean; Howard Straus; Andrew Saul; John Hoffer; Abram Hoffer.

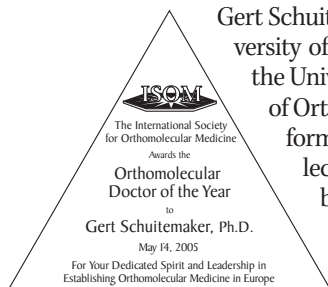


Above: NMT Conference delegates in the beautiful ballroom of the Château Laurier Hotel

2005 Orthomolecular Doctor of the Year



Gert Schuitemaker, "A Leader in Establishing Orthomolecular Medicine in Europe," was presented with the Orthomolecular Doctor of the Year Award by 2004 recipient, Harold Foster, at the 34th Annual International Nutritional Medicine Today Conference on May 13, 2005 in Ottawa.



Gert Schuitemaker, Ph.D. received his degree in Pharmacy at the University of Amsterdam in 1984 and his doctorate in nutrition from the University of Maastricht in 2004. Dr. Schuitemaker is president of Ortho Institute in Gendringen, Germany, an orthomolecular information centre, and is editor-in-chief of the Dutch orthomolecular journal *Ortho*. Dr. Schuitemaker has published several books and more than 300 articles in nutritional medicine. A leader in the orthomolecular movement in Europe, he has served as President of ISOM since 1999.