

The 2007 Orthomolecular Medicine Hall of Fame

The following is excerpted from the introduction to the presentations by Andrew W. Saul, Master of Ceremonies. For full text please see www.doctoryourself.com

Drugs will not correct vitamin dependencies. Orthomolecular medicine can, and does. Preferring nutrition over drugs is not a new idea. Hippocrates advocated food as medicine. Benjamin Franklin said, "The best doctor gives the least medicines." One of my all-time favorite quotes is from Oliver Wendell Holmes: "If we doctors threw all our medicines into the sea, it would be that much better for our patients and that much worse for the fishes."

And then there is the writing of Marx. Chico Marx, that is.

It seems that Chico once had stomach trouble. His doctor prescribed plenty of milk, saying "Drink at least four glasses

of milk. Milk is just the thing to cure you. So drink a lot of it."

Later that day, Chico was reexamined by the doctor, who then told him, "You're much better now. Just be sure that, from now on, you don't drink any milk. Not one glass. It's not for you."

"But, doc," Chico exclaimed, "this morning you told me that milk was just what I needed, and that I should drink lots of it."

"Well, what do you know?" the doctor replied. "It certainly goes to show that we've made tremendous progress in medicine since the last time I saw you."

In truth, the biggest progress in medicine has

been a growing realization that vitamins, in high doses, are an effective treatment for illness. Tonight, we offer our deepest appreciation to the orthomolecular pioneers that have brought us this new paradigm of nutritional healing.



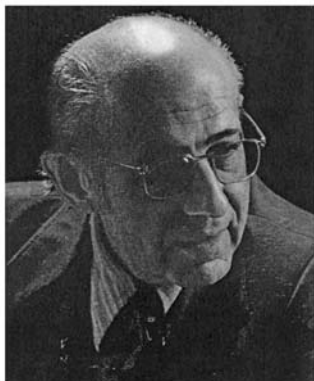
Inductees for 2007

Henry Turkel, M.D. (1903–1992)

Vitamin therapy in Down syndrome began in 1940, when Henry Turkel, M.D., of Detroit became interested in treating the metabolic disorders of Down syndrome with a mixture of vitamins, minerals, fatty acids, digestive enzymes, lipotropic nutrients, glutamic acid, thyroid hormone, antihistamines, nasal decongestants, and a diuretic. By the 1950s he had devoted his practice almost entirely to Down syndrome patients, of whom he kept exceptionally detailed records, including serial photographs of their progress. Conventional medicine ignored Dr. Turkel and he eventually retired and moved to Israel. Turkel clearly demonstrated that one of

the 'worst' genetic defects—trisomy, leading to Down syndrome—could be modified through what is largely a nutritional program with moderately high-dose supplements. The program never corrected the basic genetic defects in Down syndrome, of course, but it did correct much of the collateral biochemical consequences, leading to improvements in cognition, physical health, and appearance. Turkel was probably the first to show that nutrition could improve genetic programming.

Turkel contributed four important articles to the *Journal of Orthomolecular Psychiatry*, including "Medical Amelioration of Down's Syndrome Incorporating the Orthomolecular Approach (1975),



Henry Turkel, M.D.



Masatoshi Kaneko, Ph.D.



Bernard Rimland, Ph.D.

and “Intellectual Improvement of a Retarded Patient Treated with the ‘U’ Series” (1984).

Masatoshi Kaneko, Ph.D. (b.1935)

Masatoshi Kaneko, PhD, started his career in the pharmaceutical industry, where his research involved studying the development of monoclonal antibodies and other molecular mechanisms of carcinogenesis. Kaneko came to believe that there must be a better approach to the treatment of cancer. He recalls, “I came to realize that there was no single chemotherapeutic substance - no single magic bullet.” In the early 1970s, during a fellowship in the United States, Kaneko met Dr. Rei Kitahara, from Kumamoto University Medical School, which ultimately led him to orthomolecular medicine and meeting Linus Pauling. This, Kaneko says, was “a major turning point of my life.”

With iatrogenic disease on the rise, Dr. Kaneko realized that an understanding of nutritional medicine was absent among Japan’s medical establishment. Wishing to spare the public from the dangers of invasive and often unnecessary medical procedures, he began educating the people of his homeland in the art and science of managing their own health. The Kaneko School and the Know Your Body Club (KYB) were formed, and a new

movement in Japan’s modern health care system was born.

Since 1984, the vision of Dr. Masatoshi Kaneko has nurtured the growth of the KYB Club in Japan. His goal is to provide the public with valid scientific information on the proper use of nutritional supplements and to promote a healthier nation. Affiliated with orthomolecular pioneers Linus Pauling and Abram Hoffer, the KYB Club today now represents over 30,000 professional clinicians, registered dietitians and orthomolecular medical nutritionists all over Japan, and encompasses the Orthomolecular Nutrition Laboratory, the KYB Medical Services and Clinic, and the non-profit Orthomolecular Medical Nutrition and Associates.

Bernard Rimland, Ph.D. (1928–2006)

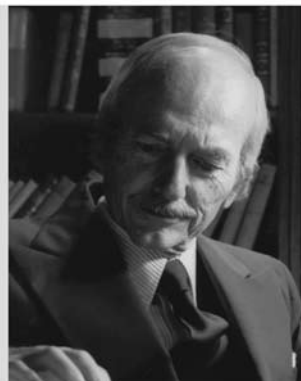
In the early 1960s, Bernard Rimland, PhD, was the man who made the then-revolutionary discovery that autism is a biological disorder. He outlined the evidence in his 1964 book, *Infantile Autism: The Syndrome and Its Implications for a Neural Theory of Behavior*. Based on reports from parents of autistic children, Rimland investigated high-dose vitamin B6 therapy. While other authorities in the autism field considered the idea that a vitamin could correct a brain disorder to be preposterous, to date,



Fannie H. Kahan



Ewan Cameron, M.B., Ch.B.



R. Glen Green, M.D.

22 studies (including 13 double-blind studies) show that vitamin B₆, typically combined with magnesium, benefits a large percentage of autistic children.

When Dr. Rimland learned that most childhood vaccines contained thimerosal—a preservative that is nearly 50% mercury, a powerful neurotoxin—he realized that the escalating numbers of vaccines given to children could be the culprit behind skyrocketing rates of autism. The medical establishment, not surprisingly, expressed great antagonism toward this theory. To overcome such resistance, Rimland created the Autism Society of America, the Autism Research Institute, and the Defeat Autism Now! (DAN) project, which grew from a small first meeting into a worldwide movement. Writes Woody R. McGinnis, MD: “Any mechanistic hypothesis for autism should accommodate the application of high-dose vitamin B₆ pioneered by Bernard Rimland.”

Fannie H. Kahan (1922–1978)

Fannie Hoffer Kahan was born in 1922 on a farm in southern Saskatchewan, the youngest of Israel and Clara Hoffer’s six children. A gifted writer from a young age, she graduated from the University of Minnesota with a journalism degree. Newspapers and magazines throughout North America published her articles on

a variety of topics and she authored a number of books.

From the beginning of her writing career, Fannie fought passionately for better understanding and treatment of schizophrenia. A true pioneer in recognizing and promoting a holistic orthomolecular approach to health, she was one of the first journalists to write about the early research on schizophrenia conducted by Abram Hoffer, her brother, and Humphry Osmond. In conjunction with Drs. Hoffer and Osmond she wrote *How to Live with Schizophrenia*, using her talent for clear language to explain to lay people the basics of schizophrenia from an orthomolecular medicine perspective. Also with Drs. Hoffer and Osmond, Fannie wrote the companion book *New Hope for Alcoholics*.

Throughout her writing career Fannie was strongly supported by another orthomolecular pioneer, her husband Irwin Kahan, who among other activities worked tirelessly to establish the Canadian Schizophrenia Foundation.

In 1972 Fannie became managing editor of the *Journal of Orthomolecular Psychiatry* and editor of the Huxley/CSF Newsletter. During her last illness, with the dedication and selflessness that was so characteristic of her, she worked on the Journal up until a few days before her death in 1978. She left behind Irwin, their three children Barbara, Meldon and

Sharon, and an important body of work related to orthomolecular medicine.

Ewan Cameron, M.B., Ch.B. (1922–1991)

Dr. Ewan Cameron was born in Glasgow, Scotland July 31, 1922. He received his medical degree from the University of Glasgow in 1944, and immediately joined the British Army, where he served as a medical officer in Burma for three years. A gifted surgeon, Cameron worked as a Consultant Surgeon at Vale of Leven Hospital in Dunbartonshire, Scotland, from 1956 to 1982, becoming the Senior Consultant Surgeon in 1973. He received the Queen's Coronation Medal in Britain in 1977, as well as fellowships from the Royal Colleges of Surgeons in Glasgow and Edinburgh, and the Royal Faculty of Physicians and Surgeons in Glasgow. In 1966, Cameron published his first book, *Hyaluronidase and Cancer*.

In 1971, Cameron began corresponding with Dr. Linus Pauling of the Linus Pauling Institute of Science and Medicine. He completed many scientific studies in conjunction with the institute, and published *Cancer and Vitamin C* with Pauling in 1979. After retirement from Vale of Leven Hospital in 1982, Cameron was invited to become Medical Director and Senior Research Professor at the Linus Pauling Institute, where he worked closely with Pauling on many important research topics. Cameron had a son and a daughter with his first wife, Phemie. After her death in 1985, Cameron married Connie, who survived him after his death on March 21, 1991. "While best known today for his pioneering use of intravenous ascorbate against cancer, Cameron also made additional, remarkable discoveries. One was that high doses of vitamin C provided profound pain relief. Another was that such doses, in Cameron's own words, "enabled opiates to be withdrawn without withdrawal symptoms."

R. Glen Green, M.D. (b.1923)

Dr. Glen Green, a nutrition pioneer, received his M.D. from McGill University in 1947 and began life as a general practice physician in 1949 in Prince Albert, Saskatchewan, where he still lives with his wife, Peggy.

Dr. Green served as the medical staff president of two hospitals and was a board member of the Saskatchewan College of Physicians and Surgeons. In 1968 his own poor health became the impetus for examining how doctors diagnose and treat patients. He was a voracious reader and regularly connected with luminaries such as Linus Pauling and Abram Hoffer, eager to exchange innovative ideas and new treatments.

His 1970 study of 1,200 school children led to his discovery of subclinical pellagra, an indication that the body is lacking in vitamin B₃ which, if untreated, may lead to schizophrenia. He also developed the *Perceptual Dysfunction Test* to diagnose more accurately subclinical pellagra. Children who fell into this category had difficulty reading and often had behavior problems. The cause was a cerebral allergy, overtaxing the digestive system. Sensory illusions stopped when orthomolecular therapy and diet were used. Dr. Green's care for patients who did not respond to traditional medicine led him further into alternative medicine.

In his book, *Doctors*, Martin O'Malley wrote that Green was the most "radical holistic doctor in Canada", a mantle he wore with pride. Green lost his license to practice medicine in 1982 for the belief that people must alter their lifestyles and learn how to nourish their bodies to achieve good health. Dr. Green was one of the 24 founding members of the *Academy of Orthomolecular Psychiatry* established in 1976. He contributed five articles on subclinical pellagra to the *Journal of Orthomolecular Psychiatry*.

Photo Highlights of the 2007 Orthomolecular Medicine Hall of Fame Awards

The 2007 Orthomolecular Medicine Hall of Fame was a special event this year, bringing together some of the pioneering personalities who put their lives and careers into orthomolecular medicine. (For a complete photo gallery of the Orthomolecular Medicine Hall of Fame go to www.orthomed.org)



Kent MacLeod accepting the induction of Henry Turkel, a Down Syndrome pioneer



Host Andrew Saul with Dr. Kenshi Miyazawa accepting the induction for Dr. Kaneko



Bruce Reid and Dr. Harold Foster, ISF board members



Steven Carter, ISOM Director, gives the podium over to Dr. Glen Green, helped by Dr. Green's daughter, Susan

The Green family from Saskatchewan and Ontario with Dr. and Peggy Green





Irwin Kahan, former Executive Director, CSF, received the induction for Fanny Kahan

The Kahan family





Connie Cameron at the podium, accepting for her late husband, Ewan Cameron

The 2007 Orthomolecular Medicine Hall of Fame Inductions recieved on behalf of Masatoshi Kaneko, Ewan Cameron, Irwin Kahan, Glen Green and Henry Turkel



Dr. Masatoshi Kaneko 2007 Orthomolecular Doctor of the Year



This year's Orthomolecular Medicine Doctor of the Year was awarded to Dr. Masatoshi Kaneko for his tireless work establishing a strong presence for orthomolecular medicine in Japan. Pictured below: Dr. Kenshi Miyazawa accepting on behalf of Dr. Masatoshi Kaneko, with Yoshi Nakasone, Steven Carter and Hiroko Takeyama



36TH NUTRITIONAL MEDICINE TODAY Main Space Conference Panorama



Report of the ISOM Meeting Toronto, April 21, 2007

During the 36th Nutritional Medicine Today Conference, a meeting of the International Society for Orthomolecular Medicine was organized. The main purpose for the board was to get feedback from the NMT delegates on the initiative of the ISOM website, started in October 2006. About 40 persons were present, among them Dr. Abram Hoffer.

Gert Schuitemaker, president of the ISOM, chaired the meeting. He outlined the activities of the ISOM. Because checks and controls are not possible on a worldwide basis, i.e. for the quality of practice or for the kind of license (MD, practitioner, scientist), it was decided that the emphasis is on communication worldwide among orthomolecular health professionals and scientists. The ISOM website (<http://www.isom.eu>) fulfills this purpose best. Since the launching of this website, there has been a vivid communication, especially when scientific studies are published which call

for extensive discussion and evaluation as was the case with the meta-analysis of Bjelakovic et al in February this year (*JAMA* 2007; 297:842-857).

Comments and suggestions of the participants were welcomed. Among the topics discussed were: the opportunity for education; news from the various countries about orthomolecular medicine; a toolkit of orthomolecular evidence for specific vitamins; case reports in standardized format; reporting of research projects; an orthomolecular database of nutritional studies and experiences of MDs; orthomolecular 'pearls'; and a new forum with success stories. The board will evaluate these suggestions and consider which are feasible.

There were communications from various countries including, Canada, USA, Switzerland, Sweden, Finland, Norway, Puerto Rico, Mexico, Korea, Japan, and the Netherlands. There are initiatives to start national orthomolecular societies in Sweden (Scandinavia), Great Britain, and Switzerland.

Over 200 delegates attended the **2007 Diet and Optimum Health Conference**, May 16-19, Portland, Oregon, sponsored by The Linus Pauling Institute and Oregon State University. During the conference, Dr. Mark Levine, an internationally recognized researcher on the function and pharmacokinetics of vitamin C, was awarded the \$50,000 Linus Pauling Institute Prize for Health Research.

