

Dr. Roger's Prize Awarded to Abram Hoffer

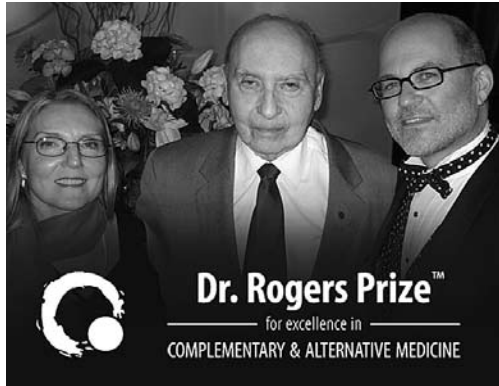
Dr. Abram Hoffer, 90, has won the inaugural Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine for his work using nutrition and vitamins to treat disease.

The \$250,000 award, funded by the Vancouver-based philanthropic Hecht Foundation, is the first award of its kind in Canada, and the largest in North America (www.drrogersprize.org). The award will be shared with co-winner Dr. Alastair Cunningham of Toronto, creator of The Healing Journey, a non-profit program that helps cancer patients use relaxation and mental imagery to cope with the disease.

Angela Webster, the executive director of the Hecht Foundation, called Hoffer a true pioneer.

"His idea that nutrition is the basis for health, and also a very good place to look to find the causes of disease, is now mainstream," she said. "When he was first saying that in the 1960s and '70s, it was heretical."

Close to 300 people attended the award gala, with Andrew Weil, MD, as the keynote speaker. We were all very thrilled, and delightfully surprised, by this wonderful recognition of Abram's vitally important work.



Dr. Abram Hoffer with long-time associate, Frances Fuller and ISOM Director, Steven Carter.

In his acceptance speech Dr. Hoffer thanked the jury, Dr. Rogers' family, the Lotte and John Hecht Foundation and, most importantly, his patients who remain the focus of and inspiration for his work.

This honour conferred on Dr. Hoffer will greatly enhance the public awareness and education campaign in orthomolecular health.

Nutrition & Behaviour Congress : From Conception to Adolescence, October 27, Utrecht, The Netherlands

The starting point for this congress was the study in a British prison where antisocial behaviour, including violence, was reduced by the administration of food supplements. The authors concluded that the results had similar implications for those eating poor diets in the community (*Br. J. Psych*, 2002; 181:22-81). This issue was been picked up by the Ortho Institute in 2002 to start a campaign to raise awareness of the relation between

nutrition and behaviour. One of the consequences was the performance of a replica study in Dutch prisons among young delinquents. The results of the latter have been submitted to the Dutch administration in May, 2007. The study was performed under the responsibility of and financed by the Dutch government. At the congress, both lead researchers, Bernard Gesch of the University of Oxford, and Ap Zaalberg, Dutch official and psychologist, gave presentations. Zaalberg referred to American studies, previously performed by Stephen Schoenthaler, and made a comparison between the American, the British and the Dutch studies. As shown in Figure 1, compared to baseline, 30 to

1. University Medical Center, Utrecht, the Netherlands October 27th 2007 www.voedingengedrag.nl Organization: Ortho Institute; www.ortho.nl

40% less offences were registered when given low dose essential nutrients (distinct formulations of vitamins, minerals and fatty acids in the various studies). In the British study the differences between the treatment group and the placebo group were even larger.

Zaalberg assured the audience that the Dutch government has received the results with great interest and will judge how they can be used for policy applications. Moreover, especially the staff of the institutions showed great interest. In his presentation, Bernard Gesch announced that in the United Kingdom his study will be repeated in three institutions, now with 1,000 delinquents, about four times more subjects than in his previous study. He is now busy with the preparations.

All presenters at the Congress agreed that prevention of antisocial behaviour and behavioural illnesses starts before conception and during pregnancy. Nutritional intervention during adolescence is actually too late, since the damage is then done.

Presenter Diane Black emphasized the consequences of the fetal alcohol syndrome (FAS). Alcohol is the worst poison, compared to other drugs such as marijuana, cocaine, heroin, and tobacco. Drinking alcohol by the pregnant mother not only increases the risk of criminality of the child at a later age, but also affects neurological deviations such as learning disturbances, autistic behaviour, ADHD, poor muscular activity and epilepsy. Physical damage includes abnormal functions of the gut, pancreas, liver and kidneys. Children with FAS have, in the long run, an increased risk of psychiatric disorders (90%),

criminal behaviour (60%) and alcohol or drug problems (30%). Frits Muskiet of the University of Groningen discussed epigenetic factors in relation to the development of the fetus in the womb. According to the so-called Barker-hypothesis, low birth weight is a predictor for cardiovascular disease. A not fully accomplished pregnancy leads to low birth weight and this leads to a compensation later by the storage of fat.

Wouter Buijkhuizen, retired professor in criminology, presented the hypothesis for the role of the amygdale, among other parts of the brain, the hippocampus and the orbitofrontal cortex. Apprehension and

decency are monitored in the amygdale. He discussed the importance of damage of the amygdale during pregnancy, which may be the consequence of a lack of oxygen, alcohol abuse and nutritional deficiencies, especially of proteins and zinc. He stressed that the battle for reduced “chronic criminality” should be, in the first place, by good pregnancy care.

The view of a clinical practitioner was given by Tinus Smits, MD. He discussed the impact of vaccination on child behaviour, especially on autism. His treatment protocol consists of homeopathy, which neutralizes the toxic effects of immunizations, antibiotics, amalgam and other toxins, combined with orthomolecular treatments, mainly high dosages of magnesium, zinc, omega-3 fatty acids and ascorbic palmitate. He claims better results with this fat-soluble form of ascorbate because of a better penetration of the blood brain barrier.

