

Fortieth Anniversary of Orthomolecular

The year 2008 is very significant for the orthomolecular community. Forty years ago two-time Nobel Laureate, Linus Pauling, introduced the term and concept 'orthomolecular' by publishing the paper "Orthomolecular Psychiatry. Varying the Concentrations of Substances Normally Present in the Human Body May Control Mental Disease" (*Science* 1968; 160 (825): 265-71). Since that landmark publication, Pauling's original idea, developed through the pioneering work of Abram Hoffer, has become an international movement in healthcare. Throughout 2008, there will be celebrations of this 40th anniversary and the *Journal of Orthomolecular Medicine* will publish a history of orthomolecular medicine, by Stephen Lawson of the Linus Pauling Institute, in the next issue.



Celebrations in the Netherlands

2008 is also a year for jubilees in the Netherlands. In 1983, 25 years ago, the first edition of *Orthomoleculaire Magazine* (*Ortho*) appeared and in 1988, 20 years ago, the first orthomolecular society of professionals in Europe was founded, the 'Maatschappij ter Bevordering van de Orthomoleculaire Geneeskunde' (MBOG; Dutch Society for the Advancement of Orthomolecular Medicine).

Orthomoleculaire Magazine (*Ortho*) was the first journal to publish on orthomolecular medicine in a non-English language. Some highlights of the last 25 years follow.

The first article with a lot of clinical impact, about hypoglycemia, appeared in the first year. The concept of a destabilized blood sugar curve, measured with a prolonged glucose tolerance test, was totally new in the Netherlands and appeared to be a valuable tool in the hands



Linus Pauling, 1901-1994, and Abram Hoffer, born 1917, alive and well at age 90.

of naturopaths and biological MDs to help many of their patients. In 1988 the regular column, 'Around the World' was begun, a collaboration with the *Journal of Orthomolecular Medicine* (North America) and the *International Clinical Nutrition Review* (Australia). This collaboration marked the beginning of publishing, in Dutch, the Hoffer-Osmond concept of treating psychiatric illnesses with high doses of niacin and the Carl Pfeiffer concept of histadelia, histapenia, pyroluria and cerebral allergy. Since 2002, the year Bernard Gesch of the University of Oxford published his study with dietary supplements in a British prison among young offenders (*Br J Psychiatry* 2002; 181: 22-8), *Ortho* has been pushing the concept of the influence of nutrition on behaviour. This connection is now acknowledged by the Dutch government. From the beginning in 1983, Gert Schuitemaker is the Editor-in-Chief of the magazine. For more information, please see www.ortho.nl.

Maatschappij ter Bevordering van de Orthomoleculaire Geneeskunde. In 1988 a group of Dutch health professionals who were practising orthomolecular medicine united and founded the MBOG. The purpose was to exchange knowledge and skills, and to disseminate the orthomolecular concept. One of the main activities was the organization of the yearly 'Orthomolecular Information Day'. The first meeting was with Stephen Schoenthaler,

PhD, of California State University, who presented the results of his research on the diet-behaviour connection in young offenders in penitentiaries. This visit generated a lot of press in the Netherlands and was a good opportunity to expose the orthomolecular concept. In all the years, the top event of the MBOG annual meetings was the one with a direct satellite connection with Linus Pauling. He was invited to come over to Europe, but he rejected this politely by stating that he could not afford to miss three days of research in the Linus Pauling Institute. This direct satellite connection made orthomolecular medicine known to a broader public, since Pauling was interviewed on the Dutch national television. In 1996 the first 'Orthomolecular Trophée', a beautiful bronze sculpture of Linus Pauling (with beret) was awarded to one of the first nutritional doctors in the Netherlands, Albert Ronhaar. Ronhaar was student of Cornelis Moerman (1893-1988), the pioneer doctor who treated his cancer patients with diet and supplements, and who was inducted into the Orthomolecular Medicine Hall of Fame in 2005. The 20th anniversary of the MBOG will be celebrated in October, 2008, with a special congress and a dinner party in the evening. The meeting, entitled 'Food for Genes', will close with a forum discussion featuring prominent supporters and opponents of orthomolecular medicine. For more information please see www.mbog.nl



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sinds 1983

