

IN MEMORIAM

In Memoriam: Burt Berkson



March 9, 1939 – March 4, 2024

Burt Berkson was born in Chicago, Illinois. His formative years were characterized by a deep appreciation for nature, animals, and the joy of learning, providing a strong foundation for his academic path in cellular biology (PhD, University of Illinois).

Dr. Berkson's transition to clinical medicine was catalyzed by a personal experience that led to the birth of his daughter, Arin. This pivotal moment inspired him to pursue becoming a physician in his late 30s.

During his medical residency Dr. Berkson applied his understanding of cellular biology and mycology to develop the use of alpha lipoic acid (ALA) for hepatic cell regeneration in patients with mushroom poisoning. He later served as a principal investigator for the FDA in determining the utility of Thiotic acid as a prescription drug. Ultimately this research evolved into an understanding of the role of ALA in correcting mitochondrial dysfunction and in its use in various malignant diseases.

In 1996, Dr. Berkson opened the Integrative Medical Center of New Mexico, where he used both natural and conventional medicine to help his patients. As a world-renowned expert in ALA, innumerable patients from all over the world sought his care. He continued to provide consultation to patients through January of 2024.

With a strong commitment to advancing medical knowledge through education, Dr. Berkson served as adjunct professor at Oklahoma State University College of Medicine, New Mexico State University, and Burrell College of Osteopathic Medicine. He also held positions as a researcher and professor at esteemed institutions such as the Max Planck Institute, the University of Illinois, and Rutgers University. Berkson was the author and co-author of many scientific papers and books including; *The Alpha-Lipoic Acid Breakthrough* (Random House-Crown, 1998), *All About the B Vitamins* (Avery, 1998), *Syndrome X* (John Wiley, 2001), and *A Users Guide to the B Vitamins* (Basic Health Publications, 2006)

Dr. Berkson was invited to present lectures at the Annual International Orthomolecular Medicine Today Conference in 2001, 2015, and 2019. He was inducted into the Orthomolecular Medicine Hall of Fame in 2019.

As both a clinician and a researcher, Dr. Berkson's significant contributions to the fields of medicine and academia have saved many lives. His passion for learning and education, combined with his integrity in medicine will continue to be of great service to humanity.