

The Orthomolecular Treatment of Chronic Disease: 65 Experts on Therapeutic and Preventive Nutrition

Edited by Andrew Saul, PhD
2014. Basic Health Publications
800 pages. Hardcover

Just as much of the world is moving to e-books and sound bites from the internet, Andrew Saul, true to his contrarian ways, thought it important to bring to the world this weighty 800-page reference work, *The Orthomolecular Treatment of Chronic Disease*.

Follow his thinking and you'll discover some great reasons why you need this book in your practice. Despite the hundreds of books on the subject, Saul perceived that there is a blind spot—namely, there was no adequate showcase for the longest continuously published orthomolecular resource in the world: *The Journal of Orthomolecular Medicine*. This book aims to fill that gap with a well-thought-out compilation of 45 years of *Journal* papers on both theory and practice, the historical personages and pioneers, and innovative therapies for chronic conditions as discovered by the many orthomolecular healers who contributed over the decades.

The book is divided into three major parts. Part One details the foundations of orthomolecular therapy and the science behind it. In this section Saul states that progress in orthomolecular medicine can be divided into two classes: major, paradigm-shifting discoveries and the many smaller advances which build and expand the applicability of the pioneers' overall vision. This process has churned along for a half-century. As Saul explains, it began with a long, quiet incubation period, until a critical mass of consciousness change took place, and the advances progressed rapidly. This ascent is the exciting age in which we now live, and so, Part One charts some of the major and minor innovations and principles in a selection of 20 *Journal* papers. Foundational articles, for example, would include the landmark theoretical *Orthomolecular Psychiatry* by Li-

nus Pauling, along with Frederick Klenner's practical *Observations on the Dose and Administration of Ascorbic Acid When Employed Beyond the Range of a Vitamin in Human Pathology*.

Fleshing out this overview are papers which expand the main ideas into specific areas such as cancer and pediatric psychiatry. Wisely included are specific articles on what we might call the "vitamin wars:" the politics of orthomolecular vs. conventional medicine, e.g.: safe upper limits of nutrients; research methods; the limitations of drugs and dangers of iatrogenic disease. Through these battles, we gain an appreciation of how even the best ideas get waylaid out of fear and prejudice. Throughout this section Saul excerpts pertinent commentary from his own *Journal* writings to connect the dots into a coherent whole.

Part Two, "Pioneers of Orthomolecular Medicine", shows us some of the lively personalities that created this movement in medicine. When we consider that most vitamins were discovered within the last 80 years, we are young; many of the main figures today represent just the second generation after the originators from the last century. With so small a pantheon, nothing can familiarize ourselves better than the Orthomolecular Medicine Hall of Fame, which takes place at our yearly conferences. In this evening, a handful of pioneers are celebrated and presented with a multimedia biography of their life's work. Saul here gathers the biographies of 56 pioneers and advocates—some who have passed on but many who are still with us. The value of this section is that the OM Hall of Fame is about the only place you're likely to hear of the existence of many of these quiet geniuses, some of whose work is locked away in paper archives and forgotten, despite their tremendous contribution and promise to our sick age.

Part Three brings the best of *JOM's* knowledge base to bear on specific chronic diseases such as alcoholism, cancer, depression, schizophrenia and pediatric mental health. Not intended to be an exhaustive list, it samples what is possible, with a se-

lection of disease categories drawn from the classic papers of contributing authors and experts. Instead of searching through the decades of journals, Saul has helpfully selected his estimation of our “greatest hits” for common chronic diseases. In the case of cancer there are clinical papers from Abram Hoffer, Hugh Riordan, Michael Schachter and Linus Pauling. Likewise in schizophrenia are invaluable works by Abram Hoffer, Humphrey Osmond and Jonathan Prousky. These sections are rich in case histories, physician observation, successes, setbacks, and practicalities. What becomes clear here is that chronic disease is where orthomolecular therapy shines; unfortunately it’s the one thing that our taxed health care system is ill-equipped to explore and adopt.

Saul also includes some valuable appen-

dices such as Immuno-boosting IV vitamin C protocols of Frederick Klenner, vitamin C anticancer therapies from the Riordan Clinic, and radiation injury treatment protocols of Atsuo Yanagisawa. They form a testament to the power of the optimum dose.

The Orthomolecular Treatment of Chronic Disease succeeds very well in bringing together over 45 years of published research from the *Journal of Orthomolecular Medicine*. More than an encyclopedia, it’s a self-contained education on the history, personalities and major discoveries all wrapped up with applications to specific diseases. Large as it is, it’s imminently more practical than 45 years of brittle journals on a groaning bookshelf. It’s one of the best synopses of our venerable *JOM* as you’ll ever see.

– Greg Schilhab