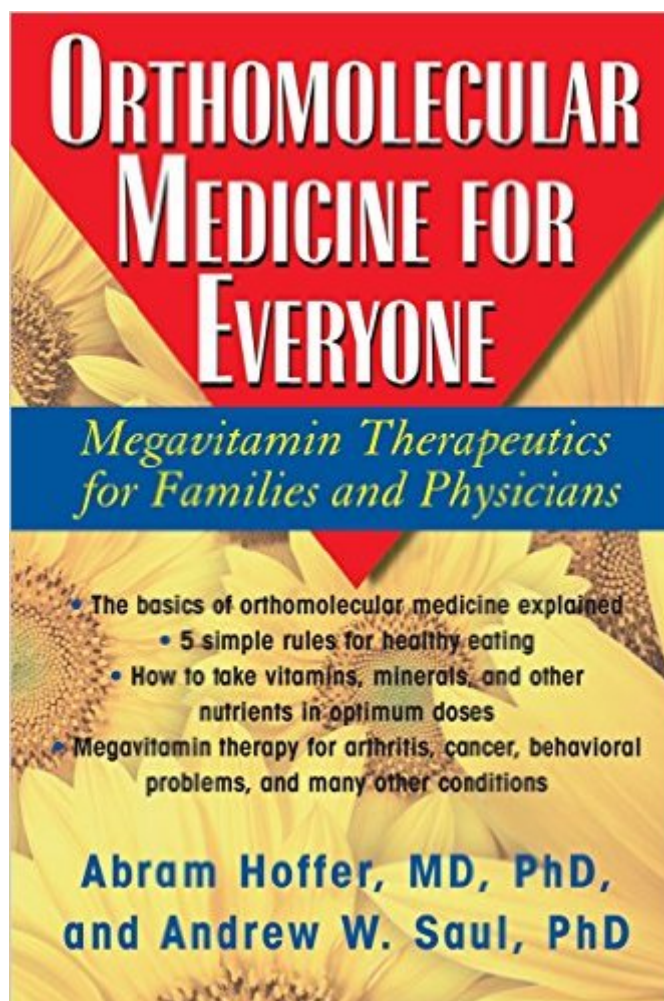


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Orthomolecular Medicine For Everyone: Megavitamin Therapeutics For Families And Physicians



Synopsis

Recently, interest in nutritional medicine, and how to use it properly, has increased enormously, and many people are already taking supplemental vitamins in larger than standard dietary doses. Orthomolecular medicine believes that the basis for health is good nutrition. It uses nutrients and normal (“ortho”) constituents of the body in optimum amounts as the main treatments. Decades of use demonstrates that high-dose vitamin therapy works. This book written by two leading experts with over 80 years of experience between them, explains the basics of orthomolecular nutrition: simple rules for eating a healthier diet and effective nutritional supplementation. Vitamins, minerals, and other nutrients are explored in detail, including information on the clinical research as well as safe supplement doses. As you’ll see, orthomolecular medicine has been used to treat a wide variety of conditions, including cardiovascular disease, gastrointestinal disorders, arthritis, psychoses and behavioral problems, autoimmune diseases, and even cancer. Whether you are exploring orthomolecular medicine for the first time or you are a practitioner wanting to deepen your knowledge, this book can enlighten and inform you. What you will discover is that nutritional treatment is effective, free of side effects, and inexpensive. Once you overcome the old assumption that anything cheap and safe cannot possibly be effective, health awaits you.

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Customer Reviews

Orthomolecular Medicine for Everyone
Megavitamin Therapeutics for Families and Physicians
by Abram Hoffer, PhD, MD, FRCP(C) and Andrew Saul, PhD, 2008, Basic Health Publications Inc.,

CA, 375 pages [...]Megavitamin therapeutics? Whazzat? Do vital amines have health-restoring capabilities? In this book, two highly-qualified authors, Abram Hoffer, PhD, MD and Andrew Saul, PhD explain how orthomolecular medicine can help people feel better and live longer. In Part One, Dr. Hoffer (biochemist, physician and psychiatrist-retired) and Dr. Saul (health educator) teach us that: (1) vitamins and minerals are important to human health; (2) nutritional deficiencies can cause health problems; (3) many patients can restore their health by taking supplements; and (4) healing with nutrients only happens if each patient receives optimal doses (much higher than anti-starvation levels). After introducing the concepts of nutritional deficiencies and dependencies and biochemical individuality, the authors outline the healing capabilities of vitamins, starting with B-3, an essential nutrient which has three names: nicotinic acid, niacin and niacinamide. Then Hoffer and Saul explain how orthomolecular doctors treat chronic illnesses and maintain health by prescribing regimens of vitamins A, B, C, D and E with trace minerals and other nutrients. Part Two details safe, effective and restorative orthomolecular treatments for nine health problems: (1) gastrointestinal disorders, (2) cardiovascular disease, (3) arthritis, (4) cancer, (5) the aging brain, (6) psychiatric and behavioral disorders, (7) epilepsy and Huntington's disease, (8) allergies, infections, toxic reactions, trauma, lupus and multiple sclerosis and (9) skin problems.

I've found Hoffer and Saul's book, "Orthomolecular Medicine for Everyone" to be a fascinating read. As a scientist interested in the topic of nutrition, their analysis of vitamin therapies intrigued me. Especially, as I had already learned much of how conventional medicine (negatively) views megadose vitamins, and nutrition as a solution to disease cures. The authors rationally point out that we humans are tied very strictly, evolutionarily, to vitamins, minerals, and essential amino acids in the Earth's early environment. Thus, our ancestors' food intake has strongly controlled and influenced our genetic makeup today. Drs. Hoffer and Saul also correctly mention the difference between our ancient ancestors' intake of raw nutritious foods versus today's context of post-industrial food processing with loss of nutrients. A significant amount of food in the market today is sold to make companies profitable for their stockholders rather than to have any value related to nutrition. Indeed, government dietary recommendations are thought to be politically tied to lobbying by major food manufacturers (see Marion Nestle "Food Politics" for more detail). Nutrition suffers much in our day due to decreased nutrients stripped away during the manufacturing process, and owing this the authors make the case that vitamin supplementation is therefore a necessity. My only concern in the book is that the authors fail to discuss problems with the 1994 U.S. law "Dietary Supplement Health and Education Act", commonly referred to as 'DSHEA'. This law, a

result of intense lobbying by supplement companies, led to free market availability of dietary supplements -- the good part. The bad part is there is very little oversight in the quality manufacture of dietary supplements in the United States.

This is a highly enlightenment book, well researched, but not necessarily specific on dosage and duration of time to ingest the Megavitamin therapies. I believe that the researchers/writers left room for speculation on how much you should take, and for how long according to your particular ailment or distress. Which makes for some safe thinking and or commitments. After all, if they had been more specific orientated according to dosage, the Medical establishment would crucify them if someone gets sicker or dies from their recommendations. Overall, the book is a winner. I gave it 4-stars because of the lack of specifics. Each individual reading this book will be able to meke up their own minds about the dosage and duration of same. This is good. From speculation comes critical thought derived from actual trials and experiments. Which can at some point become a standard to live by. Buy the book, and explore the possibilities of natural healing. I have undertaken some of the suggestions and must say, I believe that the megadosage works. But proceed with caution, since mega dosages can at some point become toxic. When that happens, just decrease the dosage slowly down to nothing. Vitamin E remains in the tissues for months. Some nutrients just get washed out of your system if the body no longer need them. Read and learn. YOU MUST be in contact with your own body and mind. Afterall you are the Master of that body. That body is all that you really own. One more thought. Orthomolecular Medicine is researched and written by MDs and PhDs. Which makes for a good mix. Some Medical Doctors look down on this type of thinking. Mine does. That's ok, I have my own mind to look and judge for myself. Allopathic Medicine very seldomly accepts or agrees to any form of alternate cures.

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