

Dr. Robert Hedaya:

Orthomolecular psychiatry was pioneered by Abram Hoffer and Humphry Osmond in the 1950s. The basic philosophy of orthomolecular psychiatry is that serious chronic psychiatric problems are caused by abnormal physiology at the molecular level. By testing and identifying the abnormalities, one can correct the biology and restore a person to good mental health with less reliance on medication.

Dr. Robert Hedaya:

Early orthomolecular psychiatrists focused on the role of excessive histamine, called histadelia, as well as any copper and pyrroles in a wide range of psychotic disorders such as schizophrenia and bipolar disorder, and even antisocial behaviors. In 2002, after I published my second book, I was privileged to have lunch with Dr. Abram Hoffer. He commended me on my book, and said, and I quote, "Yours is the book I had always wanted to write." That may well have been the highest professional compliment of my career. But more importantly, what Dr. Hoffer said indicated to me that the main focus of his work was at getting to the root causes of mental illness, wherever they might lie, even those physiological factors that extend beyond his early efforts.

Dr. Robert Hedaya:

We now know that the root causes of mental illness are varied, and range from epigenetic changes, which stem from experiences of previous generations, or even in utero experiences to genetic vulnerabilities, which are activated by childhood trauma, environmental toxins, and social isolation. There's one example, the genetic roots of depression are related to more than 100 genes. What's fascinating is that most of these genes are related to the immune system and metabolic functions rather than neurotransmitters. I think this is an eye-opener, since most psychiatric treatment and research is geared towards neurotransmitter functions.

Dr. Robert Hedaya:

While the research and psychopharmacologic treatments can be useful, it's said, and really in my opinion criminal, that the establishment is so slow it would recognize and act on the implications of the hundreds of thousands of basic science studies. I have no doubt that if Abram Hoffer could see the work we do at the National Center for Whole Psychiatry with nutrition, the gut, mold, detoxification, infections, mitochondria, hormones, herbs, medicinal mushrooms and much more, he would be quite pleased that the movement that Humphrey and Osmond started is being carried forward and developed.

Dr. Robert Hedaya:

We at the National Center for Whole Psychiatry work hard to bring the latest in orthomolecular approaches to our patients. If you need to learn more, I encourage you to visit our website at WholePsychiatry.com for lots of useful information.