

The number '43' is rendered in a large, grey, sans-serif font. The '4' and '3' are connected at the top. A teal-colored swoosh underline is positioned beneath the '3'. To the upper right of the '3' is the text 'RD' in a smaller, grey, sans-serif font.

43RD

ANNUAL
INTERNATIONAL
CONFERENCE

Orthomolecular Medicine Today

April 25-27
Fairmont Hotel Vancouver

2014

Experience the best education in many areas of orthomolecular medicine at our 43rd Annual International Conference. Thirteen internationally known physicians and researchers will present five sessions on current advances in orthomolecular psychiatry, endocrinology oncology, gerontology and general medicine.

The logo for the International Society for Orthomolecular Medicine (ISOM). The letters 'ISOM' are in a bold, red, serif font. Below the letters is a teal-colored graphic element consisting of a horizontal bar with a diamond shape in the center, all set against a dark blue background.

ISOM

International Society for
Orthomolecular Medicine

Orthomolecular Medicine, conceptualized by double Nobel laureate, Linus Pauling, is the practice of optimizing health and treating disease by providing, according to individual biochemistry, correct amounts of vitamins, minerals, amino acids, essential fatty acids and other nutrients which are natural to the body's environment.

Vancouver, Canada's Gateway to the Pacific is one of the most beautiful cities in the world, boasting a natural harbour and a rugged mountain backdrop. At its very heart is the Fairmont Hotel Vancouver. Like the city that surrounds it, the hotel is resplendent in natural beauty, vibrant and cosmopolitan, close to the best shopping areas, theatres and galleries.

To make your reservation at the Fairmont Hotel Vancouver, book online at <https://resweb.passkey.com/go/orthomolecularmedicine> or phone 800-257-7544 by March 25 to receive the special Orthomolecular Group rate of CAD \$210 per night, single or double.



The Orthomolecular Medicine Today Conference is a continuing education event for MDs, NDs, PhDs and other health professionals. Leading physicians and researchers will present five sessions on current advances in orthomolecular medicine, endocrinology, oncology, psychiatry, and gerontology. To complement your educational experience, the Conference features an exhibit area for North America's leading manufacturers and suppliers of Orthomolecular products and services. The Conference is presented by the International Society for Orthomolecular Medicine, which brings together orthomolecular associations now established in 18 countries around the world. The orthomolecular research initially done on nutrition in relation to mental health has expanded over the years to all areas of health care

**What if this was your prescription
for good health?**



from cardiovascular disease to cancer, from AIDS to Alzheimer's. This work has been published since 1968 in the Journal of Orthomolecular Medicine. The ISOM and its affiliates sponsor professional and public education programs, including the Orthomolecular Medicine Today Conference, now in its 43rd year.

8:00 am Registration
8:30 am Exhibits Open

Session One • General Orthomolecular

9:00 am Welcome - Introduction

9:30 am *Abram Hoffer Memorial Lecture*
Alex Schauss
35 years in the Orthomolecular
Medicine Field

10:00 am Break - Visit Exhibits

10:30 am **Ben Lynch**
Optimizing Patient Care by Identifying
and Bypassing Genetic Polymorphisms

11:30 am **Joseph Gabriele**
Transdermal Delivery of Polyphenols
for Pain Management and other Con-
ditions: Technology & Clinical Experience

12:30 pm Lunch - Visit Exhibits

Session Two • Orthomolecular Oncology

2:00 pm *Dr Rogers Prize Lecture*
Balz Frei
Facts, Artifacts, and Myths about
Vitamin C

3:00 pm **John Thoreson**
Ascorbic Acid: Its Fundamental
Importance and the Glucose Ascorbate
Antagonism Theory

4:00 Break - Visit Exhibits

4:30 pm **Michael Schachter**
The Role of Salvestrols in the
Management of Cancer Patients at
the Schachter Center in New York

5:30 pm Exhibit Area Closes

8:00 am Registration
8:30 am Exhibits Open

Session Three • Orthomolecular Endocrinology

9:00 am **Patrick Holford**
The Role of Insulin in Weight Gain
and Obesity

10:00 am Break - Visit Exhibits

10:30 am **Phyllis Bronson**
The Moods of Aging: Hormones and
the Mind-Body Connection

11:30 am **Ron Brown**
Bioidentical Hormone Therapy:
Fact vs. Fiction

12:30 pm Lunch - Visit Exhibits

Session Four • Orthomolecular Psychiatry

2:00 pm **Laurie Mischley**
The Role of Lithium in Central
Nervous System Health

3:00 pm **Jonathan Prousky**
Effective Tapering Strategies to Limit
Drug Withdrawal and Destabilization:
A Clinician's Perspective

3:30 pm Break - Visit Exhibits

4:00 pm *Evan Shute Memorial Lecture*
Paul Demeda
Controversies in Nutrition -
High-Dose EPA and DHA:
Are We Missing Something?

5:30 pm Exhibit Area Closes

**11th Annual Orthomolecular Medicine
Hall of Fame
Reception, Dinner and Induction Program
7:00 – 9:00 pm**

8:00 am Registration
8:30 am Exhibits Open

9:00 am International Society for
Orthomolecular Medicine
Annual Meeting

10:00 Break - Visit Exhibits

Session Five • Orthomolecular Gerontology

10:30 am **Aileen Burford-Mason**
The Aging Brain: Influences of
in utero and Early Childhood Nutrition
on Later Neurocognition

11:30 am **Patrick Holford**
The Etiology of Alzheimer's Disease
and its Prevention

1:00 pm Exhibit Area Closes

Orthomolecular Medicine Today Conference ENDS

Public Workshop

Mental Health Regained

featuring

Orthomolecular Practitioners
and Recovered Patients

2:00 pm – 4:00 pm



ORTHOMOLECULAR
HEALTH

the *right* nutrients
for *your* body

CONFERENCE SPEAKERS



Phyllis Bronson

Phyllis Bronson, PhD, is a biochemist, researcher and clinician who works in molecular research on the structural differences between synthetic and bioidentical hormones. Her recently published book, *Moods Emotions and Aging: Hormones and the Mind-Body Connection*, has been highly acclaimed by scientific and medical colleagues, as well as by intelligent women for whom it is mainly intended. Phyllis thinks women need their hormones as they age, more than ever.



Ron Brown

Ron Brown, MD, graduated and worked for six years in a solo rural medical practice. He then specialized in OBGYN graduating in 1995. Dr. Brown has continued to work full-time for the last 18 years in a large group hospital based practice. He is an Associate Clinical Professor in the University of Alberta OBGYN program and is actively involved in resident education. A patient piqued his interest in BHRT eight years ago and he has become a passionate advocate for BHRT since then with over 3,000 patients on treatment. His primary interest is establishing evidence based patterns of BHRT practice.



Aileen Burford-Mason

Aileen Burford-Mason, PhD, is an immunologist, cell biologist and orthomolecular nutritionist with a deep interest in the evidence base for nutritional health. She regularly gives seminars for both professional and lay audiences, and has become known for her ability to take complex nutritional research and translate it into concise, evidence-based guidelines for the safe, effective use of supplements. Dr. Burford-Mason is formerly Assistant Professor in the Department of Pathology in the Faculty of Medicine, University of Toronto, and Director of The Connacher Head and Neck Cancer Research Laboratory at The Toronto General Hospital. In 2004, she co-founded the Holistic Health Research Foundation of Canada.



Paul Demeda

Paul Demeda, CNP, is a holistic nutritionist dedicated to investigating, and explaining important nutrition issues and concepts, and is passionate about critical thinking in the context of health, nutrition, and published research. Paul holds clinical practice at the D'Avignon Digestive Health Centre and the Wellness Institute in Toronto, specializing in digestive issues, mental health, and cancer. Paul has created and taught nutrition courses for the Institute of Holistic Nutrition, Centennial College in Toronto, and the Edison Institute of Nutrition, and is author of the upcoming book *The Visual Guide to Holistic Health*. Paul is a graduate of York University in Toronto and the Institute of Holistic Nutrition.



Balz Frei

Balz Frei, PhD, is a distinguished professor of biochemistry and biophysics, and director and Endowed Chair of the Linus Pauling Institute at Oregon State University in Corvallis, Oregon. Dr. Frei's research interests include the role of vitamins, micronutrients, and other dietary factors in promoting optimum health and preventing disease, in particular atherosclerosis and heart disease; the role of oxidative stress and inflammation in human health and disease; and the health benefits of dietary supplements. He has made important contributions to our understanding of the biological mechanisms and health effects of vitamins C and E, coenzyme Q10, lipoic acid, and flavonoids.



Joseph Gabriele

Joseph Gabriele, PhD, is a molecular pharmacologist specializing in signal transduction pathways in numerous disease states. His early experience focused on psychiatry and behavioural neurosciences as a research scientist at McMaster University in Hamilton, Ontario, where he was awarded his MSc and PhD degrees. In 2006 Dr. Gabriele received his postdoctoral training at Queens University on the pharmacological effects of antipsychotic medications in patients with schizophrenia. In 2013, Dr. Gabriele was awarded a grant from the Canadian Government to continue his ground-breaking research developing technologies that provide healthcare practitioners with powerful tools to deliver medications and natural molecules to the body.



Patrick Holford

Patrick Holford, BSc, DiplON, is a leading spokesman on nutrition in the media, specializing in mental health. He is the author of over 35 books, translated into over 30 languages and selling over a million copies worldwide, including *The Optimum Nutrition Bible*, *The Low GL-Diet Bible*, *Optimum Nutrition for the Mind* and *The 10 Secrets of 100% Healthy People*. In 1984 he founded the Institute for Optimum Nutrition (ION), an independent educational charity, one of the most respected educational establishments for training nutritional therapists. Patrick is Chief Executive Officer of the Food for the Brain Foundation and director of the Brain Bio Centre, the Foundation's treatment centre that specialises in helping those with mental issues.

CONFERENCE SPEAKERS



Ben Lynch

Benjamin Lynch, ND, received his BSc in Cell and Molecular Biology from the University of Washington and his ND from Bastyr University. His passion for identifying the cause of disease directed him towards nutrigenomics and methylation dysfunction. Currently, he researches, writes and presents worldwide on the topic of MTHFR and methylation defects. You may learn more about Dr Lynch and his work at www.MTHFR.Net. Dr Lynch is also the President & CEO of Seeking Health, Inc, a company oriented towards disease prevention and health promotion. He lives in Seattle, WA with his wife, Nadia, and three boys, Tasman, Mathew and Theodor.



Laurie Mischley

Laurie Mischley, ND, MPH, has been specializing in nutrition and neurological disorders for over a decade. She received a BSc in Nutrition Science in 1997 from Pennsylvania State University, a Doctorate of Naturopathic Medicine (ND) from Bastyr University in 2001, and completed a MPH in Epidemiology from the University of Washington in 2013. In 2010, she was awarded an NIH NCCAM/ Bernard Osher Career Development Award and with the support of this award she is conducting trials on nutritional strategies for neuroprotection. Dr. Mischley maintains a private practice at Seattle Integrative Medicine in Seattle's University District. She is author of the book, *Natural Therapies for Parkinson's Disease*.



Jonathan Prousky

Jonathan Prousky, ND, MSc, graduated from Bastyr University (Kenmore, WA) with a Doctorate in Naturopathic Medicine. He is the Chief Naturopathic Medical Officer at the Canadian College of Naturopathic Medicine and also supervises at the Robert Schad Naturopathic Clinic. He is a passionate advocate for patients having psychiatric disorders and focuses his clinical practice on optimizing mental and neurological health with orthomolecular and botanical medicine and lifestyle counseling. Dr. Prousky is the current editor of the Journal of Orthomolecular Medicine. His clinician-based research primarily involves the neuro-psychiatric applications of vitamin B₃.



Michael Schachter

Michael B. Schachter, MD, CNS, is a Board Certified psychiatrist and a Certified Nutrition Specialist and has been involved with nutritional and integrative health care for almost 40 years. A leader in alternative cancer therapies, EDTA chelation and orthomolecular psychiatry, he is a past president of the American College of Advancement in Medicine (ACAM). He has authored numerous articles and was a major contributor to Burton Goldberg's classic book, *Alternative Medicine Definitive Guide to Cancer*. Most recently, Dr. Schachter, has been involved in using salvestrols to help cancer patients. Dr. Schachter's Center is located in Suffern NY. www.schachtercenter.com.



Alex Schauss

Alexander Schauss, PhD, FACN, is the Senior Research Director of Natural and Medicinal Products Research, and CEO at AIBMR Life Sciences, in Puyallup, Washington, USA. He has held a number of academic positions, including Clinical Professor of Natural Products Research and Adjunct Research Professor of Botanical Medicine at the National College of Natural Medicine in Portland; Senior Director of the Southwest College Research Institute in Scottsdale and others. He is the author or co-author of over 200 publications in a diverse range of scientific journals, including: *Atherosclerosis*, *Experimental Gerontology*, *Toxicology* and *Pharmacology*. Dr. Schauss is also the author/co-author of 23 books in the fields of nutrition and botanical medicine.



John Thoreson

John brings a wealth of experience gained from 36 years in the nutritional supplement/natural medicine industry. Currently John serves as an outside technical consultant with US BioTek Laboratories, Seattle, WA. John has also worked in a similar capacity with other leading companies, including Pharmax and JR Carlson Laboratories. For 20 plus years John has worked with Dr. Nigel Plummer, developer of the HMF and HLC probiotics and owner of Cultech Ltd a UK-based nutraceutical manufacturing company, and has focused on the unique relationship between human commensal microbes and the functional integrity of the mucosal immune system. John has been a featured speaker at medical conferences in the USA, Scandanavia, Mexico, Japan, New Zealand and Australia.

Thanks to our
generous sponsor



Dr. Rogers Prize™

for excellence in

COMPLEMENTARY & ALTERNATIVE MEDICINE

REGISTRATION FORM

Register for OMT online at:

<https://www.csom.ca/omt-2014-registration/>

Or complete registration form below and send to:

International Society for Orthomolecular Medicine

16 Florence Avenue, Toronto, ON

Canada, M2N 1E9

Phone 416-733-2117 **Fax** 416-733-2352

e-mail centre@orthomed.org

Full Conference

By March 25 **After March 25**

Includes

\$495 \$545

All Five Sessions

Friday & Saturday luncheons

NB—Does **NOT** include Saturday evening or Sunday afternoon events

CSOM/ISOM Members

\$445 \$495

Student rate - Lunches not included \$245

\$295

(must be registered at an accredited college/university)

Half Day Sessions (Luncheons not included)

Session (circle) 1 2 3 4 5 each \$100

Saturday Evening - Reception, Dinner & Induction

11th Annual Orthomolecular Medicine Hall of Fame \$95

Sunday Afternoon Workshop - Mental Health Regained

Public workshop with Orthomolecular Practitioners \$20
and recovered patients

Name _____ Deg. _____

Address _____

Telephone _____

e-mail _____

VISA Mastercard Expiry Date _____

Card No _____

Signature _____

or make cheque payable to ISF **Total \$** _____

checked boxes

A \$50 administration fee will apply to cancellations after March 25, 2014

Book your hotel room online at:

<https://resweb.passkey.com/go/orthomolecular>

