

Focus presents: Orthomolecular Vitamin Information Centre

Hungry for health?



Abram Hoffer and Frances Fuller

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Abram Hoffer is 88 years old and he works because he loves it. Frances Fuller has been helping him for almost 30 years and looks like she must have been five when she started. And they want to share the scientific knowledge that keeps thousands of people healthy.

"It's no secret," explains Hoffer, who has a PhD in biochemistry. "The research is all there, in libraries and journals. The hard part for most people is taking the time to find it. We've already done that."

Hoffer and Fuller have decades of education and practical expertise helping people to get well and stay healthy using the most simple of tools: nutrition.

"Vitamin supplements can't replace a terrible diet," Hoffer explains. "You have to eat a balanced diet and for some people that's enough. For others, though, stress takes too much of a toll and they need supplements of vitamins, minerals, essential fatty acids or amino acids to restore their well-being."

He tells the story of a Kansas researcher who gave police officers 10 grams of Vitamin C before a night patrol and when their blood was checked in the morning all the vitamin had been metabolized. The officers had no reserves. The scientist repeated the procedure shift after shift until the officers had built up enough of a reserve to have residual vitamin stores left—something that would help them maintain their health for the rest of their lives. There are many such stories.

"There's no recipe," Hoffer says. "Each client has individual problems and we can help many find the solutions."

Parents bring children with learning disabilities or who can't sit still in school. Adults come in because they're tired, anxious, or depressed.

Linus Pauling, Hoffer's former colleague, coined the word *orthomolecular*. It means *correct molecule*.

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To help people find those resources, Hoffer and Fuller founded the Orthomolecular Vitamin Information Centre. During an initial one-hour appointment, Hoffer or Fuller gather data and make their recommendations.

"We don't diagnose disease, we don't prescribe, and we don't sell vitamins," Hoffer says. "We provide information. The clients make their own decisions."

"And most people need just one appointment to implement their new health plan," adds Fuller.

If you're hungry for better health, call the Orthomolecular Vitamin Information Centre. Hoffer and Fuller will dish up the knowledge.

**Orthomolecular Vitamin
Information Centre**
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