

Dr. Hoffer Changed The Lives Of This Brother & Sister



When my son was four years old and still incontinent, I learned about Dr. Hoffer and made an appointment to take my son to him. Previous doctors had recommended medication and a strict washroom schedule, but nothing worked. He was the only one of my four children who had angry outbreaks, a runny nose, a protruding belly and a nagging cough.

Dr. Hoffer suggested I put him on a food elimination diet for three weeks. Four days into the diet all his symptoms disappeared. I could hardly

believe it since no one in our families had ever been diagnosed with a food sensitivity. When I re-introduced milk into his diet, all his symptoms returned with a bang, just like turning on a switch, so I tried as well as I could to keep dairy out of his diet. Years later, after leaving home, my son ate what he wanted and developed Crohn's Disease and subsequently had a colostomy, but there's a happy ending. He began eating fish, fermented fish oils, roe as well as more vegetables and is healthy today, raising a son of his own.

That wasn't the only time Dr. Hoffer helped my family. My oldest daughter developed full-blown schizophrenia, lost her husband and son and became homeless in Toronto. I brought her back to Vancouver, she refused to take supplements and was in her own world, laughing at nothing and not hearing me, running up and down the stairs. Finally, after she broke our glass dining room table with a chair to stop the angry voices, we took her to the Eric Martin Pavilion, a psychiatric hospital. It broke my heart to do this but I didn't see a choice.

They gave her injections of Haldol which basically made her comatose, then tried Respiradol and several other kinds of anti-psychotics. After a few years of my prodding her, she agreed to see Dr. Hoffer, who gently listened to her and suggested supplements and diet and she began to trust him. After about a year of visits with Dr. Hoffer she agreed to start the supplements.

Dr. Hoffer taught Frances Fuller, his assistant for 35 years, and she sat in on our sessions with him, so when he died seven years ago I was pleased that Frances took over his practice and I could still bring my daughter to see her. Frances has tweaked my daughter's supplement regime and has recommended the elimination of wheat, dairy and sugar, given our family's sensitivity to these foods.

My daughter is now 44 and avoids wheat, dairy and sugar much of the time. She has more energy these days, her skin is clearer, her eyes are brighter, she initiates conversation, she reads again, she goes for short walks and she smiles! Her psychiatrist has reduced her anti-psychotic by a small amount and she's made a long list of New Year's Resolutions.

My son's and daughter's lives would be completely different if I hadn't taken them to see Dr. Hoffer.

-Mary L.

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