

Treating Schizophrenia with Dr. Abram Hoffer

1917 – 2009



IN MEMORIAM
ABRAM HOFFER

A testimonial from Arnold Bruveris

In the fall of 1968, I showed up at Dr. Abram Hoffer's office in Saskatoon, Saskatchewan. On the first visit, the kind doctor told me that I was very sick, a borderline schizophrenic. Near the end of my first session, Dr. Hoffer had leaned forward and said, "son, it's like you've been on LSD every day for a long time, we're going to try to change that and make you better." I wept and felt a spark of hope for the first time in my life, as if real change was possible. I was no longer facing a future of being numbed daily and locked away in a psych hospital.

After that first appointment, my parents and I drove 150 miles back to our small town of Kelvington armed with massive amounts of niacin, vitamin C & E and orders to stay well away from all sugar as well as other

food restrictions. I had energy flushes from niacin that could power a small town.

When I came back for my second appointment at Dr. Hoffer's office, a young doctor had accompanied him to make observations. After some questioning, it became evident that there had been a positive change. The change had been so dramatic that all the younger doctor could do was shake his head. I can still remember him asking Dr. Hoffer, "was this the same teenager who came in 6 months ago?"

The healing process for me had just begun, and later that year I had achieved my first goal – lettering in football. My life was beginning to look up, and that is why I will always be grateful for Dr. Hoffer's pioneering work. I still take niacin every day and stay pretty close to a paleo diet. I've had to overcome serious challenges since seeing Dr. Hoffer; very low self-esteem, some suicidal thoughts and regret over past failures. But having orthomolecular medicine coupled with my faith and a wife and daughter who love me, things continued to get better and better each day. I believe that real healing is multi-leveled and Orthomolecular therapy is its foundation. It gives you the ability to receive proper counselling, such as psychotherapy, and enables you to accept the changes necessary to positively contribute and function in society.

Fast forwarding to 2015, I now work in the telecommunications field, my wife and I just celebrated our 34th Anniversary, my daughter only recently got married, I achieved a black belt in Tae Kwon Do, and I recorded a neo-classical piano album, called 'Paperwhite.' Not only am I healthy but I am succeeding in life, I positively contribute and function within society. And while I was at work the other day, I was sitting in the company car contemplating how I would fit new fiber optic cables on a busy street when I stopped and smiled. I pictured Dr. Hoffer's face looking over his desk and saying "you can do it Arnold! You're going to be well young man, I'm confident of that."

Tags: **Abram Hoffer, bipolar, brain chemistry, niacin, Nutrition, Orthomolecular, Schizophrenia, supplements, therapy, treatment, Vitamin B3, vitamin c, vitamins**