

Abstract

Introduction to Orthomolecular Nutrition Therapy

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Orthomolecular therapy began in North America in the 1960s. At that time, it started in the field of mental illnesses such as schizophrenia and depression. It was later applied to the treatment of cancer, allergies, developmental disorders, skin diseases, etc. The International Society of Orthomolecular Medicine (ISOM) is an academic society founded over 55 years ago, and holds annual general meetings in Canada and around the world.

Orthomolecular therapy is a treatment method that optimizes the diet and replenishes nutrients using supplements. In this treatment, the diet and supplements used vary depending on the patient.

In Japan, blood test data is used to select the type and amount of nutrients required for treatment. This method is not used in other countries. In this lecture, we will introduce a method to evaluate nutritional status from blood test data. We will also introduce the progress of actual patients treated with this method.

Although it is highly safe because it is treated using supplements, it is important to be aware that there is a risk of overdose with chemically synthesized supplements. This time, we will also introduce a case report of a patient who suffered from iron overload.

When used correctly, orthomolecular therapy can improve a patient's overall condition and also lead to improvements in the skin, so many doctors in Japan use it in combination with cosmetic dermatology.
