

ORTHOMOLECULAR MEDICINE:

Treatment Based Upon Biochemical Individuality

The word orthomolecular is derived from the greek word “ortho”. Orthomolecular was first coined by Linus Pauling. The term “orthomolecular” implies the “right” amount in the right “molecular environment”. Individuals often vary from one another, in terms of their vitamin and mineral requirements. This field acknowledges the concept of biochemical individuality, and the need to discover one’s own unique biochemistry in order to treat someone with an illness.

Patients who are seeking natural alternatives to psychiatric medication turn to orthomolecular medicine.

This book provides readers with background information including information about:

- What orthomolecular medicine is
- Nutrient summaries, including the role these nutrients play in brain function
- Common conditions associated with mental disorders
- The history of the research that has been done
- Resources for those seeking to learn more about this field

-“A wonderful resource guide to balancing body chemistry” -The Globe and Mail



Lena Chou graduated with a Bsc. from the University of Toronto. She has written several books on Orthomolecular Medicine, including Heal Your Mind, Nutrient Boost, and Brainfood.



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Treatment Based Upon Biochemical Individuality

Healing Mood and Behavioural Disorders
Using Natural Supplements



By Lena Chou, Bsc.