Letter from the Publisher

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see an alternative doctor were frequently abandoning their conventional care because MDs were highly condemnatory of alternative practitioners.

I had my introduction to alternative medicine reading books by nutritionists such as Carlton Fredericks and Adelle Davis. They talked about following a diet that avoided high amounts of junk food and sugar. They also introduced me to the concept of requiring vitamins, minerals, fish oil, and amino acids beyond what was available in the diet. Orthomolecular physicians in the 1970s such as Abram Hoffer, MD, and Carl Pfeiffer, MD, wrote about their treatment of mental illness using megadoses of B vitamins and minerals. Chelation therapy as a treatment for cardiovascular disease was being championed by a group of physicians including Harold Harper and Bruce Halstead. Laetrile, the Hoxsey treatment, and the Gerson diet were advocated, especially at clinics in Tijuana, Mexico, for cancer treatment. Many of these clinics and physicians were condemned by orthodox medicine as practicing quackery, and physicians especially in the cancer field faced serious disciplinary action. The antiquack groups began appearing in the late 1970s – Victor Herbert, MD, was particularly vicious in his zeal to stamp out alternative medicine.

In the late 1970s I was mentoring with Dr. Leo Bolles in Bellevue, Washington. Bolles was administering IV chelation and vitamin C, recommending diets and megavitamin therapy, examining patients using darkfield microscopy and hair analysis, employing acupuncture and EAV (electroacupuncture according to Voll), and using Virginia Livingstone's vaccine therapies for cancer. He brought in Dr. Jeffrey Bland to start the first functional medicine laboratory analysis – EGOT serum testing for vitamin B6. Of course, Dr. Bolles found himself in hot water with the Washington state medical board. He was investigated many times over the years, but he was first challenged for his use of hair analysis. Dr. Bland played an important role in helping Dr. Bolles defend its use in clinical practice.

Except for the occasional medical meeting, education for physicians interested in alternative medicine was scarce. Bolles and Bland formed a local medical society in the Pacific Northwest that they named the Northwest Academy of Preventative Medicine. There were meetings twice yearly with physician lectures. Still there was no alternative journal. In 1979 I volunteered to start a newsletter for the NAPM. It was published for a few years,

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