

ORTHOMOLECULAR MEDICINE



International Society for Orthomolecular Medicine

Founded in 1994 to advance Orthomolecular Medicine by consolidating practitioners around the world through education, communication and advocacy.

INSOM

Indian Society for Orthomolecular Medicine

No 8 Ramaniyam Govindh, Medavakkam Main Road, Madipakkam, Chennai INDIA
Tel: +91 44 43559905 / 4355 9939/ 65271655 Email: drvaman@eduquant.org
Website: www.eduquant.org <http://www.orthomed.org/isom/isomsocieties.html>

Affiliated to ISOM - International Society for Orthomolecular Medicine





Who we are

INSOM - Indian Society for OrthoMolecular Medicine is dedicated to the advancement of orthomolecular medicine in India and internationally. It educates the public and health professionals on the benefits and practice of an orthomolecular, Nutritional and Environmental Medicine approach to health. We are a not-for-Profit Organization led by eminent Doctors and Healthcare professionals.

We are the official Indian affiliate of the ISOM - International Society for Orthomolecular Medicine - <http://www.orthomed.org/isom/isomsocieties.html>.

The purpose of the Society is to further the advancement of orthomolecular medicine throughout the world, to raise awareness of this rapidly growing and cost effective practice of health care, and to unite the many and various groups already operating in this field. The society will serve to educate health professionals and the public in the benefits and practice of orthomolecular medicine through publications, conferences Education Programs and seminars.

What is Orthomolecular Medicine?

Orthomolecular Medicine describes the practice of using the most appropriate nutrients, including vitamins, minerals, and other essential compounds, in the most therapeutic amounts, according to an individual's particular biochemical requirements to establish optimum health. The term "orthomolecular" was first used by Dr. Linus Pauling, Ph.D., in his ground-breaking article in Science in 1968.

Orthomolecular medicine is a scientifically-based approach to healing the body and preventing the onset of illness by balancing substances natural to the body through diet and dietary supplements.

Many modern illnesses are linked to molecular imbalances caused by vitamin and nutrient deficiencies or excesses. Orthomolecular science allows individuals to identify natural imbalances in their biochemical makeup and use vitamins and nutrients to correct the imbalance.



Literally translated, "orthomolecular" means "to right or correct molecule" and what's right will differ for every individual. An orthomolecular practitioner can help determine the appropriate level of vitamins and nutrients to optimize your health.

History of Orthomolecular Medicine

Since 1968, orthomolecular care has helped thousands of people around the world prevent and treat many of today's severe illnesses and conditions including:

- Autism
- Schizophrenia
- Multiple Sclerosis
- Huntington's Disease
- Bi-polar Disorder
- Cancer
- Shingles

Orthomolecular medicine, as conceptualized by double-Nobel laureate Linus Pauling, aims to restore the optimum environment of the body by correcting imbalances or deficiencies based on individual biochemistry, using substances natural to the body such as vitamins, minerals, amino acids, trace elements and fatty acids. The term "orthomolecular" was first used by Linus Pauling in a paper he wrote in the journal Science in 1968. The key idea in orthomolecular medicine is that genetic factors affect not only the physical characteristics of individuals, but also to their biochemical milieu. Biochemical pathways of the body have significant genetic variability and diseases such as atherosclerosis, cancer, schizophrenia or depression are associated with specific biochemical abnormalities which are causal or contributing factors of the illness.

We have plans to start education programs in collaboration with a leading Global Institution offering Master Certification in Nutrition and Environmental Medicine – MCNEM, to cater to the growing need for such professionals in India. This will be offered by Eduquant Knowledge Partners – the education partner of INSOM.

ORTHOMOLECULAR MEDICINE

Board of Directors

INDIAN SOCIETY FOR ORTHOMOLECULAR MEDICINE

The Founder & CEO:

Dr. Vaman Jagan Nathan MD (Acu) PGCA (Harvard) MSFN MAIMA
No 8 Ramaniyam Govindh
Medavakkam Main Road - Madipakkam
Chennai 600091 INDIA
Tel: +91 44 43559905 / 4355 9939/ 65271655
Mobile: +91 81220 62636
Web: <http://www.medaku.com/orthomolmed.html>
Email: drvaman@medaku.com



Chairperson of the Board of Governors:

Dr. Benjamin Newman MD FAAFP
358 Main Street, Winter Harbor,
ME 04693 USA
Phone: +1 207-963-2001
Toll Free: +1 877-963-2001
Fax: +1 207-963-2009
Website: <http://thevillagedoc.com>
Email: topdoc@thevillagedoc.com



The President INSOM

Dr. M. Krishnamoorthy MS MCh FICS
No 64/1 - 12th Avenue, Ashok Nagar
Chennai 600083 INDIA
Tel: +91 44 2489 1824

We invite Doctors/Health-care Professionals to join INSOM.



ORTHOMOLECULAR MEDICINE

Contact Us

Dr. Vaman MD (Acu) PGCA (Harvard) MSFN MAIMA

INSOM

No 8 Ramaniyam Govindh, Medavakkam Main Road
Madipakkam, Chennai 600091 INDIA

Tel: +91 44 43559905 / 4355 9939/ 65271655

Mobile: +91 81220 62636

Email: drvaman@eduquant.org

website: www.eduquant.org

<http://www.orthomed.org/isom/isomsocieties.html>

Brief Bio:

Dr. Vaman MD (Acu) is the Founder Director of INSOM. He is a leading practitioner of Orthomolecular Medicine and Medical Acupuncture. He was trained at Harvard Medical School in the prestigious Structural Acupuncture for Physicians course. He is also an emeritus member of the Society for Neuroscience and a Fellow of American Society for Laser Medicine and Surgery. He teaches and lectures on Orthomolecular Medicine and Nutrition. Dr. Vaman is in the Editorial Review Board of the International Orthomolecular Medicine Journal.

Dr. Newman MD graduated from the University Of Cincinnati College Of Medicine and did his postgraduate training at Abington Memorial Hospital, outside of Philadelphia. He is Board Certified in Family Medicine and is a Fellow of the American Academy of Family Practice and a Harvard trained Medical Acupuncturist.

Dr. Newman is a retired Navy Captain who cares deeply about veteran's health issues. He has had three combat tours with the Navy and Marines, the last one was as the Senior Medical Officer in the USS Bataan which deployed to Afghanistan six hours after America was attacked in September 2001. Upon return Captain Newman assumed the duties of the Second Fleet Surgeon. Dr. Newman is the Chairperson of INSOM and a world leading authority on Vitamin D and lectures globally on Vitamin and Nutrition Therapy.