

## **ITM Ltd. (Group)**

Founder of the First Orthomolecular Medical Society

First President of the International Society for Orthomolecular Medicine (ISOM)

Founder & Honorary Member of the Board of Directors of The Future of Medicine Foundation™

### **Richard A. Kunin, M.D.**

#### BIOGRAPHY

Educated at the University of Minnesota, Dr. Kunin received his MD degree in 1955. Following the completion of his psychiatric residency training at New York Hospital in 1959, Dr. Kunin served as Captain in the United States Army Medical Corps in Korea. Dr. Kunin has been in private practice since 1963, now in San Francisco.

Inspired by Dr. Linus Pauling's work with vitamin C and antioxidants in orthomolecular medicine, Dr. Kunin's 1973 discovery of manganese as a cure for drug-induced dyskinesia (muscle - movement disorder caused by drug therapy) was the first orthomolecular research to verify the efficacy of mineral therapy for a disease. His studies on the effect of niacin in 1975 were the first to identify prostaglandins in the niacin skin flush and aspirin as an antidote to the flush in the treatment of schizophrenia.

Dedicated to delivering a future of medicine that nurtured health into humanity, Dr. Kunin and his colleagues co-founded the first Orthomolecular Medical Society (Nutrition-based Medicine) in San Diego, CA with two-time Nobel Laureate Dr. Linus Pauling in 1976. Dr. Kunin served as its President from 1980-82. In 1994, following Pauling's death, Dr. Kunin founded the Society for Orthomolecular Health Medicine (OHM) in San Francisco and became the first Interim President of the [International Society for Orthomolecular Medicine](#) (ISOM) founded by [Abram Hoffer, MD, PhD](#) that same year. He served on the Editorial Review Board of ISOM's [Journal of Orthomolecular Medicine](#) since 1982 and was inducted into the Orthomolecular Medicine Hall of Fame in 2008.

Dr. Kunin has also served as Vice-President and sat on the Board of Governors of the [National Health Federation](#) (NHF), the world's only recognized INGO (International Non-Governmental Organization) of the United Nation's established [Codex Alimentarius Commission](#) which is the highest agriculture, food, and nutrition governing body in the world. NHF is the only health freedom organization with such status and the accompanying right to be heard and have an impact at Codex meetings, making it the most powerful, most influential advocate for health freedom policies which directly affect 7 billion people worldwide.

Dr. Kunin's clinical research led to the "Orthocarbohydrate Diet", the first diet plan based on individualized carbohydrate - protein-fat effects on mood, energy, and weight. The "Listen To Your Body Diet", popularized in his best-selling books *Mega Nutrition* (1980) and *Mega Nutrition for Women* (1983) remains one of the most user-friendly, safe and effective diet-energy plans. He achieved the first measurement of eicosapentaenoic acid (EPA), one of the two types of omega-3 fatty acids most readily used by the human body, in snake oil in 1989, substantiating its anti-inflammatory benefits (published in *JOM*, 1989, Vol 4, no 3). Dr. Kunin demonstrated that snake oil is not quackery after all!

With a desire provide to scientifically advanced nutrition formulas based on the most current clinical research and studies, Dr. Kunin and his son Gregory, who is Vice-President of the [National Health Federation](#) (NHF), co-founded Ola Loa (Hawaiian for "long life") in 1999. Ola Loa's award-winning products, formulated by Dr. Kunin based on his groundbreaking research in antioxidant therapy and [methylation support](#), offer the most comprehensive and strategic nutritional support available on the market as a high potency effervescent nutritional supplement drink.

Dr. Kunin was introduced to the work of [The Future of Medicine Foundation™](#) (TFMF) through his son Gregory, a member of TFMF's Board of Advisors who continues his father's legacy with the NHF as its Vice-President. In January 2021, Dr. Kunin accepted an invitation from ITM Chairman/CEO Jack and the Members of TFMF Board of Directors to serve as a Founder and Honorary Member of The Future of Medicine Foundation™ Board of Directors.

Dr. Kunin's sincere hope that this collaboration with The Future of Medicine Foundation™'s medical team members and business leaders will lead to greater international awareness and advocacy among the general public, business leaders, and the global medical community for the disease prevention and lifesaving attributes of Orthomolecular, Integrative, and Functional Medicine, and for the premier global institutions that work to protect our rights to nutrition and nutrition-based medicine, the NHF and its sister organization, the [Foundation for Health Research](#).

#### [Publications](#)