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A real genius

In today's world we often hear the word "genius" thrown around when it comes to business, music, science, art, etc. But I believe this word is used too loosely in describing the actions of someone who is sometimes just popular within today's culture. Webster's defines a genius as "extraordinary intellectual power especially as manifested in creative activity: a person endowed with transcendent mental superiority, especially a person with a very high intelligence quotient." A true genius is the focus of this week's column. Do not read ahead; see if you know whom the person is before reading the final paragraph.

He is the only person to ever win two unshared Nobel prizes — one in 1954 and one in 1962.

In his 93 years on earth, he spent over 70 of those as a scientist, researcher and discoverer. The magazine *New Scientist* listed him as one of the 20 greatest scientists who have ever lived. Among those were Albert Einstein, Charles Darwin, and Isaac Newton.

He is credited as the founder of molecular biology and molecular medicine. His discoveries in quantum mechanics, nuclear physics, X-Ray crystallography, mineralogy, metallurgy, structural chemistry, physical chemistry, analytical chemistry, organic chemistry, biochemistry, immunology, molecular medicine, the hemoglobinopathies and the nutritional treatment of cancer and other diseases are legendary.

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PROODIAN'S
PRESS



By. Dr. James Proodian

His controversial, yet highly credible work in the field of supplementation — most notably Vitamin C — took the world by storm in 1970 when his book, "Vitamin C and the Common Cold" was published.

Simply put, this was one brilliant man. He basically wrote your high school and college chemistry, physics, and molecular biology curriculum, yet many do not know who he is. When he died in 1994, it may have been mentioned on the late news or you might have found a small piece written about him in the back pages of your local newspa-

per. You see, he was considered by many in the research and medical community as non-creditable after his research on Vitamin C was published. Some said he was crazy, and this true genius that won two Nobel prizes became an obscure figure in his later years. But he happens to be a hero of mine, and a major reason why I decided to devote my life to non-traditional healthcare over 20 years ago.

Before I reveal his name, think about how many of us know who Britney Spears, Madonna, and Tom Cruise are but have never heard of one of the greatest scientists who have ever lived. This scientist's work on Vitamin C is the main reason why today most of us know that Vitamin C can help prevent the onset and duration of the common cold along with its cancer fighter properties. If you have never read his work, please do yourself a favor and learn from a true genius. Don't be

fooled by the "Dr. Phil's" of the day.

So to Dr. Linus Pauling, I lift a glass of orange juice as a salute to your life and research. Knowingly or unknowingly, we all say thank you. ■

Dr. James Proodian is an author, educator, and healthcare practitioner specializing in Chiropractic Rehabilitation and other natural healing techniques. He also provides free health lectures and health screenings for companies, clubs, schools, churches, and other organizations throughout Monmouth County. All of Dr. Proodian's health articles can be found on his website at www.NaturalHealthcareCenter.com. He can also be reached at his practice, Natural Healthcare Center, at 732-222-2219.