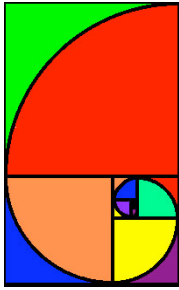


## The Heffter Research Institute, Fall 2007



Dear Heffter Friends,

As the start of another autumn descends and the year passes more quickly than imagined, the Heffter Research Institute continues to make progress in hard, evidence-based scientific research on the nature of psychedelic pharmacology. That was particularly evident in San Diego at the annual meeting of the American Psychiatric Association, where Dr. Charles Grob addressed the assembly on the present state of psychedelic research. Go here to see Dr. Grob and Heffter-supported psychedelic research in the headlines: <http://download.journals.elsevierhealth.com/pdfs/journals/0270-6644/PIIS0270664407704058.pdf>.

Grob's comment that, "We're on the threshold of opening a new field," reflected a growing consensus by academicians that the "initial results" of psychedelic compounds in the treatment of psychiatric disorders "are intriguing enough to warrant further exploration." Although some caveats were expressed by researchers concerning abuse potential, conference moderator, Dr. Thomas M. Brod, a practicing Santa Monica psychiatrist, pointed to the psilocybin research of Dr. Roland Griffiths at John Hopkins and noted that "the trial has been praised for its elegant, persuasive design." Dr. Griffiths acknowledged the reservations concerning psychedelic research by observing that he had been doing pharmaceutical research for 35 years at John Hopkins University, "and in that time has never had a project scrutinized as thoroughly by his Institutional Review Board (IRB)" as this project had been.

But the rigorousness of the process is exactly what will make this type of research possible and more common. Recently, Dr. Franz Vollenweider, Director of Experimental Psychopathology, Brain Imaging & The Heffter Research Center (University of Zürich, Switzerland) was invited to address a conference at the University of Munich, Germany, on dream states in normals verses a psilocybin experience. The assembly was hosted by the top dream and sleep researchers of Europe and attended by neurobiologists, psychiatrists, and psychologists. The researchers were especially keen on the relationship of psychedelics "as catalysts of subconscious processes and episodic memory." Particularly gratifying were the new invitations Dr. Vollenweider received from the gathering to present at major conferences in 2008 concerning his psychedelic research. Those are due in large part to the recognition of the vigorous academic standards practiced in his laboratory at the Heffter Research Center, Zürich.

This exacting approach has also been supported by Dr. Grob in his Psilocybin Cancer Anxiety Study (see link at [ClinicalTrials.gov](http://ClinicalTrials.gov)) for two specific reasons. If a substance will be used for medicine, then its efficacy must be substantiated by

hard uncompromising science, and hard uncompromising science in the case of psychedelics will finally depoliticize them and hopefully allow their place in the treatment of disease. Apparently, the approach is working because two new studies have been approved, both dealing with the emotional debilitation of cancer. Both studies, including one by Dr. Griffiths (link at [ClinicalTrials.gov](https://ClinicalTrials.gov)), are supported by the Heffter Institute and are building on Dr. Grob's study as a foundation and to investigate further the possibility of mitigating the crushing punishment that cancer inflicts not just on the body in unadulterated physical pain, but also the searing, unrelenting, emotional suffering it imposes on its victims.

If that last sentence above sounds like it is motivated by insider knowledge, I regrettably know more about this subject than I wish I did, for patient number three in Dr. Grob's study was my wife, Pam Sakuda. Some of you might have heard or seen her at two Heffter functions, the last being in November of 2006. She spoke at both, and the last was only five days before her death. Pam had a special love for Dr. Grob and the Heffter Institute. She never tired of telling them and others how the therapeutic medical psilocybin experience redeemed the last 22 months of her life and filled them with a joyous, fulfilling, life-embracing sheen. In the most dire of times, and the most trying of circumstances, she did not hesitate to say she was "happy", and without compunction she flat-out "blamed" Dr. Grob and the Heffters as the cause. She also always attempted to thank the people who supported the Heffter Institute, for she said without them it was all over. She died on November 10th, 2006 at home with me and our cat Sally at her side. She was fully cognizant, happy, and at peace. The Heffter Institute, Pam, and I want to thank you all for your support in alleviating pain, suffering, and helping to bring more light into the world.

There is now a confounding oddity that confronts us all. Federal regulatory agencies are approving psychedelic research and the appropriate state bodies are following suit. Universities and professional organizations whose input is necessary also are cautiously assenting to psychedelic experiments. Yet these same entities, after the most severe approval processes and consent, refuse to fund the studies due to out-moded political perceptions of bygone era. The simple fact of the matter is that only private funds and donations will allow this research to continue.

You have been our loyal "core," and without you, none of this would be happening. Frankly, however, our twice-yearly receptions do not bring in nearly enough to sustain our important programs, and some donors give only once or twice, and then we lose them. Because all of our research is conducted by highly respected scientists at universities with global prestige, the studies that the Heffter Institute is leading have the best potential to correct the public misunderstanding of psychedelics and therefore to generate public funding for the large-scale psychedelic research needed to gain approval for medical use. But the change will occur only as quickly as we can afford to support the

research. The more we receive, the faster the studies can proceed. Remember, we are a virtual institute. That means we have no overhead for facilities, permanent staff, fancy media blitzes, or parties. Except costs for research consultants, a part-time medical director who works with the researchers, and an accountant, your gifts go directly to support research on psychedelics. Please consider additional gifts as we enter this fall season. You can do this at our website by clicking on the "Make a donation" button in the lower left corner: <http://www.heffter.org/> .

With very best wishes,

Norbert Litzinger  
Director of Development  
Heffter Research Institute  
[nlitzinger@gmail.com](mailto:nlitzinger@gmail.com)  
369 Montezuma Ave., #153  
Santa Fe, NM 87501-2626