

The Health Benefits of Seafood Consumption: Welcoming Remarks

Balz Frei, Director
Linus Pauling Institute
Oregon State University

On behalf of the Linus Pauling Institute, I am pleased to welcome you to this conference and, in particular, to the sessions on the Health Benefits of Seafood Consumption. It is our pleasure to be a co-sponsor of these sessions and I look forward to the presentations by the distinguished scientists who have joined us.

I would also like to invite you to visit the facilities of the Linus Pauling Institute while you are at Oregon State University. To assist you in this, I will briefly outline the Institute's mission and activities. You can obtain additional detail about the Institute at our website, which is <http://osu.orst.edu/dept/lpi>.

The Linus Pauling Institute was established at Oregon State University in August 1996 under an agreement reached between OSU and its antecedent organization, the Linus Pauling Institute of Science and Medicine (located in California from 1973 to 1996). The Institute functions from the basic premise that an optimum diet is the key to optimum health. Our mission is to understand the molecular mechanisms and physiological effects of nutritional factors; to determine the function and role of micronutrients, vitamins and phytochemicals in maintaining health and preventing and treating disease; and to continue the pioneering efforts of Dr. Pauling in nutrition research.

Major areas of research in the Institute encompass heart disease, cancer, aging, neurodegenerative diseases, immune dysfunction and disease caused by exposure to toxins. Specific laboratories address antioxidants and vascular biology; vitamin E metabolism and biological activity; colon cancer and cancer chemoprevention by phytochemicals; and the role of oxidative stress and mitochondrial dysfunction in the aging process. Topics addressed at this session are of great interest to our resident scientists and, indeed, complement some of the Institute's past and ongoing research.

Let me outline briefly the incredible career of the late Dr. Linus C. Pauling, an Oregon State University graduate and one of its most distinguished alumni. As most of you know, Dr. Pauling was the only individual ever to win two, unshared Nobel Prizes (Chemistry, 1954; Peace, 1962).

More than 25 years ago, Dr. Pauling concluded there was a significant role for vitamins and micronutrients, especially vitamin C, to play in enhancing human health and preventing disease. However, he struggled mightily to convince the health and medical communities of his conclusions, bucking the traditional thinking of the health establishment at the time. As a result, he established his institute with a mailing directed to individuals who cared about their health and were prepared to provide gifts -- large and small -- to support Dr. Pauling and to advance his research. The basic premise that an optimum diet is the key to optimum health continues as the foundation of the Linus Pauling Institute today. We work in our laboratories and we publish our results and offer a newsletter and respond to inquiries as our means of building on Dr. Pauling's work. These efforts provide new knowledge, scientifically researched and peer reviewed.

Again, welcome to the conference and thank you for joining us. I hope you enjoy your stay from both personal and professional perspectives.