

# CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ADVANCEMENT IN CANCER THERAPY, LTD.

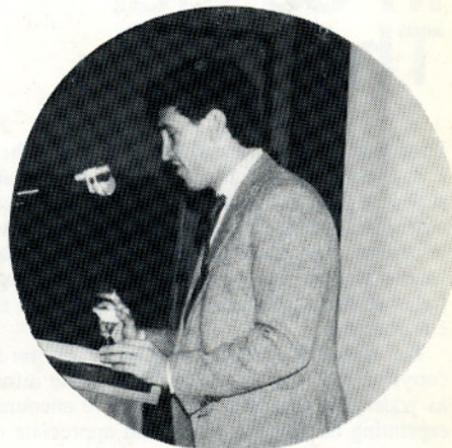
## FACT CONVENTION



Jane Goldberg, Ph.D.



Philip Incao, M.D.



Martin Goldman, M.D.



Michele Galante, M.D.



Pat Judson & Betty Fowler



Bernard Jensen, D.C., Ph.D.



Jorge Estrella, M.D.



Ruth Sackman & Leo Roy, M.D., N.D.



Doris Sokosh

## Foundation for Advancement in Cancer Therapy

Foundation for Advancement in Cancer Therapy, Ltd. is a non-profit, tax-deductible organization. It supports and encourages biological cancer research, nutritional science investigations; disseminates information about non-toxic treatment for cancer to cancer victims; provides financial assistance; and fights to eliminate carcinogenic substances from the environment.

The material contained in *Cancer Forum* is not copyrighted. Our role is to disseminate information as widely as possible; therefore, we encourage the reprinting of articles, but would appreciate credit.

### Board of Trustees

Ruth Sackman, Executive Director  
 Martin M. Fall, Treasurer  
 Leon Sackman, Librarian  
 Rhoda Koeppel, Counselor  
 Corrine Loreto, Secretary  
 Pat Judson, Vice Chairman  
 Nicholas Daflos, Ch. of FACT Safe Water Comm.  
 Reuben Resnikoff

### National Headquarters

F.A.C.T., LTD.  
 Box 1242, Old Chelsea Station  
 New York, N.Y. 10113  
 Tel: 212-741-2790  
 Ruth Sackman, Executive Dir.

### CAVEAT EMPTOR! By Ruth Sackman

I received a letter from a woman expressing her disappointment about a referral I had made for her and she also enclosed a letter from Pat McGrady, Jr. criticizing my referral.

There is a great deal of difference between the cancer concepts that FACT supports and those therapies put forth by a number of other resources, including Pat McGrady. FACT supports only biologically-safe therapies, whereas these other resources, including Pat McGrady, encompass therapies which are "alternative" only in the sense that they are not sanctioned by the conventional medical community. They also provide referrals for therapies termed "complementary" which are a combination of conventional and alternative treatments.

As a result a patient confronted with a cancer diagnosis today finds a very bewildering and stressful setting for making appropriate choices. In the interest of dispelling some of the confusion, let me try to define this disparity.

This lay movement all started in the early 60's with Cecile Pollock Hoffman, a retired teacher who was losing ground in her battle with cancer. She had had an oophrectomy and was scheduled for pituitary gland surgery when she learned of a non-toxic treatment modality in Canada. She underwent the treatment and was so inspired by her recovery that soon afterwards she started a lay non-profit cancer organization which is still in existence.

Cecile Hoffman saw the value in the non-toxic nature of her treatment - i.e. doing no harm - as opposed to what was available in conventional medical areas. While conventional systems focus on killing cancer cells, they simultaneously inflict damage on the healthy cells of the host. They tend to buy time but do not heal.

The organization that Cecile Hoffman founded emphasized the importance of the non-toxic approach and, therefore, supported only natural treatments. Anything that violated the host, violated the goal of the organization.

After 20 years of experience FACT, too, has concluded that the soundest pathway to recovery is via non-toxic, biologically-safe methods. Many other referral services provide resources that duplicate the conventional concept by evaluating tumor reduction or symptomatic relief to gauge the efficacy of the treatment. What happens all too frequently is that, though the patient feels cured temporarily, the cancer usually recurs in time. Depending on the type of cancer, it may be years or only months.

The biological healing system is not easy. Symptoms sometimes become more acute as the body tries to deal with the healing crisis or "flare-ups" as Max Gerson, M.D. referred to them. The process is slow, as the body gradually makes a repair to a breakdown that may have occurred over as much as a 20 year period. It cannot be forced to heal, but must proceed at its own pace. The practitioner's role is to create the proper milieu for healing.

Tumor reduction or even elimination cannot be considered a cure unless the host has been restored to health. This is the yardstick that FACT has supported during its many years of existence. To accept anything less would only be duplicating the traditional concepts with some variations. People do survive cancer with chemotherapy, surgery and radiation, but these cases are unpredictable and rare.

If the choice to use chemotherapy were to be made, it would be preferable to select an experienced practitioner. Some doctors who include it as part of so-called "complementary" protocols have limited experience with these highly toxic substances. Patients have been known to die from the treatment itself. It should be administered by skilled professionals.

When a patient seeks help from FACT, we offer only biologically-safe therapies. At one time the choice was between conventional radiation, chemotherapy and surgery or a non-toxic, biologically-safe system. Today, the situation is muddled by the proliferation of resources which offer "alternative" or "complementary" programs, but which include toxic treatments. The trend toward "complementary" medicine is particularly confusing because it is neither non-toxic nor traditional, but rather a combination of the two. The impression may be left that this is an improvement over the use of one system exclusively. In reality this provides neither the most competent traditional therapy nor does it uphold the principle of preserving host integrity. Any possibility of biological repair, therefore, will be compromised. It reminds me of an old saying, "If you straddle the fence, you'll get split up the middle!"

These days one must be discriminating when making health choices. Let the consumer beware!

### In this Issue:

1990 Annual FACT Convention by Consuelo Reyes.....	3
Caribbean Health Duo by Ruth Sackman....	5
Patterns of Exceptional Physical Healing by Diane Perlman, Ph.D. ....	7
Introduction to the Detoxification System by Sherry A. Rogers .....	8
Letters .....	11
Miscellaneous .....	12
Book Review by Consuelo Reyes .....	13
Tape List .....	14
Book List .....	15

---

# 1990 ANNUAL FACT CONVENTION

BY CONSUELO REYES



Enjoying a vegetarian buffet lunch around the pool.

Was it just the balmy autumn air that inspired such a large and receptive crowd to fill the meeting rooms of the Sheraton Inn Newark Airport in Elizabeth, New Jersey on November 3 and 4, 1990, site of the Annual FACT Convention? Or was there something else going on which prompted so many to make the comment to Ruth Sackman, President of the organization, "This is FACT's best convention"?

"Our message has not changed," Mrs. Sackman said. "For 20 years we've been talking about host resistance, the necessity to treat the whole person instead of concentrating on the tumor or abnormal cells. Our position has always been that killing

cancer cells without restoring the body's ability to check cancer cell production is a flawed concept."

Yet at this year's event she noted a greater understanding among the attendees. "Perhaps after listening for all this time," she theorized, "the concept is sinking in. Perhaps more have experienced the failures of the conventional systems. In any case, this was a very responsive and appreciative audience."

As usual the program included a wide spectrum of speakers — from recovered cancer patients, Doris Sokosh, Pat Judson and Betty Fowler — all enjoying about 20 years recovery — to practitioners of biological therapies.

Leo Roy, M.D. spoke eloquently as always about

---

his long experience with metabolic programs, stressing particularly the necessity of designing a treatment according to the individual body chemistry of the patient. To facilitate this physical as well as psychological evaluation, Dr. Roy utilizes a unique and lengthy questionnaire which he personally developed and continues to improve upon.

Jorge Estrella, M.D., another frequent FACT presenter, spoke about cellular therapy, a treatment widely used in Europe for over half a century. He explained that the injection of embryonic animal tissues into humans has proved clinically effective in enhancing host resistance and reducing symptoms for a wide range of diseases.

Martin Goldman, M.D., a metabolic physician and Oriental medicine expert, delivered an enlightening and entertaining talk on Eastern philosophy. Elaborating on the Oriental approach to the healing process, as well as life in general, he offered listeners a rare opportunity to understand a very ancient and different culture.

Jane Goldberg, Ph.D., psychologist, emphasized the vital importance of dealing with psychological, as well as physical, toxins in the healing process. Dr. Goldberg was also available later on in the Exhibitor's Room to talk about the Institute de Vida Natural in Puerto Rico which she directs. (Mrs. Sackman's visit there is discussed in another article in this issue of *Cancer Forum*.)

A relative newcomer to the FACT platform was Philip Incao, M.D., anthroposophic physician. His fascinating talk, "Inflammation: the Natural Enemy of Cancer," offered listeners a unique insight into cancer prevention. Dr. Incao, whose article on the same subject was featured in a recent issue of *Cancer Forum*, presented his thesis that a direct causal relationship exists between the decrease in inflammatory disease and the increase in chronic illnesses that has occurred in industrialized nations.

"Inflammation, according to Hippocrates," he explained, "is the flame that cleanses the body.... Every time we have a fever, we are destroying and discharging toxins that happen to be in our bodies." Yet, he observed, conventional medicine has led us to fear the symptoms of fever and, thus, to suppress them with medications. "The important thing to remember is that the immune system is the healer in us. Inflammation, fever, rashes, discharges of mucus, pus, vomiting, diarrhea are not symptoms of the illness per se; they are actually symptoms of the healing of the illness. The real illness lies in the fact that we've accumulated something harmful or toxic to the body."

Another recent and welcome addition to the array

of speakers was Dr. Michele Galante, M.D. who gave a very informative slide talk on "Electro Diagnosis and Homeopathy." He discussed the value of the Interro Machine, a non-invasive diagnostic device which works on the principle of acupuncture to measure the relative strength of the organs in the body. FACT has enthusiastically supported its use as an aid in determining treatment direction. Those who stayed on at the hotel after the afternoon program were treated to a demonstration workshop on the machine by Dr. Galante.

FACT was privileged to welcome back to the podium one of its treasured speakers, Dr. Bernard Jensen, D.C., Ph.D., whose 60 plus years of clinical experience have given him so many insights to share. Dr. Jensen told of his recent trip to Thailand and the Far East and introduced his newest product, Whole Life Food Blend. This unique formulation is designed to provide the body with all its essential nutrients in a highly assimilable food form. The limited supplies which the doctor had brought with him were quickly bought up by enthusiastic convention participants.

Another FACT treasure, Ruth Sackman, who has served at the helm of the organization for 20 years, was, as always, a warm and wise Mistress of Ceremonies. Fielding the barrage of questions and misconceptions in her straight-ahead fashion, she clarified many important issues such as the reasons why FACT cannot support all of the so-called "alternatives" that are being touted today: "FACT adheres to the yardstick that the therapy do no harm to the host. Unfortunately, many unconventional treatments do not pass this essential test," she emphasized.

An especially nice feature of this convention was the buffet vegetarian lunch which was enjoyed around the indoor pool and patio area. Both Saturday and Sunday guests helped themselves to salad, brown rice, steamed vegetables with simple dressings, whole grain cookies and herbal teas. This pleasant interlude offered participants a chance to get acquainted and share ideas sparked by the speakers.

Overall, the many comments received during and after this year's event would certainly lead one to conclude that it was, indeed, an impressive FACT Convention. Whether it was "the Best" is debatable and not as important, perhaps, as the fact that more people perceived it as such. "Could it be," a FACT Board of Trustees member surmised, "that more people were really listening and learning?" If so, that would be the most rewarding outcome of this year's convention.

---

# CARIBBEAN HEALTH DUO

BY RUTH SACKMAN

Finally, after twice cancelling a trip to Puerto Rico, Leon, my husband, and I left New York in 20° weather and arrived in San Juan to a glorious sunny 88°. Our destination was a visit to two recently-opened health establishments. When people at F.A.C.T. make referrals, they like to have first-hand knowledge about the resource so as to provide competent help for the patient. Ergo, the personal visit to Instituto de la Vida Natural and the Ann Wigmore Foundation.

The Instituto is located on high ground overlooking a town in the valley below. It is a site pleasing to the eye and soul: soft fresh winds blowing, mangoes and all sorts of lush tropical vegetation.

Psychoanalyst Jane Goldberg, Ph.D. and Greg Lalley, the Instituto's directors, made us feel instantly welcome and relaxed. Barefoot and casually dressed, Jane set the tone for an easy, informal stay - something most appreciated by guests escaping hectic living schedules.

Soon after our arrival, we sat down to a delicious vegetarian dinner served buffet-style outside on the veranda. (Most of our time at the Instituto - except for sleeping - was spent outdoors, an especially welcome change for me as I spend too much time indoors.)

The next morning we went to the beach, about a ten minute drive away. It was such a wide open stretch of sand, the water - sparkling blue-green! Shade, for those who wanted it, was provided by coconut palm trees that bent graciously over the sands.

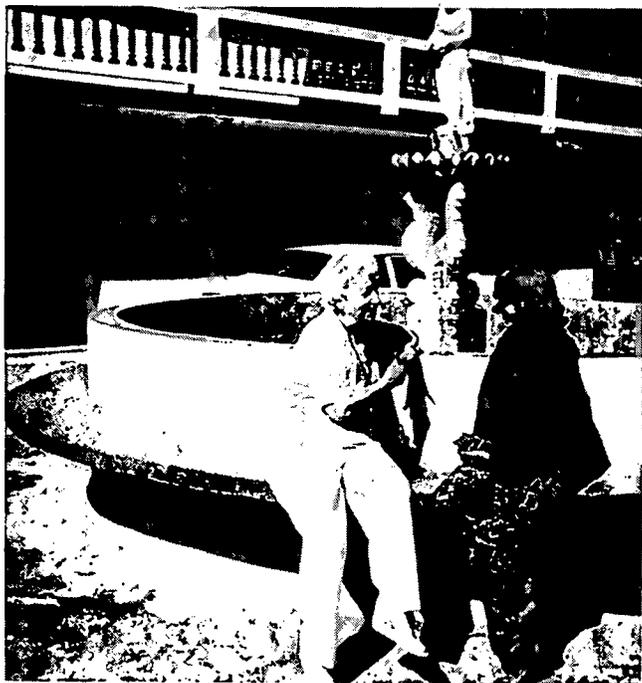


Our trip to El Yunque, the famed Puerto Rican rain forest.

First stop was the Instituto in El Grande, about a twenty minute ride from the airport. After picking up a rental car, we set out on a scenic coastal road, a route planned for us by Dr. Jane Goldberg. She thought it would be a nicer introduction to this beautiful island than the more direct but busy highway to El Verde. She was right.

Jane took the group for a water walk down the length of the beach. There was no pressure to complete the walk or to keep the pace. Anyone who tired could just drop out and relax on the beach. After a swim, Dr. Carmen Carreras, specialist in natural medicine, gathered a group in a circle on the beach for yoga exercises to improve breathing and relax the body.

This completed our morning's activities. It was time to return to the Instituto for a casual lunch. Ah, such are the rigors of the stressless life!



Ruth Sackman and Ann Wigmore at the Ann Wigmore Foundation Research Center.



The Ann Wigmore Foundation and Research Center in Puerto Rico.

After lunch Jane scheduled a trip to El Yunque, the famed rain forest which is a national park with lovely walks and waterfalls. We hiked along paths cut into the thick green foliage. One guest, who had worn his bathing suit, took a swim in a lake formed by the falls.

The atmosphere at the Instituto is very easy and pleasant, yet never dull! Activities are optional: one can rest in the sun, read or hike, use the trampoline, swim, etc. Colonic cleansing, polarity and massage are available by competent people.

The next day Leon and I started the drive to our second destination: the Ann Wigmore Foundation and Research Center in Aquada on the western shore of the island. (Please note: Ann Wigmore no longer has any association with Hippocrates Health Institute in West Palm Beach, Florida, which was formerly in Boston.) The new facility, located at sea level, is a nice contrast from the setting of the Instituto. When we arrived, Dr. Ann was teaching a group of guests and invited us to join. Everyone seemed absorbed in Ann's information and asked pertinent questions. This living and learning technique creates a more knowledgeable and successful patient. Afterwards Ann took us on a tour of the facility which is quite new. Accommodations range from dormitory living to private room and bath. On the property were many papaya trees ripe with succulent fruit which we sampled. Ann had planted the trees when she first took the place. We were also treated to coconut milk, drunk with a straw inserted into an opening made in the coconut with a machete.

The beach is a short walk down the street from the compound. Here, as at the Instituto, the living is casual, thanks to the wonderful climate and the stress-free operation. We met most of the staff - a group of people who expressed belief in their work and gratitude for the opportunity to live and work at something compatible with their belief.

The Wigmore Foundation serves raw vegetarian food. There are, of course, many varieties of sprouts (Ann's specialty), wheatgrass. Colonics are also available.

Carrying the huge papaya which Ann had given us, we started back on the road to San Juan. The next morning, after a luscious papaya breakfast, we boarded the New York flight and several hours later were greeted with snow flurries and freezing temperatures. As always, it was nice to be home - we had covered a lot of ground in a few days. But I was glad to have experienced these two new facilities - relatively close to our shores. If you would like further information, call Dr. Jane Goldberg at 212-260-5823 and The Ann Wigmore Foundation in Boston at 617-267-9424 or in Puerto Rico at 809-868-6307.

# Patterns of Exceptional Physical Healing

By Diane Perlman, Ph.D.

Exceptional physical healing refers to any condition that surpasses what is expected and predicted by medical statistics. Cancer patients who have achieved "spontaneous remissions" have often been thought of as flukes of nature or mysteries to medical science. In pursuing the study of exceptional physical recovery, my colleagues and I have noticed that people who outlive their prognoses and completely recover are far more common than previously believed or reported in medical journals. If asked, those patients will tell you that their "spontaneous remission" was anything but spontaneous and the result of a lot of hard work and determination.

There are certain features - behavioral, psychological, interpersonal and lifestyle - that may be observed in persons who have beaten the odds and achieved extraordinary recovery. The specifics may vary somewhat for each individual, and not all characteristics are necessarily present in everyone who experiences exceptional healing, but several patterns do tend to be associated with exceptional physical recovery.

**\* Acceptance of the Diagnosis** A healthy emotional response to diagnosis of serious illness may include crying, anger, despair, hopelessness, etc. Facing the awful truth and entering the depths of one's being can awaken and mobilize inner resources that can then be available to assist in the healing process.

**\* Rejection of the Prognosis** After accepting the fact that one has cancer, one can reject the limitations of the prognosis offered. A strong sense of determination, belief and hope focuses energy towards the goal of healing.

**\* Active Participation and Initiative** This means choosing treatment according to one's own wishes, understanding and beliefs. The chosen option may involve disagreeing with one's doctor and/or loved ones, but if one has an intuitive sense of what is right for oneself, one must then persevere with that choice.

**\* Use of Illness for Learning and Growth** The Chinese word for crisis is "dangerous opportunity." When we find ourselves in a challenging and threatening situation, we can use the crisis as an opportunity to get in touch with self, others and meaning in life. We can often discover hidden meanings in the disease and decipher messages in its symptoms, using them to enhance health and quality of life.

**\* Transformation in Interpersonal Relationships** Many of us have a tendency to protect loved ones from pain, fear and other negative emotions, but containing our feelings, putting up a front, and isolating ourselves consumes energy and retards the healing process. Open, honest communication and intimacy release energy for healing. Exceptional patients often rebalance relationships, learning to receive instead of being overly giving and making themselves a priority instead of always putting others first.

**\* Changes in Lifestyle** Exceptional patients are willing to alter lifelong patterns. New patterns may include a healthful diet, meditation, relaxation, exercise, yoga, massage, etc. They may also involve a change in context, e.g. career, living situation, relationship or any other source of stress. When priorities in life are reordered, some persons may choose to spend more time with loved ones, while for many this means giving up doing what others expect in favor of following their own dream.

**\* Introspection** Exceptional recoveries usually include some kind of inner work that may comprise dealing with previously unresolved loss, completing griefwork, reconciling long-standing conflicts, forgiveness (which helps the forgiver more than the forgiven), and extending to oneself unconditional love.

**\* Courage** Willingness to face oneself, persevere and make major life changes all require courage.

**\* Significant Healing Relationship** People who recover from life-threatening illnesses report being supported by someone who understood them, stood by them, recognized their true self, and acted as a source of unconditional love. The significant other could be a doctor, therapist, friend, relative or spouse.

**\* Expression of Emotions** Research has clearly demonstrated that withholding emotions contributes to illness and retards the healing process, while the appropriate expression of emotion speeds up the healing process. This includes positive and negative emotions such as love, anger, grief, joy, sadness, hostility and playfulness.

**\* Joie de Vivre** Exceptional healing is facilitated by the ability to experience pleasure in life through play, music, laughter, creativity, travel or other recreational activity.

**\* Reason to Live** Above all, extraordinary recovery seems to be predicated on finding meaning and purpose in life. Without these, permanent recovery appears extremely unlikely. A sense of personal worth, short or long-term goals, and a feeling of fulfillment help to internalize and actualize the concept that life is worth living.

---

*Dr. Perlman is a licensed clinical psychologist in private practice in the Philadelphia area.*

---

# Introduction To The DETOXICATION SYSTEM

By  
Sherry A. Rogers, M.D.

You have heard of the respiratory system. Diseases of it range from colds to pneumonia, asthma, emphysema and more. You have heard of the cardiovascular system. Its problems include hypertension, heart attacks, and phlebitis. You have heard of the gastrointestinal system. Problems with this include ulcers, hiatus hernias, gall stones, hepatitis and colitis. You have heard of the genitourinary system, with kidney, prostate, bladder, uterus, and ovarian problems. You have heard of the musculoskeletal system, with arthritis, fibrositis, ruptured discs, torn tendons, and broken bones. You have heard of the endocrine system with malfunctions of the glands like thyroid, pituitary, and adrenal, for example. You have heard of the nervous system with diseases ranging from migraines to strokes, Parkinsonism to multiple sclerosis, and manic depression to schizophrenia.

---

**"So what is this system? None other than the **Detoxication System**. It exists in every cell of the body and its existence before this century had been virtually unknown."**

---

And until this decade, you probably were not aware of the immune system. It governs allergies, autoimmune diseases, like thyroiditis, rheumatoid arthritis, lupus, and extends to the deadly diseases of AIDS and cancer. But you and thousands of physicians are unacquainted with a system whose importance is ushering in an evolution in medicine. Knowledge of this system antiquates our current classification system of diseases and opens up the era of ultimate wellness. Simultaneously it begins to bring to a close the era of drugs and surgery to merely suppress symptoms.

We are now able, instead, to find the actual cause of symptoms and banish them in healthful ways. Gone is the outdated idea that a headache is a Darwin deficiency. For indeed, that is how we have handled symptoms since the era of drugs began early in this century. Antiquated

is the idea that every unexplainable symptom is due to "a bug", "a virus", or "all in your head." Mysterious viral infections and hypochondriasis have ineffectively dominated the diagnostic picture long enough.

So what is this system? None other than the **Detoxication System**. It exists in every cell of the body and its

existence before this century had been virtually unknown. But with the advent of drugs, scientists became

---

**"Nearly everything entering the body must be processed or metabolized or chemically changed or altered in some way so that the body can do what it wants with it."**

---

curious as to how the body got rid of these. As a result much of the biochemistry has been worked out in the last couple of decades. Then the space program scientists started studying how the astronauts metabolized, or detoxified or got rid of all the outgassing plastic (polyvinyl chloride) fumes that permeated their blood streams while inside the shuttles. At the same time, other scientists started studying how the body defends itself against all sorts of poisons, including pesticides and all of the hydrocarbons of the 20th century.

## **Xenobiotics Will Become a Household Word.**

Hydrocarbons are merely chemical compounds with hydrogen and carbon. But many of the ones we are exposed to daily are synthesized or made from coal and petroleum. Different names for these petro chemical derivatives include VOC's (volatile organic hydrocarbons), aliphatic and aromatic hydrocarbons, and pesticides. These are the commonest categories of foreign chemicals that get into the blood through air, water, and food. A term that lumps all of these foreign chemicals together, and means simply that — foreign chemicals — is **Xenobiotics** (it is pronounced as though it begins with a "Z").

Unfortunately, much of the information about xenobiotic or foreign chemical metabolism (detoxication) has not yet filtered into the medical school curriculum, so most doctors are unaware of its importance and mechanisms. This is a major roadblock to entering the next era of medicine, for to be ignorant of the nutritional biochemical intricacies of the detoxication system, is to be left practicing the medicine of the past. Usually once a physician comprehends how this system works, he is never again content to treat by the old "diagnose and

---

drug 'em" method. For in knowledge lies power, and herein lies the power, to clear previously impossible and incurable conditions.

Because we are polluting our world at an unprecedented rate, there are skips and jumps in our knowledge. So xenobiotics like PCB's, agent orange, DDT, dioxin, diazinon, benzene, and formaldehyde become household words while the medical world, for the most part, continues business as usual as though these didn't exist—or at least as though they had no bearing on our current symptoms and complaints.

You might wonder why we have a detoxification system to begin with. Sure there are natural poisons, such as mycotoxins from mold and cyanides from cassava root and fruit seeds, but this detoxification system is turning out to be a heavy duty piece of machinery capable (in many people) of Herculean biotransformation of twentieth century, dangerously toxic, man-made substances.

---

**"Simultaneously it begins to bring to a close the era of drugs and surgery to merely suppress symptoms."**

---

Nearly everything entering the body must be processed or metabolized or chemically changed or altered in some way so that the body can do what it wants with it. Most of the foreign chemicals or xenobiotics get detoxified or metabolized into safer, less toxic forms so they can be safely excreted without further poisoning or damaging the organ of excretion. Sometimes, however, the body detoxication pathways are overloaded or damaged by previous chemicals and an even more potent chemical is created. For some chemicals, the body appears to have no way to detoxify them or in trying to do so, actually makes a more toxic chemical. So, instead of detoxifying, the body is actually toxifying. Since this activation of chemicals makes them less toxic, many biochemists prefer (and rightly so) the term biotransformation for the name of the process handling foreign chemicals. We're sticking with detoxication (as scores of the world's most knowledgeable toxicologic biochemists have,) however. (It's easier to say "detox" than biotransform.)

Basically, chemicals get into the body by three major routes. They are in the air and you breathe them. The capillary system of the lung absorbs them and within seconds they are in the blood stream. Actually, a part of everything around you is in your bloodstream, for everything is continually undergoing oxidation (aging, rusting, breaking down, deterioration, dehydrogenation). As it does so, molecules of it are mixed with the air

and it is able to be breathed. This is why you can smell a lemon on the table from six feet away, because molecules are in the air and floating away from their original source. Likewise, you don't have to be able to smell something for it to be in your blood stream. Deadly, yet odorless, carbon monoxide has never been smelled by anyone.

The commonest way for a foreign chemical or xenobiotic to reach the bloodstream is by eating it or drinking it. Many do this with pesticides, mycotoxins, dyes, additives, and hundreds of other chemicals daily. The chemicals get absorbed into the bloodstream right along with the food.

The third commonest way is by absorption through the skin. Skin absorption is so good that more and more prescription medicines are being manufactured in a patch form (nitroglyceline, estrogen, and motion sickness medications). If I put a sunscreen on my body, within minutes I can taste it and it feels like it is coming out of my tongue. Most people are not this sensitive, for a number of reasons, but many are and are not aware of it because they are too overloaded from other sources. But if you take any drug, we can measure the levels of it in your blood, or just as easily in your saliva within a short time after absorption. This is because once inside the body, chemicals permeate the entire body, and saliva

---

**"If I put a sunscreen on my body, within minutes I can taste it and it feels like it is coming out of my tongue."**

---

is one of many detox routes.

People who slather creams, colognes and oils on their skin don't realize that it is just like eating it, for it reaches the bloodstreams as though they had eaten it. That is why with industrial and farming accidental spills of chemicals and pesticides on workers, the first and most immediate treatment must be to thoroughly wash the chemical off the skin. For every wasted second means that more of it is absorbed. A person could actually die just as easily as he can had he swallowed the poison directly. Once in the bloodstream the body wants to do two things with poisons or foreign chemicals (xenobiotics). First it usually wants to make them less poisonous. Then it has to figure out a way to excrete or get rid of them. You see if you send an inhaled, ingested, or absorbed poison directly to the kidney for excretion, for example, without first changing it to a less toxic form, it will damage the kidney as it passes through into the urine. So it is wiser to first change this chemical to a less destructive substance before sending it to the kidney. This is often carried out in Phase I of detoxication.

## Phase I

Phase I detoxication occurs in the wavy set of membranes inside the cell called the endoplasmic reticulum (ER). There are three types of reactions to choose from - oxidation, reduction and/or hydrolysis. These are fancy names for merely removing an electron ("burning it off"), adding an electron or removing hydrogen from the original or parent compound. Sometimes this is all that needs to be done, and the changed compound or metabolite is ready for safe excretion. Sometimes several of these reactions occur.

But what if the kidneys get too overloaded? Nature had provided a back up. Outside of the endoplasmic reticulum, but still inside the cell (called the cytoplasm or cytosol), is Phase II of the detoxication system. In this step a large protein or amino acid (a part of a protein) is hooked on to the metabolite (the oxidized or changed chemical) making it bigger, more electrically charged and hence, more polar. In this form, it is more readily soluble in water and can be more easily excreted through the bile and pass into the stool. This spares the kidney of having to do all the work and provides a mechanism to get rid of more toxic and difficult compounds for which Phase I alone is not sufficient. The Phase II process is called conjugation, which merely means coupling (attaching) with another molecule. Conjugates can be excreted in the urine or bile.

Here is an easy way to conceptualize Phase II conjugation: Imagine a poultry farmer has a fire in his barn and there is a stampede of chickens flocking to the one door of the barn. The farmer wants to save his prize layer so he picks her up in his arms and runs with her out the door to save her. This is analogous to molecular conjugation (Phase II). A substance made by the body (like glutathione) attaches onto the foreign chemical making it much easier for it to be whisked out the door (safely into the bile and gut).

Glutathione (GSH) is a tripeptide, which means 3 amino acids go into its construction (glutamic acid, cysteine, and glycine). It is the major conjugator in Phase II to help the body detox foreign chemicals, medications, radiation and even it's own hormones (Muster, A. Anderson, ME, *Glutathion, Am. Rev. Biochem.*, 52:711-760 1983). It also functions directly or indirectly in many other important body reactions regarding making new genetic material, enzymes and hormones. So it becomes readily apparent that if it is compromised because of loss in bile or urine from chemical exposure or overload, many other seemingly unrelated functions of the body will also be affected.

*(This article is excerpted from Dr. Sherry Roger's book, Tired or Toxic? which is available on the FACT book list for \$ 17.95.)*



Ruth Sackman, President of FACT, presented nearly 10,000 signatures on FACT's SAFE FOOD PETITION collected by concerned people to Congressman Ted Weiss, Chairman of the Subcommittee on Intergovernmental Relations & Human Resources. Collection of the petitions are continuing until either the government agencies respond or no more signatures can be collected.



Koichi Imamura, a Japanese journalist visiting the United States to collect data on alternative cancer therapies for his newspaper, recently interviewed Ruth Sackman, President of F.A.C.T., at the organization headquarters in New York City. This photo was taken by his photographer/companion in the busy F.A.C.T. office.

Mr Imamura said that very little was known about biological cancer treatments in Japan and that it was his intent to awaken an interest. We at F.A.C.T. were pleased to participate in this exchange and look forward to continued communication and sharing of information through Cancer Forum.

## LETTERS

Dear Ruth,

Season's Greetings from Sweden! Dr. Aly sends his love. Everything here has been perfect. I have just two more weeks, then on to Puerto Rico. So far no crisis.

This area is a winter wonderland - all hills, evergreens and hundreds of crater lakes. Many thanks for all your help. I feel good.

See you in May. Good wishes to you, T.P.

Dear Mrs. Sackman,

I had the good fortune to see you on the TV program "Best Talk" and would appreciate any reading matter you can furnish on alternative treatment. I lost my husband last year to cancer and to this day feel the chemo and radiation killed him much sooner than the outcome would have been without it, but we were never given alternatives which we would have gone with. Sincerely, F.H.

Dear Mrs. Sackman,

Let me thank you for the used Champion Juicer. It is the best. I use it daily to prepare my juices.

Also, thank you again for facilitating my meeting with Dr. Roy whom I loved before we even spoke. As soon as I saw him, I knew in my soul that this was right. I have not had one moment of doubt or negative thought. I feel full of life and hope. From the moment I came back from Florida, I have been dedicated to this program. Thank you so much again, A.Z.

Dear F.A.C.T.,

I can't thank you enough for all of the help you have given our little family. Greg is doing fine and so am I. B.L.H.

Dear Mrs. Sackman and people of F.A.C.T.,

It was years ago when Wally S. lived in the Village area...she told me of you and your wonderful publication. Your offering has been my reading these many years...Wally is now living in Florida at 92 years!

Current issue Vol. 10, No. 5/6 with the transcript of the presentation given by Dr. Incao is tremendous beyond words. Would that we could put it in the right hands...Someone must listen. Thank you. E.

Dear Mrs. Sackman,

Thank you for the extensive information you provided for me via telephone last week. You are the most knowledgeable person in the alternative cancer therapy field I have come across, and I appreciate your long-term attention to this area.

Again, thank you immensely. A.F.M.

The 'Top of the Day' to you, Mrs. Sackman!

As I sit in my Florida room eating some delicious, sweet, succulent, tree-ripened mangoes, listening to the beautiful sounds of the birds outside my window battling it out as to who is going to try and outsing the other, I got to thinking of you once again as I just finished your monumental magazine, **Cancer Forum**.

I continue to talk about the Promethean efforts and energy you give to the cause of health, and may God continue to bless you as I'm sure He has while you continue to reveal the ideal!

Yours for a healthier you, W.P.

Dear Ruth,

Sorry this took so long to reach you. Trust you are well. I can see you are still very active with F.A.C.T. I'm glad you certainly have done much in your life to relieve distress and supply needed information re: cancer and health therapies.

If you are ever on the West Coast, please look me up. I left elementary education recently and am enjoying my relocation. I continue to follow a healthful lifestyle. I am very active and grateful. A friend whom I introduced to a healthful lifestyle - a terminal cancer patient - is since 1975 enjoying a vigorous, productive life. He is grateful.

May you have a blessed, wonderful New Year. Sincerely, E.B.

Dear Ruth,

This year's F.A.C.T. Convention was better than last year's and I thought last year's was outstanding. How do you do it, Ruth? I have the answer: you're a genius. You get excellent speakers. Best of all, you give eye-opening talks and insightful answers. I was honored to be one of the speakers and I can't begin to tell you how talking with you feeds my heart and spirit with happiness.

Miss you already...Love, B.

Dear F.A.C.T. Friends,

You're inspiring! The convention was so educational.

Be well! Sincerely, D.B.

Dear Ruth,

Thank you so much for the clipping, "Handling Cancer Drugs May Cause Malignancies," New York Times 9/13/83. Ruth, I so appreciate your help on this matter. Hope I can be of help to you in some way. With much appreciation, J.H.

Ruth-

Thanks again for everything. I hope you have another seminar soon. J.S.

Dear Mrs. Sackman,

I was happy to have our telephone conversation a few weeks ago, and appreciate your comments and the information you mailed to me following the call, especially the thermos-cooked cereal method. I've been preparing various kinds since then and feel that it is a very good nutritional advantage as are the seeds and nut milk recipes and health menu.

I know that your organization is doing a lot of good and is very much needed in society for good health information.

I look forward to future information from F.A.C.T.  
Sincerely, R.Z.

Dear Mrs. Sackman,

I am the person who telephoned you today asking information on the funding your organization does regarding biological research because I was interested in sending in a memoriam contribution for my mother, J.F., who recently passed away from cancer.

I had contacted your organization a couple of years ago when my mother had first developed cancer. Your newsletters and information were very helpful and informative to me, and I appreciated having this knowledge available to me. I had been able to practice these methods with my mother's health condition during that time. I am sure that is one of the reasons she was able to go on as long as she did with the illness, even though she did still see a conventional medical doctor because of her own ideas to do so.

For my own experiences and lifestyle, I am a strong believer in your approach to this disease and although I do not have cancer, at my age of 33 I believe in prevention of such a disease and think that that is possible with a healthful lifestyle.

I would appreciate very much to be kept on your mailing list in the future. Thank you, A.F.

To F.A.C.T.:

A special thanks to Ruth Sackman for the constant patience and extremely good advice. Fondly to all concerned. Thank you, S.B.

Dear Mrs. Sackman,

I would like to express my deepest thanks to you and commend you on your generous and unsurpassed professional and humanistic help to cancer patients and their families.

As I mentioned on the telephone to you, my aunt, who lives in Athens, Greece, is very seriously sick from cervical cancer that has spread rapidly to other parts of her body. I work as a "middle person" for her because of her inability to come to the U.S.A. and speak English.  
Sincerely, M.M.

Dear Consuelo,

Have just read your review of the book, Roger's Recovery from AIDS. I want to tell you how much I liked it. I always like your logic and the way you cut through to the heart of the matter.

In particular I like the sentence: "Moreover, a series of failed relationships and perceived lost opportunities have left Roger with a feeling of hopelessness about his life."

That will really knock a person down, and it's happened to so many of us. And hopelessness is the most crushing thing of all. I've ordered a copy, must read it.

Keep up the good work! L.G.

Dear Ruth,

Your suggestion to my daughter to take Ovatrophin really worked.

After chemo her periods stopped. After taking Ovatrophin for 4 months, she is back on schedule.

Thanks a million for your help. Sincerely, L.P.

Ruth,

Thank you so much for the information you gave us over the phone.

It's very comforting to know that there are various foundations out there that can provide the answers to the many questions that arise in this type of situation. Thanks again, J & J.S.

Dear F.A.C.T.,

Just wanted you to know how much I learned at your 2-day symposium. You had a most interested group of people and many of the speakers were most informative. Thank again for inviting me. B.L.

Dear Ruth,

Thanks very much for sending the Bechamp book (Bechamp or Pasteur? By E. Douglas Hume). I am eager to read it.

Enclosed is the C.D.C. (Center for Disease Control) report on malaria therapy, typical in its bias. There's no such thing as "scientific objectivity" anymore!

With best wishes for a productive and successful New Year to you and Leon. Yours, P.I., M.D.

Dear Ruth,

Hi. I want to again thank you for your assistance with my brother's leukemia in 1978. The medical profession won (he died July 4, 1978), but we tried.

In the Fall 1990 issue of Cancer Forum there was a wonderful article by Philip Incao, M.D. It was so informative. I've always given my son herbal remedies and not drugs and he's rarely ever sick. Much love, J.M.

# Book Review Consuelo Reyes

## A Hunza Trip with Dr. Bernard Jensen By Bernard Jensen, Ph.D. and The Complete Book of the Wheel of Health By G.T. Wrench, M.D.

Imagine a land where crime and constipation are virtually unknown; a place where men commonly live vigorous, disease-free lives well past the century mark. Picture long, cold winters without modern 'necessities' such as television, antacids, plumbing or cars, yet filled with festive events and cheerful citizens who consider themselves blessed to live in a valley of plenty.

Does this sound like Camelot: It does, but this place is real - 8,000 feet above sea level enveloped by Himalayan walls 10,000 to 15,000 feet tall, this is Hunzaland, an ancient, agrarian society renowned for its awesome isolation and its inhabitants of exemplary health. But is it possible that our modern 'developed' nations have anything to learn from so primitive a people?

*A Hunza Trip with Dr. Bernard Jensen* by Bernard Jensen, Ph.D. and *The Complete Book of the Wheel of Health* by G.T. Wrench, M.D., two separate works in one volume, present extremely impressive and fascinating evidence to the affirmative. In the first section and "After-Words" Dr. Jensen in his usual charming and insightful fashion describes his trip to Hunzaland. The middle and weightier part is actually a reprint of a book originally published in 1938 in England by G.T. Wrench, M.D. detailing the studies of Sir Robert McCarrison, a British physician who spent 30 years in India, including most of 1904 to 1911 among the Hunza.

The book is rife with wisdom. I find the real marvel to be, however, that the original publication of Wrench's work caused barely a stir among 'enquiring' scientific minds. Indeed, since 1938, degenerative disease has become an ever more accepted and accelerating fact of modern day life. Yet, as Dr. Wrench notes, the word "degenerative" means literally "to fall from the norm," suggesting that the chronic diseases which we in the West assume to be the natural consequence of aging need not necessarily be the norm for man as the Hunza so strikingly illustrate.

Dr. McCarrison was, essentially, a maverick. While most Western medical research focuses on the sick, he chose to study the exceptionally healthy homo sapiens. Therein, he felt, lay the keys for understanding disease as well as the attainment of true health - man's birthright. The primary influence he found with the Hunza is diet, not in terms of specific foods - essentially none of the Hunza foods are uncommon in the West - but a part of a total style of living. It involves the way foods are cultivated, prepared and enjoyed. It pays special attention and reverence to the soil from which all has come and all must be returned.

The Hunza are fortunate in that many of their healthful habits have been dictated by the realities of environment. For example, because wood-burning fuel and water are scarce, foods are cooked minimally. Vegetables 'boiled' in a pot with very little water are really steamed. Moreover, the water is always drunk along with the food so that, by happenstance, no minerals are lost. The unsophisticated Hunzas do not expend water in soaking or overly washing their vegetables. They have no tools for easy peeling so white-looking foods present no attraction for them.

In one of his many insights into the folly of "progress", the author notes that this custom of eating from bowls in souplike fashion is among primitive cultures. Modern man evidently found the practice crude and devised plates - an 'advance' which does not accommodate watery additions - at least in 'polite' society. The consequence, alas, has been mineral-rich sewage!

In an effort to interest Western minds in the sages of Hunza life McCarrison conducted a series of laboratory experiments with rats. Though he could not simulate the totality of factors that contribute to the Hunza lifestyle, he fed them the typical Hunza regimen. This he compared to another group which ate the standard diet of the poorer Bengalis - rice, beans, vegetables, condiments, a little milk - and still another group given the fare of the poorer classes of England - white bread, margarine, sweetened tea, boiled vegetables, canned meats, jams.

The results were striking! The first group became 'Hunzarized.' Sacrificed after the 27th month - the usual rat life span - they showed no sign of illness, no death from natural causes, no infant mortality. Except for an occasional tape worm cyst, Dr. McCarrison found "no visible disease at all."

The second group suffered essentially the entire compendium of known diseases for every part of the body! The only conspicuous absence, McCarrison noted, were diseases of the mind: "One cannot exactly diagnose neurosthenia, hysteria and schizophrenia in the rat."

The English-fed group turned out just as badly, but displayed more nervous disorders. "They were nervous and apt to bite their attendants: they lived unhappily together and by the 16th day of the experiment they began to kill and eat the weaker ones amongst them."

Yet these experiments stirred little interest in the community of Western scientists! Diet was clearly the variable factor, but it was, perhaps, too general to satisfy "exact" Western science. As Dr. Wrench laments in his final chapter, "Progress By Recoil": "The chief defect in modern man is that progress and civilization have proceeded so rapidly that they have outstripped the instincts."

There is much to contemplate here. In the quest to recall instinct this book is a sorely-needed treasure.

*This book is available on the FACT Booklist for \$7.95.*

# Tapes

\$5.00 each; \$50.00 for 12.

Mail to FACT, Box 1242, Old Chelsea Station, New York, NY 10113

Karl O. Aly, M.D.

- (17) Nutrition for the Cancer Patient
- (18) Better Nutrition for Better Health
- (63) Cancer Program at Tallmogarden
- (66) How a Health Program Improves Host Resistance

Edward Berk, Herbalist

- (55) Rebuilding the Immune System

Patrick Donovan, R.N., N.D.

- (131) How Bowell Toxemia Suppresses Host Resistance, 1990

Jorge Estrella, M.D.

- (76) Cellular Therapy to Improve Host Resistance
- (78) Improving Host Resistance With Cellular Therapy
- (91) Cellular Therapy for the Improvement of Host Resistance
- (118) Life of the Cell – Its Action and Function

Edwin Flatto, M.D.

- (48) The Importance of Exercise & Diet in the Restoration of Health
- (75) Constipation and Your Health

Michele Galante, M.D.

- (122) Evaluation & Treatment with Electro-Acupuncture, 1990

Jane Goldberg, Ph.D., Psychoanalyst

- (24) How Stress Alters Normal Body Function
- (62) Psychological Contributions to Cancer Contraction
- (71) Mind/Body Unity
- (81) Building the Psychological Immune System
- (92) Using Your Emotions for Better or Worse
- (114) Who Lives and Why, 1989
- (121) Building the Psychological Immune System, 1990

Martin Goldman, M.D.

- (113) Integrative Approach for Strengthening Host Res., 1989
- (123) Oriental Medicine for Bio-Repair, 1990

Luelle Hamilton, D.O.

- (120) Structural Integrity in Host Resistance, 1990

Philip Incao, M.D.

- (126) Inflammation – the Natural Enemy of Cancer, 1990

V.E. Irons

- (1) Colon Management

Bernard Jensen, D.C., Ph.D., Nutritionist

- (2) Moving the Whole Body to Health
- (27) Tissue Cleansing Through Bowel Management
- (50) Rejuvenating the Body
- (77) Helping Host Resistance Naturally
- (82) Living the No-Cancer Life

William D. Kelley, D.D.S.

- (21) Individualized Metabolic Nutrition for the Cancer Patient
- (26) Taking Responsibility for Your Health
- (54) Metabolic Ecology

John R. Lee, M.D.

- (64) Connection Between Fluoride Toxicity & Cancer
- (83) New Information Regarding the Fluoridation Cancer Link
- (117) Fluoridation Cancer Link, 1989

Leo Roy, M.D., N.D.

- (11) Nutrition Related to Individual Body Needs
- (15) Personal Responsibility & Attitude
- (22) Individuality of Diagnosis & Treatment
- (28) Individualized Nutrition for the Cancer Patient
- (42) Enzymes: Life's Miracle Workers
- (52) The Art of Patient Management
- (68) Immunity & Host Resistance
- (87) Future Directions of Cancer Therapy
- (94) Individualized Metabolic Programs to Improve Host Resistance
- (115) Civilized Suicide, 1989
- (128) Biochemical Individuality and Biological Repair, 1990

Ruth Sackman, President of FACT

- (10) Alternative Cancer Therapies
- (19) Symptoms Associated With the Restoration of Health
- (29) Cancer Causes & Prevention
- (30) The Complexities of Cancer
- (39) How to Evaluate the Alternative Cancer Therapies
- (60) Deciphering the Proliferation of Cancer Therapies
- (70) How to Evaluate the Information at the Convention
- (88) Making Sense out of the Confusion Surrounding Cancer Information
- (95) Biologically Safe Programs for Rebuilding Host Resistance
- (100) How Misinformation is Hazardous to Your Health, 1989
- (129) Concept of Biological Healing, 1990

Albert Schatz, Ph.D.

- (23) Fluoridation: The Great Brain Robbery
- (31) Informed Consent

Anton Schenk, M.D.

- (8) Cellular Therapy
- (32) In-Depth Explanation of Cellular Therapy

John Yiamouyiannis, Ph.D.

- (12) The Fluoridation Cancer Link
- (46) Fluoride & Cancer
- (130) New Research on the Fluoride-Cancer Connection, 1990

Recovered Cancer Patients, Personal Case Histories

- (6) Michael Whitehill (Thymoma)
- (80) Betty Fowler (Skin Cancer)
- (20) Doris Sokosh (Breast Cancer)
- (16) Pat Judson (Colon Cancer)
- (25) Barbara Seed (Ovarian Cancer)
- (41) Richard Mott (Lung Cancer)
- (43) Kay Windes (Breast Cancer)
- (58) Walter Carter (Pancreatic Cancer)
- (97) Louise Greenfield (Breast Cancer)
- (98) June McKie (Lympho Sarcoma)
- (99) Bernard Nevins (Colon Cancer)
- (108) Kay Windes, 1988
- (112) Louis Greenfield, 1989
- (116) Betty Fowler, Health Excel Program, 1989
- (119) Bernard Nevins, 1989
- (124) Betty Fowler, Metabolic Technician – Health Excel Program, 1990
- (125) Louise Greenfield, 1990
- (127) Doris Sokosh, 1990

Panels of Recovered Cancer Patients

- (44) Doris Sokosh (Breast Cancer), Daniel Friedkin (Testicular Cancer), Ruth Williams (Melanoma)
- (67) Jeannie Glickman (Ovarian Cancer), Betty Fowler (Skin Cancer), Daniel Friedkin (Testicular Cancer)
- (45) Pat Judson (Colon Cancer), Doris Sokosh (Breast Cancer)
- (72) Hy Radin (Spinal Cancer), Doris Sokosh (Breast Cancer)

Please Order Tapes by Number

# Books

Add \$1.00 for postage and handling on all book orders. Make checks payable to FACT, Ltd. and mail to FACT, Ltd., Box 1242, N.Y.C. 10113. Add \$2.50 for first-class postage.

- Bieler, Dr. Henry G: *Food Is Your Best Medicine* (\$4.95)
- Buchman, Dian Dincin: *Herbal Medicine* (\$7.95)
- Fiore, Dr. Neil A.: *The Road Back to Health: Coping With the Emotional Side of Cancer* (\$4.50)
- Flatto, Dr. Edwin: *Conquer Constipation* (\$5.00)
- Flatto, Edwin, M.D.: *Dr. Flatto's Encyclopedia of Therapeutic Exercise* (\$8.95)
- Gerson, Dr. Max: *A Cancer Therapy, Results of Fifty Cases* (\$14.95)
- Greenfield, Louise: *Cancer Overcome by Diet* (\$9.95)
- Harris, Ben Charles: *Compleat Herbal* (\$2.95)
- Haight, S.J.: *Has Dr. Max Gerson A True Cancer Cure?* (\$2.25)
- Hay, Dr. William Howard: *How To Always Be Well* (\$6.95)
- Heede, Dr. Karl O.: *Sure Ways to Health and Joy of Life (Waerland Dietary System)* (\$1.00)
- Heritage Press: *Composition and Facts About Foods* (\$8.00)
- Howell, Dr. Edward: *Enzyme Nutrition* (\$8.95)
- Hume, E. Douglas: *Bechamp Or Pasteur?* (\$15.00)
- Hunsberger, Eydie Mae: *How I Conquered Cancer Naturally* (\$8.95)
- Hunsberger, Eydie Mae: *Eydie Mae's Natural Recipes* (\$5.95)
- Jensen, Dr. Bernard: *Arthritis, Rheumatism and Osteoporosis, an Effective Program for Correction through Nutrition* (\$5.95)
- Jensen, Dr. Bernard: *Beyond Basic Health* (\$11.95)
- Jensen, Dr. Bernard: *Blending Magic* (\$4.95)
- Jensen, Dr. Bernard: *The Chemistry of Man* (\$19.95)
- Jensen, Dr. Bernard: *Creating a Magic Kitchen* (\$2.50)
- Jensen, Dr. Bernard: *Doctor/Patient Handbook* (\$5.95)
- Jensen, Dr. Bernard: *Food Healing for Man* (\$14.95)
- Jensen, Dr. Bernard: *The Greatest Story Ever Told* (\$7.95)
- Jensen, Dr. Bernard: *Health Magic Through Chlorophyll* (\$3.95)
- Jensen, Dr. Bernard: *Herbal Handbook* (\$4.95)
- Jensen, Dr. Bernard: *A Hunza Trip and Wheel of Health* (\$7.95)
- Jensen, Dr. Bernard: *Nature Has a Remedy* (\$9.95)
- Jensen, Dr. Bernard: *A New Lifestyle for Health & Happiness* (\$3.95)
- Jensen, Dr. Bernard: *Rejuvenation & Regeneration* (\$4.95)
- Jensen, Dr. Bernard: *Seeds and Sprouts for Life* (\$2.95)
- Jensen, Dr. Bernard: *Slanting Board* (\$2.75)
- Jensen, Dr. Bernard: *Foods That Heal* (\$9.95)
- Jensen, Dr. Bernard: *Tissue Cleansing Through Bowel Management* (\$6.95)
- Jensen, Dr. Bernard: *Vital Foods for Total Health* (\$7.95)
- Jensen, Dr. Bernard: *What Is Iridology* (\$5.95)
- Kime, Dr. Zane: *Sunlight Could Save Your Life* (\$12.95)
- Lane, Sir W. Arbuthnot, M.D. *The Prevention of the Diseases Peculiar to Civilization* (\$2.00)
- Nolfi, Kristine, M.D.: *My Experience with Living Food* (\$3.00)
- Ott, John N.: *Health and Light* (\$2.95)
- Ott, John N.: *Light, Radiation & You* (\$9.95)
- Ramos, Dr. Federico O.: *Treatment of Cancer By Means of Cell Therapy* (\$1.00)
- Richards, Evan: *Raw Cultured Vegetables* (\$3.50)
- Rogers, Dr. Sherry A.: *Tired Or Toxic?* (\$17.95)
- Sheldon, Dr. Herbert: *Food Combining* (\$3.95)
- Schmid, Dr. Ronald: *Traditional Foods Are Your Best Medicine* (\$17.95)
- Stickle, Robert W.: *A Rational Concept of Cancer* (\$3.50)
- Stickle, Robert W.: *One Man's Fight to Control Malignancy* (\$3.50)
- Tilden, Dr. John H.: *Toxemia Explained* (\$3.50)
- Waerland, Are: *Health Is Your Birthright* (\$3.00)
- Waerland, Ebba: *Cancer, Disease of Civilization* (\$1.50)
- Walker, Dr. N.W.: *Becoming Younger* (\$4.95)
- Walker, Dr. N.W.: *Colon Health* (\$4.95)
- Walker, Dr. N.W.: *Diet and Salad Suggestions* (\$4.95)
- Walker, Dr. N.W.: *Raw Vegetable Juices* (\$4.95)
- Walker, Dr. N.W.: *Vibrant Health* (\$4.95)
- Walker, Dr. N.W.: *Water Can Undermine Your Health* (\$4.95)
- Walker, Dr. N.W.: *Your Fountain of Health* (\$9.95)
- Wigmore, Dr. Ann: *Be Your Own Doctor* (\$3.95)
- Wigmore, Dr. Ann: *Recipes for Life* (\$8.95)
- Yiamouyiannis, Dr. John: *Fluoride, The Aging Factor* (\$11.95)
- Information Packet (\$5.00 includes 1st class postage)  
**Cancer Forum** (official publication of Foundation for Advancement in Cancer Therapy) 20 back issues (\$10.00) (\$10.00)

FACT is a non-profit organization.

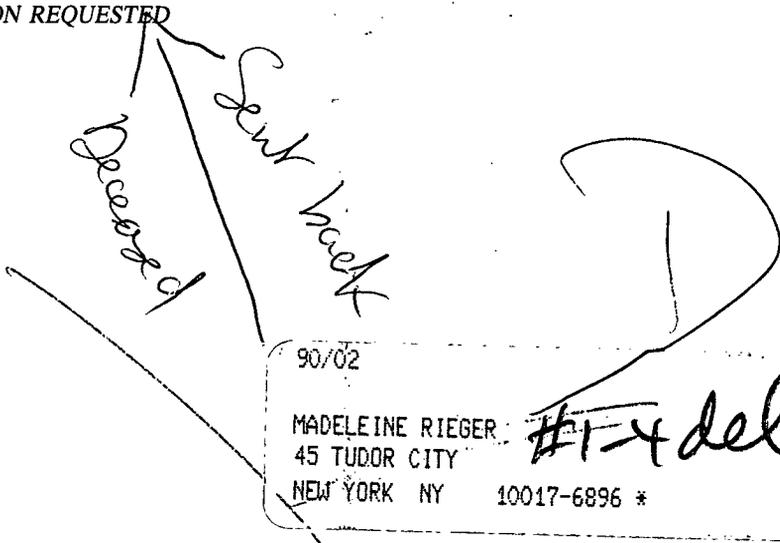
All proceeds from book sales are used by the Foundation for Advancement in Cancer Therapy for your benefit.

The books on this book list are very carefully selected. The nutrition books are based on *clinic experience*, not theory or laboratory work.

Foundation for Advancement in Cancer Therapy, Ltd.  
P.O. Box 1242 Old Chelsea Station  
New York, NY 10113

Non-Profit Org.  
U.S. Postage  
**PAID**  
New York, N.Y.  
Permit No. 5769

ADDRESS CORRECTION REQUESTED



Please notify us if you change your address. Our non-profit mail will be returned to us at a charge of 30c and you will miss copies of Cancer Forum until your address is correct. This mail is not forwarded.

-----  
**Foundation for Advancement in Cancer Therapy, Ltd., Box 1242, Old Chelsea Station, New York, NY 10113**

To help us help you and to support alternative cancer therapies, make your most generous, tax-deductible contribution to FACT. We plan to send receipts only upon request, to ensure more funds for FACT programs. If you do wish a receipt check here.

(please check amount)

\$1,000     \$500     \$100     \$50     \$25     \$10     Other \$\_\_\_\_\_

Please make checks payable to FACT

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Contributions of \$10.00 or more include a subscription to the informative CANCER FORUM  
Your cancelled check will serve as proof of your deduction. Thank you.

A copy of the last annual financial report filed with the New York State Board of Social Welfare may be obtained upon request by writing to: New York State Board of Social Welfare, Office Tower, Empire State Plaza, Albany, NY 12223 or Foundation for Advancement in Cancer Therapy, Ltd., Box 1242, Old Chelsea Station, New York, NY 10113.