

CANCER FORUM

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

*"We didn't inherit the land
from our fathers.
We are borrowing it
from our children."*

.....Amish Belief

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.

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Dear Reader,

You may wonder why I, as editor of *Cancer Forum*, have featured an article about E.P.A. (Environmental Protection Agency) in this issue of the magazine. The reason is I am deeply concerned that a government consumer watchdog agency is violating its trust and contributing to the rise in cancer incidence and cancer deaths.

Each year, regardless of the presentations of progress in cancer treatment by the media - usually generated by the cancer organizations - death rates have been rising per 100,000. The cancer incidence and cancer death rate statistics rise each year when we cut through the statistical fudging by ignoring the 5-year survival yardstick which is mislabelled "cure." The improvement in the numbers game is attributable to the earlier detection and not longer survival. The fact is the **counting is simply started earlier.**

Either E.P.A. is so inept at protecting the public or it is deliberately protecting industry. It has even suffered the consequences of its own failure. Officials at the agency had 27,000 yards of carpeting installed at their Waterside Mall facility in Washington, D.C., where 5000 employees work. Many of them fell victim to all sorts of irritations from the carpet fumes. Some were so sickened they had to be hospitalized. Subsequently, the carpeting had to be removed and replaced. The chemical offender was 4-phenylcyclohexane (4-PC) used in latex to form an adhesive.

How many homes have had the same problem without knowing the cause? Have there been any fatalities? Does the chemical have a cumulative effect causing future illness? And how and why was the chemical approved? The answers to these questions should be of interest.

The government protection agencies must be made responsible lest the public be lulled into a false sense of security. That violation of trust is especially hazardous because of so many carcinogenic substances in circulation.

The E.P.A. policy of ignoring small risks (*New York Times* 2/17/91, "E.P.A. to Ignore Small Risks in Banning Pesticides") could be the cause of someone's cancer. Do you feel a "small risk" is acceptable if you become the victim? As consumers we have a right to expect that E.P.A. will fulfil its responsibility by protecting our health. It will, if we make our position known to our legislators.

Yours for a healthier environment,



WHY EPA IS LIKE IT IS

By William Sanjour

I am frequently asked why the United States Environmental Protection Agency does not seem to be particularly interested in protecting the environment. EPA is frequently cited as not only failing to protect the environment but even for working at cross purposes to environmental protection. I've concluded that to understand why EPA is the way that it is, you must start at the top, at the White House.

Any President of the United States and his immediate staff have an agenda of about a half dozen issues that they are most concerned with. These are usually national security, foreign affairs, the economy, the budget, and maybe one or two other issues. These I'll call the Class A priorities. Other presidential responsibilities such as housing, education, welfare, transportation, the environment, veteran's affairs, etc. I'll call Class B priorities.

Equally important, but less well-known is the so-called "*hidden agenda*." *This includes such considerations as getting re-elected, getting supporters re-elected, and "where do we go when our term in office is over?"* The hidden agenda is not peculiar to the White House as similar considerations are shared by every government official from the Speaker of the House to the House janitor. We are, after all, talking about people who, although they may be lofty government dignitaries, nevertheless have mortgages to pay, children to send to college, and orthodontist bills. When one brings the hidden agenda out of hiding, the actions of the government become the actions of people and they become clearer.

For the Class A priorities the President appoints people he knows and trusts and he demands performance. He will expect the military to be able to deploy forces anywhere in the world when an emergency arises. If they are not ready when he needs them, he will "*bang heads and kick asses*." But can you picture any President of the United States bringing the Secretary of Education into his

office and slamming his fist on the table because of low SAT scores in Sheboygan? Or bringing the Administrator of the Environmental Protection Agency into the oval office to chew him out for the pollution in the Cayahoga River? I can't. And that, to my mind, is the difference. The President expects performance in Class A. He expects something else in Class B.

That something else is peace and quiet. The President will usually appoint people to head Class B agencies who are amenable to the special interests concerned with that agency, rather than his own cronies, but the message that goes out from the White House to the managers in Class B is, "*do anything you want so long as it doesn't impinge on the President's Class A priorities*." But EPA can do almost nothing which doesn't adversely affect business, especially big and influential business, and that disturbs the President's peace and quiet. Furthermore, uncovering the hidden agenda reveals that the President needs big business to finance election campaigns and his staff is looking ahead to parlaying their White House experience to seven figure jobs in private industry.

"I am frequently asked why the United States Environmental Protection Agency does not seem to be particularly interested in protecting the environment."

The Administrator of EPA is usually someone who is agreeable to the mainline environmentalists but one who is also a "team player." He can make all the speeches he wants about cutting down Brazilian forests and the environmental ethic, but he must not do anything to make waves. This message permeates the entire agency. The message isn't transmitted through written or even oral instructions. It's more a case of survival of the "fittest." People who like to get things done, people who need to see concrete results for their efforts, don't last long at EPA. When it comes to drafting and implementing rules for environmental protec-

tion, getting results means making enemies of powerful and influential people. No, they don't usually get fired, but they don't get advanced either, and their responsibilities are transferred to other people and they usually leave the agency in disgust. The kind of people who get ahead are those clever wimps who can be terribly busy while they procrastinate, obfuscate, and come up with superficially plausible reasons for not accomplishing anything.

"...his staff is looking ahead to parlaying their White House experience to seven figure jobs in private industry."

It is sad and funny to attend Congressional oversight hearings and listen to environmentalists enumerate EPA's inefficiency, incompetence, and intransigence while recommending that its budget be increased. One could point out that EPA has written many regulations, that they have in fact reduced pollution in many areas, they have cleaned up many Superfund sites, and millions of dollars in fines have been collected against polluters and some have even been sent to jail. How does this square with my description of the agency. Easy. In most cases of meaningful action taken by EPA, if you look carefully, you will find that EPA was forced or coerced into taking action and rarely ever initiated it. For example:

* EPA more often than not **opposes** Congress passing really tough environmental laws.

* A whole industry has been created by such organizations as the Environmental Defense Fund to sue EPA to make them do what the law already requires them to do and for which they are already being paid.

* Taxpayer's money is used to defend EPA against such suits to protect their right not to do what the taxpayers are paying them to do.

* It has gotten so bad that a proposed regulation must be under a court ordered deadline (brought by an environmental group) before it will

even be considered for the Administrator's signature.

* More time and money is spent figuring out how to remove companies from regulation than is spent to get companies regulated.

* Most enforcement cases against influential polluters are started by some combination of environmental organizations, the media, and local citizens. It often takes years of badgering through the media and through Congressmen and other politicians before EPA will act.

* Although there are occasional newspaper accounts of EPA fining major polluters millions of dollars, when looked at closely, these fines are usually much less than the amount of money the polluter made by breaking the law in the first place.

* The point is that anyone who has to deal with EPA (anyone whose property, health and life may depend on EPA) has to know what the agency's real priorities are and act accordingly. It is foolish to assume that "*the government won't let them do anything bad to me.*" After all, EPA is really an

"More time and money is spent figuring out how to remove companies from regulation than is spent to get companies regulated."

unintegrated collection of different offices, each with its **own** legislation, clientele, and priorities. The priorities are influenced by many outside forces. To illustrate this, let's look at my own office, the Office of Solid Waste (OSW) which has the responsibility for the regulation of hazardous waste facilities.

The groups which, today, have the most influence on OSW are, in order of importance, the waste management industry, state governments, powerful waste producing industries, important congressmen, and national environmental groups. The national media is also important and it can be number one or any other number, but only for a short period of time.

The waste management industry has the most to

gain or lose by the activities of OSW. Therefore they expend the most to influence the agency. Unlike the press or grassroots groups, which interact with EPA only sporadically, the waste management industry is in contact with EPA at all levels, at all times. And it doesn't stop with EPA. They are

"Those who don't cooperate will find the lobbyists lobbying for their heads. The operating principle at EPA is that "no good deed goes unpunished."

in touch with the President, the White House staff, Senators, Congressmen, Governors, State Legislators, State Environmental Protection Agencies, County Commissioners, the Press, and National Environmental Organizations.

Waste management has been the growth industry of the eighties and is likely to continue into the nineties. The industry has grown very rich through its ability to control the governments who are supposed to be controlling them and it shares its wealth with its benefactors. Bureaucrats learn that crossing the industry can get one into a lot of trouble, whereas cooperating with them has many rewards including the hope of lucrative employment. Scores of federal and state employees have already done so including several former administrators of EPA.

Does this mean that EPA has cynically abandoned the environment for the sake of this powerful hazardous waste lobby? No, just the opposite. Most people in EPA equate the waste management industry with the protection of the environment, and the industry's opponents as anti-environmental NIMBYs. EPA finds it very comfortable to be allied with a big powerful industry which presents itself as the protector and defender of the environment.

The trouble is that the commercial hazardous waste business is a business. As a business, its income is produced by taking in wastes through the gate. Waste is money, the more the better. Expense is incurred by treating the waste so as to protect

human health and the environment. This costs money. A successful business maximizes income and does everything it can to reduce expenses. These goals are just the opposite of what the goals of EPA should be, i.e. to reduce the amount of hazardous wastes and maximize protection of human health and the environment. This business, by its very nature, must do everything it can to thwart serious attempts to reduce the amount of hazardous waste produced in America and at the same time take any shortcuts it can get away with in the treatment of that waste.

There is also a big difference in how the waste management industry and the environmentalists go about their business. The national environmental groups tend to deal with EPA as an institution. Industry lobbyists and technical staff seek out the person responsible for making a decision whose outcome they are interested in and work directly with him and his supervisor. Flattery and ego building are common, powerful tools. In addition to the real and hinted at job opportunities, people who cooperate with the lobbyists find that the lobbyist will lobby for their advancement with upper management. Those who don't cooperate will find the lobbyists lobbying for their heads. The operating principle at EPA is that "no good deed goes unpunished."

The bottom line is that if you want EPA to pay attention to you, you have to affect the careers of EPA employees. If you organize and have a large block of supporters, then you can influence local, state and federal elections. You can also use your influence on local banks, merchants, or anyone else who might be tempted to profit from a hazardous waste facility in your backyard. By pressuring these people, you in turn affect the pocketbooks and careers of EPA employees, and thus their actions. If you win locally, EPA will follow.

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*William Sanjour is a career EPA employee.
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Inc.*

YOU AND YOUR LIVER

By Thomas E. Durst, Nutritionist

In this article we wish to consider briefly the symptoms of a malfunctioning liver and some of its direct results. Many of the symptoms that we shall mention here are seldom ever related to liver problems. They are usually treated from the point of view of relieving the immediate symptomatic annoyance with various suppressive drugs. This approach only continues to place an added burden upon the liver and in the long run will increase the annoying symptoms. The **cause** must be ascertained and corrected for long-range help.

Sleeping Patterns - A congested liver will often result in difficulty in sleeping - especially in the early hours of the morning. During the daytime there will frequently be a desire to sleep, especially right after meals.

Urine - More frequent urination during the night than in the daytime is sometimes symptomatic of liver malfunction. Poor urination in general is frequently the case as the kidneys are not receiving the necessary stimulation when the liver is sluggish. Oftentimes the urine will be cloudy or on the other hand too clear, indicating that the biliary pigments are missing and natural elimination of poisons from the body are not as they should be.

Gas - An insufficiency of bile causes putrefaction of the food in the small intestines and a resulting release of putrid gases into the intestines and sometimes a painful swelling of the abdomen.

Painful Joints - Inflammation of the gall bladder and consequent gall stones because of insufficient bile will often result in sharp pains below the ribs on the right side of the body or pains around the area of the right shoulder blade and shoulder itself.

Headaches - Liver problems frequently cause constipation and then the poisons begin to back up throughout the entire body causing a feeling of heaviness in the head. Sometimes mental fatigue, nervous depression and dizziness also result.

Nausea - Frequently the cause of nausea is due to a liver disorder and rising of the bile. The person will think he has heart trouble in some cases.

The Mouth - Excessively bad breath, a bitter taste and a "stickiness" in the mouth are often present. The tongue will sometimes be coated. Too much salivation may indicate an inflammation of the gall bladder.

Red Nose - Deficiency in bile flow can result in a red nose. Habitual drinkers often have a red nose because of the damage that alcohol does to their liver.

Spots - The presence of dark spots on the face and on the back of the hands as well as at times on forehead and around the nose can be symptomatic of liver insufficiency. The skin will often appear to be dirty.

DIRECT RESULTS OF MALFUNCTION

Bad Digestion - The total process of digestion from the mouth to final evacuation from the large intestines runs about 19-30 hours. Food is under the influence of bile all but about three hours of this total time. So if bile is inadequate much indigestion will result along the way.

Poor Elimination - Bile is necessary for the lubrication of the intestines and to stimulate their peristaltic movements. Constipation, sometimes alternating with diarrhea, often indicates inadequate biliary function. In some cases the feces (as well as urine) either lose their color altogether or are too heavily colored.

Intestinal Spasms - The intestinal walls can become overheated through a lack of bile and go into a state of spasm.

Balance of Intestinal Bacteria - If the bile is weak or inadequate in supply, the balance among the various kinds of intestinal bacteria may be thrown out and cause a dangerous proliferation of pathogens or unwanted bacteria.

Worms and Parasites - When the supply of bile is adequate and when it contains all of the normal and required elements, worms and parasites cannot proliferate. Thousands of people suffer from parasites and do not know it because of poor liver function. The primary measure in combatting these parasites over the long haul is to build good liver function.

Inflammation, Infection, Fermentations - As a result of incomplete digestion of certain foods resulting from inadequate bile in quantity or quality,

irritation of the mucous linings of the intestines can result, creating an inflammatory condition that becomes a breeding ground for infection. This putrid fermentation of partly digested foods can result in a dangerous state of permanent irritation in the colon until the liver function is restored again.

Anal Itching - The accumulation of toxins in the body through inadequate digestion results in eruptions through the skin in an effort of the body to throw off the toxins. These eruptions may appear around the anal area causing unpleasant itching. This problem usually indicates an advanced state of toxicity in the body which will take some time of good liver therapy to correct. Oftentimes worms are present in anal itching but, again, as we have already noted, the liver must be returned to normal to resolve the worm problem.

Chills - People who frequently have chills, especially soon after eating, seldom relate this problem to the liver. An overworked liver trying to handle the food cannot handle the other functions connected with the control of body temperature and so chills can result.

Heartburn - Symptoms of heartburn usually indicate congestion in the digestive tract due to an insufficient bile secretion. The remedy lies in relieving an overburdened liver from wrong foods and building liver function through natural means.

Demineralization - An inadequate secretion of certain substances by the liver such as biliary salts and enzymes can impair the transformation of food into the elements needed by the body. Minerals in particular will be missing and thus vitamins will not be properly assimilated. The solution is not in taking high powered supplements to supply the minerals, but in using natural healing procedures to aid the liver in breaking down the food and extracting the needed minerals from it. Certain types of herbal mineral supplements are excellent to use but it is more important to use herbs that will restore and build liver function so that the minerals in the food you eat may be utilized. An intake of too many high potency supplements can only result in aggravating some of these problems because this tends to overwork the liver.

Anemia - The liver helps to destroy old red blood cells and secretes a substance to help create new ones. Also a malfunctioning liver can sometimes lead

to the destruction of red cells, both old and new. So in all cases of anemia liver function must be considered to obtain lasting results.

Diabetes - The liver produces glycogen which is transformed into glucose (sugar) for the use of the body. The sugar is either passed into the blood when needed or stored by the liver. If the liver produces too much sugar or cannot handle what comes from the intestines there can be an excess in both the blood and the urine.

Overweight or Underweight - The liver has to do with the metabolism of fats and in some cases is not capable of destroying excess fats or on the other hand of being able to produce the fats which the body needs. Excess intake of foods throws a heavy burden upon the liver which it may not be able to handle and this can throw the body metabolism out of balance resulting in either underweight or overweight.

Appendicitis - Much of appendicitis is the direct result of a congested, overworked liver. The appendix can only become inflamed when the bile is insufficient either in quantity or in quality.

These are some of the direct results of a malfunctioning liver. We would also like to mention in passing some of the more indirect results that can take place as a result of poor liver function. These results would come about largely as a result of a back-up of toxic materials in the body because the liver is not performing its detoxifying function as it should.

Some of the indirect results of poor liver function that could be mentioned are: visual difficulties, ear trouble, swollen legs, rheumatism and arthritis, glandular difficulties, skin diseases of all kinds, menstrual discomfort, nerve disorders, swollen adenoids and tonsils, sinus trouble and head colds, chronic bronchitis, varicose veins and hemorrhoids, tendency to hemorrhage, over-reaction to insect bites, tuberculosis, cancer, sterility, and impotence.

Thus we can see that a host of common healing problems relate either directly or indirectly to a sluggish liver. In dealing with these problems let us always consider the building up of the health of the liver through various methods. In natural healing we cannot over-emphasize the importance of proper liver function.

HONEY

There are several types of chronic headache. Some are associated with organic disease, such as kidney disease. Some are known as tension headaches. For these the emotions—hate, fear, anxiety—are given the blame.

Migraine headaches are inherited, and affect people of a definite physical type. They occur in people having considerable energy and good intelligence.

Many migraine headaches are prevented by the use of honey. Two teaspoonsful of raw honey taken at each meal may well prevent an attack. If the headache has appeared, however, take a tablespoonful of honey at once. Since it requires no process of digestion and will quickly be in the bloodstream, the headache often will begin to lessen by the end of a half-hour. If not, another tablespoonful of honey should be taken. Its sedative effect on the body is just what is needed by the characteristics which produce this type of headache.

Most of the things we do in life are the result of habit. Even our eating is largely habit. We have an ingrained respect for the nutritional wisdom of the bee, which goes into the fields and selects the materials for the making of a perfect food.

With bees there are no new-fangled ways. By some infallible instinct the bee has some way of checking the quality of the flowers it visits to obtain nectar. It knows if and when flowers aren't up to its standards and moves along to others.

One sometimes hears the saying "We've got to trust someone—why not let it be the bee?" The saying is more truth than poetry. Honey fills in any gaps that might occur in the daily food intake.

People who know the food value of honey are more likely to eat it regularly than those whose knowledge of it is vague. A medical man who familiarizes himself with what honey can accomplish in the body is very apt to prescribe it when rearranging the patient's daily food intake.

It has been proved that bacteria cannot live in the presence of honey for the reason that honey is an excellent source of potassium. The potassium withdraws from the bacteria the moisture which is essential to their very existence.

At the Colorado Agricultural College, Dr. W.G. Sackett, a bacteriologist, determined to put honey to the test. He frankly did not believe that honey would destroy disease bacteria. So in his laboratory he placed various disease germs in a pure honey medium.

The results astounded him. Within a few hours, or at most in a few days, each of the micro-organisms died.

Yet for me the crowning glory is its medicinal value.

Where else will I find for augmenting the daily food intake such a sedative as will calm down the nervous, high-strung, race-horse type of individual if taken at each meal and doing only good, never harm, to the human body? Where will I find a sweet that produces sleep?

Honey is soothing to the stomach. It will relieve an annoying cough. It will relieve pain in arthritis.

If you have difficulty in falling asleep at night, or after you do go to sleep, you wake up easily and find it difficult to get back to sleep again, you should make use of honey. If you take one tablespoonful at the evening meal each day, you will soon discover that you are beginning actually to look forward to bedtime, and it may even become difficult to banish a feeling of drowsiness when for social reasons you may be up later than usual.

You will observe the next morning that you must have fallen asleep very soon.

Cough Remedy

If you are troubled by a cough, make use of the following folk medicine cough remedy, which is many generations old and today works just as well as it has all these many years.

Boil one lemon slowly for ten minutes. This softens the lemon so that more juice will be gotten out of it, and also softens the rind. Cut the lemon in two and extract the juice with a lemon squeezer. Put the juice into an ordinary drinking glass. Add two tablespoons of glycerine. Stir the glycerine and lemon juice well, then fill up the drinking glass with honey.

The dose of this cough syrup is regulated according to your needs. If you have a coughing spell during the day, take one teaspoonful. Stir with a spoon before taking. If you are apt to be awakened in the night by coughing, take one teaspoonful at bedtime and again during the night. If your cough is severe, take one teaspoonful on rising, one the middle of the forenoon, one after your midday meal, again in mid-afternoon, after supper and at bedtime.

As the cough gets better, lessen the number of times you take it. I have observed several points which make it the best cough syrup I know of. It does not upset the stomach, as many cough syrups do. It can be taken by children as well as adults. It will relieve a cough when all other cough syrups fail.

At times we may be plagued by an annoying twitching of the eyelids or at the corner of the mouth. It can soon be made to disappear by the taking of two teaspoonfuls of honey at each meal. As a rule it will disappear within a week.

Cramps in the body muscles, which may appear from

time to time, occur mostly in the legs and feet during the night. This muscle cramping can generally be controlled by taking two teaspoonfuls of honey at each meal. Generally it will disappear within a week and the honey should be continued indefinitely, for it is a way to prevent return of the difficulty.

In folk medicine honey has long been used as a very successful treatment for skin burns. When applied, it relieves the painful smarting and prevents formation of blisters. It produces rapid healing of the burned area.

Honeycomb is excellent for treating certain disturbances of the breathing tract. The form in which it is used is the waxy comb substance from which all the honey has been extracted.

The value of chewing this honeycomb applies especially to the lining of the entire breathing tract. In addition to chewing the comb, eating honey each day is also part of the treatment.

For this purpose comb honey is the first choice, but if for any reason it is unavailable, a tablespoonful of liquid honey as a dessert with each meal will produce desirable results.

A boy eight years old was brought by his mother to my office for an examination and treatment of his nose. For five months he has a continuous head cold which no treatment had favorably influenced. There was a profuse water discharge and frequent nose-blowing was required.

This boy had had his tonsils and adenoids removed when he was 3 years old. Examination of his nose showed an appearance which would be present in hay fever. The boy breathed through his mouth because normal breathing was interfered with by a swelling in the nose tissues.

Following the general examination, and the special examination of his nose, I gave the boy a chew of honeycomb, to learn what might happen. I wrote out directions for treatment to be followed at home and prepared drops he was to take.

Before I had finished this—after about five minutes—the boy suddenly said, "My nose is open! I can breathe through it!" I gave the medicine for home use to the mother and discussed the written directions. Then I examined the boy's nose again to see what the honeycomb had accomplished.

The nose tissues had subsided, as they would have if I had used a shrinking agent in the nose. Instead of being pale, the mucous membrane was now light pink in color. One week later, at the next office visit, the boy's nose was still open and he was breathing with his mouth closed.

Sinus Trouble

The chewing of honeycomb when a stuffy nose was present was tried with other patients, all with the same satisfactory results.

The sinuses are an important part of the breathing

apparatus, for they are connected to the nasal passageways and help to filter, humidify, and warm the air we breathe. Being hollow spaces in bone, they also affect the voice and lessen the weight of the skull.

The membranes lining these spaces are about one-twenty-fifth of an inch thick, and are covered with a mat of fine microscopic cilia, or hairs. In this respect they resemble the inside of the nose, which has a similar lining. The hairs move to and fro like heat in the wind, and this movement propels mucus from the cavity.

When inflammation of one or more of the sinuses appears, it generally develops on an alkaline-urine-reaction background. When honeycomb is chewed the urine reaction is shifted from alkaline to acid showing how quickly honeycomb brings about a change in body chemistry. So the individual with sinus trouble will want to remember which foods produce an alkaline urine reaction and avoid them until recovery from the sinus disturbance takes place.

The amount of honeycomb for one chew can be gauged by the ordinary chew of gum. Take one chew of honeycomb every hour for from four to six hours. Chew each amount for fifteen minutes and discard what remains in your mouth.

If the sinus attack is acute, these four to six chews should bring about a disappearance of the symptoms in from one-half day to a day's time. The nose will open up, the pain will disappear. Body energy will return and the sinuses will return to normal. It is well for one chew of honeycomb to be taken once a day for another week, to prevent any immediate recurrence of trouble.

In mild hay fever the treatment taken once a day, on Monday, Wednesday, and Friday of each week, will keep the nose open and dry. If honeycomb is not available, take two teaspoonfuls of honey at each meal.

Moderately severe hay fever should be treated by chewing honeycomb five times each day for the first two days, and three times a day thereafter for as long as needed.

It is a good plan to eat comb honey each day if it is available; if not, the two teaspoonfuls of liquid honey will prove effective.

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★ ★ NEWS BRIEFS ★ ★

Rising X-ray Exposure Is Said Danger

The International Commission on Radiological Protection (ICRP) warns that the average person risks more damage from medical x-ray exposure today than from living near a nuclear reactor - 10,000-fold more danger, in fact!

The report by Dr. Karl Morgan estimates that 3,000 to 30,000 deaths occur annually from x-ray related genetic mutations and other body damage. Areas particularly vulnerable to x-ray damage are reproductive organs, lens of the eye, red bone marrow, thyroid gland. Leukemia, cancer, sterility, cataracts have been linked to overexposure, while cumulative damage in small doses may cause birth defects in future generations.

Medical radiation accounts for 90% of US radiation exposure today - 95 millirems per year compared to 55 millirems in 1964. Yet the government has not considered medical x-ray dosage important enough to be included in its calculation of the overall acceptable radiation dose of 170 millirems. ICRP wants the maximum acceptable dose from nuclear sources to be cut from 67 millirems to 10 in the next 20 years. In addition Dr. Morgan along with the AMA has called for an end to x-rays "commonly used to allay anxiety in patients or doctors," i.e. to protect doctors from possible malpractice suits and to detect injuries for which there is no radiation therapy.

Curb on Cancer Drugs

The government yesterday announced an agreement to keep Bristol-Myers Squibb from pushing its cancer drugs for unapproved uses and to halt publication of "Oncology Commentary," described as promotional materials that officials said were disguised as a scholarly journal.

Drug Linked to Cancer

A relatively new transplant drug that doctors hoped would be safer than older alternatives sharply increases the risk of lethal cancer in heart-transplant patients, researchers reported today.

Side effects—including cancer—have been seen with all drugs used to prevent rejection of heart, lung, kidney and liver transplants, but doctors had hoped OKT3, which came into widespread use three years ago, would prove less risky.

In a study appearing in today's New England Journal of Medicine, however, scientists from Loyola University of Chicago report that heart-transplant patients who received

OKT3 were nine times as likely to develop dangerous lymphoma-type cancers as patients taking antithymocyte globulin, another immunosuppressor. *Laurie Garrett*

Staying Alive

An over-the-counter fiber product reduced blood cholesterol as much as some prescription drugs in an eight-week study, University of Kentucky researchers say.

Dr. James W. Anderson and his colleagues had 26 men with elevated cholesterol levels take daily doses of psyllium, a natural fiber extracted from seed husks. After eight weeks, blood cholesterol levels were down an average of 14.8% and LDL cholesterol, the kind related to heart-attack risk, was down 20%, they reported in Archives of Internal Medicine. Volunteers experienced no side effects from psyllium, they added. *Ed Edelson*

Lecithin May Help Restore Memory

Recent studies conducted in Israel reveal that the natural substance lecithin reduces brain cell membrane rigidity.

As aging occurs, increased cholesterol accumulation renders a brain cell membrane less flexible and less permeable, which, in turn, affects the functioning of neurotransmitters involved in memory.

Some good natural sources of lecithin are eggs (poached or soft-boiled) and avocados.

What Is Chemotherapy and How Does It Work?

Anticancer drugs can affect normal tissues also, because they act on any rapidly dividing cells in the body. The normal cells most likely to be affected are those in the bone marrow, gastrointestinal (GI) tract, reproductive system, and hair follicles. Most normal cells are able to recover quickly when the treatment is over.

US Is Faulted In Human AIDS Vaccine Tests

The National Institutes of Health, according to an internal report, failed to safeguard the lives of subjects involved in tests on an experimental AIDS vaccine. The experiments, performed in France and Zaire as a collaboration between Dr. Robert Gallo, AIDS researcher at the National Cancer Institute, and Dr. Daniel Zagury, a French scientist, were found to include the inoculation of 10 Zairian children with a vaccine intended for testing on monkeys only.

It was also learned that Dr. Zagury had failed to notify US officials that 3 French volunteers had died after being injected with an experimental AIDS vaccine.

A Warning From the Vitamin Fact-Finding Project: "Tell Lies and Die"

This article was sent to stores selling vitamins by a group of retailers and private citizens who are concerned about the quality of so-called health supplements that are being foisted on an unsuspecting public.

Recently, someone almost died because a vitamin company from Arizona released a selenium product onto the market that was so sloppily made as to contain potentially lethal dosages. Luckily, it was recalled in time. If it hadn't been, our now struggling health food business could be dying.

We're an anonymous group of health food store owners/private citizens who are through putting up with lies. We must protect ourselves and our businesses. Because, clearly FDA is letting us hang ourselves. NNFA (National Nutritional Food Association) has been voiceless and impotent too long. It appears the trade magazines are interested in quality only insofar as it affects sales. Everybody's gotten so success-oriented, so numbers oriented, we've totally forgotten how we got to be successful in the first place — by selling better food, better supplements than people could find in drug stores; by offering better service, better knowledge; by refusing to compromise, by refusing to sell junk. Once upon a time ... but then came the boom of the sixties and boom-fad seventies, and oddball integrity started to give way to the greed of selling liquid protein, starch blockers, and live forever remedies.

What was once a quality-committed curiosity has become for many of our customers a bunch of conflicting illusions because our ideal of representing quality has been replaced by mostly the intent to "make it." And most of us haven't had the guts to put responsibility for our own well-being back where it belongs — back on ourselves.

We've let the manufacturers determine what sells in our stores and have become not only beholden, but half-willing victims. We've gotten just fat enough to get lazy.

We used to care. We asked straight questions; if the product looked wrong, we did not carry it. And we had the guts to inform our customers not to buy such a product. They may have shaken their heads but came to respect us. They came back and told their friends about our honesty. Well, to many, we're still respected, but not always honest, and we all know it. More and more we've become like those we resent most, those big ole stores out there

that will sell anything and everything.

Want to know something though? For the most part, the labels in those big ole houses of porn food are more legal, more honest than ours. At least Theragran and Flintstones proclaim their junky ingredients straight forwardly. We sell stuff that not only hides junk but then lies about it. So, folks, we do not have to fear outside competition nearly as much as we do our own lack of courage and commitment.

So, this is one little lone beacon: hopefully it will set off others of you to respond and get responsible (for your business and your ethics).

A while back, one of our boldest, most successful, most outspoken vitamin companies started using "love" to sell products. That and good hand-outs and assays were used to convince the consumer of the merit of their products. We, at our store talked with a few others because we were not satisfied with their claim of no fructose, no sucrose chewables. So we pooled some money and tested the product and others, and the results were distressing.

We compared our assays to brand new ones from the manufacturer. Their assays, like their labels, failed to accurately disclose sweeteners. We also discovered that "love" can be a lie.

We didn't mean to start a campaign. We just wanted to check a suspicion. We called our company rep and were always stonewalled with "It's all on the assays." Well, their assays misrepresented the products in question. It made us angry to think that we were selling a very expensive product that was \$3.00 drugstore quality with fraudulent labelling to boot.

We checked with the FDA, USDA and learned a lot. Companies are not complying with regulations unless they put all ingredients on the label. Without that compliance, the manufacturers make liars, frauds, and cheats out of us. We are putting on notice our "precious no-joke pill companies" to clean up their act, go full disclosure, because we will be back, we will be checking. Meanwhile, we will stop selling their lies. We can't afford to promote these products. It will affect our pocket-books, our hearts, and our futures.

We do not give a damn how successful, how big, how strong, how threatening a company may be. If they have built their business by manipulating us with fancy hype, eventually we will find out and our customers will find out. This is an opportunity for us to return to our original course. We can do something now or we can wait till some authority gets wind of the lies and attacks the health food stores.

Our group is turning our support to companies

Letters

with fully legal, honest labels, and we would hope that all companies would choose to label their products honestly, fairly, and intelligibly. With commitment and integrity alive and well in our stores, real trust can again grow, and our business will flourish as a natural by-product of our commitment to superior standards and integrity.

We do not take any self-righteous pride in this vigilante role; it just became clear to us that if we do not play by the rules of ethics, we won't make it. And wouldn't big business and government be happy to find out that we are no different than they are — willing to sell our souls for a buck and a lie.

The basic issue at stake here is our continued ability to operate freely in a free marketplace. We will continue to exercise our responsible freedom of speech. If the truth hurts us temporarily, or scalds one of our fast and loose suppliers, better a little short-term pain than the terminal disease of covered deceptions. Come on, suppliers, get with the natural healing method. Let your pustulant untruths feel the air and the light of day. We'll all be healthier in the long run. And fellow retailers, just remember careless or unscrupulous manufacturers can always jump to the waiting mass market if their actions blow us up. Where will we go?

**IF YOUR PRIMARY INTENT IS TO SURVIVE,
YOU PROBABLY WON'T. IF YOUR INTENT IS
ON SERVICE, YOU WILL FLOURISH.**

Vitamin Fact-Finding Committee

A New Perspective

The little cares that fretted me,
I lost them yesterday
Among the fields above the sea,
Among the winds at play;
Among the lowing of the herds,
The rustling of the trees,
Among the singing of the birds,
The humming of the bees.
The foolish fears of what may happen.
I cast them all away
Among the clover-scented grass,
Among the new-mown hay;
Among the husking of the corn
Where drowsy poppies nod,
Where ill thoughts die and good are born,
Out in the fields with God.
—Elizabeth Barrett Browning

Dear Ms. Sackman:

You have not heard from my mother for about four years because she died about two years ago, following a decline in health for about two years. I was visiting her when you spoke to her on the phone concerning her cancer. You were very helpful, and she never regretted that she refused surgery (radiation and chemotherapy). She had Hodgkins Disease and was very capably dietetically treated by Dr. Emmanuel Tsingis .

She underwent remission. I'm not sure that her M.D. in Bronxville, N.Y. was able to detect any lymphomas anymore; certainly the one that had been scheduled for surgery was no longer detectable. Unfortunately, Mother also had rapid mental deterioration, whether arteriosclerosis, Alzheimer's, or from her being overcome with gas from her stove and unconscious when Dr. Tsingis found her. Her M.D. told my husband and me that Mother's lungs filled to the brim with fluid, and they resuscitated her in the emergency room a number of times. At any rate, it was brain deterioration that ultimately killed her in a nursing home in North Carolina, NOT CANCER.

Your efforts are helping people. Keep up the fight.
Sincerely, P.C.B.

Dear Mrs. Ruth Sackman,

Thank you very much for your cooperation. I am sending you my new book on your OTA report and unconventional cancer treatments under separate cover.

I think you cannot read Japanese, but please see photos which I took in the U.S.A.

Yours faithfully, Koichi Imamura

Dear Ruth:

I am still buzzing from all the excitement from your great show in Newark last year. I never want to miss your show again!

I am enclosing some sample books of mine that I thought you should know about. You may want to include them in your book list.

Please let me know if there is any way I can be of service to you and your wonderful organization.

In health, Steve Meyerowitz

Dear Ruth Sackman et al,

Look forward to receiving my FACT publication. It is always full of information. The covers are eye-catching and point to abundant health.

How sad that our doctors in this country aren't allowed to do as some of them in Germany are able to practice. It certainly is our loss.

Am sure those knowing of you pray for your health, happiness and continued good work in the health field. Much thanks and love. Sincerely, H.S.

BOOK REVIEW Consuelo Reyes

Fasting By Steve Meyerowitz

The first thing I noticed about this book was the rather indefinite quality of its title. On the cover the words "FASTING" loom large above the subtitle, "Juice Fasting and Detoxification." Inside on the frontispiece "JUICE FASTING" reigns in even more authoritative caps. Then, on the title page, "FASTING for Health and Healing."

Was I just being picky? After all, there appeared to be little doubt that one way or the other what we were going to talk about was fasting. So what's wrong with variations on a theme?

Yet, for some reason it all struck me differently. I had the sense - pure speculation, of course - that Steve Meyerowitz (also known as The Sproutman, a teacher of gourmet sprouted foods), was not entirely satisfied with packaging the material of his book under the broad notion of fasting with its clean, esoteric ring. When you really look at it, the substance of this very readable 111-page volume is serious down-to-earth stuff: detoxification - the periodic cleaning out of the putrid rubble that overloads our bodies and sets us up for disease, particularly the so-called "incurable" chronic diseases of our times.

But the "D" word has not yet passed into modern society's ranks of polite mundaneness. We talk about detox for drug addicts and alcoholics, detoxifying waste dumps, homes, etc. As a whole, however, we are very uneasy and unfamiliar with the concept of detoxifying our own bodies on a regular basis for health and healing. Could it be that the author would have liked to call his work something like "Detoxification Through Fasting," but chose instead to highlight the less intimidating aspect so as not to lose his readers before they picked his opus off the shelf?

In any case, this book is a very pleasant introduction to the whole unfashionable subject. In straight-forward, light-hearted prose Meyerowitz covers all the basics of detoxifying through fasting: how to begin, how long to do it, types of fasts, methods of detoxification, when and how to come off a fast, etc.

Readers new to the idea will be surprised to learn that fasting is not synonymous with starvation. Detoxifying can be accomplished through fasts ranging from 1 day on up and including anything from water only to fresh juice to general liquitarianism (e.g. herbal teas, vegetable broths, nut milks and other drinks). The basic idea, as the author clearly explains, is to give the body a rest from digesting solid food so that energy can be diverted into housecleaning and healing. Which fast you use and when, he emphasizes, depends a lot on what you're comfortable with as well as your goals and time restrictions. The main thing, he counsels, is to be motivated and confident about this path of self-healing because if the whole situation stresses you out, your body is not going to get much chance to rest and do its work! And be prepared, he cautions, for flack from those around you ("When you fast, you are not just crazy, you are an outcast...") as others channel their own insecurities toward you, sometimes in hostile ways.

Early on the author makes it quite plain that fasting is a lot

more than a meditative or spiritual experience ("Oy! Is this a fast or is this a flu?"). For as the fast proceeds long-embedded toxins begin to flow and cause symptoms like headaches, body odor, nausea, rash, eczema, hot flashes, fatigue, bronchitis, asthma, fever, diarrhea, irregular heartbeat, and more. With **proper guidance**, however, this "healing crisis" can lead to new heights. So hang on: "Sweat it out. Rest, sleep, rest... Try not to get alarmed. Generally, fasting is more joyous than uncomfortable and healing events are usually followed by periods of euphoria."

So how do we rid ourselves of these dastardly toxins? That's the real crux of this story. Meyerowitz meanders a little here - talking about exercises to strengthen the muscles of elimination, the value of yoga ("innercize"), herbal preparations, dry skin brushing, hot baths, bulk drinks for the colon - until finally arriving at one of the most effective and safe methods of elimination - the infamous colonic/enema ("Yuck!" as his subheading so delicately puts it).

His discussion is admirable, though I would disagree on some points for the cancer patient--flavoring juices with tamari or Dr. Bronner's Mineral Broth or consuming unconstituted dried fruit after a fast.

The subject of water, it seems, never fails to be controversial. The writer suggests purified water for the enema. This is impractical as well as unnecessary for a non-retention enema where water is not absorbed. Tap water is generally acceptable. His discourse on exotic enemas - wheatgrass, vinegar, acidophilus, herbs - is interesting, but, not necessary. Why not keep things simple - isn't that the beauty of the fast?

Regarding water to drink, Mr. Meyerowitz refers to distilled water as "dead water," though he recognizes its value as a cleanser in the body. While recommending it for juice fasts, he deems it inappropriate for a water-only fast because it lacks minerals and he suggests spring water or any "pure water" instead.

Unfortunately, in today's polluted environment we cannot assume that any water - spring, bottled or filtered - is "pure." Water purified by distillation, which has been used for decades by the hygienists for water-only fasts, is our best source because it comes as close as possible to pure H₂O. Moreover, the idea of a fast is not to nourish, but to cleanse. During this time the body can do without minerals, just as it can do without carbohydrates, proteins, vitamins, etc. Organic minerals are most effectively provided by a diet of natural, whole and unprocessed foods - but that's for later, after the fast.

Despite these inconsistencies and whatever the title, Mr. Meyerowitz puts the emphasis in the right place: "Our bodies are our natural healers... Without obstacles in its way, our bodies will automatically seek health through the process of eliminating poisons and balancing chemistry." The public may not yet clamor for a treatise on detoxification, but this buoyant look at the weighty subject ought to raise the detox-palatability index a few notches.

This book is available on the FACT Book List for \$7.95.

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