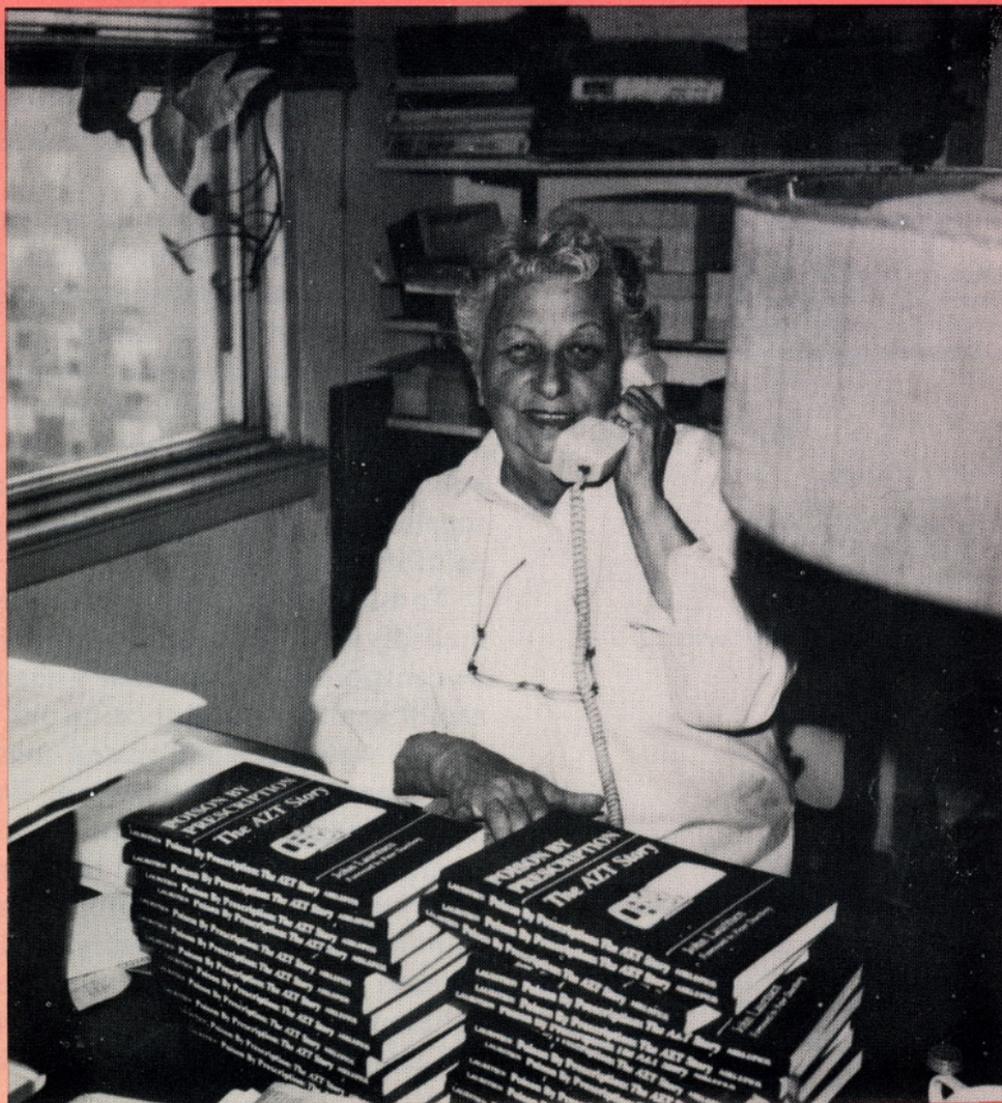


CANCER FORUM

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



Ruth Sackman, President of FACT

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,

The "freedom to choose" is a concept that the individual must preserve as an inherent need. Whether our choices are right or wrong is irrelevant.

There is a tendency by some authorities, who consider themselves knowledgeable, to control food supplements or available alternative therapies in the interest of the people. But authorities can be mistaken. Even correctly motivated, the control system is restrictive and violates the individual's right to his own judgement. Control stimulates rebellion. The better way is to inform and leave the final decision to the person to decide what is good or bad for him/her.

Many mistakes on the individual level can be corrected. However, regulations—that are mistakes—by government agencies require an enormous amount of effort to reverse.

Today the Food and Drug Administration (FDA) is attempting to restrict the availability of food supplements in a misguided effort to protect the public because some people overdo the use of supplements or some suppliers exaggerate the value of supplemental use.

To assume that regulation is the answer deprives the individual of products and services that may be contributing to a patient's health restoration and/or health maintenance. In our view the best control would be an educated consumer.

Cigarettes, liquor, aspirin, ibuprofen, acetaminophen, cough medicines containing codeine, fluoride mouth rinses, and many other products when overused or used improperly are potentially harmful. Yet these are readily available; the consumer is given the prerogative to learn to use them judiciously. Food supplements, which are even less harmful than the above, are entitled to the same yardstick.

If you agree with a system that informs the consumer instead of controlling his/her choices, write to your representatives in Washington to protect your interest by supporting the "Health Freedom Act of 1992," S. 2835. A simple post card or telephone call is as effective as a letter.

Sincerely,



BARBARA'S CHOICE

By Ruth Sackman

It always seemed to me that case histories of recovered cancer patients would be so helpful to the person looking for answers for their own cancer problem. It has since occurred to me that stories about the people who failed and why might be even more informative.

This is the story of Barbara who called FACT looking for information. She had had a pap smear and the result was positive. She was adamantly opposed to any invasive treatment or even diagnostic techniques like x-rays or biopsies. We talked on the phone and she decided a good way for her to acquire more knowledge would be to help in the office as a volunteer.

The system is designed to strengthen host resistance. While not 100% foolproof, it can be considerably effective.

Barbara came in once a week. She was a beautiful woman, a model, who looked about 25 years old, but couldn't have been as she had a son and daughter in their twenties. She spent about six months doing filing, typing and answering the telephone until her personal schedule changed and she no longer had the time to do volunteer work. After that I didn't see or hear from her for about 5 years.

One day she finally called again. She now had a breast tumor. I was puzzled as to what she had been doing during the five previous years. We spoke at length about it as I couldn't understand how she could have developed a breast tumor if she was following a system which she must have understood while working in the FACT office. The system is designed to strengthen

host resistance. While not 100% foolproof, it can be considerably effective. She said she had gone to Dr. Emanuel Revici, a resource we did not favor as his treatment did not fulfill our standard of being biologically and metabolically sound. Barbara was aware of FACT's evaluation of Revici's work from being a volunteer, but chose to follow her own path anyway.

She had been seeing a psychiatrist whom I knew. I called him and said that I didn't think we could help Barbara because she seemed to be headed in a direction that was not compatible with our standards. He said she may have a death wish, but he had instructed her to listen carefully and follow our advice.

At that time I was meeting with about 10 carefully selected patients as an experiment to see if patients, who were well informed and had an opportunity to air all their questions and doubts in a group situation, could improve their chances of recovery and make life less worrisome and

...I didn't think we could help Barbara because she seemed to be headed in a direction that was not compatible with our standards.

stressful. We covered just about anything that would be helpful for a cancer patient. Whenever some new information came through the FACT office it was discussed in the group. If I visited new clinics, I always gave a report to them. The purpose was to keep them abreast of all their options so they could make informed decisions.

I invited Barbara to join the group. We were meeting every Saturday morning for about 3 hours. I felt this was a useful arrangement as 10 people heard the answers to each one's questions adding to their ability to be informed medical consumers.

After about a year of meeting with the group, Barbara developed a fever. Natural healers always considered fever a healing mechanism. Fever therapy, or to use the more professional term - hyperthermia - is an anti-cancer therapy. It is a system where body temperature is raised artificially to as high as 107.5 degrees. Barbara was aware of hyperthermia, nevertheless, her fever made her over-anxious. That was exactly the type of reaction that I had hoped to avoid by the group meetings.

In spite of knowing about hyperthermia, she called one day to say she had decided to go to Mexico for immunotherapy. She already had her plane reservation and her appointment at the immunotherapy clinic for Sunday just two days later. I warned her that immunotherapy was the wrong choice at that time as the fever was a symptom of natural immune activity.

I don't want to give the impression here that we were or are opposed to immunotherapy. Indeed, FACT was among the first to fund research in this area about 20 years ago. But the treat-

Natural healers always considered fever a healing mechanism.

ment must be used appropriately. Barbara's fever indicated that her immune system had become active spontaneously. To add immunotherapy at this point would be overstimulating and physiologically too great a burden for her body to handle. It would be like beating a tired horse. She took my advice and cancelled her plane reservation and clinic appointment. On the following Sunday she called again, said she had changed her mind and reported she would be leaving for the clinic on Wednesday. This time after an extended telephone conversation, I was unable to convince her that immunotherapy was a dangerous

choice.

After about two weeks at the clinic, Barbara called to say she was feeling poorly. I urged

I warned her that immunotherapy was the wrong choice at the time as the fever was a symptom of natural immune activity.

her to leave the clinic and come home, but she insisted on staying. A week later she called again to say she could no longer manage to take care of herself, so she had asked her daughter to join her in San Diego to help her take care of her needs. The next call I received, about one week later, came from a New York hospital. Her daughter had brought her back and entered her into a hospital immediately. Barbara was now very sick; she needed hospital care. Her situation had become desperate.

I never heard from her again! One member of the group, after trying to reach Barbara by telephone and being told the phone was disconnected, decided to visit her home. Her name was no longer listed in the building directory. I had to assume she had died.

This was a sad and painful experience for both the patients in the group and me. I believe if she had followed my guidance, the result of many years of experience, she would have been a cancer survivor. But human beings are more than flesh and bone. There is a psyche; psychological factors which cannot be overlooked. On a physiological level she probably would have had an excellent opportunity to become a recovered patient, but for some reason, Barbara needed to follow her own motivation. Though she had access to excellent resources and was intelligent enough to understand the value of the information, she seemed to go out of her way to fulfill her destiny. ❀



YOU AND YOUR LIVER

By Thomas E. Durst, M.A.

Max Gerson, M.D. who ran a cancer clinic in Nanuet, New York and wrote the book A Cancer Therapy, Results of Fifty Cases, used Kasper Blond's book, The Liver and Cancer, mentioned below, as a guide for improving the liver.

There is scarcely a function or a malady of the human body that cannot be related either directly or indirectly to the liver. The liver is both an organ and a gland—the largest gland of the body in fact. It constitutes about 1-50th of your total body weight. Your emotional, physical and mental health is vitally affected by the health of your liver.

Your liver can determine your blood sugar levels and thus your sense of well being either positively or negatively. The toxins in your body and how they may relate to the function of every system and individual organ are related to the liver. Some say that there is a vital link between the liver and nutrition and the mind. If liver function is adequate, there will be an even flow of blood sugar and other vital nutrients throughout the body to produce stability of total body function.

If too high, a toxic level builds up in the body, the adrenals and nervous system will be overstressed. This will result in symptoms of exhaustion and depression that are scarcely ever diagnosed as related to adrenal function. These toxins will also provide the type of environment which will promote the proliferation of unfriendly bacteria in the colon. These unfriendly bacteria in turn produce nutritional deficiencies and more toxic stress. Then, whatever area of your body is weakened through your heredity will begin to malfunction. With one person it may be degeneration in the nervous system resulting in a disease such as Multiple Sclerosis. With someone

else it might be heart disease, arthritis or whatever. The toxins will attack and debilitate weakened areas or organs of the body. More often than not, we inherit weakened organs from our forefathers and this is the reason why different types of symptoms are produced in different people. The degenerative diseases are organ problems—not disease germs as we have in infectious diseases.

The liver acts as a filtration system in our body and handles the toxins we produce ourselves, as well as environmental toxins such as pesticides, insecticides, artificial colors, synthetic preservatives, harmful chemicals and even such poisons as are present in cosmetics and hair dyes. When this load of poisons becomes more than five main channels of elimination of the body can handle, they are stored in the fatty tissues.

Science has yet to spell out just how these stored toxins in the body may combine and form yet other toxins and just how insidiously these may affect the function of the human body. The tip of the iceberg is starting to surface and the information is indeed sobering.

Because of the large amount of exterior poisons that we are constantly bombarded with, it behooves everyone of us to be sure that we have daily supplements of such items as high quality chapparal or other cleansing herbs to counteract this vast array of toxic matter. When the liver cannot handle the poisons that are not eliminated from the body, the “back up” begins to affect the adrenals, nervous system, heart, pancreas, and other vital parts of the body. The liver supplies the heart muscle with fuel also and so in later stages of inadequate liver function toxins will enter the heart, lungs and brain.

This will result in symptoms of exhaustion and depression that are scarcely ever diagnosed as related to adrenal function.

Dr. Kasper Blond, M.D. in his book, *The Liver and Cancer*, states his conclusions about the importance of liver function:

“All ‘hepatophaogenic agents’ provoking liver damage and resulting in cirrhosis can produce cancers, not only primary liver tumors, but cancers in general, particularly in the alimentary tract and in the lungs. All carcinomata, sarcomata, leukemias, Hodgkin’s disease, and other malignancies are the result of liver damage caused by deficient food (malnutrition) or by chemicals added to the food (chemical compounds used for preservation of food, especially derivatives of tar), by dyes added to food, or by parasitic infesta-

The good news is that the liver is probably the most restorable organ in the human body.

tion, by alcoholism and drugs, by infections affecting the liver such as syphilis, by X-rays and radioactive substances.”

Dr. Blond stresses the fact that cancer is really a social and nutritional problem and can only be solved on the basis of **prevention** rather than by the conventional medical approaches. He points out that, if the millions of dollars being spent trying to find some drug-type cancer cure were used towards providing quality control in food production, many of the primary carcinogens in modern food would be removed and thus eliminate one of the major causes of cancer.

The good news is that the liver is probably the most restorable organ in the human body. No doubt our Creator planned it that way in His infinite wisdom. With such procedures as a natural food diet and elimination of known harmful substances much can be done. Then there are valuable herbal aids such as Barberry, Devil’s Claw, and Beet Powder, which is also available in capsule form. Beet powder makes a drink that tastes like freshly juiced beets. This is a tremendous tonic for the liver. Chaparral is another valuable aid in cleansing the liver as well as other parts of the body.

Reprinted from Herald of Health.

ALUMINUM...

by Dr. R.R. Kahle, Kallspell, Montana

I am herewith reproducing an article from the chemical laboratory at Washington, D.C., which is self-explanatory and is well worth preserving so that this information may be passed on to your friends. Almost every kitchen is full of aluminumware which is undermining the health of our nation.

“That: Boiling water in aluminum produces hydro-oxide poison. Cooking an egg in aluminum—phosphate. Boiling meat in aluminum—chloride. Frying bacon in aluminum—a powerful narcotic acid, which produces coma, and in excessive doses, death. Boiling soda water in aluminum produces hydro-oxide of sodium. All vegetables cooked in aluminum are made poisonous by the production of hydro-oxide acid, a drug produced by boiling water in aluminum which neutralizes the digestive juices of the stomach, robbing them of their value to digest food and producing stomach and gastro-intestinal disorders, such as ulcers of the stomach and colitis.

“This poison will produce acidosis of the blood, which destroys the red blood cells, which produces a condition similar to anemia.

“The sale of aluminum for cooking purposes is prohibited in Germany, France, Belgium, Great Britain, Switzerland, Hungary and Brazil.” — From the findings of Dr. H.A. McGeigan for the Federal Trade Commission in Docket Case No. 540, Washington, D.C.

Here is authoritative information that is unquestionably correct as to the damage done from the use of aluminum cooking utensils. After reading the above governmental report, perhaps that explains (at least in part) why so many people are afflicted with stomach and bowel trouble. Our source: International Power Tech., Owatonna, MI 55060



UNDERSTANDING ALTERNATIVE CANCER THERAPIES

By Ruth Sackman, President of
F.A.C.T.

You have just received a cancer diagnosis. From previous experience and, possibly, the loss of a friend or relative to cancer, you have decided to use an alternative to radiation, chemotherapy or hormones. Chances are you are aware of a plethora of therapies, and no doubt there are many more with which you are unfamiliar. How does an inexperienced person choose the right direction?

Many people are likely to be bewildered by the multitude of choices! Should you opt for Hoxsey, Laetrile, A-Mulsin, Essiac, 714 X, Carnivora, Chondriana, Vitamin C, antineoplastins, autogenous vaccine, immunoaugmentative therapy, Cartilade, Kanzyme, Ozone therapy, Hydrazine Sulfate, Ayurveda, Cancell, Pau d'arco, selenium, etc.

Some of these may produce a measure of benefit, but, let me emphasize, **none of them can be relied upon.** All neglect the basic problem - the breakdown in body chemistry that is causing the production of abnormal cells. The cancer cell is not the problem; **the problem is cancer cell production.** Unless the body regains control of the quality of cell production, there will be, more often than not, a recurrence (metastasis).

Traditional therapy concentrates on killing cancer cells but neglects and abuses the host. This system has not produced a real cure for cancer; the cure is still elusive. Nor will an alternative that has the identical focus correct the basic problem - the breakdown in body chemistry.

WHAT DO I MEAN BY A BREAKDOWN IN BODY CHEMISTRY?

This is complicated to explain as the causes are numerous. Any impairment in the endocrine system would limit the body's ability to extract (metabolize) all the vital elements from the food that are needed to build healthy cells. Even stress can block competent metabolism. Any one of the body's many systems that is out-of-order could affect healthy cell production,

i.e., digestive system, circulation, lymphatic system, nerve network, cell production system, immune system which is part of the waste elimination system.

Restoring normal function is a big job. It cannot be accomplished simply with a pill, an injectable or psychological counselling as some people assume. A program that addresses all body functions, restoring normal physiology, is essential in regaining health.

HOW IS IT DONE?

It starts with a comprehensive healing program, specifically the proper supply of nutrients (food). That doesn't mean vegetarianism, high protein, macrobiotic diets or high doses of vitamins, minerals, selenium, vitamin C, zinc, beta carotene or any other concentrated substances. Normal amounts of the right foods applicable to the human system, as with all species in nature, start the healing process. Exaggerated amounts of single substances overload the body and use up enzymes required to metabolize the rest of the food intake. If metabolism is sluggish because of a weakness in the endocrine system, the endocrine system needs to be boosted. Metabolism is crucial or the chemical elements will not be extracted and, therefore, available for healthy cell production. The cell components are derived from food competently metabolized.

You may ask, "What about the tumor or the cancer cells? How do I 'kill' them?" The healthy immune system recognizes cancer cells as foreign substances. When the body is restored to health, which includes restoration of immune function, the system will seek out cancer cells as foreign substances and process them for elimination. That is why immunotherapy shows benefit as a cancer treatment, but, unfortunately, in no way contributes to healthy cell production.

Healthy cell production is the answer to cancer. But the system to effect a repair is complex because no two cancer patients are biochemically identical. Well-trained practitioners, understanding interrelationships and interdependencies, i.e. the physiology of the whole body, know how to individualize a program. A biological approach to controlling cell production is far from a simplistic or unsophisticated method of healing. Indeed, the breadth of knowledge, required by the doctor to address each patient's unique physiology, returns medicine to the real art celebrated by Hippocrates, the father of medicine. ❀

SALIVA'S ROLE IN DISEASE

By Jamie Talan

A dry mouth, which can be caused by many medications, is more vulnerable to cavities...

The clear substance that lubricates the mouth may be one of the most ignored factors in the prevention of tooth and gum decay.

That's what Israel Kleinberg thinks. Kleinberg, an oral biologist at the State University of New York at Stony Brook has spent the last 20 years studying saliva. He believes that the substances that make up saliva are the key to understanding dental disease.

Studies have shown that up to 30 percent of the adult population lack normal saliva levels, according to Leo Sreebny, another oral biologist at Stony Brook. People who lack saliva, Kleinberg and Sreebny agree, are at increased risk of developing cavities. Saliva is vital to the health of the mouth. Researchers say that it only takes a few months for teeth to rot away in a saliva-free environment. The less saliva, the more cavities.

The Stony Brook researchers have figured out precisely why saliva, which starts the digestive process, is so protective. Apparently, the liquid contains two substances—urea and arginine—which are both used by the bacteria of the mouth to produce ammonia, which in turn neutralizes acids formed from sugars.

"A person can have their cake and eat it too, if they have enough saliva," Kleinberg muses.

Indeed, saliva helps prevent decay by controlling the bacteria that cause cavities, and it also helps to mineralize teeth, said Philip Fox, chief of the clinical investigations section of the National Institute of Dental Research. Saliva also makes it possible to wear dentures. And the mouth needs to be moist for talking and eating.

Saliva problems are caused by a variety of reasons. Dentists have found that there are some 400 medications, such as beta blockers, diuretics,

tranquilizers and diet pills, that decrease saliva flow. "Most doctors are not aware of this," Kleinberg said.

Sreebny and Dr. Anthony Valadini just completed a study that found that the more medications a person takes, the less saliva flow he will have.

Cancer patients who receive radiation to the head or neck are also at risk for saliva problems. People with an autoimmune disorder called Sjogren's syndrome also suffer from dry eyes and mouth.

"The mouth can become so dry that a tongue can literally stick to the palate," Kleinberg added.

Experts in dry mouth agree that people with saliva problems should take special precautions to protect their teeth. Dentists recommend having the teeth cleaned and scaled at least three times a year and brushing and flossing after every meal.

Patients with dry mouth also complain of a burning sensation of the tongue and difficulty in swallowing or talking. A lack of saliva can also cause gum disease, which loosens the teeth, and an impaired sense of taste. These people are also more susceptible to fungal and bacterial infections.

Sreebny says that by the time someone feels dry mouth syndrome that person will have lost 50 percent of their normal salivary flow rate. He adds that people will also have dryness elsewhere, the eyes, the nose and the throat, for example, and women will also have dryness in the vaginal region. "These people are terribly unhappy and uncomfortable," Sreebny said.

Dentists can determine saliva problems by performing a two-part test: Patients spit into a tube so that a dentist can measure saliva flow during a resting state; then, the salivary glands are stimulated to see whether they are working properly.

People with dry mouth should ask their doctor if it is possible to reduce the number of medications they are taking. Many deal with the problem by drinking a lot of juices and sodas or sucking on candies. Unfortunately, sugar and acid from these substances can become an added burden to the teeth and gums.

Dentists recommend water. Also, people should avoid alcohol, tobacco, and caffeine because of their drying effects, Fox said. ❁

This article was reprinted from Newsday.

FERTILE EGGS

A **fertile** egg is alive; a **non-fertile** egg is dead. Whole, natural foods are nutritionally superior; yet in this classification, fertile eggs are too often overlooked, and indeed, many city folks don't even know true "egg flavor."

Today's laying hen is raised in a false environment, spending her mature life in a wire cage about twice her size, stacked in tiers high off the ground. Her diet is limited to processed, refined pellets, not only deficient in many nutritional elements and proteins, but also containing one or more of the "modern wonder drugs," as well as synthetic vitamins. Stimulants and electric lights keep her awake all night - but she gets tired of eating. Arsenic is fed her to produce an appetite.

This mechanized egg producer is efficient but soon expended; the productive life expectancy being about one-third less than when fowl of both sexes are allowed to run on the ground and peck their food. However, the absence of the rooster in the hen yard guarantees up to 30% more production from the same feed.

Eggs have become associated with the high cholesterol foods, with no distinction as to fertile or non-fertile type. The balance in nature should never be overlooked nor underestimated. Consider the egg, which tells us a wonderful story. With a real fertile egg you can taste the difference:

Dark yolks and firm whites are not "accidental." It takes lots of minerals and vitamins to make both the shell and yolk dark. These same minerals and vitamins make the yolk have a definite and distinctive flavor. As mentioned above, with fertile eggs you can taste the difference.

All eggs contain cholesterol, found in all living cells; but fertile eggs, produced from hens raised on the ground with roosters, also contain lecithin,

the natural emulsifier of cholesterol. Young roosters, in a ratio of 1 to 10 hens, produce strong embryos, which may be kept alive at temperatures ranging from 42° to 122° F. Fertile eggs kept under refrigeration at this temperature from up to 12 days proved up to 90% hatchable.

Lecithin has been found in significant quantities in brain and nerve tissue, in spinal cord and the male hormone, which explains why non-fertile eggs lack this emulsifying agent or balance.

For optimum nutrition, take breakfast eggs out of the refrigerator at night so that they will come up to room temperature before cooking. In this way, natural hormones are increased, according to many authorities, and will withstand low temperature cooking.

Are all eggs organic? Our definition of "organic" begins with "whole and natural" and non-fertile eggs cannot qualify. Besides, like countless others, you too will agree that fertile, organically produced eggs, like all whole natural foods, just naturally taste better. ☼

Nutritional Superiority of Free-Range Eggs Over "Battery" Eggs is Shown by University of Texas Research

A simple method of finding "food value" has been developed by Dr. Roger Williams and his colleagues at the University of Texas, which shows that free-range eggs may be significantly superior to battery-produced eggs (those produced from chickens which are caged always). Their research indicates that the real value of food may differ greatly from what its mere analysis implies. Dr. Williams' method involves measuring the growth of animals fed on a given food. The theory is that food firstly supplies an animal with energy, and secondly allows it to construct body tissues. Dr. Williams found that rats fed on free-range eggs reached 350 grams in 12 weeks, while those fed on battery eggs reached only 315 grams. He and his fellow researchers believe their findings show that "the food composition tables as commonly constituted cannot be depended on to contain the needed crucial information."

THE MASTER KEY TO HEALTH

By Rasmus Alsaker, M.D.

The objection may be made that much illness is caused by bacteria and that we cannot prevent the inhalation, the imbibing and the eating of these micro-organisms—tiny vegetable substances—that multiply within the body and cause havoc known as disease. But this objection is not valid for the reason that bacteria have to have a fertile soil in order to grow and multiply to an extent that will cause disease. So long as the body is maintained in excellent condition, the blood being pure and balanced, these harmful bacteria cannot flourish within the body. We know how to prevent bacterial diseases. It is done by making the body so healthy that no little germ or aggregation of germs can upset its equilibrium.

This may be somewhat contrary to general belief, but it is a fact. It is quite within our ability to remain well.

“The Hippocratic physicians saw diseases as events that happen within the context of the life of the entire patient, and they oriented their treatment toward restoration of the natural conditions and defenses of the sick person and the reestablishment of his proper relation to his surroundings.”

—from *Doctors* by Sherwin B. Nuland

“Doctors will get off their pedestals when patients get off their knees!”

—a favorite saying of Dean Adell, M.D., host of a national radio call-in program

“Those who live slave to a principle, live with a curse.”

—St. Paul

HOME-MADE COTTAGE CHEESE

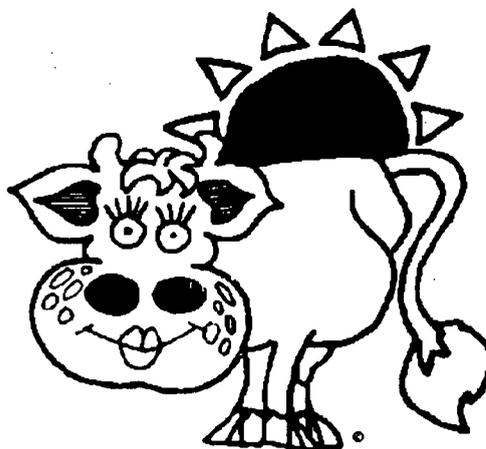
1 gallon of raw milk (makes 1 1/2 lbs.)
collander
cheese cloth
stainless steel bowl

Pour 1 gallon (or less if desired) of fresh, warm, raw, cow's milk into a large stainless steel bowl. If the milk has been refrigerated, warm it first to room temperature or over low heat. Set the bowl in a warm place, cover it with a lightweight towel for about 2 days until it is clabbered.

Skim off the cream and store in the refrigerator. This is cream cheese. Cut the curds into 1-inch cubes with a long knife to release more whey.

Put a little water into a large pan and place the bowl of curds into it, forming a double-boiler. Heat to 115 degrees F. (a little warmer than body temperature). Maintain the temperature for 30 minutes stirring occasionally. It is better for it to be a little cooler than too warm.

Line a collander with cheese cloth and pour the curds into it. It is wise to catch the whey as it contains a lot of nutritional value. Let the curds drain, then rinse gently with cold water to remove leftover whey. Gather the corners of the cheese cloth and tie a knot to form a bag. Hang over a faucet or other convenient spot to drain further. It is then ready to be refrigerated.



LETTERS



Dear Ruth,

Thank you for taking my call today and for listening to my experience as a cancer patient on Dr. Lawrence Burton's Immuno-Augmentative Therapy. I appreciate your sending me F.A.C.T.'s information of nutritional diet for the cancer patient. I wholeheartedly agree with your approach of handling cancer with good nutrition as well as other therapies. We are what we eat and we must give our bodies the materials it needs to stay healthy and combat disease. You are doing good works and are appreciated.

Sincerely, H.G.

Dear Dr. Ruth,

If I paid you by the hour—this is a real bargain! Thank you always for your great generosity of yourself and your time.

Love, J.S.

Ruth Sackman—

We're so glad we have you on our side.

God bless you and keep you!

Joy & Sandy, HEAL

Dear Mrs. Sackman,

Thank you so much for your advice about treating my mother's diverticulitis.

I am very grateful for the wealth of information you possess and your willingness to share it. Please accept my donation to your wonderful cause.

Very truly yours, A.G.

Dear Ruth,

It's truly a pleasure to be able to write to you from our "new" home. It's just 2 years since our family through our religious commitment moved to Israel and we love it!

Thanks to my connection to the "Foundation" I am still kept informed through Cancer Fo-

rum and friends who have indulged in therapies that didn't necessarily originate with the "formal" medical programs.

The world at large, and Israel specifically, is moving forward in the direction of more open spectrums of preventative and curative approaches to cancer and the many "counterfeit" diseases that mislead us in diagnosis and ultimately treatment.

You and the "Foundation" offer a "breath of fresh air" in an atmosphere that has long been stifled.

If I can be of any formal liason help for F.A.C.T., it would be my pleasure.

Please accept the enclosed with all good wishes and prayers for your continued success.

Sincerely, B.K.

Dear Mrs. Sackman,

Thank you for your attention to my request regarding our son Philip. I'm enclosing our check to cover costs of the literature you will send him. We have found it voluminous, interesting and motivating. Should have known about F.A.C.T. long ago.

Thanks again, F.H.

Dear F.A.C.T.,

Thank you for your "News Brief" on rising x-ray exposure.

I am convinced that many people, not only I, have difficulty in calculating how much exposure they have had and how much they can safely be exposed to still.

Would it be possible to give approximate exposure rate of various diagnostic radiation doses, e.g. how much with a mammography, a chest x-ray, tooth x-ray, etc. and the approximate doses allowable in an average life?

Most diagnostic centers don't know or give rads and don't further explain. Nobody I have met has this knowledge as layman.

Thank you, H.M.

X-ray machines have different exposure levels so only the people doing the x-rays would know how many rads you are receiving.

Dear Ruth,

You may remember when you came to Buffalo, I met you at the plane.

In December that year our daughter was diagnosed as having breast cancer a month before delivery of her baby. After several visits to Zion, IL, she discovered Dr. Black in Evanston. Her tests have all been negative (they should say "positive"—positively no cancer present at this time) and she is very satisfied with Dr. Black and his program of diet, exercise, supplements, etc. Her baby is almost two and she takes him to a homeopathic doctor nearby, whom I found through my homeopathic study group here in my community. He is healthy and happy.

I know you like to keep track of your patients and we all appreciate all you do and your wonderful magazine. Now we can only live in hope that all continues.

Thank you for everything.

Sincerely, E.M.E.

Dear FACT, Ltd.,

As per our phone conversation, I am enclosing a check for 10 copies of Cancer Forum, VOL. 11, No. 1/2—with "Amish Belief" cover.

This is such an outstanding issue, I want to give it to some friends, patients. Dealing with the environment is such a good, necessary idea.

Bless you all, Dr. R.M., clinical psychologist

Dear Ruth,

Thank you for your wonderful work. I am feeling better - and working on it - and looking at the leaves, the sky, and the sunshine!

Fondly, J.S.

Dear Ruth,

Wow! The October 1991 FACT Convention couldn't have been better. The speakers—from recovered cancer patients to M.D.'s—illuminated the underlying principles of HOST RESISTANCE eloquently.

I know of no other human being who touches and transforms the existence of so many others as you do, Ruth. I'm so lucky I met you. First you helped me overcome cancer. Now you

help me enjoy daily living. It was an honor to talk about how I overcame cancer and about the HEALTH EXCEL PROGRAM.

Carry on!

Love, Betty Fowler

Dear Ruth,

I would like to commend Minna Schertzer on her recipe for Sesame Seed Snacks that appeared in a recent **Cancer Forum**. They are delicious and nutritious. What a wonderful combination!

I feel so fortunate and grateful in knowing you. Your direction and guidance has always been 100% on target.

Once again,

Thank you, B.K.

Dear Mrs. Sackman,

Once again, I find myself thanking you, and FACT, for being there.

I just spoke to my mother after her visit to the oncologist today. You should have heard her.....She chewed him out for scaring her into taking Megace.....She's truly taking charge of her life and putting up a good fight....Thanks to your support and teaching.

S.

Dearest Mrs. Sackman,

We both want to thank you so much for your kindness and especially your patience. You are a wonderful person. It shows in John's condition; he is doing well for what he went through in February. It shows if the whole body is treated right, it works right.

I'm sure there are many like us who can say thanks to F.A.C.T.

With much love to all, D. & J.

Dear Mrs. Sackman:

Thank you again for your marvelous lecture and for getting me back on track. Do I ever appreciate you!

I would like the enclosed list of books and the **Cancer Forum**. Lovely speaking to you.

My thanks and my best, L.G.

BOOK REVIEW By Consuelo Reyes

DR ANNE'S JOURNAL By Robert Lloyd, Ph.D.
(Davar Publishing, PO Box 1100, Cannon Beach, OR 97110)

Months after a young doctor's death from cancer her bereft spouse finally brings himself to read the diary in which she detailed her dissatisfaction with conventional medical treatments and her interest in alternative therapies. Why then, he wonders, did she adhere strictly to the standard cancer protocol which ultimately failed her?

This is the question that haunts *Dr. Anne's Journal* by Robert Lloyd, Ph.D. A kind of medical who-done-it attempting to explore the forces—physical and psychological—that led to Anne's untimely end, the book is set in today's real-life world of conventional versus alternative therapies. Consequently, Lloyd blends fact with fiction, often using fictional encounters with actual figures to inform readers about various alternative treatments. The mystery is not, however, the author's point of view: early on—beginning with the blurb on the book's jacket—it is apparent that Lloyd ardently believes that conventional cancer treatments are a dismal flop, while alternatives hold the key to true recovery.

This is a readable novel with noble intentions, but it suffers on the literary as well as journalistic planes. Perhaps because he cares so strongly about the state of health care today, Lloyd has drawn characters which are too obviously "good" or "bad." It is difficult to feel for such shallowly delineated figures. We have the tragically angelic Dr. Anne ("good" guy), who, having lost her mother in childbirth, spends her entire short life striving to gain the love of a cold, calculating father ("bad" guy,) who, we learn, only married for status and also happens to be the hugely successful and powerful attorney for the world's leading maker of cancer drugs (real "bad" guys). And there is sweet, wonderful Ben, Anne's husband, who emerges the hero to avenge his wife's death by writing a book about alternative treatments that will expose the system for what it truly is. As the obvious mouthpiece for Lloyd's indignation, Ben is so full of innocence that he cannot at first believe that drugs could cause side effects or that alternatives to toxic conventional therapies actually exist.

The good/bad model borders on the farcical as we notice that all those on the "good" side drink herbal tea, eat pita bread sandwiches and meet in salad bars, while the "evil" ones ride Lear jets, meet in boardrooms and

pop over-the-counter and prescription pills for their hypertension and such. The cast of practitioners—real and imagined—also adheres to this formula such that those who practice alternatives are a happy, healthy lot (e.g. the chiropractor who "came bouncing toward his table...He wore a wide grin on a pleasant face..."), while those on the orthodox side are a revoltingly unseemly bunch (e.g. the oncologist who, after telling Anne she was asking too many questions, "grated between his teeth and slammed the door.")

This is not an accurate model. The world is not black and white. While some orthodox physicians are insensitive or motivated by greed, many truly care about their patients and know that the system is inadequate. Likewise, there are many alternative practitioners who, though well intentioned, are ill-equipped to treat effectively; others may be in it chiefly for personal gain. A very few possess the long clinical experience needed to understand the natural healing process.

Moreover, some so-called alternatives are toxic and similiar in concept to conventional symptom-oriented medicine. In presenting a picture of alternative therapies, Lloyd tends to focus rosily on peripheral treatments which are not at the heart of the biological concept. To his credit he does present an explanation of the metabolic approach to cancer, but hardly in sufficient depth to really inform the reader.

Dr. Anne's Journal is illustrative of a certain muddle in the health movement today. Because there are so many well-meaning, yet insufficiently experienced writers eager to present the alternative view, readers—potential patients—can become exhausted by the sheer weight of all the wonderful sounding, yet often conflicting possibilites in print. As a result, many will be mislead into therapies that are inappropriate.

The jumble also contributes to a certain antagonism between two camps of health professionals who are really on the same side. Alternative and conventionally-oriented practitioners need to work together so that **non-toxic, cause-oriented biological therapies** will become the first approach of established medicine.

The passion with which Robert Lloyd defends the cause of medical choice in *Dr. Anne's Journal* is truly commendable. But perhaps a better forum for illuminating the realities of cancer treatment today would be provided by careful, professional sources. ❀

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