

CANCER FORUM

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

*"I will use my
best judgement
to help the sick
and do no
harm..."*

*—from the
Hippocratic Oath*

Foundation for Advancement in Cancer Therapy

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

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

Board of Trustees

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

National Headquarters

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

In this issue:

Making a Living Off the Dying By Norman Paradis.....	3
Clarence Darrow Arraigns Autocratic Medical Control.....	5
The Healing Art of Chiropractic: Major Health Through Minor Adjustments By Dr. Michael Chimes.....	7
Chiropractic Gains Respectability By Ruth Sackman.....	10
Letters.....	11
Recipes.....	13
Tape List.....	14
Book List.....	15

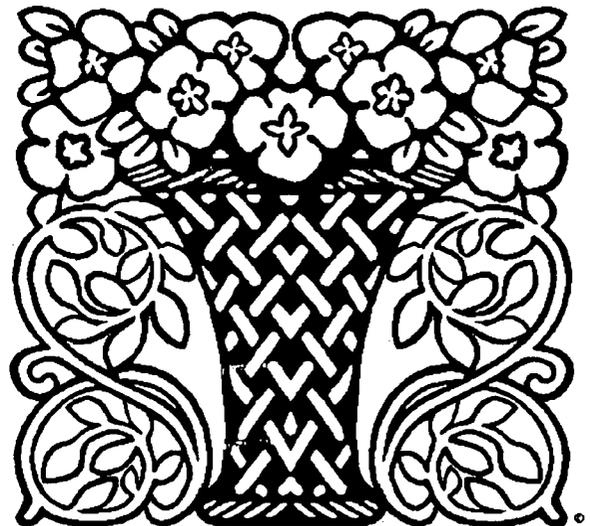
Dear Reader,

Hopefully, this issue of *Cancer Forum* will not leave the impression that FACT supports "doctor bashing." The only intention is to provide information for our readers so they can function as enlightened medical consumers. I am sure many doctors will agree that, like any other profession, some service is good, some mediocre and some just wrong.

In the article on page 3 by Dr. Paradis entitled, *Making a Living Off the Dying*, a number of doctors wrote letters to the editor of the *New York Times* offering alternative suggestions to keeping a patient in a conventional hospital setup. One suggested that at the point when treatment is no longer feasible or desirable, the patient could be moved to a hospice where he/she would be treated with care and compassion and where every effort is usually made to make a patient more comfortable.

Avoiding unnecessary treatment or diagnostic work certainly seems like a wise choice.

Healthfully yours,



MAKING A LIVING OFF THE DYING

By Norman Paradis

Norman A. Paradis is director of emergency medicine research at New York University-Bellevue Hospital in New York City. This article appeared recently as an OP-ED piece in The New York Times.

It has been more than a year since my father died, and I have come to believe that the circumstances of his death demonstrate much of what is wrong with our medical system.

As I grew up, I heard so much about what a good and gentle physician my father was that at first I ran from the idea of becoming a physician myself. But at 35, I was well along in my own medical career and with pride brought him to Britain to hear me deliver a paper. He had trained there and wanted to find out what had become of his classmates. He seemed to lose some vitality when he heard they were all dead. In perfect health his whole life, he began to complain of back pain.

In the United States, he was examined by several internists. All his blood tests were normal, and they declared him healthy. Yet the pain persisted. We felt it might be spinal irritation and arranged for a neurologist to see him. This doctor said

“In that time, I have seen physicians torture dying patients in vain attempts to prolong life...”

his CAT scan was normal, and he was reassuring; it may just be a pinched nerve, he said. “Your father is 75 years old, but doesn’t look a day over 50.” How could he know that just months earlier he had looked 40?

My mother called regularly, “He doesn’t look well and has no appetite.” Relatives agreed. His physicians did not. Then he developed a blood clot and was admitted to the university hospital. Blood clots are a sign of cancer, and I insisted that they work him up from head to toe.

Another CAT scan showed a lesion in the pancreas, and others in the liver. Waves of pain passed over me as I realized that back pain, weight loss and blood clots were the classic triad of pancreatic cancer.

I flew to his home to see him. Years of training did not prepare me to see my father ill. He looked old and frail. I went to radiology to see the CAT scan. When I put it in the light box, I knew that my father would soon die.

I asked the rest of the family to step outside so he and I could be alone. I could not stop my tears. He held me and whispered that everything would be O.K. “Norman, I have been a surgeon for almost 50 years, he said, “In that time, I have seen physicians torture dying patients in vain

Consulting surgeons get paid thousands of dollars an hour when they “decide” to operate.

attempts to prolong life. I have taken care of you most of your life. Now I must ask for your help. Don’t let them abuse me. No surgery, no chemotherapy.”

I assured him I would take care of everything. Before returning to New York, I thought I had made our wishes clear to his doctors: treat the clot, get a biopsy if possible, but, above all, make him comfortable. Almost immediately, a series of surgical and radiological procedures started.

When hysterical phone calls from my mother began, I quickly realized what was going on. Consulting surgeons get paid thousands of dollars an hour when they “decide” to operate. So that was what they were deciding to do. It’s an old story of inflated fees charged by sub-specialists with procedure-based practices.

When I finally got my father’s physicians on the phone, I insisted that he be cared for only by internists who had no incentive to do any-

thing but make him comfortable. They assured me they understood my concerns and would keep in close contact. I never heard from them again.

My mother continued to describe procedures that were draining his energy. When my brother, a lawyer, arrived, he found our father in a hallway, where he had been left after "a test." He pleaded:

He had spent most of that time receiving unnecessary "billable" high-tech therapy that could not possibly cure him or relieve his pain.

"They are treating me like an animal. Please get me out of here."

With difficulty, my brother contacted the physicians in charge and was assured things would improve. We said legal things about performing procedures without consent, and thought the problem was solved.

I can't describe the anger I felt when my mother called to say that they had continued the endless procedures as soon as we left. My father had been in the hospital for two weeks. He had spent most of that time receiving unnecessary "billable" high-tech therapy that could not possibly

If a doctor and a lawyer could not get decent care for a doctor, what chance does the public have?

cure him or relieve his pain. Many things had been done to correct problems caused by earlier "therapies." When my mother put him on the phone, he was incoherent.

We arranged a conference call with the hospital administrator and chief of staff. The surgeons were "too busy" to come to the phone. "Despite our clear instructions, you have continued to perform invasive procedures on our father," my brother said. "He is now incompetent, so we are invoking our power of attorney and explicitly forbidding you from doing anything that is not directed at relieving his suffering."

After my mother called the next morning to say he had again spent the night undergoing surgery, I called almost every other hospital in his state

trying to arrange a transfer. Again and again, I was assured that he was "in the best of hands" and that I must be mistaken in describing his therapy as unacceptable. Each time we arranged to move him home or to a hospice, a test or procedure would be performed, making him temporarily too unstable to be transported.

When I again flew down, I found my father alone in a hallway after an ultra-sound exam. He was skeletal and barely arousable. I moved him back to his room. Within hours, my sister and I had him moved to a nearby hospice. He died the next morning.

For months, I lay awake trying to understand what had gone wrong. If a doctor and a lawyer could not get decent care for a doctor, what

...more than \$150,000 on a patient who needed only a bed and some morphine.

chance does the public have?

When I asked my mother if the hospital bills were a hardship, she said Medicare had paid for the whole thing—more than \$150,000 on a patient who needed only a bed and some morphine. I called the Medicare inspector general's office. It agreed that if the hospital had billed for unauthorized procedures, it was possibly a violation. "In that state, we have so many fraud cases over a million dollars that we wouldn't even investigate one involving only \$150,000," I was told.

Our health care system is structured to meet reimbursement rather than patients' needs. Tremendous amounts of money are spent prolonging

Tremendous amounts of money are spent prolonging death, not life.

death, not life. If the story of my father's suffering can help improve our medical system, it will have been worth telling. Though I was unable to get him the care he deserved, I believe he would forgive me.

Copyright 1992, The New York Times. Distributed by The New York Times Special Features.

SIXTY YEARS AGO...

CLARENCE DARROW

World-famous Lawyer

ARRAIGNS

AUTOCRATIC MEDICAL

CONTROL

OVER YOUR LIFE

These were the headlines in the AMERICAN BUREAU OF CHIROPRACTIC NEWS sixty years ago (February 9, 1928). A facsimile of the sensational article appeared in the February 1968 edition of the ACA Journal with the information that the publication was sent to the ACA editor by Dr. Ferdinand Castaldo, New York City.

The article, with the heading:

CLARENCE DARROW ON MEDICAL CONTROL

reads as follows:

I have been interested for a good many years in the question of leaving man free to do as he pleases so long as he does not directly interfere with someone else. I am not a chiropractor—I know very little about it—and it is not as a disciple of Dr. Palmer that I say a few words, but as a man who believes in liberty—or did when we had it!

I was born into this world without being consulted and I presume there was a doctor present. I did not hire him. As I had no chance to say anything about the way I was born and who was present, I think I should have the right to die without the assistance of a doctor, if I wish. I cannot avoid the undertaker, but I ought to be able to avoid the doctor.

Now, I would have no quarrel with the medical profession if they would leave me alone. I am willing that they should advertise their wares and their business, but I do object to being forced to patronize them.

I know that the doctors, like everyone else, take themselves very seriously. I know that the effort of the medical profession in the United States to control the treatment of human ailments is not due to its love of human life (it is due to

its love of its job, which job it proposes to monopolize for itself.

I know that the doctors have been carrying on a vigorous campaign all over the United States against new methods and schools because they want the business and they insist that nobody shall have the right to live or die without their services. **Whether they cure more or fewer people than the new schools who do not use medicine, or whether they cure anybody, is, of course, a debatable question, which I will not undertake to discuss.**

I stand for the right of everybody to regulate his own life for himself, and if he wants to live and die without the aid of the medical profession, he should have the right to do it, and if one should not have that right, it is pretty hard to tell what right he should have.

I know that much of the "progress" of the medical profession, if we can call it that, has been made **against the advice of doctors.**

I know that the medical profession is full of humbug and pretense; I know that **a considerable percentage of physicians believe that by the aid of a saw and a knife they can make man over in better shape than the Almighty originally made him.** I know that the fashions in operations change as do the fashions in dress. I know that one day the fashion is to operate for appendicitis. I know that the doctors are condemning today what they did a few years ago, and I am pretty sure they will be condemning a few years from now what they are doing today. They will be compelled to or they will have no patients.

I know that the doctors dose the people with medicines which they do not believe in themselves. I know that doctors' families use very few drugs. I know that you can scarcely find an intelligent physician today that will not admit this to his friends.

I know that they have specifics to prevent one from getting almost any disease, yet not one of them can tell you how the prevention is brought about. I know they would vaccinate people for smallpox and that there is not a doctor that can explain how it prevents smallpox nor can he prove that it does prevent it. **They are not content**

to vaccinate people who come to them, but they ask the state to pass laws to compel everybody to be vaccinated. I might as well ask the state to pass a law to compel the people to hire me to try their cases!

Sometime, if they keep on—and they will keep on if the people give them a chance—they will be able to vaccinate you for everything and you will be obliged to be vaccinated. I know you can pick out about five or six diseases which cause the deaths of probably nineteen-twentieths of all the people who live and die, and I have no doubt that the doctors will be able sooner or later to find a serum that will prevent you from getting any of them—but you will probably die in the operation! If we could pick out the various things that could be injected into the human system for twenty different diseases, I would like to see how a man would look and how long he would last if he took them all.

Nobody who believes in it need have any fear of smallpox so why compel people to take it who do not want it? I have watched this medical profession for a long time—and it bears watching—and I know there is not a single thing affecting human life that they will not lay their hands on if we give them a chance.

And there is, I think one way to beat them, and that is to go to jail if necessary and defy them. The only part of the community that has nothing to say about the laws that these special interests pass is the people. All they have to do is pay for it—and they pay a-plenty. I do not know how long the people will stand for it.

We will have, and now have, people telling us what we may eat and what we may drink, especially what we may not drink, and we will have the Billy Bryans and the Billy Sundays sending us to jail to save us from going to Hell.

Let me say this: that if the people are willing to obey any law so long as it is on the books, it will be on the books forever.

As a matter of fact, no law of any importance was ever taken off the books so long as the great mass of the people obeyed it. Most of the old witchcraft laws of New England are on the statute books today, but they have stopped

condemning old women for witchcraft.



LET'S ALL LIVE LIKE METHUSALAH LIVED

Methuselah lived a thousand
Years as I have often read.
No chemicals were in his soil.
No springs were in his bed.

He did not spray his 'tater
Patch, his grapes, or apple trees.
He ate 'em bugs and all, I guess,
As healthy as you please.

He bought no cake mix full of sin,
He took no coffee breaks,
No cigarettes for his morale,
No aspirin for his aches.

There was no doc to give him shots
No cokes or cones to buy.
With simplest food he satisfied
His body's full supply.

Now, if you would live a thousand years
You'll likewise have to shun
The poison in your soil and food,
And the wiener and the bun.

But I can promise you
You'll have years and years of fun!

—Author Unknown



"Without nerve-energy the functions of the body cannot be carried on properly. The present-day strenuousness causes enervation, which checks elimination, and the retained Toxins bring on Toxemia.

—J.H. Tilden

THE HEALING ART OF CHIROPRACTIC:

Major Health Through Minor Adjustments

By Dr. Michael Chimes, Chiropractor

We are printing this article because healing should encompass mind and body. The body includes the skeletal structure, nerves, muscles, circulation, digestion (endocrine function), lymphatics, breathing (respiration), waste elimination. All these functions, working harmoniously, help regain and maintain health.

“It is most necessary to know the nature of the spine, what its natural purposes are, for such knowledge will be a requisite for many diseases. One or more vertebrae of the spine may or may not go out of place very much. They may give way very little, and if they do, they are likely to produce serious complications and even death, if not properly adjusted. It appears to me that one ought to know what diseases arise in man from his structural conformations.”—Hippocrates

From the moment you begin to stand and walk, your spine is subjected to malpositioning. Throughout your growth period up to this very moment, every poor posture habit develops mechanical misalignments of your spine's vertebrae. Considering the spinal column surrounds and supports the nervous system's extensions to all of the organs and structures of the body, the importance of the spine's well-being becomes evident.

Let's assume that through either poor posture or diminishing muscle tone, which allows gravity to pull upon the skeletal system, you develop a constriction of your nervous system at one or more points along the spine. Unless you had obvious pain or physical malfunctions, how would you know that your body was being short-circuited of nerve energy transmissions? And even if you were aware, how would you remedy the problem?

Those of us who have studied the unique complexities of the spine, would unquestionably recommend periodic visits to a chiropractor.

But there are many people who have peculiar ideas about what chiropractic is. Certainly, a definition is warranted. Chiropractic has been in the shadow of a number of myths regarding its “unorthodox” healing methods, which hamper knowledge and understanding of its proper use and restorative functions. Chiropractic is, however, unorthodox only in terms of the practices of other health care providers. The chiropractors' services exist for the patient whose special health needs fall within their scope; like osteopaths, allopaths, surgeons, and orthopedists, the care they provide will not suit all people.

According to B.J. Palmer, the developer of chiropractic and son of the founder D.D. Palmer, “Chiropractic (which means ‘done by hand’) is a philosophy, science, and art of things natural, a system of adjusting the segments of the spinal column by hand only for the correction of the cause of dis-ease. Chiropractic was born because sick people need to get well.”

The first chiropractic adjustment by D.D. Palmer was given to Harvey Lillard, a janitor of his office building in 1895. Lillard, the first chiropractic patient, had been deaf for 17 years and explained that upon overexerting himself, he felt something give way in his back and lost his hearing. D.D. Palmer examined him and found a painful protruding bump which Lillard noted was the area that hurt when he lost his hearing. Palmer thought if the bump was reduced, hearing would be restored. Using the spinous process (a descriptive part of a vertebra) as a lever, Palmer gave an adjustive thrust and properly aligned the vertebra. Almost instantly, Lillard could hear for the first time in 17 years.

D.D. Palmer made no claim to be the first one ever to correct a subluxated vertebra (vertebra which has lost its juxtaposition with the one above or below, ultimately resulting in nerve impingement and the interference of the transmission of nerve

impulses from braincell to tissue cell). He was, however, the first to use the spinous and transverse processes as levers to restore subluxated vertebrae to their proper position and to develop the philosophy, science, and art of chiropractic adjustments.

Today, millions of patients throughout the world visit their chiropractor's office for spinal adjustments. In fact, need for chiropractic has developed so rapidly that America's chiropractic colleges are currently filled to capacity.

To obtain a chiropractic doctorate a minimum of six years of study is required: two years of liberal arts with a science major, and four years of professional study. This four-year program includes anatomy, physiology, bacteriology, inorganic and organic chemistry, hygiene, pathology, diagnosis, and X-ray as well as chiropractic science, philosophy, and technique. All 50 states license chiropractors who have proved themselves competent upon examination.

The most popular seminar training of the chiropractic profession is conducted by the Parker Chiropractic Research Foundation. Originating 26 years ago and based in Ft. Worth, Texas, six seminars are held annually under the guidance of Dr. James W. Parker, the founder and president. Under Parker's instruction and associate lecturers' guidance, improved methods of enhancing the chiropractor's skills to provide the best health care possible are learned.

Every human being

could benefit either restoratively or preventatively from the natural healing art of chiropractic care. Intervertebral discs, the pad-like structures that absorb shocks to the body and give shape to the spine by forming secondary curves, are from the day of birth thinned by gravity. Gravity, the greatest stress on humanity, impedes erect posture and may cause vertebral subluxations.

These subluxations result in spinal nerve impingement. Human beings have 31 pairs of intervertebral foramina (openings between the segments of the spinal column through which the spinal nerves pass for the transmission of spinal nerve impulses). These nerves are the means

THE SPINE AND NERVOUS SYSTEM

"The nervous system controls and coordinates all organs and structures of the human body."
(Gray's Anatomy, 29th Ed., page 4) Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structures and organs shown below.

VERTEBRAE	STRUCTURES AND ORGANS AFFECTED
1 Cervical	Head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.
2 Cervical	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.
3 Cervical	Cheeks, outer ear, face bones, teeth, trifacial nerve.
4 Cervical	Nose, lips, mouth, eustachian tubes.
5 Cervical	Vocal cords, neck glands, pharynx.
6 Cervical	Neck muscles, shoulders, tonsils.
7 Cervical	Thyroid gland, bursae in shoulders, elbows.
1 Thoracic	Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea.
2 Thoracic	Heart, including its valves and covering; coronary arteries.
3 Thoracic	Lungs, bronchial tubes, pleura, chest, breast.
4 Thoracic	Gall bladder, common duct.
5 Thoracic	Liver, solar plexus.
6 Thoracic	Stomach.
7 Thoracic	Pancreas, duodenum.
8 Thoracic	Spleen, diaphragm.
9 Thoracic	Adrenal and supra-renal glands.
10 Thoracic	Kidneys.
11 Thoracic	Kidneys, ureters.
12 Thoracic	Small intestines, lymph circulation.
1 Lumbar	Large intestines (colon), inguinal rings.
2 Lumbar	Appendix, abdomen, upper legs.
3 Lumbar	Sex organs, uterus, bladder, knees.
4 Lumbar	Prostate gland, muscles of lower back, sciatic nerves.
5 Lumbar	Lower legs, ankles, feet.
Sacrum	Hip bones, buttocks.
Coccyx	Rectum, anus.

© Parker Chiropractic Research Foundation, Life in U.S.A. Form No. 149-B

by which the brain communicates with the rest of the body. Thus, the nerves radiating from the spinal column are linked to various organs and structures. When there is an alteration from the proper alignment of spinal vertebrae, however, the involved spinal nerves will receive abnormal pressure and not allow for healthful nerve energy transmission to take place. Dysfunction in areas of the body to which these nerves are connected is also likely to occur.

Because your body's immune system requires uninterrupted nerve energy, vertebral subluxations could cause a breakdown of this system. Chiropractic helps to counter this breakdown by building natural immunity. Germs, including various bacteria and viruses do not cause disease. It is an unhealthy body with unhealthy tissue that allows a comfortable haven for germs to exist. To better illustrate this point, you have tuberculosis bacteria in your lungs right now; however, you don't have tuberculosis because you have a healthy functioning immunity system. If your diet is poor, if you're lacking proper rest, if you're not exercising for endurance, and if your nervous system is impaired by vertebral subluxations, your body is a potential breeding ground for bacteria or virus! Doesn't it make sense then to have your spine examined and evaluated for possible health problems?

Unfortunately, one of the biggest problems in health care today is that people do not receive the proper attention they require for their particular health problems. Many individuals look to chiropractic as the last resort instead of the first. For instance, the victim of a car accident who sustains "whiplash" should first consult a chiropractor to determine the extent of injury to the spine. (If another specialist is necessary, the chiropractor is qualified to make that judgement and recommend the particular specialist.) In some cases, if proper attention is not received soon enough, irreparable damage may result.

The chiropractor's role in relation to health care is to locate areas of the spine where vertebral subluxations exist. The spinal X-ray and chiropractic examination are the tools with which the chiropractor locates these subluxations. (The chiropractic profession was among the first to

use X-ray and the Palmer School was the first to offer X-ray instruction.) Interestingly, chiropractic makes no claims of curing anyone of anything. The chiropractor works with the innate (inborn) intelligence of the body. In chiropractic nothing is added or removed from the body. Healing or curing comes from within.

What specifically can a person expect when visiting a chiropractor's office? Most chiropractors conduct a spinal X-ray and chiropractic examinations of the patient. Upon completion of these procedures, the patient will lie on a specially-designed table for facilitation of spinal care and correction. The chiropractor will make specific adjustments on the spinal vertebrae that need correction. Depending on the type of adjustment to be given, the patient assumes one of several positions: lying on his stomach, back, or side; or possibly sitting. The spinal adjustment provided will correct a specific subluxated vertebra and restore it to its juxtaposition with the one above or below. Moreover, the adjustment will remove vertebral pressure from the nerve to allow for the transmission of uninterrupted nerve impulses.

Your doctor of chiropractic (D.C.) will recommend a certain course for restorative care based on his findings. If, after reevaluation of your spine by the nature of your response he determines that an additional specialist is unnecessary, he may recommend further restorative care or begin you on a maintenance program based on your occupation (for instance, a secretary's maintenance program will differ greatly from a construction worker's). The chiropractor may want to see you once a week, every two weeks, every three weeks, or once a month to keep a check on your spine.

Recent history reveals close encounters to the discovery and importance of vertebral subluxation correction. Thomas Edison said, "The doctor of the future will give no medicine but will interest his patients in the care of the human frame and in the cause and prevention of dis-ease." Perhaps this prophetic allusion of the modern inventor was to chiropractors and their healing methods that fuse art and science for the greater health of the human body. ❀

CHIROPRACTIC GAINS RESPECTABILITY

By Ruth Sackman

"No question, manipulation is more accepted," said Dr. Scott Haldeman, a neurologist, who is also a chiropractor. "Ten years ago if you practiced manipulation, you were a quack; you couldn't get published and were never invited to meetings. Now I can't keep up with the invitations."

For years chiropractic was the butt of hostility engendered by the medical hierarchy. No medical plans covered treatment; laws generated by the AMA, because of the mistaken impression that adjustments were hazardous, controlled their work. At one point the American Chiropractic Association felt compelled to sue the AMA for interfering with their profession.

Doctors dismissed spinal manipulation as quackery. It was discouraged and considered unethical for doctors to associate with chiropractors. But times have changed: in 1991 the American Association of Orthopedic Surgeons included, for the first time, a symposium on back manipulation. In a show of hands, almost a third of the 1000 member audience admitted referring patients for manipulation.

It is obvious that chiropractic is beneficial in spine, nerve and muscle problems where no physical impairment exists. Finally, recognition of manipulation is moving center stage. It is now much more common for physicians to include chiropractic in their practice or to refer patients to other professionals. Chiropractic adjustment, especially for back pain can return an employee to his job earlier than usual, consequently, saving many man hours. This is a boon that industry appreciates.

Sometimes chiropractic, under proper conditions, can relieve back pain in as little as one manipulation instead of weeks of treatment or, possibly, dependence on drugs.

Spinal manipulation dates back to Hippocrates and was practiced widely by American doctors until the last century when it fell out of favor

because it was considered unscientific. Established medicine became the hostage of science and science can be defective. Instead of accepting what worked, they demanded a scientific rationale or else a practice or theory was relegated to the scrap heap.

Chiropractic is a valuable tool capable of restoring normal mobility to vertebral joints, hence relaxing stiffness and spasms in muscles and pressure on nerves. Just removing vertebral stress on nerve ends can open up nerve signals that direct the body's biological function. When we use the terms "whole body" or "holistic," it means correcting all impairments, even minor ones, to free the body's performance in restoring health.

It is gratifying to know that conventionally-oriented practitioners are now more open to embracing other disciplines, such as chiropractic, thus providing their patients with the advantage of more comprehensive health care.



Growing Pains

An elderly man complained to his doctor that he wasn't feeling well.

"I'm doing all I can to help you," the doctor said. "You know I can't make you feel young again."

"I don't want to be young again," the man said. "I just want to keep on getting older."

—Virginia Myers

"Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm."

—Ralph Waldo Emerson

"The highest happiness of man...is to have probed what is knowable and quietly to revere what is unknowable."

—Goethe

LETTERS



Dear Ruth,

Just a small token of my love and appreciation for all you have done to help and guide me in the last few years. There is no way one can fully repay you. Your sincere concern and great patience especially at times of utter frustration, has brought me to a greater health and hope than ever before.

The enclosed is from St. Lucia where I had to think about you constantly, in order to avoid the rum punches, etc.!

I can't say that I adhered to all the rules, but in spite of it all, you'll be happy to know that I am improving greatly.

Will be in touch shortly.

Fondly, L.

Dear Ruth,

I know it has been many years since we have spoken to each other...I just want you to know from the bottom of my heart, that I have never forgotten you and will never forget you. When I found myself back in 1974 stricken with colon cancer, you were the one person who proved to be an inspiration to me. I had refused surgery for a colostomy and an ileostomy because of my stand on blood transfusions as well as the poor statistics offered. When I came home, I contacted you and you gave me a new lease on life with all that you did for me.

At that time you provided me with information about the purchase of Laetrile and also direction, encouragement, diet and, most important of all, your time...I will never be able to repay you for all that you did for me when I needed hope. For at the time there was none.

I don't know whether or not I would be alive today had we depended solely on that form of therapy, but it certainly bought time. In time I was fortunate to run into a doctor in New York...who was having some success with a non-toxic material he had named Catrix. I agreed to submit to his treatment and as a result I am still alive, thanks

to both of you...It regressed the cancer and today I still continue to take it orally to maintain my immunity. As with everything else, he's had some types that do not respond as well. Many times, because most people are negligent in diet and probably continue to smoke, they lose out. At least, that is how I feel. You've got to help the treatment if you wish success.

Time goes so fast, especially as you get older... I'm going on 72 years and Jehovah's been very good to me. To have known someone as you, is all part of it.

Best regards and Love, G. D'A

Dear Mrs. Sackman,

Just a note of thanks for taking the time out to speak to "my friend in need" from Florida. I have never been able to just stand by without at least informing others of alternative, wholistic treatments. I believe she chose the usual way out and gave in to conventional medicine...Nevertheless, it was worth a try! It's so very difficult to undo in a few days what conventional, organized medicine has had decades to do. For most, it is so much easier to simply give in and do what the doctor (God) says.

Thanks anyway! H.G.C.

Dear Ruth,

Thank you for all the times you have tuned in and tried to help me. I trust all is well with you.

I'm learning to think positive and to believe that I will finally lick the pain in my right leg. Adjusting to this and that is a learning situation.

Best always, A.T.

Good Morning,

I watched parts of the Channel 11 program this morning, which featured a discussion about cancer therapies. Your president came off much better than the opposition.

Please send me details regarding your organization, the information it provides and whom it serves.

Very truly yours, R.L.

Dear Mrs. Sackman,

It was with great joy that I received the program of the Convention to be held on November 3 and 4.

The general theme is very well selected and I know several of the speakers and I am sure they will deliver good talks.

I am sorry I can't go personally, but I wish you all kinds of success. I thank God that you are still in the front line of our efforts to change the cancer treatments to be less aggressive and more effective.

Here I have made a lot of progress. My new hospital is beautiful and my two sons have joined me. We have 4 different alternatives and our results are very encouraging.

Keep up the good work. Sooner or later cancer treatments will change drastically.

With my best wishes and regards, I remain,
Fraternally yours, Ernesto Contreras, M.D.
(Dr. Contreras will be a speaker at the Nov. 7, 8, 1992 FACT Cancer/Nutrition Convention.)

Dear Ruth Sackman,

Have just finished reading the Fall '91 issue of **Cancer Forum**. It is most interesting and informative, especially the one about the liver. And thank you for continuing to send me each issue.

Oh yes, the page where you list books brings back memories because you have listed Dr. Max Gerson's book. I already have that.

In November 1948 while on watch on the S.S. America as a Mariner, I fainted. So I went to Dr. Max Gerson as he was the only doctor I knew of in New York. He sent me to two doctors for tests. One said I have only a few months to live as I had an inoperable brain tumor. The other wrote him a letter in which he said just give this man sedatives as he has only three months to live.

So Dr. Gerson put me on a strict diet and every morning I had to grind up 12 apples and 12 carrots and press the pulp and put it aside for a few hours and then drink it, then grind up green vegetables except celery and press the pulp and drink it immediately. Within a year I was completely

cured.

So since then I have been eating only good foods and take some vitamins because food does not have all the vitamins it should have.

Am enclosing a \$20 bill for your work. I would send more, but am retired and on small income so cannot send more. If I were still working, I could send you a \$100.

Thank you for the good work you are doing.
Sincerely, R.J.S.

Dear Ruth,

Your issue, Vol. 11, No. 5/6, is most impressive. Would you please send **Cancer Forum** starting with the above-named issue to one of my sisters? Her address is...

Your work is most appreciated, believe me!
Cordially, D.N.W.

Dear Ruth,

Just getting settled to write a book about health practitioners who have been arrested and their day in court. I have worked with two now: Jimmy Keller and Ede Koenig. Jimmy is in jail serving a three and a half year sentence and Ede is out free. Ede fought her case without the help of lawyers. Being a Seventh Day Adventist, she had a strong case on freedom of religion.

Thanks for your help in including Jimmy's letter in one of your mailings. Your editing of his letter improved it. You have a great gift in keeping things to the point. I think it comes from not being afraid; or having conflicts of interest.

Sincerely with Love, J.P.W.

Dear Ruth,

Thank you for being so very kind, helpful and encouraging. You astound me with your incredible wealth of information.

I look forward to receiving any information to assist in my journey (particularly dietary suggestions which could improve on macrobiotics). Thank you for the recommendation re: Hepatrophin, Thytrophin.

You are truly a healer! I feel your compassion and power!

Thank you, R.A.M.

RECIPES



MOCK "CHOPPED LIVER" I

1 Tbs. water
1/2 lb. mushrooms, chopped fine
1 small onion, chopped fine
1 cup walnuts, ground
3 Tbs. olive oil
seasoning-few dashes of cayenne pepper, kelp powder or Jensen's Broth Powder

Sauté the mushrooms and onion in the water a few minutes just until soft and fragrant (stirring frequently with a wooden spoon). Blend with other ingredients, seasoning to taste. If too wet, add more walnuts. Serve on hollowed-out cucumbers, tomatoes, etc.

MOCK "CHOPPED LIVER" II

2 cups mixed bean sprouts-lightly chopped in blender
1/4 cup chopped parsley
about 5 mushrooms, finely chopped
1 scallion, finely chopped

2 generous Tbs. raw tahini (sesame seed butter)
1/2 large avocado
1 Tbs. Dr. Jensen's Quik Sip (opt.)
dash cayenne, lemon juice (opt.)

In a large bowl mix the tahini, avocado, and seasonings into a smoothish consistency. Fold in the sprouts, parsley, scallion, mushrooms until a nice chicken liver look and feel. Before serving, sprinkle a dash of cayenne on top.

STUFFED MUSHROOMS (from Doris Sokosh's book, *My Recipes for Recovery*)

12 large mushrooms, stems removed
1/4 cup almonds or walnuts, finely chopped or ground
2 scallions, minced
1 tsp. dill weed, basil
about 1 Tbsp. plain yogurt (just enough to hold the stuffing together)
grated unsalted raw milk cheese (opt.)

Mince the mushroom stems and combine with almonds, scallions, herbs and yogurt into a firm consistency. If you have time, let the stuffing sit in the refrigerator an hour or so to bring out the flavors. Fill the mushrooms caps (or celery stalks, cherry tomatoes, etc.) to the brim and sprinkle with cheese or cayenne pepper. As a variation, heat the stuffed caps in a 375° F. oven just until cheese starts to melt (5-7 minutes). Serve immediately!

MARINATED VEGETABLES (ANTIPASTO)

1 lb green beans
1 large yellow or red bell pepper or other vegetable (e.g. cauliflower, broccoli, zucchini, carrots, mushrooms), sliced
6 Tbsp. olive oil
2 Tbsp. apple cider vinegar
1 heaping Tbsp. shallots, minced
1 heaping Tbsp. parsley, chopped
seasoning to taste: Dr. Jensen's Vegetable Broth or a combination of dried herbs-oregano, basil, chervil, dill, thyme, tarragon

Lightly steam the beans and pepper. In a bowl combine oil, vinegar, lemon and pour over warm vegetables. Toss in shallots and let sit until cool. Add the parsley and other seasonings (be generous with the herbs, the flavor will ripen nicely over time) and transfer to a container with a tight fitting lid. Place overnight in the refrigerator. Remove from refrigerator 1/2 hour before serving and toss. This will keep for several days.

Tapes

\$5.00 each; \$50.00 for 12

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

Karl O. Aly, M.D.

- (17) Nutrition for the Cancer Patient
- (18) Better Nutrition for Better Health
- (63) Cancer Program at Tallmogarden
- (66) How a Health Program Improves Host Resistance
- (141) What We Do at Tallmogarden to Strengthen Host Resistance

Edward Berk, Herbalist

- (55) Rebuilding the Immune System

Peter H. Duesberg, Ph.D.

- (133) The Role of Drugs in AIDS

Jorge Estrella, M.D.

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

Jane Goldberg, Ph.D., Psychoanalyst

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

Martin Goldman, M.D.

- (113) Integrative Approach for Strengthening Host Resistance
- (123) Oriental Medicine for Bio-Repair

Phillip Incao, M.D.

- (126) Role of Fever in Immune Response
- (131) Inflammation - the Natural Enemy of Cancer

V.E. Irons

- (1) Colon Management

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

- (2) Moving the Whole Body to Health
- (27) Tissue Cleansing Through Bowel Management
- (50) Rejuvenating the Body
- (77) Helping the Host Resistance Naturally
- (82) Living the No-Cancer Life
- (137) The Fountain of Youth in You
- (140) The Fibers of Life that Bring Us Health

William D. Kelley, D.D.S.

- (21) Individualized Metabolic Nutrition

John R. Lee, M.D.

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

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

- (11) Nutrition Related to Individual Body Needs
- (15) Personal Responsibility & Attitude
- (28) Individualized Nutrition for the Cancer Patient
- (42) Enzymes: Life's Miracle Workers
- (52) The Art of Patient Management

(68) Immunity & Host Resistance

- (87) Future Directions of Cancer Therapy
- (94) Individualized Metabolic Programs to Improve Host Resistance
- (115) Civilized Suicide
- (128) Biochemical Individuality and Biological Repair,
- (138) Pro Life - Yours!

Ruth Sackman, President of FACT

- (10) Alternative Cancer Therapies
- (19) Symptoms Associated With the Restoration of Health
- (29) Cancer Causes & Prevention
- (30) The Complexities of Cancer
- (39) How to Evaluate the Alternative Cancer Therapies
- (60) Deciphering the Proliferation of Cancer Therapies
- (70) How to Evaluate the Information at the Convention
- (88) Making Sense Out of the Confusion Surrounding Cancer Information
- (95) Biologically Safe Programs for Rebuilding Host Resistance
- (100) How Misinformation is Hazardous to Your Health,
- (129) Concept of Biological Healing
- (130) Answering Questions for Hy Radin
- (135) Causes of Cancer and Balancing Body Chemistry
- (136) What Are Your Choices?

William F. Welles, D.C.

- (134) Colon Health to Improve Host Resistance

John Yiamouyiannis, Ph.D.

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

Recovered Cancer Patients, Personal Case Histories

- (6) Michael Whitehill (Thymoma)
- (80) Betty Fowler (Skin Cancer)
- (20) Doris Sokosh (Breast Cancer)
- (16) Pat Judson (Colon Cancer)
- (41) Richard Mott (Lung Cancer)
- (43) Kay Windes (Breast Cancer)
- (58) Walter Carter (Pancreatic Cancer)
- (97) Louise Greenfield (Breast Cancer)
- (98) June McKie (Lymphosarcoma)
- (99) Bernard Nevens (Colon Cancer)
- (108) Kay Windes (Breast Cancer)
- (112) Louise Greenfield (Breast Cancer)
- (116) Betty Fowler (Skin Cancer)
- (119) Bernard Nevins (Colon Cancer)
- (125) Louise Greenfield (Breast Cancer)
- (127) Doris Sokosh (Breast Cancer)
- (132) Pat Judson (Colon Cancer)
- (139) Lou Dina (Lymphoma) & Hy Radin (Spinal Cancer)
- (142) Betty Fowler (Skin Cancer), Health Excel Program

Panels of Recovered Cancer Patients

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

Please Order Tapes by Number

BOOKS

Add \$1.50 for postage and handling on all book orders. Make checks payable to FACT, Ltd. and mail to FACT, Ltd., Box 1242, N.Y.C. 10113. Add \$2.50 for first-class postage.

- Bieler, Dr. Henry: *Food Is Your Best Medicine* (\$4.95)
Brandt, Johanna: *Grape Cure* (\$3.25)
Flatto, Dr. Edwin: *Dr. Flatto's Encyclopedia of Therapeutic Exercise* (\$8.95)
Gerson, Dr. Max: *A Cancer Therapy, Results of Fifty Cases* (\$14.95)
Greenfield, Louise: *Cancer Overcome by Diet* (\$7.95)
Harris, Ben Charles: *Compleat Herbal* (\$2.95)
Haight, S.J.: *Censured for Curing Cancer - American Experience of Dr. Max Gerson* (\$6.95)
Hay, Dr. William Howard: *How To Always Be Well* (\$6.95)
Heede, Dr. Karl O.: *Sure Ways to Health and Joy of Life (Waerland Dietary System)* (\$1.00)
Heritage Press: *Composition and Facts About Foods* (\$8.00)
Howell, Dr. Edward: *Enzyme Nutrition* (\$8.95)
Hume, E. Douglas: *Bechamp Or Pasteur?* (\$15.00)
Hunsberger, Eydie Mae: *Eydie Mae's Natural Recipes* (\$5.95)
Jensen, Dr. Bernard: *Arthritis, Rheumatism and Osteoporosis, an Effective Program for Correction through Nutrition* (\$5.95)
Jensen, Dr. Bernard: *Beyond Basic Health* (\$11.95)
Jensen, Dr. Bernard: *Blending Magic* (\$4.95)
Jensen, Dr. Bernard: *Creating a Magic Kitchen* (\$2.50)
Jensen, Dr. Bernard: *Doctor/Patient Handbook* (\$5.95)
Jensen, Dr. Bernard: *Food Healing for Man* (\$14.95)
Jensen, Dr. Bernard: *Foods That Heal* (\$9.95)
Jensen, Dr. Bernard: *The Greatest Story Ever Told* (\$7.95)
Jensen, Dr. Bernard: *The Healing Power of Chlorophyll* (\$3.95)
Jensen, Dr. Bernard: *Herbal Handbook* (\$4.95)
Jensen, Dr. Bernard: *A Hunza Trip and Wheel of Health* (\$7.95)
Jensen, Dr. Bernard: *Nature Has a Remedy* (\$11.95)
Jensen, Dr. Bernard: *A New Lifestyle for Health & Happiness* (\$3.95)
Jensen, Dr. Bernard: *Rejuvenation & Regeneration* (\$4.95)
Jensen, Dr. Bernard: *Seeds and Sprouts for Life* (\$2.95)
Jensen, Dr. Bernard: *Slanting Board* (\$2.75)
Jensen, Dr. Bernard: *Tissue Cleansing Through Bowel Management* (\$6.95)
Jensen, Dr. Bernard: *Vibrant Health From Your Kitchen* (\$16.95)
Jensen, Dr. Bernard: *Vital Foods for Total Health* (\$7.95)
Jensen, Dr. Bernard: *What Is Iridology?* (\$5.95)
Kime, Dr. Zane: *Sunlight Could Save Your Life* (\$12.95)
Lane, Dr. Sir W. Arbuthnot: *The Prevention of the Diseases Peculiar to Civilization* (\$2.00)
Lauritsen, John: *Poison By Prescription: The AZT Story* (\$12.00)
Meyerowitz, Steve: *Fasting* (\$7.95)
Nolfi, Dr. Kristine: *My Experience with Living Food* (\$3.00)
Owen, Bob: *Roger's Recovery from AIDS* (\$10.00)
Ramos, Dr. Federico O.: *Treatment of Cancer By Means of Cell Therapy* (\$1.00)
Richards, Evan: *Raw Cultured Vegetables* (\$3.50)
Rogers, Dr. Sherry A.: *Tired Or Toxic?* (\$17.95)
Shelton, Dr. Herbert: *Food Combining* (\$3.95)
Stickle, Robert W.: *A Rational Concept of Cancer* (\$3.50)
Stickle, Robert W.: *One Man's Fight to Control Malignancy* (\$3.50)
Tilden, Dr. John H.: *What is Toxemia?* (\$3.50)
Waerland, Are: *Health Is Your Birthright* (\$3.00)
Waerland, Ebba: *Cancer, Disease of Civilization* (\$1.50)
Walker, Dr. N.W.: *Becoming Younger* (\$4.95)
Walker, Dr. N.W.: *Colon Health* (\$4.95)
Walker, Dr. N.W.: *Diet and Salad Suggestions* (\$4.95)
Walker, Dr. N.W.: *Fresh Vegetables and Fruit Juices* (\$5.95)
Walker, Dr. N.W.: *Vibrant Health* (\$4.95)
Walker, Dr. N.W.: *Water Can Undermine Your Health* (\$4.95)
Walker, Dr. N.W.: *Your Fountain of Health* (\$9.95)
Wigmore, Dr. Ann: *Be Your Own Doctor* (\$3.95)
Wigmore, Dr. Ann: *Recipes for Life* (\$8.95)
Yiamouyiannis, Dr. John: *Fluoride, The Aging Factor* (\$7.95)

Information Packet (\$5.00 includes 1st class postage)
Cancer Forum (official publication of Foundation for Advancement in Cancer Therapy) 20 back issues (\$10.00)

FACT is a non-profit organization.
All proceeds from book sales are used by the Foundation for Advancement in Cancer Therapy for your benefit.

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

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

ADDRESS CORRECTION REQUESTED

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

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

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

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

(please check amount)

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

Please make checks payable to **FACT**

Name _____ Telephone _____

Address _____ Apt. # _____

City _____ Zip _____

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

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