

CANCER FORUM

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

CARROT SLAW GALORE! (from the kitchen of Consuelo Reyes)

Here is a dish heaven-sent for the 90's—and not a moment too soon! Impeccably "good for you," it is delicious and fun to eat (even for those of the so-called "normal" American diet persuasion). Quick, easy and inexpensive to put together, it is pleasant to look at (especially if done up for a special occasion at which it is, invariably, the big hit). And it goes well with just about anything and any season!

The key to a good "slaw" is carrots that are crunchy, yet finely grated. Unfortunately, many food processors and other grating instruments produce mushy carrot slaw. I have had terrific results with a simple device made by Saladmaster *, which, with the finest of its several blade attachments, churns out delicate spaghetti-like strands with plenty of life left in for crunching.

Basic Recipe (makes 4-5 servings):

1 lb. organic carrots

1/2 cup coarsely chopped raw walnuts or pecans

1/2 cup raisins

1/2 to 3/4 cup of Seven Stars Farms brand (Kimberton, PA)

vanilla whole yogurt or any whole yogurt with just vanilla and maple syrup added.

Grate the carrots. Put in a large bowl and add all other ingredients. Mix well. Serve immediately for maximum value and taste.

For guests or any fancy occasion here's just one way you might dress things up:

1. Line a glass bowl with large lettuce leaves (romaine is nice).
2. Fill up with carrot salad, then pull up the leaves so that they flop up over the top a bit.
3. Sprinkle the top with finely chopped parsley and decorate with slices of red peppers, broccoli flowerettes or whatever. Place large serving spoon or ladle across.

This looks so professional that people, including you, may not believe you did it. Rest assured, you did!

* See Inside Cover

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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*The Saladmaster is available from Saladmaster Homecraft, PO Box 64, Neptune, NJ 07753. Tel.: 908-774-8092. The company has offered to give a substantial discount to *Cancer Forum* readers interested in purchasing the equipment. Just be sure to mention FACT when calling.

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Dear Reader,

An area too often neglected in attempting to restore a person's health is the mind/body connection. It isn't a new concept. Freud wrote about it and so did many other professionals working and researching in the psychological field. Even so, it is far too often relegated to peripheral status in the healing process and thus needs to be given prime standing.

There are some health problems which cannot be corrected until attention is paid to how the body affects the mind and the mind affects the body. Mind and body make the whole person. If mental stress is the cause, then dealing with it has to be part of the cure.

Hans Selye, M.D., author of many books on stress, including the classics, *The Stress of Life* and *Stress Without Distress*, and Professor and Director of the Institute of Experimental Medicine and Surgery at the University of Montreal, was himself diagnosed with a cancer that had a fairly short-term prognosis. He adjusted his lifestyle, corrected his attitude, removed the stress factors and survived at least 10 years until he succumbed from a heart attack on October 16, 1982 at the age of 75.

Another case history involving cancer and stress is documented in the book, *The Road Back to Health - Coping With the Emotional Side of Cancer* by Neil A. Fiore, Ph.D., a psychotherapist. Having determined that his cancer was caused by stress, he made the necessary corrections and became a survivor.

This issue of *Cancer Forum* focuses on the importance of the mind/body connection in healing. In the lead article Dr. Richard Ribner, M.D., psychiatrist and metabolic physician, discusses the need to detoxify our thinking and offers practical suggestions for positive change. Lou Dina, recounting his cancer case history, emphasizes the vital role that dealing with emotional problems played in his recovery. Even the book review on page 13 addresses the topic: *Your Mind Believes Every Word You Say* by Barbara Levine is a self-help book with simple, but practical experiences to guide a person along a logical, positive pathway.

I hope this edition of *Cancer Forum* will add to the readers' knowledge and understanding of the interaction between the mind and body and that every effort will be made to embrace a total approach to healing.

Yours for a healthy 1993!

Ruth Sackman

HEAL YOUR MIND/HEAL YOUR BODY

BY RICHARD RIBNER, M.D.

The following was transcribed from a talk given at the 1992 Annual FACT Cancer/Nutrition Convention . Dr. Ribner is a psychiatrist and metabolic physician.

I'm going to start with a little story. About twenty-five hundred years ago in Greece, Plato, a Greek philosopher, was also a prolific writer. In one of his books, *Charmides*, he tells this little tale. Charmides, a young man, comes to Socrates, suffering from a headache. He asks Socrates if can he help him. Socrates says yes and then, being a talker, Socrates goes into the state of medicine in those days. He tells him this story before he offers him treatment:

"You may have heard eminent physicians say to patients who come to them with bad eyes, that they cannot cure the eyes without curing the head and that it would be ridiculous to try to cure the head without curing the body. Arguing this way, they end up by treating the body and the specific complaint of the patient. Did you ever observe that this is what physicians say?"

Charmides answers, "Yes."

Socrates continues: "The physicians are quite right as far as they go—that as you ought not to attempt to cure the eyes without curing the head, nor to cure the head without curing the body, you should not try to cure the body without trying

to cure the soul and the mind. This is the reason why the cure of many diseases is unknown to many physicians of Hellas, because they are ignorant of the whole, which ought to be studied also, for a part can never be well unless the whole is well. Let no one persuade you to cure the head until he has first given you his soul to be cured...For this is the great error of our day in the treatment of the human body: that physicians separate the soul from the body."

Which brings me to the topic of my speech, "Heal Your Mind/Heal Your Body." In holistic healing, a most important concept is that of detoxification, cleansing, getting rid of accumulations of toxic substances in the body. As planetary people, we are also interested in detoxification of our food, our water, the air and our earth. In detoxifying the body we may focus on different systems. We may focus on the liver-gall bladder flush, the urinary system, the skin, and most importantly,

the colon—proverbial colon cleansing, the major concern in detoxifying the body.

But now I'm going to focus on another system—the detoxification of our thinking, the cleansing and maintenance of our thinking, and in turn the components of being. It's an accepted fact that the way a person thinks has a strong effect on the physical structure and functioning of the body.



There is a strong correlation between thinking and the state of health.

The old adage is true that “as man thinketh, so is he.” Thinking is the most important function of the body. Our lives, our affairs are influenced and shaped by our thinking and by our dominant state of mind. As Shakespeare says through one of his characters, “The fault, dear Brutus, is not in the stars, but in ourselves.”

I propose to go about this by quoting different authorities in the field of new thought. I start with Ervin Seale. Ervin Seale was a noted lecturer in the Science of Mind movement in the 60's and 70's. In his book, *Take Off From Within*, he stresses the Great Mind Principle: we are sovereign of our thinking. We control what our mind thinks. We are absolute rulers.

Some people think that being possessed by any thought that comes along is inevitable. But that isn't true. We are in charge and can expel an intruding and obnoxious thought. If someone addresses us in an unkind manner, we don't have to react. We don't have to let another person's ill manners affect our thinking or our feeling. If someone were to call us “bad,” his calling us bad doesn't make us bad. Just because he says so, doesn't make it so. We are the ruler of our feeling and our thinking. So don't let the insult register; let it pass by. The Great Mind Principle: I don't let someone else control my thinking, nor my feeling.

I remember when we were children, we used to say, “Sticks and stones can break my bones, but names can never harm me.” There's a lot of psychiatric truth in that.

When President Coolidge was Speaker of the House in Massachusetts, two senators got into a heated argument. One senator told the other senator, “Go to the hot place.” The offended senator appealed to Coolidge, “He told me to go to Hell!” Coolidge thought for a little while and said, “But you don't have to go.”

The mind that adheres to the Great Mind Principle strives to be in the present. It doesn't

wallow in the regretted past nor in the uncertain, fearful future. Be in the Here and Now. The Great Mind Principle curbs the tendency to repeat bad luck, to wallow in illness or criticism. It minimizes the tendency to condemn, to resent and to gossip. Our thinking is maintained in consciousness of health, of understanding and joy. We harness the mind in the yoke of health. Seale says, don't try to understand it, just do it. Be in the consciousness of health.

When faced with a hurdle or a problem, a cool, objective evaluation of the situation is intelligent and necessary. But running the mental movie over and over again is anxiety-provoking. Going on and on about an illness or disability is counterproductive. When we keep repeating something, it reinforces what we are talking about.

When a negativity is directed our way, step aside. Don't let the poisonous barb hit the target. The poisonous barb is not just a verbal insult: it is toxicity that comes from the radio, from television, stage plays, movies, and most importantly, the news.

Beware of the news, especially the news on television where it is repeated over and over again. It's important that we be aware of what's going on, but we don't have to let this be hammered into our consciousness. Let's minimize our exposure to toxicity, minimize our exposure to degradation, negativity and violence. Another thing that we must be careful of is advertising. They stress negativity—illness, upset stomach, insomnia, etc. We don't need that.

Wilfred Peterson, the author of *The Art of Creative Thinking*, states that what we consider new thought really goes back to ancient times. It has its roots in the great minds of thinkers. Twenty five hundred years ago there was another Greek, Pythagoras. **He said that hate and fear breed a poison in the blood which if continued affects the eyes, the ears, the nose and the organs of digestion.** Therefore, it's wise not to hear, nor remember what other people say about us.

It's very easy to tell someone, don't hate,

don't resent, don't be critical, contemptuous or condescending. But how do we overcome these negative thoughts and feelings, especially when we think we are justified in our feelings? "You know what she said about me?" "You know what he did after all I've done for him?" "Look at them, they think they own the world!" "They're all crooks, connivers." "Mr. So-and-So really cheated me." How do we overcome all this?

Wilfred Peterson says we overcome negative thoughts "by recognizing our own lack of development, our own lack of evolution, our lack of being centered in our higher self." The more of these negatives we harbor—negative emotions, negative thoughts—the more limited we are. Sometime soon let's sit down with a pencil and a piece of paper. Let's make a list of what bothers us, whom we dislike, whom we even hate. List all the people, organizations that are crooked, connivers, religions and colors that are offensive to us, our abhorance of the drug users, the alcoholics, the gays, those who differ with us on the abortion question and any other things that bother us. If we have a long list, we have a lot of work to do; not to change the externals, but to change ourselves; not to justify our feelings, but to try to overcome them.

I'd like to emphasize this next statement because the first time I read it, it was difficult for me to understand. Mr. Peterson says, "We do not see people and things as we see them. What we see is our own conception of them." Which means that if beauty is in the eye of the beholder, ugly is in the eye of the beholder, hate is in the eye of the beholder.

We have a perfect right to disagree and to exert our energies to establish what we think is correct and to eliminate what we think is incorrect, but the negative emotions and feelings that we have about those with whom we disagree is poisoning. Remember what Pythagoras said: "Hate and fear breed a poison in the blood which

if continued affects the eyes, the ears, the nose and the organs of digestion."

Another giant in the new thought movement is Charles Fillmore. He repeats this phrase frequently, "Cleanse, cleanse your mind."

He states that healing is based on mental cleansing and detoxification. We must free the mind from erroneous thinking and the first step is to spot, become aware of our thoughts, so that we can start eliminating erroneous thinking. For example, when the skies are overcast and it's raining, how many times do we repeat

or hear repeated, "It's an awful day, a horrible day?" There are two errors here: first is the error of repetition; the second, a rainy day is not necessarily a horrible day. It can be a beautiful day if creatively used. In addition, after a drought for some farmers or the people in the Negev or the Sahara Desert it could be a wonderful, a beautiful day.

Why is the repetition of this negative interpretation of the weather an error? Charles Fillmore said, as does every other leader of new thought: Thoughts and words have power. The words we utter with conviction have power, power to influence the cells that make up our body. Billions and billions of cells take up the thought that we are expressing. When we keep saying, "It's a horrible day, horrible day," the cells pick that up: a consciousness of horrible, a consciousness of awful. Similarly, if we keep repeating, "I'm so depressed, I'm so depressed," the cells take that up and the depression may very well be intensified. When we complain that arthritis is killing us, the cells take up the consciousness of arthritic pain and the pain is intensified. In addition, we are surrounded by a universal creative power. This universal creative power acts on the words we utter. When we say, "It is a terrible day," this goes out into the universal creative power where it is reinforced and it may very well be that we do have a horrible day. Similarly, when we keep repeating any negatives, these may be intensified.

Universal creative power acts on what we

say, what we think, and as Fillmore says, "Yes, absolutely, we get what we talk about." Fillmore, Ernest Holmes and other leaders proposed this idea at the beginning of the century. Now the scientific world also says that the universe is a mass of energy. The body is energy. We are in a sea of energy surrounded by universal energy. There's a law of energy such that when a certain vibration is manifested, it is met by a similar vibration so that the initial vibration is reinforced. When we make a statement that goes out in the universal energy, that statement is reinforced because it is matched by a like vibration. Whatever we put out into the universe in thought or in words, will be reflected back to us. "As you sow, so shall you reap." When I was a child, if I came down to the kitchen with a sad face, my mother looked at me and said, "Oh, we got a sour face again." I had to recite: "The world is like a mirror, reflecting what you do and if you face it smiling, it smiles right back at you." What we put out into the universal energy, we get back. We attract into our lives what we think about the most, what we believe in most strongly, what we expect at the deepest levels and imagine most vividly.

Some other examples of erroneous thinking are these negative bromides that we tend to repeat: "If something bad has to happen, it happens to me." "Bad luck comes in threes." "Don't run, you'll fall." That's not true, because millions of people run and they don't fall. "Sit in a draft and you'll catch a cold." For years I believed that and I caught colds. I

no longer believe that; I no longer catch colds. "A broken mirror means seven years bad luck." (I even hate to repeat these negatives.) "Walk under a ladder, bad luck." Phrases like, "I'll be damned," "knock me over," "I'm a mess," "It has to get worse before it gets better," "I'm so stupid when it comes to...computers or mechanical things... (Fill in the blank), "It breaks my heart," "It knocks me over," "I'm afraid I can't" (why be afraid? Either you can or you can't), etc.,

etc. We can make our own list. Remember, the universal creative intelligence doesn't have a sense of humor; it will act on what we say.

We have to spot these bromides and eliminate them. The way we eliminate negatives is by positive affirmations. Affirmations are of the utmost importance in cleansing the mind, in neutralizing negative thoughts, in correcting erroneous thinking. To affirm means to make a statement in a strong, positive manner, alleging that something is already so. It's a strong statement, alleging—to allege something it's as if you are under oath—we are alleging that something is already so. We can affirm silently or aloud; we can write affirmations; we can sing them. But remember, an affirmation has to be a positive statement. We can make affirmations during a regular practice period, or whenever our mind isn't occupied constructively: waiting for the elevator, in the bus, jogging, or doing the Stairmaster. Put the mind on positive affirmations to antidote any negative thinking.

It is important to counter negative thinking, foggy thinking, to counter the worn-out negative mind chatter that keeps going on. Ervin Seale says that the mind is like a little monkey, always running around, always picking up dirt.

Here are some examples of affirmations. (But you can make your own affirmations.) A very simple one, "Everyday, in every way, things

get better and better and better." "I'm a radiant being, filled with light, I'm naturally enlightened." "I have everything I need." These are general.

Now I'd like to go to some specific ones.

For fear, to negate fear: "I am safe wherever I go, I'm protected and guided." "Nothing but good can come into my life." "I'm surrounded by universal love." If you experience lack: "Everything I really need, I have." We also want to get the mind to work with the body, so for illness we tell ourselves: "This body is perfect, it's functioning perfectly." "Every cell in this body is functioning perfectly, working in unison."

"Every time I breathe in, I'm breathing in health." "When I breathe out, I get rid of the poisons, the toxicities." "Every organ and cell is functioning in perfect harmony." "I'm healthy, wise and whole." "My body is detoxing, getting rid of poisons." "My body is healthy."

For those of us who are skeptical, that's wise. A person should be skeptical. But the only way we'll ever know if these affirmations work, is to try them. For indecision (this really applies to me, especially in trying to make up my own mind): "I know that everything I need to know is supplied to me. I am guided and led to do the right thing." "All is well in my life; nothing but good comes into my life." "I'm healthy, I'm wise, I'm in love, I'm love, I'm life."

We must be very careful as to what issues from our mouths. I'm Jewish and was brought up in an orthodox home. We were told we had to be very careful what goes into our mouths. Now, conversely, I'm learning that we have to be very careful what comes *out of our mouths*. For those of us who remember the Broadway musical, *Fiddler On the Roof*, Golda was always aware that something that may have been uttered may be negatively interpreted and she tried to cancel it out so that the universal creative power would not act on words that might be construed negatively.

In the 1940's a noted speaker for new thought was Emmet Fox. He wrote a popular booklet called *Mental Equivalence*. Mental equivalence means, whatever we are holding in our mind, we experience the equivalent in life. So if we desire love in our life, we must be loving. Our mind must be filled with loving thoughts. It becomes an attracting beacon that will bring circumstances of love into our experience. We will then experience the equivalent of love. We can substitute other words....health, wealth, companionship, etc. for love. Whatever experience we desire to have in our life, we must have

in our inner life. Repeat with affirmation, say it with conviction. The mental equivalent always manifests itself as a life experience.

Some years ago there was a popular refrain to a song, "You got to accentuate the positive, eliminate the negative, latch on to the affirmative and don't mess with mister in between." But that idea was not original, because way back in 30 B.C., approximately two thousand years ago, Marcus Aurelius Antonius, the Roman Emperor, said, "When you wake up in the morning, think

of what a precious privilege it is to be alive, to breathe, to think, to enjoy. Therefore, it is not wise to hear and remember the unkind things that others may say about you."

In the October 4, 1992 issue of the *New York Times*

I think there was a major breakthrough. The *New York Times* had a special section titled, "The Good Health Magazine." The lead article was, "The Mainstreaming of Alternative Medicine." To me it was a major breakthrough, the fact that the *New York Times* recognized alternative medicine and that it reported that there may be some benefit to alternative medicine. The article talked about a 43-year-old woman with lymphocytic leukemia, who had been increasingly debilitated and depressed in spite of all the medications she was being given. She was referred to the Department of Medicine at the University of Massachusetts to enroll in a program of meditation and affirmations. The article goes on to report that the woman started to feel better, was able to cut down on Naprosyn, an anti-inflammatory medication, and to discontinue taking Atavan.

Dr. Jon Kabat-Zinn, a Professor of Medicine at the University of Massachusetts Medical Center, teaches meditation and affirmations. I don't know if you realize how marvelous this is that these establishment hospitals are accepting and utilizing these forms of treatment. He has treated thousands of patients referred to him by physicians all over the country. He has been having success in cases of AIDS, muscular dystrophy,

hypertension, back pain, anxiety disorders, etc. John Zawacki, a gastroenterologist at the University says, "They're having significant results with the toughest patients, with those that the system is not helping."

The Harvard-affiliated Mind/Body Institute in Boston also uses meditation and affirmations to achieve the proved responses. The Institute offers programs for cardiac patients, infertility, insomnia, chronic pain, AIDS and cancer. The Institute has published results of their studies in various establishment journals showing that the alternative treatments have enhanced results.

Dr. Dean Ornish, Director of the Preventive Medicine Research Institute in Sausalito, California had the results of a study published in the prestigious journal *Lancet* showing that affirmations and meditations along with a low-fat diet can reverse coronary heart disease with actual reduction of the plaques in the arteries. So I do really believe that the Messiah is coming!

In the October 1992 issue of *Unity* there's a short article by Kay Douglas Bottoroff, the author of the book *Practical Guide to Meditation*. He says that a very effective healing activity is to relax the mind. A tense mind basking in negativity and playing host to mental hoodlums produces a tense body. We have the power to clear away every mental and physical restriction. We can choose at any moment to experience peace and calm.

So, for those of you who are interested, if you will, I'd like to go through an exercise showing that you can, you do have the power to relax your mind. If you will, get yourself into a comfortable position, become aware of your breathing. If you wish to keep your eyes open, that's fine.

Or, you can close your eyes. As you breathe normally, be aware of your breathing and visualize "R-E-L-A-X" on a 3" x 5" card, as if it were typed in capital letters "RELAX."

Become aware of this word "relax" and feel the process of relaxation. Visualize your forehead, let your forehead relax. Visualize your eyebrows, let them relax. Send a message of relaxation to your brain: "relax."

Relax the back of your neck. Visualize your shoulders, relax your shoulders, your arms, your forearms right to the tips of your fingers. Send messages of relaxation to your chest, your abdomen, hips, thighs, legs, right to the tips of your toes. Just imagine that each time you breathe in, you're breathing in this wonderful prana, the universal energy.

When you breathe in this universal energy, it circulates throughout the body, balancing every cell in the body, every cell working in unison and perfect harmony. When you breathe out, you're breathing out the waste material, the toxicities. Hold on to being balanced, being centered, knowing I'm a healthy, intelligent, relaxed mature adult. I'm able to cope with any situation,

any difficulty in a healthy, intelligent, relaxed way. Each day that goes by, I'm developing this ability, knowing that I have the strength to deal with any problem in a healthy, intelligent, relaxed manner. I'm surrounded by a wonderful aura which leads me and guides me. No matter where I go, I'm being protected, I'm being led to do the right thing.

Now, holding on to this good feeling, feel yourselves being energized so that when you open your eyes, you're refreshed, invigorated, and feel good.

Bless you all and thank you. *

A CANCER CASE HISTORY

By Lou Dina

In 1978 I was diagnosed with a malignant form of lymphoma. My story began long before 1978, and some of this history is directly related to my contracting cancer. As a child I constantly had throat problems. My resistance was poor and I was prone to strep throat, tonsillitis, colds and flu. I was given the standard inoculations as a child and I ate the standard 1950's American "balanced" diet which included lots of dairy, fats, sugars, soft drinks and junk food. In response to my frequent throat infections, my tonsils were removed when I was in the 4th grade.

In the 5th grade I began to have a severe problem with my right elbow joint. It swelled and became quite painful at irregular intervals. This problem would persist for a few weeks at a time and then would depart as mysteriously as it had arrived. Over time, the frequency, duration, and intensity increased to the point where something had to be done. I visited an orthopedic surgeon. X-rays indicated a cyst which was eating out the bone inside the joint of my right elbow. Surgery was performed to scrape out the joint, and bone was grafted from my right hip to fill the hole eaten out by the cyst. This was never diagnosed as a cancer and the problem seemed to go away with the surgery.

My diet remained unchanged and so did my general health. I continued to suffer a high incidence of colds, sore throats and flu. In about 1975 I began to have a similar swelling and soreness in my left wrist. As in the 5th grade, it came and went. I had to wrap it in an ace bandage and could not move my wrist so much as a fraction

of an inch without intense pain. At first, the problem surfaced every 4 months or so and would last a few weeks. When it became worse, I consulted a physician. I was diagnosed as having gout. The "cure" prescribed by my doctor proved to be ineffectual, so I consulted another physician. I told him my history and the gout diagnosis, and he confirmed the diagnosis. His "cure" was similarly ineffective. By sheer coincidence, I met another physician (in 1978), who took one look at my severely distended wrist (the size of a tennis ball), and insisted that I check immediately into the hospital. A biopsy was performed on my wrist, and the diagnosis, confirmed by two independent laboratories, was a malignant form of lymphoma in the bones and lymph system. A second biopsy indicated that I had lymphoma in my lymph nodes in my left armpit. I was subjected to a battery of tests to see if I had cancer in other locations. Dye was injected into the lymph nodes in my feet and pictures taken on a CAT scan. I drank various radioactive concoctions and again had images taken. I had taken so many radioactive isotopes that I was able to pin the needle on a "geiger counter" located in the nuclear medicine waiting room. I was a pretty hot number!

My left wrist bone was almost totally consumed by the cancer and I was unable to move it. It was the consistency of soft mush. I was given a series of radiation treatments to my left wrist and arm. This reduced the mass so that it appeared more normal, but the wrist remained sore and weak. The radiation burned all hair from my arm and caused the skin to dry and crack. This was followed by one treatment of chemotherapy, which consisted of Prednisone, Oncovin, and one or two other chemicals, the names of which I have long forgotten. The chemotherapy produced a three day migraine accompanied by nausea. I was given codeine to help alleviate the pain



in my head and wrist. During treatment I was given minimum feedback or explanation despite my numerous questions and obvious interest in treatment and side effects.

It was at this point in my treatment that I discovered FACT. I consumed books, networked with recovered cancer patients, contacted clinics, obtained literature and attended the annual FACT convention in Detroit. I promptly put all conventional treatment on hold pending further investigation into the alternatives. I was simultaneously encouraged and petrified by my discoveries. My background as an engineer had trained me to investigate symptoms and trace them back to the root cause(s). The alternatives made so much sense to me. On the other hand, I was scared

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of veering from the advice of medical professionals who had had years of scientific and medical training. My life was at stake! This left me in a severe emotional quandary as I sat on the fence and gathered additional information. Nonetheless, I decided to take responsibility for all future decisions as to modes of treatment. It was my body and my life. No longer would I relinquish these decisions to others and blindly follow.

I wrote out a three-page list of questions and made an appointment with my oncologist. I gave him a 90-minute exam and insisted on clear answers to my many questions. He was patient and accommodating. By the end of the interview, I was leaning strongly toward alternative treatments. When I told him this, he became very defensive and upset. He related examples of three or four members of his immediate family who had died of cancer and how he had done everything in his power to save them. He would not consider these “so-called alternatives” which he considered

quackery. His track record (which he claimed was above average), helped me to decide in favor of alternative treatment. Two years after leaving his care and adhering to metabolic therapy, I was offered a promotion by my company on the condition that I obtain a clean bill of health from my original oncologist. I visited him and after a thorough examination, he declared me totally free of cancer. What amazed me was that he never once expressed any curiosity as to how I had done it! Amazing.

I began my metabolic program by following the Kelley plan and followed it to the letter. I consulted him totally via mail, through fluid samples, a massive questionnaire, medical reports, etc. After about 6 months I decided to attend the John Richardson Clinic in Berkeley, California. His program had many elements in common with Kelley's, and I discovered that most of the successful alternatives I had become acquainted with shared many similarities. Let me suggest a few of the common principles which I followed in rebuilding the immune system and in reestablishing the integrity of the body.

1. Whole, natural foods, largely in their raw, organic state, were used abundantly. This included vegetables, fruits, nuts, grains, etc. All additives, preservatives, refined sugar, white flour,

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adulterated meats, soft drinks and junk food were avoided.

2. The body needed cleansing inside and out to assist in the elimination of waste products and toxins. Various methods were used including high enemas, flushes and purges.

3. Liberal quantities of freshly produced carrot juice were consumed. I typically drank 1-2 quarts daily, usually a combination of carrot juice mixed with celery juice. I would often add

other juices such as spinach or beet. This was an important part of the program.

4. Supplements were added to my diet to help correct my specific deficiencies. I took pancreatic enzymes, liver supplements, bone supplements, and numerous others. These supplements must be tailored to the specific needs of each individual patient. The assistance of a knowledgeable professional is indicated. Seek guidance from FACT.

5. A "take charge attitude" helps reduce stress and improve attitude. These factors are

I was scared of veering from the advice of medical professionals who had had years of scientific and medical training.

shown to make a significant difference in a patient's ability to recuperate. Imagery, relaxation, and a positive outlook seem to assist the body in restoring normal functioning of the various glands and organs.

6. Exercise as appropriate for the condition of the patient is important. The goal is to get oxygen and blood pumping to nourish cells and assist in elimination. It is not appropriate for very sick persons to wear themselves out. Moderation is in order.

7. The assistance of a professional health practitioner well versed in biological alternatives is highly recommended. FACT is the best source for guidance in selecting a practitioner. A tested and proven practitioner can keep you on the right track.

8. Stay involved. Hippocrates said, "Physician, heal thyself." It is your body and your life. Your feedback combined with an appropriate practitioner is a good combination.

I'd like to comment on one more piece to the puzzle. I am convinced that emotional problems and severe emotional trauma often play a significant role in causing cancer. I believe this was very true in my case. I have worked very hard to eliminate suppressed anger and resentment from my life. This is why I feel so strongly about

people getting involved in their own treatment. Somehow, when you become actively involved, attitudes change and this affects the body's chemical and electrical processes in a very positive manner.

It was my body and my life. No longer would I relinquish these decisions to others and blindly follow.

I have not had any recurrence of cancer as of this date (Dec. 1992). My wrist bone has grown back completely and functions fairly normally, though it remains somewhat deformed and weak from the devastation wrought by cancer and radiation treatments. Since full recovery, I sometimes stray from my diet and revert to foods and habits that are not conducive to health. When I do not feel well, or if my wrist hurts a lot (sometimes due to weather changes), I clean up my act and go back to a healthier diet and follow the steps outlined above. Of course, the best course is

I am convinced that emotional problems and severe emotional trauma often play a significant role in causing cancer.

to stay on a health-giving diet all the time. I have learned that my body has some inherent weaknesses, and that going back to the standard junk food diet leads to problems. I also find that my health is impaired during periods of severe emotional stress, especially in conjunction with a poor diet.

The good news is that I now have confidence that I can rebuild my body's health, defenses, and immune system, thus going to the source, rather than attacking symptoms. That, in essence, is what FACT is all about. *

LETTERS

Dear Mrs. Sackman,

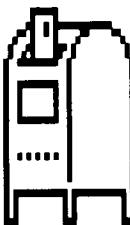
This is just simply to say thank you for the list of alkaline food stuffs that you sent me. I found it to be very useful in my study and research work that I am currently working on.

I feel so grateful to you for what you have contributed wholeheartedly for all cancer victims and your campaigns to prevent such tragedies.

I know that you are well-known and highly respected for your wonderful work.

Once again, I thank you for your kind attention on this matter and would like very much to talk with you from time to time.

Sincerely, Jong H. Ree, O.M.D.



Howdy,

Now that I have a copy of "What is FACT?" I have a fair idea of the direction in which you are heading and I wish to come aboard,

I'm 77 years of age, living in a mobile home (tin box) and can't afford to be one of your higher contribution sources. Count me in for **Cancer Forum** and send me some copies of "What is FACT?"

J.H.

Dear Ruth,

Very happy to receive your **Cancer Forum** this last week. The articles are quite profound, and make you think. Of course, I have been thinking along those lines a good deal in the past, but sometimes it's very difficult to voice what you actually feel deepest.

But I do know that someplace along the line, that we're going to have to have a new approach to the healing art; a new day must come in, a new way must come in. We find out that there's more money made in dying people than anything else, and we've got to stop the dying process. We should be living more and have a good life until we die. I think there's only one way to crowd out the doctors, and that is to all get so well that we don't need them anymore.

Looking forward to spending more time with you.

I remain,

Sincerely, your friend, Dr. Bernard Jensen

Dear Mrs. Sackman,

The **Cancer Forum** is perfect! Vol. 10, No. 11/12 fantastic!

God bless you and your collaborators for your dedicated clear-minded and tenacious work in the realm of non-toxic treatment for cancer!

T.M.

Dear Ruth and Friends,

Thank you for your mailing concerning bills in Congress. I had already written one letter and your mailing prompted another one, which is enclosed in case it's of any interest. I enclosed with my second letters a copy of your mailing, excluding the form letter you sent. These have gone to Senators McCain and DeConcini as well as Rep. Ed Pastor from my district in Arizona.

Thank you and God bless you.

Sincerely, R.

Dear Ruth Sackman,

With the New Year about to begin I want to wish you a very special good year, for your family and, of course, your staff.

I'm glad you print those wonderful letters of appreciation from those you help. I know how they feel, but without talking to you, no one can understand the contribution you make in people's lives.

Since Daisy recommended me to you, my well-being has improved daily.

Affectionately, S.B.

Dear Ruth Sackman,

Thank you for allowing us to class-up our newsletter by reprinting your **Cancer Forum** article "Vegetable Power." It got loads of comments.

Sorry I missed your happening. I was given an immune enhancer and it flattened me. Next time!

Love you!!! Joy Rothenberg,
New York City "HEAL"

BOOK REVIEW

By Ruth Sackman

Your Body Believes Every Word You Say

By Barbara Hoberman Levine

Barbara Levine's book, *Your Body Believes Every Word You Say*, developed out of her own grueling encounter with a huge benign brain tumor. She used the experience of fighting her way back to health as a tool to discover valuable insights into how our thoughts and words play havoc with our health.

Although there have been many books written by professionals on this same subject, this one is different. Perhaps this is due to the author's utter sincerity and commitment to her own evolution which comes through on every page. She does not talk down to the reader because she has been there herself and is really able to connect with those going through the same kind of struggle.

Moreover, the series of exercises, called "experiences,"—ranging from relaxation to visualization to examination of deeply-held beliefs—which she developed in the course of her journey of self-healing, make this really a workbook and present the reader with an opportunity to make concrete change. Written for the lay or professional person, working alone, or with a therapist or a group, the book also makes fascinating reading for anyone struggling with a health problem or just wanting to improve their well-being so as to function at their optimum level of health.

The basic concept is that the words and images we use every day have a powerful—positive or negative—effect on our physical well-being. By becoming more aware of our language, we have the ability to alter the course of illness and dysfunction. A simple example: a person who habitually says or thinks, "I've got the weight of the world on my shoulders!" may very likely develop chronic pain in the shoulders and upper body. Reprogramming the underlying belief to "I do the best I can; I cannot take responsibility for the whole world," sends a message of calm

that will do much to relax the bodily tension causing the pain.

There are many variations and subtleties on this theme. For instance, the words that others use with us can have devastating effects on our health if we are not vigilant. Levine gives the example of a woman who went to a therapist because she was overweight, but avoided any effort to slim down. It came to light that she equated being thin with being sexually attractive: as a young girl she had been molested by an uncle who told her he couldn't resist her because she had such a lovely body. Her mind associated being thin with being sexually vulnerable and, therefore, unconsciously, she felt more secure with an unattractive figure.

Your Body Believes Every Word You Say fills a real vacuum in the body/mind literature. This book encourages and maintains such a positive approach that I hesitate adding a negative note, but my knowledge and experience lead me to question some of the resources that Levine has included in the appendix. I suggest that readers, as wise medical consumers, handle these with care. Even the author doesn't endorse the entire list, but advises that one do his/her own investigation and evaluation.

(*This book is available on the FACT Book List, page 15, for \$11.95*)

* * * * *

"Adrenal exhaustion could be caused by emotional tension, such as frustration or suppressed rage...the negative effects of the negative emotions on body chemistry. The inevitable question arose in my mind: what about the positive emotions? If negative emotions produce negative chemical changes in the body, wouldn't the positive emotions produce positive chemical changes? Is it possible that love, hope, faith, laughter, confidence and the will to live have therapeutic value? Do chemical changes occur only on the downside?"

—Norman Cousins, *Anatomy of an Illness*

* * * * *

Whoever wants to reach a distant goal must take many small steps.

—Helmut Schmidt

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- (132) Pat Judson (Colon Cancer)
- (139) Lou Dina (Lymphoma) & Hy Radin (Spinal Cancer)
- (142) Betty Fowler (Skin Cancer), Health Excel Program

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