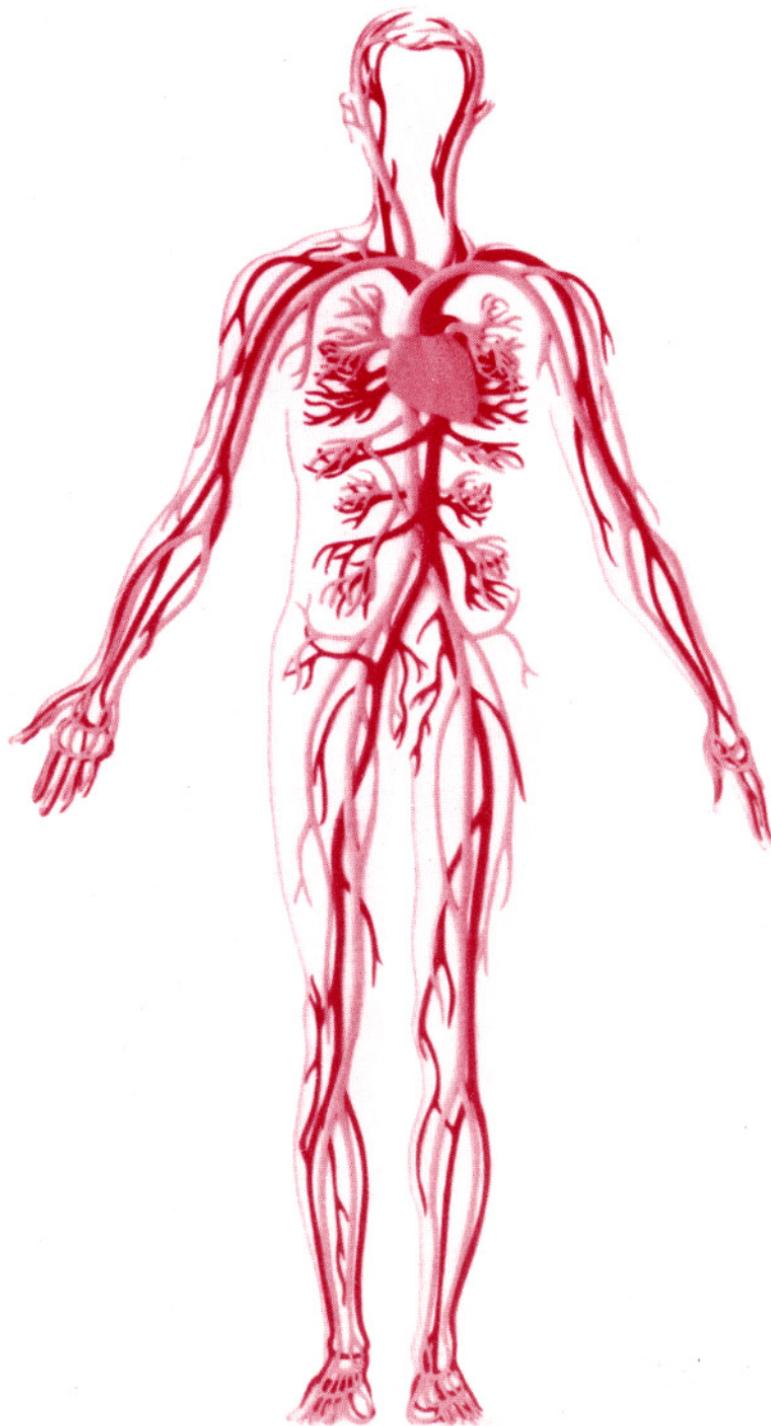


CANCER FORUM

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



Cover by Ellen Rixford

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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HEADLINE: BREAST CANCER TRIAL DRUG LINKED TO UTERINE CANCER

Tamoxifen, a synthetic hormone-inhibitor approved by the Food and Drug Administration (FDA), has demonstrated a *rise* in deaths from uterine cancer in women, as well as an increased risk of liver cancer in rats. In spite of this evidence the National Cancer Institute (NCI) says it will continue current trials which are testing the drug's value as a cancer preventative!

The prevention trials, which began in 1992, seek to involve a total of 16,000 healthy 35-year-and-older women (current enrollment: 10,600) in a 5-year study at 270 medical centers nationwide. Since enrollment began, the 10,600 women signed consent forms that did not include the evidence of increased uterine cancer risk. Rather than halt the study because of potential harm to so many healthy individuals, researchers have provided revised consent forms reflecting the new negative information. Only half of the women have been receiving tamoxifen; the rest, placebos. Unfortunately, the new consent form cannot eradicate the two years of tamoxifen which might not have been acceptable to patients had they been aware of the uterine cancer hazard.

Dr. Lora Weiselberg, an oncologist at North Shore University Hospital in Manhasset, who supervises the Long Island prevention trial, said she still encourages women to enroll in the research. Dr. Barnett Kramer of NCI said that news of the deaths due to uterine cancer does not indicate greater risk than previously thought.

These conclusions are not held by other authorities. Many of them are adamant that the studies should be discontinued. Andy Pearson, program coordinator for the National Women's Health Network, a Washington based advocacy group, said, "They should stop this trial. We've had serious questions about this trial for a long time...This has gone too far."

Adding more fuel to a potential inferno, Zeneca Pharmaceuticals, manufacturer of tamoxifen, has recently revealed results of a 2-year study showing that tamoxifen *causes liver cancer in rats*. According to Dr. John Topham, a company toxicologist, it does so not just when given in huge amounts, but *at doses that overlap those found in some women taking the drug*.

It would seem to defy logic and decency for NCI to continue the current study in the face of such evidence! Yet thousands of healthy human "guinea pigs" continue to take tamoxifen each day in hopes that the risk/benefit ratio will work in their favor. While to many this is just the nature of scientific research, to others it's looking more and more like a variation on Russian Roulette.

Let the consumer beware!

The feature article of this issue of Cancer Forum is the concluding half of a talk I gave at the FACT Annual Cancer/Nutrition Convention held in Elizabeth, New Jersey, on October 8, 9, 1993. The first part of the transcript appeared in the last issue of Cancer Forum.

For those who did not receive the previous issue, I feel it is paramount to emphasize that the point of this talk was to present a **different concept of cancer** than what is ordinarily thought of as alternative cancer therapy.

Unfortunately, due to the deluge of information available now via books, radio, TV, etc., the popular impression has evolved that "alternative therapies" are all based on the same concept. I would like to clarify FACT's policy. FACT supports only non-toxic, biologically-sound systems and emphasizes host restoration over tumor reduction. Tumor reduction without host repair is usually only temporary, whether alternative or conventional techniques are used. It is on the basis of this policy that the evaluations and comments in the talk are made. As I mentioned at the beginning of the first half, the transcript has been minimally edited.

Such alternative modalities as Cancell, shark cartilage, 714X, hydrazine sulfate etc. may, indeed, be "alternatives" in the sense that they are not accepted by the mainstream. But in concept they are often similar to conventional medicine, i.e., they focus on tumor reduction and some can be harmful to the body. **Harmful substances would violate FACT's non-toxic policy.**

In the view of this organization, an effective alternative cancer therapy, in addition to being non-toxic to the body, must focus on correcting the cause of the overproduction of abnormal cells that has resulted in a symptom such as the tumor or abnormal blood picture. In FACT's 23 years of experience with thousands of patients, systems that follow these guidelines have been helpful in bringing a cancer situation under control to the point of long-term well-being. From a logical

standpoint this should not be surprising when the breakdown in body chemistry is addressed rather than just the alleviation of symptoms and when the treatment is directed toward enhancing the body's natural healing abilities. Preserving the integrity of the body by using safe techniques should be stressed in order to reach the goal of restoring host resistance.

In the first half of my talk I discussed various alternatives which do not adhere to FACT's concept of cancer treatment, although positive information about them may be widespread as possible answers to cancer. I explained how treatments, such as hydrazine sulfate, basically are similar to conventional chemotherapy in that they focus

on destroying cancer cells by depriving them of an essential nutrient, simultaneously depriving normal cells of the same essential nutrient. Moreover, because the end goal of such therapies is

the killing of cancer cells without attention to rebalancing body chemistry, too many of these tumors recur.

FACT's alternative concept of cancer treatment is presented here for your information in evaluating the myriad of cancer therapies available today. I feel an obligation to present my experiences, observations and conclusions acquired in my unique position as president of FACT in the hope that they will help those seeking an alternative therapy to evaluate the many systems competently enough to select their best resource.

Let's talk about ozone therapy. The whole concept of bringing more oxygen into the cells is based on research by Dr. Otto Warburg who claimed that cancer cells can't survive in an oxygenated environment. But that doesn't mean just providing oxygen for the cancer cells is going to make a biological restoration, though it can be useful to use ozone. Oxygen doesn't necessarily have to be supplied by injection, nor would I suggest to anyone that they take hydrogen peroxide, another substance designed to oxygenate the body. My information is that peroxide can interfere with normal cell

ALTERNATIVE CANCER CONCEPTS by Ruth Sackman

production, so I believe that should be avoided. What one has to do, and this may sound too simple, is to breathe properly so that enough oxygen enters the bloodstream. Or, take up yoga and do breathing exercises. They can be very beneficial and your whole body can benefit. Yoga exercises relax the nerves and muscles. As a matter of fact, there are other systems that ought to be beneficial. These would include osteopathy, chiropractic, massage, meditation or biofeedback.

Dietary Regimens

It's important to talk about many of the dietary regimens that are suggested as programs for cancer patients. There are a whole range of them—vitamin programs, macrobiotic diet, vegetarian diet, hygienist diet. It remains to be seen whether these are appropriate diets and if they can accomplish the ultimate goal which is to find oneself in a long term survival situation. Some of them can be extreme and very difficult to carry out. There will not be enough time to talk about all of them.

I'd like to talk about macrobiotic because it has received a lot of attention. My conclusion about the macrobiotic diet is that it is not optimum. Ann Wigmore has said about the diet that it's alright as a transitional diet—in other words, going from bad eating into something better.

The reason we feel it's not optimum is understandable. First of all, it doesn't adhere to acid/alkaline balance which is 80% alkaline and 20% acid. (The 80/20 ratio might be ideal though extreme and difficult to maintain. The body very wisely allows some leeway.) The diet that works best is one that is more alkaline than acid. Macrobiotic upsets the acid/alkaline balance because it is more acid than alkaline as it includes the heavy use of grains which are acid. Another problem with macrobiotic is that, by cooking all the food at temperatures above 112-120 degrees F., all the enzymes are destroyed. Enzymes are the catalysts essential for metabolism of the food (metabolism is the process whereby the foods are broken down into minute components for utilization by the body for homeostasis). I understand from recent feedback that some of the macrobiotic practitioners are adding some raw food to the diet. Well, I would be inclined to ask, if they're

copying the work of other clinicians, why call it macrobiotic? It's confusing. The reason raw food is used is because it has all of the nutrients in an unaltered state. All the food does not have to be raw, but certainly enough is required so that the body gets sufficient natural nutrients, as nature intended for the human animal, and that's what we are, another species of animal. Nature has provided the right food for all animals, including humans. If all the food was meant to be cooked, we would have learned to use fire from the very beginning of time rather than later.

Now we have time for some questions and answers. (Wherever the original tape was unclear, I have restated the questions.)

The first questioner asked about Cartilade (shark cartilage).

A: I try to keep an open mind about the shark cartilage, which is sold under the brand name Cartilade. We're getting negative feedback as I said before. I think Dr. Bill Lane might be unhappy with me that FACT is not ready to support Cartilade and doesn't refer people for the shark Cartilade, but that's the policy. It is unwise to accept a claim without waiting to see if it works. There are so many other things that people can do that we know are safe.

Q: Are you familiar with Dr. Enderlein? (We couldn't hear the end of this question.)

A: Yes, but I would prefer not going into that and that's another thing we're struggling with because a writer decided to write about the work of a Dr. Enby from Sweden. It is based on an original premise which is the work of Dr. Antoine Bechamp (who disagreed with Pasteur about germs) which was used by a Dr. Enderlein. It would take a whole program to explain the difference between Bechamp and Pasteur. But if you're interested there is a book on our book list which explains the differences.

Enderlein is not the person doing the work. He died a long time ago. The work is being promoted by a Dr. Enby in Sweden. And again, I'd like to say the only way to evaluate the success or failure of someone's work or ideas is to see how they hold up in time. That's what we do. We're here to investigate all these ideas. You can take advantage of that by calling the organization.

Q: Mrs. Sackman, I would like to ask you again about the autogenous vaccine and that's because I'm from the Buffalo area and happen to know

one of the physicians at Roswell who has done a paper and presented it at the AMA. Now, specifically, Roswell is importing thousands of dollars worth of herbs and tree barks and beginning to do research on them. If I can communicate certain things relative to the autogenous vaccine, it may very well assist them.

A: I was talking specifically about the type of autogenous vaccine that uses your own bacteria, such as the work of Virginia Livingston Wheeler. We've watched that kind of therapy for a long time. I've known hundreds of people who used that type of autogenous vaccine and, ultimately, failed.

There's another autogenous vaccine which is very much in the research category now. You probably have never heard about it. Hopefully, it will be funded by the government; we have been funding it for years. This autogenous vaccine uses the antigens from the periphery of the cancer cell—antigens are the disease fighters. A specially-designed gadget removes the antigens from the cell, making an ample supply available to fight the tumor. We don't know yet what the outcome will be, but the principle sounds logical. In this instance the doctor first has to do a surgical removal of the tumor and use that tumor as its supply for the antigens.

Q: An additional question. What about the use in any type of autogenous vaccine, more particularly the one that seems more related to herbs and nutrition?

A: Herbs and nutrition are not autogenous. Autogenous implies one's own material.

Q: Yes, but how about utilizing herbs and nutrition in conjunction with that type of therapy?

A: It depends on the makeup of the vaccine. If using more than one system, they have to be compatible.

Q: The selenium you talked about earlier, I was told to take it to enhance the vitamin E.

A: I don't care what someone told you to do. Selenium is a poison. Our bodies require trace amounts of selenium and other toxic substances. Beyond that trace amount, it is toxic. Sometimes health food stores pick up reports in health magazines, suppliers prepare the material, so you'll find it on your health food store shelves. It's up to you to know what you're doing. When anybody tells you to do something, try to find out the person's experience, background, what skill he/she has to advise you to do something. People are telling other people what to do mistakenly, and it's sad.

Reports in health magazines should be evaluated carefully.

Q: You're saying not to take selenium at all?

A: I would not take selenium supplements. You get enough selenium in your food supply. Carleton Fredericks reported an item printed in a medical publication that there was a community somewhere in the Midwest that had a higher than normal rate of cancer. They found there was less selenium in the soil and concluded that the limited selenium was the cause of the cancer. That's poor research. It could have been a hundred other things, but they boxed selenium and cancer together. That kind of reasoning isn't always correct.

Q: I just wanted to say, first of all, I was encouraged to hear you speak positively of Dr. Burton of the IAT down in the Bahamas. We were down there in 1988 so it's results are positive. But I wanted to ask you about shark Cartilade. I just wanted to ask another point because you were talking about the calcium.

A: Shark Cartilade is a calcium product.

Q: Don't you think that there's something—an anti-angiogenesis process that goes on in the body—if there's something that prevents angiogenesis and shark Cartilade has those three proteins and, if you're able... (And then the question runs off.)

A: You have to be careful. What I said about the hydrazine sulfate was that it functions like chemotherapy because it blocks the cells from getting glucose. Anything that causes a blocking action so that the cancer cells are deprived of a needed element deprives the healthy cells. That is an abuse to the human system. That's what I'm talking about. The human system needs to be repaired and restored to normalcy.

I think using Cartilade ought to be tabled for awhile.

Q: The therapy though, the theory though is that...

A: I don't want to debate this. We're still watching shark Cartilade and frankly, at this point, I am not encouraging or discouraging people from using shark Cartilade. There are enough other materials around though, that have been around for a long, long time of which we know the efficacy and failure if there's any, so you see, things can be done without making guinea pigs of a group of people.

Q: This is on Essiac primarily because you very

strongly state that if the tea doesn't have the 9 components, it is not the correct product. You also say that the Resperin Corporation in Canada has that. I have had 6 conversations with the Resperin Corporation and the person David Dobie who supplies the product for them. He went and looked at all the papers. They swear upside down they don't know what you're saying. They swear, having looked at the papers, Rene Caisse's sworn statements that there are 4 components in Essiac. Excuse me, I know you're very definite, but please let other people hear what you say: the Resperin Corporation has the right thing. Because of what you're saying, I called them several times.

A: There's a story behind that.

Q: Let me just finish what I'm saying. They sent me what they put into the National Institutes of Health to have the product tested which came out with 4 different substances so it's creating a controversy in terms of what you're saying.

A: Look, we're always going to have controversies. This is the position of the organization. By the way, I knew Rene Caisse. I know people who were close to her. I know one woman who has the formula, because she's a recovered patient and Rene gave her the formula just before her death although they had known each other for years. This is not the time or place to go into all the ins and outs of this situation. Suffice it to say that the Resperin Corporation gave the National Institutes of Health, the department in Canada similar to our FDA, 4 herbs. That's what Gary Glum got. There are more herbs than that in the full formula. Perhaps Resperin did not have the entire formula.

(Editor's note: After a very careful investigation, calling all of the resources advertised and unadvertised pertaining to Essiac, I found that the best resource for Essiac is one that has been authorized by Charles Bruschi, M.D., who researched Essiac with Rene Caisse at the Bruschi Clinic in Cambridge, MA. It is called Flor Essence and can be purchased in some health food stores. For further information, call 800-446-2110.)

RS: Hello, John (John Yiamouyiannis, Ph.D., biochemist and fluoride authority, author of *Fluoride: The Aging Factor*).

Q: There are two quick things. I'm not going to take all day on this. First of all, we can deal with the element more quickly. You mentioned ear-

lier that you think small amounts of fluoride are necessary for the body. (*Ed. Note: This is not what I meant to express.*) Having read 3,000 articles on the subject, and most recently, even the comments of the National Academy of Sciences, which is not our best friend, I and they admit that as low as we've been able to take fluoride down in the body, it has never been shown to have any essential function, unlike selenium which is in thiamine, which is a good free-radical scavenger. Fluoride has never been found in any natural compound with biological function occurring in the body and, in all the studies I have read, has never been shown to be essential at even minimal levels. If we take the fluoride down to 1 molecule some day, maybe we'll find it, but I just wanted to make that clear.

The thing about Linus Pauling, you imply that the fluoride might be good for the teeth.

RS: I don't think I said that. Linus Pauling may have said that. **No one should take fluoride.**

JY: All the large studies that have been done recently have shown that fluoride is ineffective in reducing tooth decay.

A: Let me agree with you, John, because no one should take fluoride. There is substantial scientific evidence that fluoride can cause cancer.

Q: Are you familiar with, and there's a...something like elixia... (The tape was incomprehensible here.) It was recommended by a medical doctor.

A: I don't know enough about it. I need to know more about these things before I can make any comment on whether it has any value. I am very patient. If FACT doesn't have enough information, then we're not going to support it or be in a position to comment about it either.

Q: I'm doing intravenous vitamin C with my doctor. My question to you—I'm almost positive it's not 30 grams—it's not just vitamin C either. It contains minerals, magnesium and other things. Do you not recommend that at all or do you not recommend this at a higher dose, as you said?

A: I don't argue with a person's doctor and if you're with a doctor and you feel fine and he's supervising you, there's no need to question what he's doing because if it goes sour and he's in control of the situation, he can make the necessary changes. If he has to shift and change, he will. My position is that the body does not metabolize huge amounts of vitamins or minerals. Better results are obtained

with normal amounts. The body responds beautifully when you work with its natural ability. But it's not up to me to debate with you or even discuss with you what your doctor is doing. If you're using a doctor and getting along well, you should continue. Our position is that if something is not broken, don't fix it. If you're under good supervision, the doctor will make adjustments if he has to.

Q: What is your position on colonics?

A: I favor colon cleansing. I think it's an important tool. The medical community, as you probably know, frowns upon colonics and colon cleansing. As a lay person I have no right to tell anyone to do colonics or an enema. That belongs in the medical community. But every good program that I know of, every good practitioner, has always included colon cleansing in the program. Every patient I know that has recovered has included colon cleansing in their program. An unhealthy colon will harbor all kinds of putrefied material, hard matter collected in pockets. The body should be relieved of its waste. The waste should not remain in the colon too long. It will putrefy and toxins will be reabsorbed into the bloodstream. There's a portal vein in the colon which will absorb the liquid from the waste material. So I like to see people do everything possible so that their waste is eliminated adequately, more adequately than is normal because if there's a backlog, you have to reduce it. Does that answer your question?

Q: I know there are different procedures with colonics. Is there one that's better than another? Do you know?

A: I have no idea if one is better than another. I'm running late and the tape is almost finished, so let's see what we can do to get through here.

Q: Would you comment on germanium?

A: Here again, you can put it into perspective. It's not a natural material. The germanium comes from the ground. It's not edible as a food material.

Q: It is part of certain natural foods.

A: It is not food material. I will have to say this about the germanium. I heard Dr. Asai speak about his use of germanium in treating his own cancer successfully when I was in California. I cannot say from my experience with people who've used germanium that we could measure any good results, nor harm either.

Q: On Laetrile, could you comment on that?

A: I already did. I think I commented on the Laetrile quite elaborately. It is a natural product. I do not feel that the Laetrile today is as effective as it was 20 years ago. It was less refined then than it is today. That may be making the difference.

Q: And one other thing, taking vitamin E in large doses, does that make sense?

A: No. In clinic work Dr. Max Gerson found that he could not use oil-based vitamins. There was a very logical reason for his not using them. The liver has the responsibility of metabolizing oil; the liver also has the responsibility to do most of the healing. One should never overburden the liver. Someone once said to me, "But we're taking dry E." Dry E is produced by using a chemical process. It isn't wise to take dry E.

Q: Vitamin therapy, homeopathy, DMSO and Reiki treatments?

A: Some of them are all right. Certainly homeopathy is all right if one needs natural medical help. It's safe medicine. Reiki is a massage system and certainly it's in a category where manipulation of some kind or other is all right if there's no harm and part of a comprehensive program. I've never known it to be harmful.

DMSO. Again, we're back in a category of material that's not natural for the human system and we will fall into that category with everything else of that ilk. DMSO is a chemical that comes from the manufacture of paper.

To answer your question about vitamin therapy, vitamins are useful tools, but only if you determine that your body requires the vitamin and the vitamin is of exceptionally good quality. There's a lot of junk on the market. There's no point in taking junk vitamins if you're trying to escape junk food. There are many unnatural things put in vitamins that you have to look into very carefully. There's coloring added and taking that consistently over a long period of time can produce the negative results that you're trying to avoid. You'll also find that there are preservatives, synthetics, binders, I can't think now of what all of them are. It could be dangerous if the additives are toxic colorings, preservatives, etc., especially since they tend to be cumulative.

I'm sorry, that's all the questions we have time for. I hope this has been helpful for you. Thank you. ❀

STOP FLUORIDE DISEASES

Remove Fluorides from Food, Water, Air and Drugs

by Robert C. Olney, M.D.

To Promoters of Fluoridation:

Do you know the diseases caused by the "cumulative effect" of fluorine? If not, why not? Don't you think you should know these facts before you advocate forcing more of this most powerful and indestructible poison on innocent people? Don't you believe that anyone forcing helpless, innocent people to take in more fluorides should be held morally and legally liable for any damage to these people? Don't you believe that the medical profession and Public Health officials have a great responsibility in protecting the people from the serious, harmful effects of fluorides?

Have you read any of the many articles on the harmful effects of fluorides taken from the world's medical and biochemical literature (some of which have been abstracted by John J. Miller, Ph.D., Chicago, Illinois, abstractor for many years for "Chemical Abstracts," one of the most important publications in the chemical world)?

Do you know one of the most serious effects of fluorine is on the brain and nervous system? As a result of the work of so many authorities all over the world, it is shown that fluorine acts to tie up magnesium-forming magnesium fluoride—an insoluble compound which thus prevents the essential enzymes from using magnesium. As a result, mental processes are seriously interfered with and nerve reactions throughout the body are depressed.

Fluorine is known as a powerful enzyme inhibitor and a poison, thus gradually destroying enzymatic function. This is the same process by which all vital organs are slowly and seriously damaged. The more vital the organ, the more serious the damage. Fluorine is such a powerful, destructive force that it takes only a minute amount to do great damage. This damage is then permanent to the person, and becomes gradually worse due to the accumulation of fluorine in the enzymes.

Fluorine appears to be the cause of many mental

and physical defects in the newborn.

From the "Archives of Environmental Health" (published by A.M.A.), February 1961, there is an interesting article compiled from authorities all over the world showing the amount of fluorides in diseased tissues. This shows that in some diseased tissues, such as aorta, tumor, cataract, etc., there are fluorides from 39 to 158 PPM compared with adjoining tissues having from 0.0 to 6.9 PPM. This is evidence that fluorine is an important factor in the cause of these diseases.

Doctors Alfred and Nell Taylor, working in the University of Texas and reporting on the effect of fluorine as a cause of cancer, made the following statement: "The terrifying conclusion of the studies was that **fluorine greatly induced cancer tumor growth**. If doctors and the public can be made aware of this catastrophe, fluoridation shall quickly end. It will some day be recognized as the most lethal and stupid 'Health Program' ever conceived by the mind of man, with doctors and blood-letters not excepted."

Everyone must know that fluorides constitute the most serious pollution problem in air, food, water and drugs. From all forms of combustion—industrial, automobile, etc.—large amounts of fluoride enter the atmosphere. In some highly industrialized areas it is estimated that each person will absorb 1/2 mg of fluorine through his lungs from the air daily. Large amounts of fluoride, the amount of fluoride in food, has greatly increased. There is also a problem of increased use of fluorides in drugs.

It is important to know that when any fluoride is taken into the stomach in the presence of the normal hydrochloric acid, the fluorine, being a much more powerful element than chlorine, replaces the chlorine and we have hydrofluoric acid produced, which is one of the most caustic and destructive substances known.

Hydrofluoric acid is absorbed into the body

(stable fluorides are almost insoluble) and can also cause serious ulceration of the stomach and duodenum.

Extensive research has also shown that fluorides change the chemical structure of the living enamel of the tooth, making it a **dead** chalky substance. Fluorides also cause calcific plugs in the dentin, greatly disturbing the nutrition and circulation. Thus, fluorides are harmful to teeth and cause periodontal diseases from which people lose their teeth in mid-life.

Public Health officials and Boards of Health should be protecting innocent people from this killer instead of promoting fluoride diseases.

For the U.S. Public Health Service to use hundreds of millions of dollars of tax money to promote fluoridation of the public water supply and deceive the American Dental Association, the American Medical Association and many millions of citizens, is an organized attack on the health of the people. *Reprinted from Cancer News Journal, Vol. 9, No. 4.*

HONEY AS HEALER

Besides vitamin (and protein from pollen) good honey contains some Vitamin A and several vitamins of the B complex, also many vital minerals and trace elements such as phosphorous and potassium, calcium, sodium and sulphur, iron, silica, chlorine, and aluminum, magnesium and manganese. All these vitamin and mineral, oil and protein properties, naturally combined with the two main sugar constituents of honey, dextrose and levulose, go to make up the vast difference between honey and the mere sweetening and calorific properties of refined sugar.

—Margaret Morley in *Health and Life*

Honey, produced by countless bees from nectar obtained from thousands of blooms, is, without doubt, one of the most valuable and beneficial of foods... In 400 B.C. the great doctor Hippocrates recommended honey as a means of curing ulcers, and we know that it also purifies festering and dirty wounds by its power of extraction.

—Chris. Stadlaender in *Honey Cookery*

The Ecology of the Body

by **Dr. Max Warmbrand, N.D.**

Dr. Warmbrand, author of many books on health, recipient of many awards as well, first became interested in naturopathy to help himself. As a young boy in Austria he suffered from tuberculosis of the bones and found no help in medicines. At the age of 16 he emigrated to the U.S. where he became his first patient, ultimately conquering his debilitating disease with his natural regime and going on to help hundreds of other patients. At the time of this talk, delivered before the 18th Annual Congress of the International Society for Research in Nutrition and The Diseases of Civilization in Berlin, Germany, on September 20, 1972, Dr. Warmbrand was a vibrant 75—a wonderful example of what natural healing can accomplish.

A Healthy Body Can Cope With Stress

Walter C. Cannon, well-known American medical scientist and a profound student of health, a great many years ago explained that the reason the body can put up with the many difficulties of problems that confront us, is because it possesses the power to make the needed adjustments or adaptations. He called this “the homeostasis or self-restorative powers of the body.”

Keeping the Body's

Internal Environment Healthy

He was not the first one to recognize the need of keeping the internal environment of the body in a state of balance or equilibrium. In the middle of the 19th century, Claude Bernard, the famous French physiologist, also dealt with this subject making it clear at that time that irrespective of the changes in the external environment, the constancy of the internal environment, “the milieu interieure,” must always be maintained.

Don't Destroy Your Adaptive Powers

It is this ability on the part of the body to make the needed adaptations or adjustments that has so far saved the human race from extinction. At the same time, however, it is well to remember that when the demands upon our adaptive powers become unreasonable or extend beyond normal physiological limits, the body ultimately loses its ability to maintain the needed equilibrium or balance, and then disease or malfunctioning

begins to set in.

Harmonious Living Keeps Us Well

When man lived a simple life, when he lived in harmony with nature and when he turned to nature for his food and sustenance, he lived a relatively long and healthy life and barring unforeseen accidents, kept free from the breakdowns or ills that are facing us today.

Environmental Pollution Did Not Help

But then came industry which tore us away from our natural habitat, and this brought along with it a great many changes that undermined our environment and led to the adoption of habits that are destructive to life. We no longer live in the great outdoors, breathing the pure fresh air, we live now in crowded sections, breathing air charged with all kinds of pollutants. We are no longer getting clean, pure water but water to which chemicals are added. We are no longer living on food grown on healthy soil, but on soil that is ruthlessly being exploited and therefore fails to supply food of high biological value.

Ecological Problems Keep Multiplying

The Washington Post, a leading American newspaper, in its April 20, 1972 issue, describing some of the ecological problems that face the U.S. today, mentions that fifty per cent of the U.S. drinking water has been discharged only a few hours before use of some industrial or municipal sewer, that water pollution in 1970 killed 23 million fish in America and that in a Washington inner city neighborhood 25 per cent of the children under six who were tested showed dangerously high levels of lead in their blood.

Reports that similar or even worse conditions exist in other industrialized countries appear from time to time.

Other Harmful Influences

Dwelling somewhat more on the foods commonly used nowadays in the average home, such as the refined and processed foods, the various white sugar and white flour products, the commercially processed and refined cereals, it would be evident that these foods have been robbed of many essential nutrients and therefore only contribute to the onset of ill health. And then we must never overlook what alcohol, tobacco, coffee, other caffeine-

containing beverages, as well as various other health-debilitating indulgences and excesses do to those who are addicted to them.

Drugs Not an Answer to Our Disease Problems

And when these vitiating influences finally end up in what we call disease, we most often do not try to find out how it has come about, but turn to drugs or other artificial remedies in the hope that this would get us well. And thus we only add to the problems since these remedies usually lead to only more disease by interfering with the body's natural defenses.

Industry a Two-Edged Sword

Man at first did not realize what these changes in the environment and in our habits of living would be doing to us. He gloried in its benefits, he reveled in its accomplishments, but he did not realize what havoc they would ultimately play with the health of the body.

The After-Effects Were Not Pleasant

But then the various chronic and degenerative diseases, the so-called diseases of civilization, began to show up. Cardio-vascular diseases, cancer, the deforming rheumatic and arthritic diseases, the metabolic ills such as diabetes and hepatitis, neurological diseases, the diseases of the respiratory system such as asthma and bronchial emphysema, and various other degenerative and life-shortening ills began to take their toll. And it is because these pernicious influences keep multiplying that these ills become more menacing with each year.

Prevention—the Real Need

We seldom try to find out how these ills originate but almost automatically turn to remedies in the hope that this will help to clear them up.

But since remedies fail to uproot the underlying causes of disease, since all they are able to do is to mask their symptoms by suppressing them, nothing is being accomplished so far as rebuilding the health of the body is concerned and the diseases keep growing only progressively worse.

People Are Starting to Wake Up

It is this increase in chronic and degenerative diseases that has now aroused us sufficiently to get us to try to find our way back to better health.

And since the life and health destroying environmental pollutants contribute to their onset, people everywhere are now beginning to shout: Let us do something to stop polluting the air we breathe, let's stop poisoning the water we drink, let's stop devitalizing the food that we have to live on, let's start doing something to change back to an environment that will not keep on destroying us.

Inner Changes Essential

And for all this we should only be thankful. At least we are awakening to the realization that these diseases do not just happen, that they are due to influences that are within our control. What many of us fail to realize, however, is that while environmental improvements are essential and will undoubtedly be of help in improving our standard of health, our major effort, if we really wish to gain the upper hand over the chronic and degenerative ills, the diseases of civilization, is to bring about a change in the body's internal environment, since this is the only way we can make sure of attaining the state of equilibrium and balance that can keep us well. And this can be accomplished only when we adopt a way of living that keeps the ecology of the cellular environment, the inner part of our body, in a clean and healthy condition.

Changes That Lead to Better Health

To establish this healthy inner environment and to keep the internal cellular environment in a clean and healthy condition, are not difficult. We must start by turning to foods of high biological values and discard the use of all denatured and processed foods. All white flour and white sugar products, as well as all the other foods and beverages that fail to provide the nutrients we need to keep us well, must be avoided. In addition to this we must also make sure that we discontinue the use of alcohol, tobacco, drugs, medicines and all other body and health-debilitating influences.

A High Quality Biological Food Plan

The following is an outline of a dietary plan that would be most helpful in rebuilding health of the body and in keeping it in a healthy condition:

For the breakfast meal we should stress fresh fruits and those who desire a heartier breakfast

could include one of the whole grain cereals, such as natural brown rice, millet, couscous, buckwheat groats, or the old-fashioned whole oats.

For the midday meal we should emphasize the raw vegetable salad, baked or boiled jacket potatoes, yams, natural carbohydrate foods, also one or two steamed vegetables, if still needed.

For the evening meal, we should again advocate the raw vegetable salad, plus moderate amounts of the easily digestible protein foods and possibly steamed vegetables.

Easily digestible protein is obtainable from lean fish or chicken or some other lean meat, the soft bland cheeses, nuts and seeds and a variety of other vegetable sources. The green vegetables provide excellent protein but only in small amounts. While we must make sure that we get an adequate amount of protein, we must see to it that we do not use it to excess since this can play havoc with our health.

Vigilance Essential

While we must never relax in our determination to bring about the needed improvements in our environment, we must, if we are to really protect ourselves against the present day major ills, start by changing to a way of living that helps to keep the internal environment of our body, our "milieu interieure," in a clean and healthy condition. We must never forget that even in the healthiest environment our body ultimately breaks down when its inner parts become polluted with tobacco, liquor, drugs, medicines and vast quantities of food that have been robbed of most of their essential nutrients.

People everywhere are now becoming really frightened, but fear alone will not accomplish anything. If the increase of chronic and degenerative diseases is to be checked, we must get to understand how they originate and then bring about the needed changes in environment and in our habits of living that will develop. This we can do most effectively only when we adopt a pattern of living that keeps the inner parts of our body in a real healthy condition. In doing this, the body's inner defences are kept in a state of balance and equilibrium and this will assure us of living a long and healthy life.

Reprinted from The Provoker,

LETTERS

Dear Mrs. Sackman,

Talking to Mr. Pose, Distributor of Pure Water, I got your address. About two years ago I attended one of your organization activities in New Jersey where I was able to salute Dr. Jensen.

Since that time I got very interested in your activities, but I lost contact because my brochure got misplaced.

Please let me know about membership and program schedules. I will appreciate it very much.

Thank you for your kind attention.

Sincerely yours, D.P.

Dear Ruth,

I am enclosing a check to renew my subscription to *Cancer Forum*. I wish I could send more but we are strapped with lots of bills and no money coming in at the present time (both my husband and I are out of work).

Mother went back to New York today. I will miss her support and all she has done to help guide me through this difficult period. It's not over yet!

I am making the adjustment to living with a feeding tube. It's not fun, but it's keeping me alive. I'm learning what consistencies work along with healthy food combining to maximize my nutritional intake. I'm thinking of writing an article or pamphlet for people on tube feedings. My hope, of course, is that this is temporary for however long it takes the tissues in my throat to heal.

If you know of any other people who have had radiation to the throat area and are living with it 20-30 years later, I would like to be in contact with them.

I am glad to say the osteomyelitis in the cervical spine is healing very slowly but healing nonetheless.

I hope this finds you well.

Sincerely, D.S.S.

Patients should not feel any pressure to contribute to FACT if there is a hardship. Please let us know so we can maintain your membership.

My dear Mrs. Sackman,

Nobody has to tell me the good your organization does, nor did I intentionally withhold my dues. Heretofore it seems to me that I was notified that my subscription was running out.

As a matter of fact only a few days ago I was wondering why I had not received your publication in such a long time.

I notice that your letter to me is stamped "Final Request." This is the **only** request I have received.

When are dues payable? If you will give me a date, I will make a notation of it so that I won't forget.

Sincerely, B. K.

A stamp on your last issue of Cancer Forum notifies you when it is time to renew. If no response is received, a "Final Request" letter is sent as a reminder.

Dear Ruth Sackman,

I've just been thinking how wonderful and helpful you were when my beloved George had cancer. You recommended Dr. Contreras in Tijuana, Mexico. His case was beyond help, but I benefitted from that trip.

For two years I was burning inside, but my doctor never ordered x-rays. In Tijuana the x-rays revealed emphysema, colitis and diverticulitis. Laetrile was prescribed. For George it was too late. It helped me.

He was admitted into the Whitestone Hospital. As for me, suddenly I had bleeding from the mouth and was also admitted. I think that was God's way of keeping me close to George and saving me from traveling daily in the hot weather to monitor his care. The doctor wanted to examine my esophagus. I wouldn't permit it because a woman across from me had the same test and lost her speech.

When they wheeled me up to the operating room and injected me 3 times beforehand, I had difficulty speaking. However, I mumbled to the doctor who wore the green cap and operating room outfit, "If you put that instrument in my throat and do the test, I'll sue you for all you've

got." That saved me. He desisted.

Then the doctor wanted to open an incision in George's stomach. George said, "My wife makes the decision." I said, "No."

Luckily, when we were handed papers to sign, I wrote that no surgery would be permitted on George or myself without my having explanations, and my decision. The doctor begged me to let him make the incision in George. I refused. He said, "Only an inch!" Imagine that! For the money only!

They x-rayed me over again—the same that was done in Tijuana, and I was told the great heavenly results:

No emphysema

No colitis

No diverticulosis

Since then I was on a diet, though not strictly anymore.

Lately, one young doctor said to me: "Diverticulosis is never cured." He yelled it out, too. God's ways are not man's ways, I say.

So, Ruth, I am sending your foundation \$100 in my husband's name and thanks to you for all your help.

With love, M.E.

Mrs. Sackman, friend of many years,
Dreamer and scholar, thinker it appears
out of heritage,

Born with the sun.

Many are your good deeds—

but they are hardly done.

Rare as a person, noble, kind

with a truth and honor difficult to find.

People be fulfilled by the light of your deeds,
the warmth of a summer sun

Sowing thought seeds into FACT.

R.G.

Dear Mrs. Sackman,

We wish to thank you so much for all the valuable information you sent us. We see how it is very important to have control over our own body and treat the cause of the body's breakdown, not just the symptoms. My husband has bone marrow cancer and his hemoglobin 5.2,

white cells 0.9, platelets 25. He is following the diet of things to eat and has lost 20 lbs. He is quite tired, but seems to be holding his own.

Thank you once again for your good work.

A. & A. S.

Dear Ruth,

I was reading a letter to you, in my new **Cancer Forum** magazine, and saw where a woman said that the AMAS test was very accurate. I asked my doctor to arrange for me to take it and he did. It came back elevated and my doctor said the test was worthless. I then contacted the Consumer Health Information Research in Kansas City, Mo. and was told the same thing. Since the test is quite expensive, I didn't have the second repeat test done. I don't trust doctors and I've been very uncomfortable with the whole situation. I had stage 1 breast cancer 6 years ago and I want to try everything I can to keep it from returning.

As mentioned in your letter from J.L.D.'A on page 12 I am very interested in the HCG test. I don't remember reading about it. I'm going to send along a check for \$5.00 to cover the cost of your nutritional packet and information on the test.

I would have called, but funds are very tight for us right now as my husband recently had a heart attack and open heart surgery. I hope to hear from you soon.

Sincerely, J.B.

The HCG (human chorionic gonadotrophin) test is a urinalysis. It is used as a monitor to determine how actively the body may be producing unnecessary cells or controlling cell production at a normal level. This is a quantitative interpretation of the same test used to determine pregnancy, a natural process whereby the body is producing excess cells for a normal purpose. When HCG hormone levels rise in the case of no pregnancy, it is an indication that the body is producing unnecessary cells. The rise in the titre also relates to immune activity.. Manuel Novarro, M.D. and Howard Beard, Ph.D. developed the use of this test as a useful monitoring technique.

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