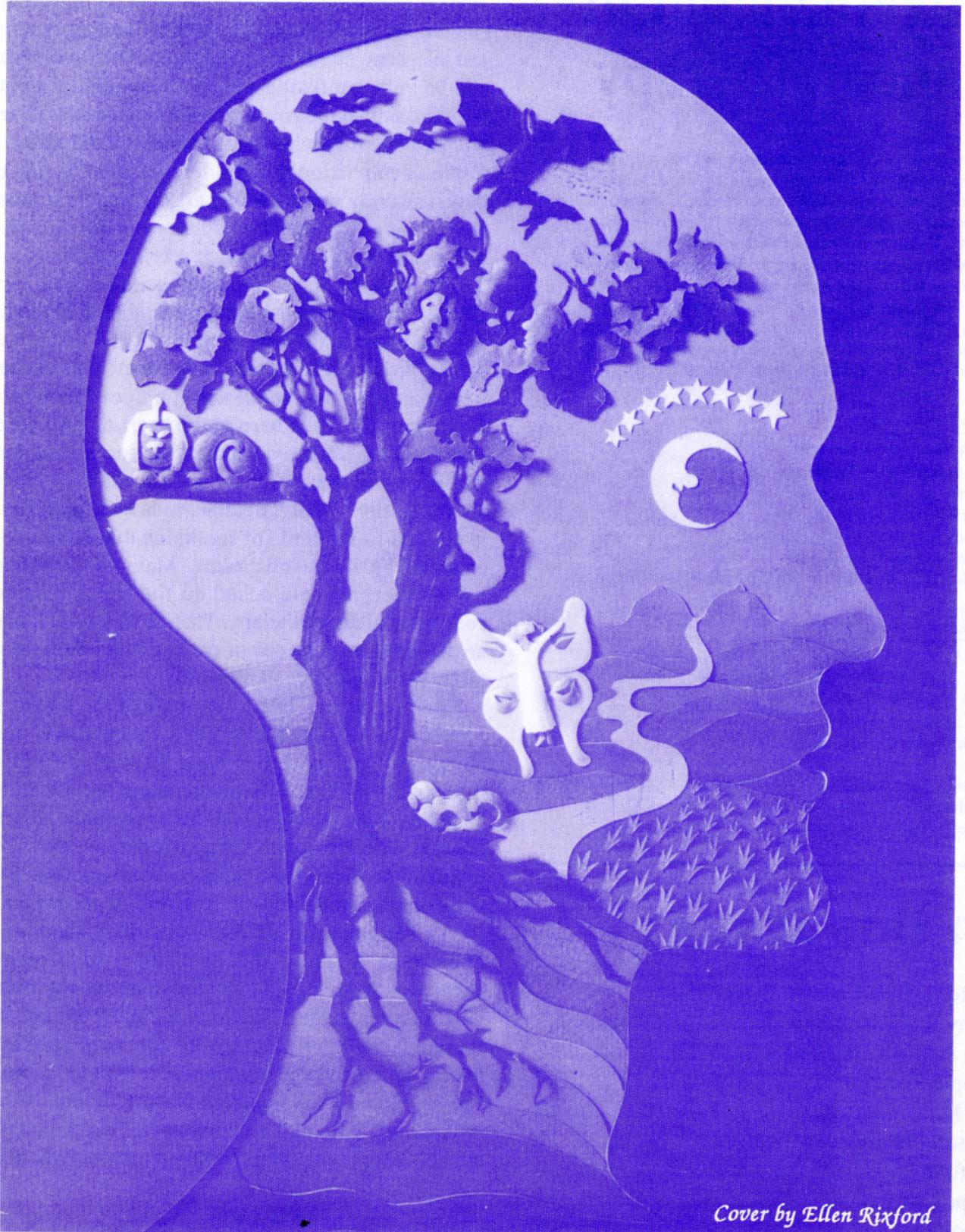


CANCER FORUM

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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Dear Reader,

"When a man does not have his knowledge in order, the more of it he has, the greater will be his confusion.

Herbert Spencer

A number of books have been published listing alternative cancer therapies, usually including names, addresses, and telephone numbers. Investigations of these resources can be very confusing unless the reader understands the variations and physiology of the treatments to determine which system matches what he/she is looking for. Each clinic or practitioner considers their work effective; they sincerely believe in the efficacy of their program. Ergo their enthusiastic responses to callers' questions may not necessarily make their services the most suitable for the investigator. The lead article in this issue of *Cancer Forum* is presented hopefully to help the cancer patient make a knowledgeable choice.

The present alternative movement was started by a woman who recovered using a nontoxic treatment for cancer. This has been at the heart of FACT's existence – that the treatment maintain the nontoxic philosophy and do no harm. The label "alternative" does not automatically classify treatments as nontoxic. The label is applied to all kinds of therapies that have not been endorsed by the establishment. Many of the alternative cancer therapies are based on the same principle as conventional chemotherapy. That is why FACT supports an alternative concept of cancer treatment, not just alternative cancer therapies.

The lead article is the first half of the transcript of a taped talk I delivered at the 1993 Annual FACT Cancer/Nutrition Convention. I have attempted to give the reader more in-depth information about specific therapies based on over twenty years of experience, extensive contact with clinics and practitioners worldwide and especially feedback from patients. Feedback from patients is our most useful tool in evaluating resources

As you read the article, I encourage you to keep uppermost in mind the overview or alternative concept as this is FACT's key to evaluating any treatment you may encounter. Without a clear concept of the therapies and their suitability for your physiology, lifestyle, attitude and finances, it is easy to become overwhelmed by the current bombardment of health information. Or, as the saying goes, "If you don't know where you're going, you could end up somewhere else!"

Take care,

Ruth Sackman

ALTERNATIVE CANCER CONCEPTS

by Ruth Sackman

Following is a transcript of a talk presented by Ruth Sackman, President of FACT, at the FACT Annual Cancer/Nutrition Convention held at the Sheraton Inn, Elizabeth, New Jersey on October 8, 9, 1993.

The goal of the presentation is to provide you with information based on over 20 years of experience to help you make knowledgeable choices.

The transcript has been edited to adapt to the printed page, but in no way alters the original intent of the material.

I am Ruth Sackman, president of the Foundation for Advancement in Cancer Therapy. If there is one thing I would like to accomplish at this event, and it takes a lot of effort to put on this show, it is to shift the focus away from the tumor to the well-being of the person whose body has produced uncontrolled abnormal cells. If I can do that, I will feel that this convention is a success and worth all the effort.

For years the medical community has focused on the tumor. In spite of 100 years of funded research and billions of dollars spent, the cure is still elusive. You can surely understand that if there were a cancer cure, there surely would be no need for the Federal government or the American Cancer Society to continue to allot billions for cancer research. I feel that a cure will not be found until the researchers shift their effort to determining what physiological breakdown in the human system has caused the production of abnormal cells, allowing them to overwhelm the body's ability to control

and eliminate them.

Present cancer treatment ignores the host and, unfortunately, abuses it. I hope I can take you along in considering a different concept of cancer and treatment. That is the theme of this convention—"Healing the Host."

Now, if you have a headache, you take an aspirin and the headache disappears. Does that mean it will not come back? Of course not, because the headache is only a **symptom**. The aspirin has not dealt with the cause. If the tumor is removed surgically or, with radiation or chemotherapy or even a so-called alternative therapy, does that assure you that it will not recur? Of course not, because it is a symptom of a biological breakdown.

The treatment has not dealt with the cause. Until the host is healed, cell production corrected and the immune system normalized, a recurrence will be the usual unfortunate outcome.

The first requirement is to provide a balanced diet containing all of the elements required to build healthy cells. Healthy cells are not

produced by injections, chemotherapy, herbal preparations, 714X, selenium, Carnivora, Cancell, etc. Cell production depends upon the valuable nutrients which must be obtained from the diet. They must be metabolized, absorbed, circulated and made available for cell production. It's a complex system. Be wary of the amateur who, after some beneficial personal experience, assumes he or she has the universal answer for everyone. Even recovered cancer patients have experiences limited to **only one patient**—themselves. Un-



fortunately, some people underestimate the diet's potency as a healing tool. They tend to **over-emphasize** the value of tonics, herbals, drugs and so forth, which, as I have said before, cannot provide all the elements needed for normal cell production.

Let's talk about a number of the therapies currently being touted through books, articles, radio and

If there is one thing I would like to accomplish at this event, and it takes a lot of effort to put on this show, it is to shift the focus away from the tumor to the well-being of the person whose body has produced uncontrolled abnormal cells.

TV as "alternatives." A good writer is not usually an authority on alternative cancer therapies. Clinicians have the experience with numerous patients to write authoritative material, even though they may not be good writers. Twenty-three years ago when we started this organization, we were not troubled with so many diversions that left the impression there were miracle cures. Emphasis was and always has been on bio-repair systems. All the patients presented at our conventions, in the past and now, have validated the value of metabolic programs. **There is no "magic bullet."**

Toxic Alternatives

With that understood I'd like to present some of the raft of therapies that are promoted in the books, periodicals and over radio and TV. Let's start with Ralph Moss, a young man who worked in the PR department at Sloan Kettering when Laetrile and hydrazine sulfate were being researched. In his naiveté about cancer, he wrote a book in which he waxed enthusiastic about hydrazine sulfate and categorized it as an alternative treatment. However, that does not automatically make it a **safe or effective therapy**. Hydrazine sulfate is derived from rocket fuel, a chemical. It is a typical

chemotherapy. Chemotherapies tend to block a needed nutrient from cancer cells, therefore, starving them. This might cause the tumor to regress but, since chemotherapy cannot be selective, it also deprives the healthy cells and that damages the patient. Hydrazine sulfate functions on the identical principle. It deprives the cancer cells of glucose and starves the healthy cells, too. The healthy cells actually are the patient. I can remember one woman calling to tell me that she was feeling better on hydrazine sulfate. She said she was sitting up and dangling her legs over the side of her bed which she couldn't do before. I was most interested and asked to be kept informed. I was. Three days later she died.

FACT was very much involved when Sloan-Kettering was doing alternative research. We had a liaison between Sloan-Kettering and the FACT office so we were aware of the success or failure of the research.

Another "bummer" is A-Mulsin. This tends to affect the liver adversely. Dr. Harold Manner,

I feel that a cure will not be found until the researchers shift their effort to determining what physiological breakdown in the human system has caused the production of abnormal cells, allowing them to overwhelm the body's ability to control and eliminate them.

late head of the Biology Department at Loyola University, combined A-Mulsin with Laetrile and enzymes and claimed it as a successful treatment. He and I were both presenters at a hearing before the health committee of the Michigan State Legislature when I heard him make the claim. Since I was familiar with A-Mulsin over a long period of time, I talked to him during the lunch recess and asked if he had found liver damage. He said, "No." He told me he had autopsied

the mice early. I suggested he ought to repeat the experiment and check survival time, which is a truer yardstick of cancer therapy work. He agreed. I waited for a report, but he never followed through. You see, tumor reduction is a false yardstick. Patient survival time is a truer yardstick.

Selenium is another substance used by a doctor as a therapy which is not biologically-sound. Selenium is an element required by the body in trace amounts. **Above the required trace amounts it is a poison.** Most of the trace minerals that the body requires are poisons, such as chromium, chlorine, boron, selenium, copper, etc. Although the trace amount is an absolute necessity, it cannot automatically be assumed that high doses can be used indiscriminately.

Many health food store owners and suppliers aren't aware of selenium's toxic nature. One of our board members is a pharmacist. When he heard that selenium was used by a doctor as a "non-toxic alternative," his immediate reaction was, "But that's a poison!" He spoke from knowledge.

Immunotherapy

To go on, it's worthwhile discussing immunotherapy. There are different concepts for employing immunotherapy. Some of the immunotherapies actually consist of materials that enhance and revitalize a patient's immune activity. Others, like Virginia Livingston's work with Cryptosides, have a tendency to expect a weak immune system to react and kill a virus. She considered cancer a viral disease. That concept was used by others, one a Dr. Ayers here in Long Island. It's the Livingston Clinic's main theme. (I'm sorry to say Virginia Livingston passed away.) There is nothing in these injections to actually enhance immune vitality. Instead, the viral substance, which is a waste product, in many instances is not attacked and discarded by a weak immune system but, unfortunately, is adopted

by the body and added to the body's toxic load. However, the use of immune substances, such as the lymphokines—naturally occurring substances—will enhance immune vitality.

Burton's Augmentative Immuno Therapy enhances immune activity by de-blocking the immune system. When Burton had his research center in New York, he was the only show in town. The clinic is now in Freeport, Bahamas. Today many centers in the U.S. are doing immunotherapy of good quality.

The one so-called immunotherapy which is not biologically sound is mono-clonal antibodies. It seems that when mono-clonal antibodies are used, they are infused with chemotherapy. The concept is based on the fact

Until the host is healed, cell production corrected and the immune system normalized, a recurrence will be the usual unfortunate outcome.

that when cells are removed from their original site and then reintroduced into the body, they will naturally return to their place of origin. The theory behind mono-clonal antibodies is that, when treated with chemotherapy, tumor cells will return directly to the tumor to kill cancer cells and, therefore, not damage the healthy cells. In reality what happens is the chemotherapy alters the cells so that they often fail to find their way back. If the mono-clonal antibodies aren't reaching the original site, again, the system adds to the body's toxicity.

Botanicals

Substances which are labeled botanicals are usually harmless. They work with the body chemistry. They may not do the whole job because they cannot improve cell production, but they can help in reducing the tumor itself.

I'd like to talk about Essiac, a biologically sound botanical, as the first one because of an unusual amount of publicity about it. A man by the name of Gary Glum, a chiropractor, wrote a book titled, *The Calling of an Angel*. It is about Rene Caisse, a Canadian nurse, who was responsible for making known and fighting to have

Essiac accepted as a sound therapy. Essiac happens to be the reverse of her name: C-A-I-S-S-E. Gary Glum never had the real formula. He claims he bought it for \$20,000 from Pat Judson, who is the Vice President of FACT. She never had the formula. If any of you know Pat Judson the way we know Pat Judson, if she had that formula, she would announce it to the world to help cancer patients, because she is a recovered cancer patient herself. I spoke to her on the telephone. She decided to see a lawyer about Gary Glum's claim, but was told it would be too costly to sue and it probably would not stop the information from

Most of the trace minerals that the body requires are poisons, such as chromium, chlorine, boron, selenium, fluorine, copper, etc.

spreading. So she had to sit back and suffer his misrepresentation.

Another herb formula that is about 100 years old is the Hoxey formula. It is available at the Biomedical Center in Tijuana. It was developed by Harry Hoxey, a veterinarian, who noticed that some of the animals he was treating were grazing near certain areas and recovering on their own. He investigated the area and found plants that grew there which the animals favored. He put these together and learned about their qualities, their ability to heal and created a formula. From my observation over many years it has been helpful for cancer patients. Unfortunately, the dietary regimen available at the Tijuana clinic should be improved since it is, as I have said before, a very important part of treatment.

Laetrile is another botanical. It is made from apricot kernels. After a surge of interest in it and too many people manufacturing it, it is not the same as the original product. My educated conclusion is that it is now overrefined and, therefore not as effective. Years ago we would suggest to callers if they were interested in using

oral Laetrile, that they use a 65% refined tablet. Some suppliers, especially from Europe, thought they had a superior product if it was 95% refined and advertised it that way. You know what happens to sugar when it's refined? It loses its nutrients and is considered devitalized. No doubt this is exactly what's happening to the Laetrile these days. When people who are interested in Laetrile therapy call, I am suggesting that, instead of tablets, apricot kernels may be a better choice. Nothing has been removed. Therefore, the active factors are preserved. I think and actually feel from circumstances that the apricot kernels today are a good choice.

Since Dr. Helmut Keller was scheduled to be a speaker at this convention and his specialty is Carnivora, I would be remiss if it was left out of this talk. By the way, if you'll allow me to digress, Dr. Keller was unable to be here because he has had an apoplectic seizure, unfortunately, and has entered a sanatorium.

Although as was said in the beginning of the talk, no substance by itself provides the body with the range of elements required to build healthy cells; some substances, such as Carnivora, can be reasonable adjunctive tools. Carnivora tends to induce a fever. Artificially induced fever, which

When he heard that selenium was used by a doctor as a "non-toxic alternative," his immediate reaction was, "But that's a poison!"

is called whole body hyperthermia, has been a good tool because heat does kill cancer cells. Fever should be considered one of nature's healing processes. The body does not always respond to Carnivora, but we have not heard that it has caused any harm and that is an important consideration.

Kanzyme, another botanical, was developed by a couple in New Jersey. The husband was the herbalist. The wife was Dr. Morvyth McQueen-

Williams, an M.D. She used the herbs in her practice. When she died and he died, it seemed as though the formula had disappeared. But someone in Florida claims that he has the original formula. I can't argue whether he does or he doesn't.

What disturbs me is why is it that after Rene Caisse died, many people claimed to have the formula for Essiac, although we knew that she had kept the formula a secret? It was given to Resperin Corporation and a woman who worked very closely with her, a recovered cancer patient. The same thing occurred with Kanzyme. After Dr. McQueen-Williams died, her herbal formula became available as Kanzyme. I can't claim that it's not the original formula, but it's strange that it wasn't available before.

Biologically Unsound Therapies

A therapy you hear a lot about is Vitamin C in high doses of 30 grams as proposed by Linus Pauling. Pauling is a noted scientist with whom I must disagree. The body was not designed to metabolize high doses of any one material. It functions best on *normal* amounts. Large amounts of C put a burden on the system to eliminate the excess. The elimination system has to relieve the body of **all** its excesses—toxic bio-accumulations, dead cancer cells, daily dietary wastes and so forth. It is unwise to use up this vitality for eliminating excess amounts of C or high doses of **any one** material. Linus Pauling now has prostate cancer and what he has done is take the conventional path. He had surgery and is on flutamide.

I'm sorry to say, too, that we feel uncomfortable with Cartilade (shark cartilage) which we had hoped would be a successful therapy. Cartilade is a calcium product and I must admit that I was a little skeptical about it from the very beginning because I knew that Max Gerson, M.D., from extensive clinic experience, found that inorganic calcium supplements were inimical to his cancer patients. There have been some negative reports on Cartilade which cannot

be ignored. One report was of a patient who entered the hospital because of his condition and was found to be hypercalcemic. Another patient started with a small breast lump. After taking Cartilade, she found that the lump increased in size. Still another patient, who initially had tumor reduction for a tumor over the eye, discontinued treatment because the tumor was not controlled. The last patient's report which cannot be ignored is someone who used the Cartilade rectally as was recommended. He became so blocked that he had to enter the hospital. It was found that the Cartilade had settled in the colon and had to be physically removed in order to give him relief. With that kind of information, judgement on the Cartilade should be delayed.

Let's move on to some of the other ma-

Although as was said in the beginning of the talk, no substance by itself provides the body with the range of elements required to build healthy cells; some substances can be reasonable adjunctive tools.

terials. 714X is camphor. Here again there is always a struggle with what writers publicize without personal knowledge and FACT's commitment to non-toxic, biologically-sound systems. Our experience and our

values are by-and-large different from other researchers and writers. Our experience has shown and the patient success stories prove it, that biologically sound material is better in serving the body in its effort to function normally and healthfully than any of the materials which are not biologically sound.

Through my experience of getting feedback from patients, I must say that I cannot agree with some of the other substances claimed to be beneficial, especially when I compare them to some of the substances which are safe.

Choices ought to be made not based on what someone writes about a material, but by investigating whether patients have actually used the substances successfully, not over the short term or not simply for tumor reduction, but for restoration of health. That should be your yardstick.

(To be continued in the next issue.)

When Eve offered Adam an apple, she was introducing more than just temptation. She was handing him a nutritious, low-calorie snack that was high in vitamin C, potassium, and fiber. No wonder he found it impossible to resist.

As well as getting Adam and Eve evicted from the Garden of Eden, the apple has been associated with Aphrodite, the Greek goddess of love, and the Isle of Apples, a mythical Celtic kingdom of the sun, free from old age, sickness, and sorrow.

The apple is also the only fruit with its own folk hero. In the United States, John Chapman, alias Johnny Appleseed, plunked a cooking pot on his head and walked the Ohio Valley for close to fifty years, planting apple seeds everywhere he went. In those days, the apple was valued for its juice, which was drunk au naturel, or fermented into vinegar, hard cider (wine), or applejack (brandy).

Today we know that a medium-sized apple is 84 percent water, and contains approximately 80 calories, 165 ml of potassium, and 1.5 ml of sodium. That is less sodium than is found in a stalk of celery, a carrot, or even a glass of ordinary tap water. The average apple also contains 5.5 mg of vitamin C and is a good source of calcium and vitamin A. Dentists have long recommended the fruit as a wholesome snack that does not contribute to plaque formation on teeth.

Apples are a natural source of fiber containing more of this all-important bulk (4 gm), than a cup of 40 percent bran or granola cereal. And pectin, the primary fiber present in apples, does not reduce the absorption of iron and other minerals, as wheat fibers have been shown to do. Pectin also absorbs more

water and remains in the stomach longer than other fibers. In addition to its constipation-preventing properties, the apple creates a sensation of fullness, making it an excellent low-calorie addition to the diet. Also, a high fiber diet may have a significant influence on the prevention of certain types of cancer. While it has not been confirmed that

an apple a day may reduce the risk of bowel or colon cancer, a major goal in dietary cancer prevention is to reduce fat, and pectin does do this.

Pectin has also been shown to limit the amount of cholesterol the body absorbs. Including the peel, the average apple contains approximately 850 mg of pectin. Studies show that 500 mg of pectin per day, taken over several days, is related to reductions in cholesterol. One theory is that pectin may trap cholesterol before the body absorbs it, thereby reducing

cholesterol with no harmful side effects.

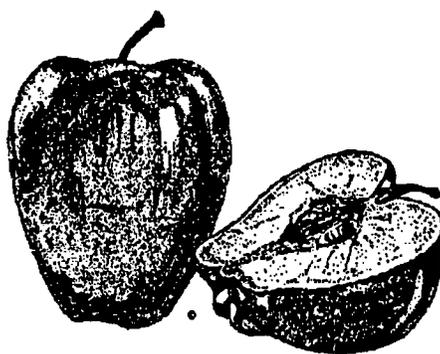
Research at the University of Toronto shows that fructose, the natural sugar of apples, though almost twice as sweet as table sugar, causes blood-sugar levels to rise slowly and stay up longer than with other sugars. This gradual rise helps to maintain energy and may prevent a hypoglycemic reaction. Studies by Dr. David Jenkins and Dr. J.W. Anderson, on noninsulin-dependent diabetics (a majority of the diabetic population), indicate that adding apple to a high fiber diet produces a smoother blood-glucose response curve than is otherwise experienced.

Apples are unique in other ways also. Each fruit possesses approximately 10 seeds, with each seed producing a different kind of apple. Little wonder that there are over 3000 varieties, with some dating from the 1700s and 1800s.

Consumers tend to purchase their apples based

AN APPLE A DAY

By Paula Wild



on crispness, color, juiciness, and size. Sweet and tart apples possess the same amount of calories, with a small-to-medium apple usually providing more flavor than a large apple. The peel and area just underneath contain the most vitamins, but this is also the collection site for pesticide residue. Sprayed apples need to be washed well, with organic produce being the optimum choice.

Traditionally, fall was the time of year to purchase apples, but with the advent of refrigeration and controlled atmosphere storage, the fruit is available year round. Firm varieties such as Cortland, Golden Delicious, and Granny Smith are good for baking; crisp apples like Red Delicious, McIntosh, and Winesap make good eating apples; and Beacon, Newton, and Rambos make tasty applesauce.

Apples keep best in a cool place with good air circulation; a root cellar or the refrigerator are ideal. When stored in a refrigerator, apples should be kept in a separate bin, as they produce a ripening hormone that can cause other fruits and vegetables to overripen.

Rich in fiber, potassium, and vitamin C and low in calories, apples have a lot going for them. So, next time you reach for a snack, take some old English advice, "Ate an apfel avore gwain to bed. Make the doctor beg his bread."

*Reprinted from New Realities,
January/February 1991*

APPLE RECIPES

Raw Applesauce

5-6 apples, sliced*
1/2-3/4 cup water (enough for smooth consistency)

Put apple slices and water into a blender. Purée until smooth (or chunky, if you like). Keeps in the refrigerator 3-4 days.

*Organic apples are preferable. It is not necessary to peel these, unless you prefer a smoother texture. (Inorganic apples should be peeled.)

Apple Nut Cream

3 apples (red or gold Delicious are good), peeled, cored and chopped
3/4 cup cashews, soaked overnight
3/4 cup water (include soaking water)
1 Tbsp. raw tahini (sesame nut butter) or raw almond butter

Blend all ingredients. Pour over mixed fruit or grain.

Applesauce/Yam Bake

4-6 medium yams or sweet potatoes in 1" cubes and lightly steamed
2 cups freshly made applesauce (see above)
1-2 Tbsp. maple syrup or honey (optional)
1/4 cup water
dash ground cloves, nutmeg
1/2 cup walnuts, chopped

1. Preheat oven to 350° F.
2. In a baking dish arrange yams and applesauce in layers. Mix maple syrup (or honey), water, and spices and pour over the yam mixture.
3. Cover and bake 30 minutes. Sprinkle nuts on top and serve. This can be a nice side dish with chicken or fish. Or, serve as a dessert!

Waldorf Salad Dessert

1 cup plain yogurt
2 Macintosh apples, in small cubes
2 Delicious apples, in small cubes
about 1/2 cup white grapes
1/4 cup chopped walnuts or mixed nuts
In a salad bowl mix yogurt, apples and grapes. Sprinkle with nuts.

Apple Nut Topping

4-5 apples, grated
1/2 cup walnuts or almonds, chopped
2 tsp. cinnamon
several squeezes or lemon
Mix all ingredients together and keep in the refrigerator (1-2 days) in a glass jar. Serve over cereal or yogurt or atop a rice cake.

A DEADLY TREATMENT

More than 15,000 people who were injected with hormones from human corpses are at risk of developing the fatal Creutzfeldt-Jakob Disease (CJD), Australian researchers told a science conference there yesterday.

Drs. Lynette Dumble and Renate Klein said 30,000 patients worldwide were injected with human pituitary gonadotropins between 1963 and 1985 to combat female infertility and dwarfism in children. Half these patients were predisposed to developing the neurological disorder CJD, a rare human form of "mad cow disease," the researchers said.

Researchers said thousands may have received the treatment in the U.S. for obesity, diabetes, burns, osteoporosis and cancer.

—*New York Newsday 10/1/93*

KUDZU ROOT EXTRACT MAY HELP FIGHT ALCOHOLISM

A new study at the Harvard Medical School has found that extract from kudzu root, a plant that grows voraciously in the southeastern United States, reduces hamsters' voluntary consumption of alcohol by 50 percent, despite the animal's well-known thirst for spiked drinks.

According to biochemist James Riordan: "We found this by first searching the Chinese literature for any kind of herbal medicine that was used for anything related to alcohol abuse, such as intoxication and hangovers. A number of things turned up, and common among them was kudzu."

Researchers do not yet understand the biochemical mechanism at work, nor do they know if the extract will be effective on human subjects, but the Syrian golden hamster used in this study is considered a "predictive validity model." If kudzu does prove effective on humans, the result will be a new class of drugs to control alcoholism. It will also be a windfall for landowners in the southeastern part of the country who own literally millions of acres of this super-aggressive vine.

FLUTAMIDE— AN APPROVED DRUG!

The following is excerpted verbatim from the manufacturer's package insert for Eulexin, a brand of flutamide, a hormone-inhibiting drug often prescribed to prostate cancer patients:

...The inactive ingredients for EULEXIN Capsules include: corn starch, lactose, magnesium stearate, povidone, and sodium lauryl sulfate. Gelatin capsule shells may contain methylparaben, propylparaben, butylparaben and the following dye systems: FD & C Blue 1, FD & C Yellow 6 and either FD & C Red 3 or FD & C Red 40 plus D & C Yellow 10 with titanium dioxide and other inactive ingredients.

...EULEXIN Capsules are contraindicated in patients who are hypersensitive to flutamide or any component of this preparation.

...**Hepatic Injury:** Since transaminase abnormalities, cholestatic jaundice, hepatic necrosis and hepatic encephalopathy have been reported with the use of flutamide, periodic liver function tests should be considered... Appropriate laboratory testing should be done at the first symptom/sign of liver dysfunction (e.g., pruritus, dark urine, persistent anorexia, jaundice, right upper quadrant tenderness or unexplained "flu-like" symptoms). If the patient has jaundice or laboratory evidence of liver injury, in the absence of biopsy-confirmed liver metastases, EULEXIN therapy should be discontinued or the dosage reduced. The hepatic injury is usually reversible after discontinuation of therapy, and in some patients, after dosage reduction. However, there have been reports of **death** (*emphasis added*) following severe hepatic injury associated with the use of flutamide.

... No carcinogenicity studies were performed with flutamide. However, daily administration of flutamide to rats for 52 weeks at doses of 30, 90 or 180 mg/kg/day (approximately 3, 8 or 17 times the human dose), produced testicular interstitial cell adenomas at all doses.

...**In addition, the following spontaneous adverse experiences have been reported during the marketing of flutamide:** hemolytic anemia, macrocytic anemia, methemoglobinemia, photosensitivity reactions (including erythema, ulceration, bullous eruptions, and epidermal necrolysis) and urine discoloration. The urine was noted to change to an amber or yellow-green appearance which can be attributed to the flutamide and/or its metabolites. Also reported were cholestatic jaundice, hepatic encephalopathy, and hepatic necrosis.

NATURAL HOUSEHOLD CLEANSERS

The 5 Basic Cleaning Ingredients & Recipes to Try

1. BAKING SODA:

Uses: Deodorizes, absorbs odors and moisture. Cleans up chemicals by absorption. Cleans tarnish and loosens grease.

Environment: Natural mineral.

Health: No known toxicity. Well tolerated by the chemically sensitive.

2. WASHING SODA:

Uses: Cuts grease, including petroleum products. Removes stains, removes wax, is a heavy duty cleaner, soap booster.

Environment: Natural mineral.

Health: Washing soda is related to baking soda, but has a higher pH (more alkaline) so it is slightly caustic. Wearing gloves when using is recommended.

3. BORAX:

Uses: Disinfects, deodorizes, inhibits mildew, mold and bacteria.

Environment: Natural mineral.

Health: Well tolerated by the chemically sensitive. Borax solutions are alkaline and must be kept out of the reach of children.

4. VEGETABLE-OIL-BASED LIQUID SOAP:

Uses: Grease and oil cutting properties. Removes dirt. Often identified by the name "castile soap."

Environment: These soaps are made primarily from the renewable resource coconut and they biodegrade quickly and well.

Health: Well tolerated by the chemically sensitive. Soaps are nearly non-toxic, a sizable quantity must be drunk in order to do serious harm.

5. VINEGAR OR LEMON JUICE:

Uses: Cuts grease, dissolves mineral and gummy buildup, inhibits mold, cleans tarnish and freshens the air. Vinegar and lemon juice effective deodorizers.

Environment: Natural, renewable vegetable product.

Health: Well tolerated, use care not to splash in eyes.

Creamy Soft Scrubber

1/4 cup baking soda
enough vegetable-oil-based liquid to make a paste

Place the baking soda in a bowl and add the liquid soap, stirring as you add until you have a rich, creamy texture. Scoop the mixture into a sponge, and wash surface. Thorough rinsing is required. This recipe makes a soft scrubber that is luxuriantly creamy.

As with scouring powders, add different minerals for different needs.

Drain Cleaner

1/2 cup baking soda
1/2 cup vinegar or lemon juice

The chemical interaction between baking soda and vinegar will make a lot of noise. Drain first and follow soda with the vinegar or lemon juice. Let the mixture "rest" (even though it isn't very restful—it will sound like a volcano) for 15 minutes before rinsing with hot tap water.

All-Purpose Spray Cleanser

1 teaspoon borax
2 tablespoons vinegar
1/4 teaspoon vegetable-oil-based soap
2 cups very hot water
spray bottle

Combine the ingredients in a spray bottle, and shake gently until the borax has dissolved. Spray the formula onto the appliance and wipe off with a rag or cellulose sponge.

Window Cleanser

1/4 to 1/2 teaspoon vegetable-

oil-based liquid soap
3 tablespoons vinegar
2 cups water
spray bottle

Put all the ingredients in the spray bottle, shake it up a bit, and use just as you would a commercial brand. Vinegar alone does not always work because commercial window cleaners leave behind a waxy coating that repels the vinegar. The soap in this formula breaks down that waxy coating.

Oven Cleaner

1 small box baking soda
water
a squirt or two of liquid soap

Sprinkle water generously over the bottom of the oven and then cover the grime with baking soda. Sprinkle some more water on top of the baking soda. If you let it sit overnight, you can effortlessly wipe up the grease the next morning. I suggest such as a supermarket green pad to help loosen stubborn spills. When you have cleaned up all the mess, dab a little bit of castile soap on a sponge and wash the sides, top, and inside of the door as well as any grease or baking soda residue on the bottom. Thorough rinsing is required to remove all the baking soda.

Reprinted from *Green Alternatives for Health and the Environment*.

LETTERS

Dear Ruth,

The enclosed is in memory of Mary Sprague Daugherty, a dear friend of many years, who slept away on April first. She was devoted to FACT and was on the committee when you came to Buffalo. May always asked her cancer patient friends to call you; or, if they would not (Roswell Park Institute is a powerful influence here) to at least change their diet and lifestyle. She gave a lot of time and energy to this effort.

I guess we should be thankful she did not have cancer nor she would never grow old. She parachuted from a plane at 60 and went up in a hot air balloon, was taking drum lessons when she died and planned to go out and live with the Pueblo Indians this summer!

The last *Cancer Forum* was wonderful, as always.

Sincerely, E. M.E.

Dear Ruth Sackman:

Thank you to everyone at FACT for all the greatly needed work that you do. Please keep the *Cancer Forums* coming. They always seem to arrive at just the right moment.

All the best, L.S.

Dear Ruth,

My friend, Priscilla Skarry, is a medical student at a naturopathic school in Portland, Oregon. She is extremely interested in FACT and I believe she plans to call you. I'm enclosing a check to cover the cost of the information packet which I'd like sent to her.

I seem to gain and make progress each day. My hair is coming in now and it looks like I'll be a blonde again. The grey is disappearing! Also, the small blue veins that I had on my legs have vanished (without vanishing cream!).

I can't express my appreciation enough for FACT and mostly yourself for your selfless devotion to the welfare of others.

Please send me as many FACT brochures as you can spare. I'll be your New England Rep.!

With appreciation, P.M.

Hi Ruth!

Just a note to commend you on another one of your excellent articles, "The Choice Is Yours" (*Cancer Forum*, VOL. 12. NO. 3/4). Hopefully you're considering writing a follow-up article to complement this one covering what FACT considers to be Biological Therapies—detailing the complexity associated with such a therapy and the type of lifestyle changes required to restore normal body functions to produce only healthy cells.

KEEP UP THE GOOD WORK.

Thanks, K.W.M.

Dear Ruth,

Thank you for your continued educational efforts. Wish I could help.

I am presently housebound and it was a heartening treat to read and reread your *Cancer Forum* magazine.

May you have a successful Cancer/Nutrition Convention. Keep well and happy.

R.R.

Dear Mrs. Sackman,

I just finished talking to you on the telephone and I want to thank you again for your generosity with your time and advice.

I am going to encourage my husband to talk to you and get the benefit of your knowledge and experience.

I would like to order some tapes and a book. In addition, I would like to make a contribution to FACT. I am enclosing a check to cover the total amount.

I look forward to meeting you some day soon.

Sincerely yours, J.K.R.

Dear Ruth Sackman,

Hope all is well with you.

Your organization is doing wonderful work in reaching out to the public and giving us healthful paths to follow.

I enjoy *Cancer Forum* and pass it on.

Best wishes for your good health and wonderful work.

Sincerely, H.S.

To Whom It May Concern:

I am a cancer patient who recently found out that I had Hodgkin's disease. Also, I am a professional counselor who works with people who have various life threatening illnesses.

I read about your foundation in a cancer magazine and wish to have any and all information that you can provide on nutrition, detox, mind-body cohesion, and general info on various therapies, etc.

I am attempting to learn all I can on cancer, therapies and health. I appreciate your time and information. Thank you.

Sincerely, S.C., M.S., N.C.C.

We receive many letters such as this from people sincerely interested in learning about non-toxic cancer therapies. I am often puzzled why there is a general impression that biologically sound treatments are simplistic and can be handled with a minimum of printed material for guidance. I must emphasize that these programs are very complex, requiring in-depth experience to be competently administered.

Dear Ruth,

It was a joy to be a part of your wonderful organization this past convention. Where have I been all these years? I'm glad to be back with you again. Your work is of the highest order.

Best wishes, Steve Meyerowitz,
"The Sproutman"

Dear Sackman,

Thank you very much for the tapes and book sent against my first order of June 1993.

Having listened to the tapes, I have got a much wider and deeper insight into what is being done by FACT and I am enormously impressed by the invaluable work and research being carried out by the organization and especially by your good self. My very sincere congratulations and may you have the health and ability to carry on the good work for many years to come.

It may not heal the sorrow in your heart to hear me say this or to reflect what might or might not have happened, but your subsequent life work and dedication has certainly meant that

your daughter did not die in vain. And despite all the suffering in the world from losing or fighting for the lives of dearly loved children afflicted by cancer, I would still like to think that this is a good world, that there is a purpose in it, rationality and fair play and that people like yourself will get the rich reward you deserve.

As a small token of appreciation, as I mentioned on the phone, I would like to welcome you to Greece and to be our house guest for as long as you care to stay. We have a villa right on the sea, half an hour away from the international airport of Athens and if you want to rest and relax a while, this is a good place to do so, or use it as a base for day trips to nearby islands and visits to cultural sites and beauty spots, Delphi, Olympia, Epidavros, Meteora, etc. A good time to come is spring or autumn away from the heat of summer.

But it is very likely that I or my son, Ion Parry, who has the Ewing Sarcoma cancer, will see you in New York before you come here: we were so impressed to hear the tapes of speakers at the 1992 Annual Convention that he or I would like to attend the 1993 one. Can you please arrange for us to be booked in? We have a place to stay in N.Y. itself.

Secondly, would you please be so kind as to arrange for someone to deal with the enclosed second order for books and tapes. My cheque for \$100 is enclosed.

I do not expect an acknowledgment or reply to this letter. I shall try and contact you by phone in a few days time because there are one or two points arising from your talks which I would like to discuss with you. Regarding talk (tape #144) I enclose one version of the Essiac formula just in case you do not already have it.

Thank you again and my kindest regards,
Yours sincerely, C.E.P.

Ruth,

It was a blessing to talk with you this morning. Thank you for guidance and understanding and for sending the package right out. The information that you gave us is very helpful.

Sincerely, P.&V.C.

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- (119) Bernard Nevins (Colon Cancer)
- (125) Louise Greenfield (Breast Cancer)
- (132) Pat Judson (Colon Cancer)
- (139) Lou Dina (Lymphoma) & Hy Radin (Spinal Cancer)
- (146) Tom Buby (Lymphoma)
- (147) Doris Sokosh (Breast Cancer) and Lou Dina (Lymphoma)

Panels of Recovered Cancer Patients

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

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- (155) Neta Conant and Kay Windes: Recovered Cancer Patients
- (156) Jorge Estrella, M.D.: Improving Host Resistance—The Body's Natural Defense
- (157) Philip Incao, M.D.: Inflammation and Prevention of Disease
- (158) Moshe Myerowitz: Recovered Cancer Patient
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