

CANCER FORUM

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

A WINTER PIECE, By William Cullen Bryant

*"...when the unsteady pulse
Beat with strange flutterings -- I would wander forth
And seek the woods. The sunshine on my path
Was to me as a friend. The swelling hills,
The quiet dells retiring far between,
With gentle invitation to explore
Their windings, were a calm society
That talked with me and soothed me."*



From the collection of Carole Schaefer

Fritz Krüger

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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RED ALERT ABOUT PROZONE!

The label on the Prozone jar, a progesterone cream, is different now than it was on the original batch. The present label has no Mexican wild yam listed, but it does list blue and yellow dye. I have no idea why; I only want to inform you of the difference.

The CEO of the company tells me that the cream is just the same, that there is no change in the product, just a mistake on the label. That is a difficult concept to accept. Therefore, I would suggest that the cream not be used until we clear up the confusion.

If you have unopened jars, you can return them to the place where they were purchased for a refund. Or Dave Roderick, head of Enzyme Process manufacturer of the cream, will exchange your jar for one of the original jars. Call: 800-521-8669.

I would like to suggest that instead of the cream, you use the thermos-cooked cereal. All seeds and grains contain a balance of hormones. This is why each seed or grain is capable of reproduction, i.e., a new plant and new seeds. You have a food that is not only wholesome and delicious, but absolutely safe. Mother Nature is always the wise caretaker of her brood. This recipe has been printed in *Cancer Forum* many times. For those who do not have it here it is again:

All that is necessary is a wide-mouthed thermos and whole grains, such as, rye, barley, wheatberries, corn, millet, buckwheat, brown rice, oats, etc. Rye, barley, oats and buckwheat do not need to be ground before the thermos-cooking process, but the others will not soften adequately if not ground beforehand. The grains can be used singly or combined for different tastes. It is interesting to experiment to achieve various flavors.

To prepare the cereal, put 3 tablespoons of the grain in the thermos and add one cup of hot water for the average portion. If more or less food is desired, use a ratio of 1/3 cup of water to 1 tablespoon of cereal. Let stand overnight or for about 8 hours. The result will be equivalent to a prepared cereal without the loss of its nutritional value. Some people prefer to use the cereal in its whole form as it comes from the thermos. Others prefer to put it in a blender for a consistency closer to what they have become accustomed to. If the cereal needs to be rewarmd, put it in a bowl and warm it over hot water. (This is similar to using a double boiler except that a pot and a bowl are used.) Do not overheat!

Since salt is to be avoided by the cancer patient, other seasonings need to be used. Try flavoring with raw honey, or soaked dates, or raisins, or other dried fruits. Banana and/or other fresh fruits can be added. Top with yogurt, raw nuts and/or black cherry concentrate. Feel free to experiment!

I want to thank Niki Berg, albeit belatedly, of Niki Berg Photography for the wonderful photos which she did at the FACT Annual Cancer/Nutrition Convention as a contribution to the organization. The photographs appeared in the last issue of *Cancer Forum*.

Niki, you have our sincere appreciation. Thank you again.

Ruth Sackman

RUTH SACKMAN'S NOTEBOOK

RETHINKING CANCER

It is obvious from some of the calls received at the FACT office that many people do not quite understand that an alternative cancer therapy should be based on an alternative concept of cancer, not the same old failed system that concentrates on tumor reduction but ignores the well-being of the host. When FACT was first organized as the Foundation for Alternative Cancer Therapies, it was in order to support a system where the focus was not on tumor reduction but on repairing the breakdown in body chemistry which was responsible for the production of abnormal cells. This concept seems to be too difficult for many people to accept. Evidently, they are too frightened and their prior conditioning makes it impossible for them to make a complete transition in their thinking.

I answer numerous calls that come to the FACT office that leave me puzzled as to how to deal with the person. Recently, I answered a call from a woman who is about 50 years of age who attended the FACT CANCER/NUTRITION CONVENTION about 2 years ago. She now has bone metastasis. The only reason that I am writing about this is because it typifies so many of the calls. She never quite grasped the direction of the convention although we go to great pains every year to emphasize FACT'S alternative concept of therapy and select outstanding physicians and recovered cancer patients who make FACT'S position clear.

This lady followed her experience at the convention by selecting the Burzynski clinic in Texas for what Dr. Burzynski calls antineoplastins. We have never supported Dr. Burzynski's work, therefore, he has never been a presenter at a FACT convention. This is not because we feel that he is doing anything wrong for which the authorities have the right to punish him but because it does not fulfill FACT'S design of an alternative cancer therapy, i.e., restoring the breakdown in body chemistry, repairing any

malfunction that is causing the body to produce abnormal cells and boosting immune activity.

At one time I agonized over these failures, assuming that some of the books on alternative cancer therapies left a distinct impression that dramatic results could be achieved by accepting any of the eighty or so currently touted "alternative" therapies as alternatives. I felt these created confusion for the cancer patient. I also felt that perhaps FACT was remiss in not making our policy clear enough for the novice's understanding. I now recognize that the failure was not our presentation nor the plethora of published material, but the mind-set of the patient and that is usually not in our power to change. These patients want an alternative that focuses on the tumor as though the tumor functions independently of the body—a deeply ingrained concept that should have been rethought when a link between cancer and immunity was discovered. From our experience tumor reduction will not be the answer to cancer if one uses an alternative substance anymore than it will be with a conventional system. Tumor reduction or just killing cancer cells does not correct the malfunctioning of the cell production mechanism. I often compare the technique with taking an aspirin for a headache; the headache comes back again and again because the cause has not been corrected. Even if the tumor is reduced to zero but the breakdown that is responsible for developing the tumor has not been corrected, one can expect a recurrence. Duplicating the conventional medical model produces the same inadequate results. Chemotherapy, radiation and surgery, the standard conventional treatments, are all focused on this short-sighted goal of tumor reduction.

Not too long ago a letter appeared in *Lancet*, a medical journal, captioned "Rethinking Cancer." The writer, an oncologist from St. Vincent's hospital in New York City, tells about a colleague who announced with great excitement that a patient of his who had widespread cancer had died but was "cancer-free." This begs the question: if tumor reduction is the key to cancer cure, why did not this patient survive? Contrast that with the experience of one of the founders of FACT. Rae Zucker was diagnosed with colon cancer and refused surgery. Because she had a background in natural healing she felt it would be best to treat the problem biologically. She was not the

most conscientious patient but was competent enough and experienced enough in following a good metabolic program, as well as sound detoxification procedures, and stress management techniques to control the tumor for years. Twenty-three years after the diagnosis, she died from heart failure at the age of 82. The cancerous tumor did not kill her.

IS THE VEGETARIAN DIET THE ANSWER?

When I take a call at the FACT office, I try to get a picture of the cancer problem, what the patient is doing and what he/she is most likely to understand and accept. I got a call from a woman whom we shall call Marion. I explained that a balanced dietary regimen was a basic part of a competent alternative and that without it the body would not be getting the elements required for building healthy cells. She proudly stated that she already had a healthy diet; she was a vegetarian for eight years. I said that perhaps her body was not adaptive to vegetarianism and therefore was out of balance or was not receiving all the required nutrients. I could not possibly have known that her commitment to a vegetarian diet was nearly like a religious faith. For her the belief in the health value of a vegetarian system could not be questioned. She felt that I was so wrong that nothing could be gained from an association with FACT. Instead she chose to follow the conventional system by taking chemotherapy. You can understand the gap in our thinking: I would have preferred meat to chemotherapy!

It is now three years from the time of her diagnosis. She has suffered the discomfort of chemotherapy, alopecia (hair loss), three hospitalizations, bone metastasis, struggling with a walker and a return to the hospital. This lady started with a very small tumor. It is quite possible she could have survived these same three years and possibly up to five years or more without doing anything. It seems obvious that her ego got in the way of better judgement.

A RECOVERED PATIENT'S FRUSTRATION

When one overcomes a serious cancer problem, he or she usually wants to help the rest of the world. Very often it is impossible to influence someone even closely related.

Harold (not his real name) had cancer of the spine.

After two years of struggling under conventional care and being hospitalized, he was given a short-term prognosis. A close friend convinced him to leave the hospital by saying, "What have you got to lose?" He left by ambulance as he was flat on his back because of the spinal deterioration.

Harold soon found a doctor who monitored his progress. He used as his guide the book, *How to Always Be Well*, by William Howard Hay, M.D. His basic program was a balanced diet, carefully determined supplements, detoxification—a healthy lifestyle. Recovery was not easy. It took about three months before he could sit in a wheelchair with a brace. Ultimately, he was able to use crutches, then two canes and finally he was ambulatory—functioning normally. This was quite a success story. Harold always made himself available to anyone who was willing to listen. He was anxious to help everyone change their lifestyle but his most acute frustration was with his wife, Martha. She refused to adopt any of the changes necessary for health improvement.

She suffered from a number of minor health problems for which she took a conventional pathway. Then her situation became more serious and he became more concerned. She continued to negate his help even though she developed a heart problem for which she had angioplasty. She continued to ail in spite of medication and the angioplasty. The next step was a heart bypass. Well, Martha died and her husband, the seriously ill cancer patient, outlived her. She chose her lifestyle which was her privilege. He died in his eighties after 27 years from the time of the cancer diagnosis.

SOMETIMES IT'S GOOD NEWS

The caller said, "I am just calling to see if FACT still exists. A friend of my daughter's needs help. FACT helped my brother twenty years ago and he is fine."

This kind of call comes in every now and then these days. It's impossible for us to keep tabs on all those who have called FACT for help, but there are many who have followed up successfully on the advice we've offered over the years. It's refreshing to hear that many have grasped the alternative concept and made it work for them. Of course, I'd like to hear the same from everyone! ☼

There's an old saying that goes, "If the people start the parade, the politicians will volunteer to lead it." A more timely variation on the theme might be: "If the people start the parade, the insurance companies will volunteer to lead it and the medical establishment may not be too far behind!"

Since its inception 25 years ago, FACT has emphasized the role of the psyche in healing, such that any biologically-sound comprehensive program to restore health—whether for the cancer patient or any other chronic condition—must address the issue of stress management, and should, ideally, include some form of psychological counseling. For the most part, however, the medical establishment has dismissed the psychological aspect of healing as something in between voodoo and "trivial pursuit."

Ruth Sackman, president of FACT, has also been saying (for as long as I've been associated with the organization, which is going on 9 years now) that the impetus to changing the orthodox mindset will most likely come from the insurance companies because it is in their self interest to keep people living longer at lower costs.

Well, it seems that now at last in these deficit-conscious times some sort of convergence is occurring between "far out" mind/body techniques and the medical powers that be and the health care industry is, in fact, leading the parade.

Case in point: Philip J. Hilts writes in a *New York Times* article ("Health Maintenance Organizations Turn to Spiritual Healing," Dec. 27, 1995) that H.M.O.'s are increasingly making referrals to practitioners who use relaxation and other nontraditional treatments. Why? According to Herbert Bensen, M.D., president of Harvard Medical School's Mind/Body Medical Institute and author of the best-selling book *The Relaxation Response*, who spoke at a Boston behavioral medicine conference which Hilts attended, such methods can reliably reduce workload

and are, therefore, "just plain money in the bank for the H.M.O.'s."

According to the article, the change in the last decade has been dramatic. Mr. Hilts talks about stress management programs developed 10 years ago by large managed care organizations that received only 60 or 70 referrals a year from doctors and are now getting 1-2,000 per year. The demand has sparked these companies to institute nationwide programs to train doctors in a range of mind/body techniques.

None of the methods being taught are new to medicine. Indeed, it was Hans Selye, M.D. in his classic work, *The Stress of Life*, first printed in 1956, whose research detailed the incredible havoc that stress can bring upon the human body, as well as the power of the conscious mind to reverse the disease process. Dr. Selye addressed his own cancer problem with stress-reducing techniques, living many healthy years beyond his original prognosis. He died of

heart failure in 1982.

In the early 1970's, following the great '60's focus on personal evolution, the popularity of transcendental meditation or TM, etc., studies were begun which revealed that Indian holy men in the meditative state could consistently lower their heart rates, breathing rates, blood pressure, oxygen consumption and shift their brain waves to a semi-dream-like state. These findings were replicated in less esoteric laboratory surroundings using techniques such as biofeedback and muscle relaxation exercises.

Dr. Stephen Kosslyn, a Harvard neuroscientist specializing in visualization—a technique that uses positive imagery to facilitate healing—has conducted studies recently with Positron Emission Topography (P.E.T.) brain scans using 7 subjects who were asked to visualize a number of emotionally neutral objects, such as a sofa, as well as negative images like the badly bruised face of a battered woman. The scans showed that one particular area of the brain was more activated by the negative images than by the neutral

MIND/BODY CONNECTION COMING OF AGE?

by Consuelo Reyes

ones. This was the insula, a section of the brain between the temples, just forward of the middle of the brain. Animal studies earlier had shown that physical stimulation of the insula can raise or lower heart rate and blood pressure. Mental stimulation apparently has the same effect.

Moreover, this area seems to have strong connections to the limbic part of the brain, long recognized as a center of strong emotion. The insula has a bundle of connections with the stomach and intestines via the vagus nerve. Not surprisingly, research utilizing meditation and other stress-management techniques has been shown to lower ulcer pain, stomach contractions and acid secretion.

Dr. Kesslyn's work shows that images real or imagined can stimulate areas of the brain which regulate vital bodily functions—certainly a validation of the visualization technique.

These “spiritual” methods have proven to be particularly effective for illnesses that have psychological components—depression, anxiety, high blood pressure, cardiac pain, insomnia, diabetes, ulcers, cold, fever, asthma, arthritis, alcoholism, and cancer. In the *Times* article, Dr. Bensen, who has been involved with the investigation of relaxation, meditation and prayer for many years, cited one study where a clinic tried different approaches to treating high blood pressure: one using only drugs and another using reduced drug levels plus stress-reduction techniques. Over half the patients in the behavioral group were able to completely eliminate their need for drugs while achieving significant lowering of their blood pressure. The cost savings for this group was about \$1,300 per patient over the five-year course of the trial.

So now that the parade has begun, is the medical establishment ready to warmly welcome these mind/body methods into their standard healing protocols? When reporter Hilts put the question to Dr. Richard Friedman, from the State University of New York at Stony Brook who was at the Boston conference, the doctor said, “Of course, the medical establishment is conservative,” and he quoted an old medical school refrain: “As a doctor, you don't want to be either the first or the last to try something new.” Then he added, “But it is now catching on fast.”

The acceptance of these techniques into mainstream medicine would, indeed, be a great step toward

a truly wholistic health care system. And, hopefully, this embrace would open the way for other non-conventional concepts such as detoxification, nutritional healing, fasting, cellular therapy, etc. Already this year the *New York Times* had a prominent story on a new publicly-funded Natural Medicine Clinic in Kings County, Washington (“Seattle Officials Seeking to Establish a Subsidized Natural Medicine Clinic,” Jan. 3, 1996), offering a wide array of therapies such as acupuncture, botanicals, massage, etc. Of course, that same day the paper's OpEd page featured a stinging indictment of the whole idea (“Buying Snake Oil with Tax Dollars”). So I wouldn't hold my breath for this...

...But I might meditate on it! ❀

Natural Healing Pledge

I am experiencing the healing power of my life.

In my life, I am constantly working to create true physical, mental and spiritual balance.

I consciously live in a way that supports this.

I am learning to use all illness and unbalance as a way of transforming my life and discovering my own healing abilities.

I know true health is my natural state of being.

I have faith in my ability to heal myself.

Although I accept outside help whenever it is beneficial, I know that my life power is the greatest medicine available. It eternally flows from the divine source within me.

Beginning now I am cultivating an awareness of my own healing energy.

—From New Life Health Center

CHLOROPHYLL

Chlorophyll is the green coloring matter that is able to trap energy of sunlight and make it available for photosynthesis, the food building process of the plant. The green plant is the mainstay of the living world. In every food chain there comes a point where a green plant has been eaten.

In photosynthesis the green plant builds up sugars, starch and so on from carbon dioxide and water using the energy of sunlight. Most of the process takes place in the leaves. The cells possess chlorophyll containing bodies called chloroplasts. It is here that the atoms of carbon dioxide and water are rearranged so that sugars and oxygen are formed after a complex series of chemical reactions have taken place. The energy for part of this chain of reactions comes from sunlight having been trapped by the chlorophyll and then handed on from this to other chemical compounds. Only a small proportion of the sunlight absorbed by the leaf falls on the chlorophyll. However chlorophyll absorbs most of this light.

The amount of chlorophyll in the leaf does not change as photosynthesis proceeds. It acts as a catalyst, enabling the reaction to proceed but can be recovered intact after the reaction has taken place.

Though carbon dioxide and water are the basic raw materials of photosynthesis, some mineral salts are also necessary. The chlorophyll molecules each contain an atom of magnesium. If magnesium is lacking from a plant's diet, the plant becomes yellow and is unable to form any chlorophyll. Iron is also necessary in small quantities for the formation of chlorophyll though it is not part of the chlorophyll molecule itself. Lack of iron also causes the green plant to become yellow.

It should come as no surprise that this wonderful green life-giving substance that helps build all of nature can be used to promote healing. According to Bernard Jensen, "chlorophyll can be used to help improve almost every disease in the human body." He lists the remedial effects of chlorophyll as follows:

Builds a high blood count
Provides iron to organs
Counteracts toxins eaten

Improves anemic conditions
Cleans and deodorizes bowel tissues
Helps purify the liver
Aids hepatitis improvement
Feeds heart tissues iron
Regulates menstruation
Aids hemophilia condition
Improves blood sugar problems (diabetes)
Aids in asthma improvement
Increases iron content in milk
Improves milk production
Helps sores heal faster
Eliminates body odors
Resists bacteria in wounds
Cleans tooth and gum structures in pyorrhea
Improves nasal drainage
Slows nasal drip
Lessens need for underarm deodorizers
Eliminates bad breath
Relieves sore throat
Makes excellent tooth surgery gargle
Benefits inflamed tonsils
Soothes ulcer tissues
Soothes painful hemorrhoids and piles
Aids catarrhal discharges
Revitalizes the vascular system in the legs
Improves varicose veins
Reduces pain caused by inflammation

Fat soluble chlorophyll is a good source of vitamins A, beta carotene, and E. It is especially rich in vitamin K. It contains the essential fatty acids and is a rich source of magnesium. It naturally contains many other nutrients including iron and potassium.

Blood Clotting

As an excellent natural source of Vitamin K, chlorophyll can be used where there is a problem in the production of clotting factors or proteins necessary for normal calcification of bone. In oral surgery, hematomas can cause swelling, pain, general discomfort with slow wound healing. Taking chlorophyll prophylactically can prevent this undesirable side effect of surgery. Indeed, in any form of surgery it would be useful to take chlorophyll both before and after.

Vitamin K as a prothrombin factor and capillary integrity support is valuable in cardiovascular prob-

lems and circulatory problems such as varicose veins and phlebitis. It is useful in any form of hemorrhaging, menstrual bleeding and nosebleeds.

Sex Hormone Precursors

As a good source of vitamin E complex, chlorophyll can be used to help stimulate production of estrogen in the female and testosterone in the male, restoring hormones into balance.

Mucous Membranes

The fat soluble vitamins in particular are important in producing healthy gastro-intestinal mucous membranes. Any inflammation along the digestive tract will be helped by the soothing and healing action of chlorophyll; problems such as colitis, ulcers, diverticulitis and after diarrhea to heal the mucosa.

Pain Control

Chlorophyll has an antagonistic action on guanadine. This is a toxic substance that is released from injured cells causing pain. It can be used directly on burns and wounds to reduce pain. If used before a surgical operation there will be less need for analgesics, and would also relieve the load on the liver, that would otherwise have to detoxify the additional drugs.

Hemoglobin Formation

The chlorophyll molecule very closely resembles the hemoglobin molecule. While the latter molecule is centered around iron, the former is centered around magnesium. Chlorophyll is considered to be a wonderful blood builder and can be used in cases of anemia. An example of this was the case of a fourth generation vegetarian suffering from pernicious anemia. She refused treatment using liver and beef products. After three months using chlorophyll her red blood count rose by one million and eventually normalized. She completely regained her health.

A higher blood count means extra red blood cells delivering nutrients and other chemical factors to the tissues. Is it any wonder that chlorophyll has such a reputation as a stimulant for tissue regeneration?

The above list of remedial effects includes many other uses as you would expect from such a versatile

product. These include improvement in liver function, detoxification properties and deodorization. Although not listed, it is also a valuable aid in prostate problems.

It is important to note when using fat soluble chlorophyll that if patients have impaired biliary systems then they will not get the full benefits. In these cases, chlorophyll should be used in conjunction with lipotropic factors such as choline, inositol and betaine.

Reprinted from Enzyme Digest

Dietary Sources of "Healthful" Vitamins

Vitamin A: Cantaloupe, carrots, pumpkin, tuna

Vitamin B₁: Brown rice, halibut, navy beans, wheat germ, bananas

Vitamin B₁₂: Brewer's yeast, sea vegetables, salmon, tuna

Vitamin C: Broccoli, cantaloupe, citrus products, strawberries

Vitamin E: Kale, sunflower seeds, wheat germ, whole grains, expeller (cold or extra virgin), pressed vegetable oils

Vitamin K: Broccoli, cabbage, turnip greens

Calcium: Bok choy, broccoli, collards, kale, arame and sea palm, sardines, wakame

Folate: Broccoli, dried beans, orange juice, spinach, wheat germ

Iron: Apricots (dried), beans (like navy beans), fish

Niacin: Almond butter, peas, salmon

Zinc: Breads, lima bean

H. Robert Silverstein, M.D.

in ABC Digest of Urban Cardiology

Be Careful

I'm careful of the words I say,
To keep them soft and sweet,
I never know from day to day
Which ones I'll have to eat.

—Anonymous

U.S. Testing 3 Allergy Drugs

Washington (AP) - Tests by Canadian researchers showing that three common allergy drugs promote cancers in laboratory mice have prompted the U.S. Food and Drug Administration to begin its own investigation of the prescription antihistamines. Neither the researchers nor the FDA advised consumers to stop taking the drugs although they cautioned against long-term use. The FDA noted that no clinical studies to determine the effect on humans had yet been conducted and that only certain antihistamines were implicated in the Canadian study. The principal Canadian researcher, Dr. Lome J. Brandes, said that so far, benefits of antihistamines appear to outweigh the risks.

In the study published in the Journal of the U.S. National Cancer Institute, Dr. Brandes and his research team at the Manitoba Institute of Cell Biology in Winnipeg injected mice with a skin cancer and a cancer of the connective tissue, known respectively as melanoma and fibrosarcoma. In three different groups of mice, the tumors grew faster and larger after the rodents were injected with one of three antihistamines: loratadine, astemizole and hydroxyzine, all of which are prescription drugs.

(reprinted from *Gerson Healing Newsletter*)

ANTISTROKE RECIPE: ONIONS AND GARLIC

London—Onions and garlic, considered medicinal since ancient times, both contain a compound that inhibits platelet aggregation, U.S. biochemists reported at the International Congress on Thrombosis and Hemostasis here. Drs. Amar N. Makheja and Jack Y. Vanderhoek of George Washington University in Washington, D.C., found that purified extracts of the closely related vegetables stop platelets from aggregating in vitro by almost completely blocking their ability to synthesize thromboxane, which promotes clotting. Not quite as potent an anticlotting agent as aspirin, the garlic and onion component gets into the bloodstream when the vegetables are eaten, says Dr. Vanderhoek. His group is still trying to determine the compound's structure.

—*Medical World News*

Conversion to Life

By Are Waerland

"Conversion to life" means a radical re-adjustment of the human way of life and mental outlook in accordance with the three main principles of the new life-building synthetical concept of medicine:

1) We do not have to deal with diseases but with mistakes in our way of living. Eliminate the mistakes and the diseases will disappear of their own accord.

2) We never cure a disease, only a sick body.

3) A sick body can only be cured by restoring its original biological rhythm of working and living.

The actual application of these three principles in the life of civilized man fundamentally transforms the modern way of life, man himself and academic medicine, sweeping away the present slough of disease which is the product of a mistaken view of life and a clouded vision.

— by Are Waerland in *Health Is Your Birthright*

Why Fortify?

There is a big trend on in America today. That trend is food fortification. The public has suddenly become aware of the merits of nutrition and they are demanding fortification.

Now let me state the case succinctly. If a food is so impoverished, so weak and puny, so devoid of nutritive qualities that it must be fortified, then bury it...don't eat it and don't feed it to any creature.

My advice is don't demand that food be fortified...demand that food be whole and contain all the necessary ingredients which nature put into the food in the first place. Make it a maxim in your choice of food that the food must contain the vitamins to begin with, they must not be added nor must anything have been subtracted.

No man, no matter how technologically expert, can match nature in her way of putting nutrients into food. So be specific and let it be known that you don't want your food fortified...you want your food to contain the nutrients that nature put in to begin with.

—by Max Warmbrand in *The Provoker*



Photograph reprinted from catalogue published by Diamond Organics of Freedom, CA. Tel: 800-922-2396

RECIPES

From *6 WEEKS TO A TOXIC-FREE BODY* by Dean D. Kimmel*

Scrumptious Vegetable Salad

- 4 tomatoes, sliced
- 3 sweet red or green bell peppers, sliced (stem, center, and seeds removed)
- 2 carrots, sliced
- 2 celery sticks, sliced
- 2 cucumbers, sliced
- 1 avocado, sliced
- 1/2 head of lettuce and/or cabbage, sliced
- 1 small onion, diced
- 2 scallions, sliced
- clump of alfalfa sprouts or similar sprouts (optional)
- Fresh garlic, minced (optional)
- Juice of freshly squeezed lemon or lime

In a salad bowl, mix all of these ingredients together.

If desired, pour **Healthy Dressing** on top and serve.

Healthy Dressing

- 1/4 cup sesame raw tahini (available at health food stores)
- 1/4 cup water
- 1/2 cup clove garlic, finely chopped
- pinch of fresh parsley or dried parsley
- 1/2 lemon, freshly squeezed (optional)

Pour the sesame tahini, water, and lemon juice in a blender or food processor. Put garlic and parsley in and then blend until a desired consistency. For a thicker consistency add more tahini, for a thinner consistency add more water.

* *This book is reviewed on page 13.*

Letters

Dear Mrs. Sackman,

My husband and I recently attended the annual conference given by the Foundation for Advancement in Cancer Therapy. We were very impressed.

The presentations were excellent and we learned so much!

Thank you very much for all of your work and dedication! Enclosed is a contribution for the Foundation.

Peace, J. & F. L.

Dear Ruth,

Regarding our phone conversation of this morning, I am enclosing a check for \$28.45 to cover the following:

Your Body Believes Every Word You Say

Information Packet

Renew subscription

I'm interested in the colema board and also a water distiller. I should have asked you on the phone—but I started to cry. Sorry! Do you have any written material on this and do you think it would be worth it for me to purchase these items?

If only I could get rid of these fears. It started when my husband died almost 2 years ago. I've been seeing a therapist who gave me some meditation tapes but they don't help much. Thank you for your suggestion about writing down the things I'm thankful for. There are so many. You're always so nice on the phone and yet I hesitate calling you. By the way, did your slippers wear out yet? I can make you another pair in my spare time.

Regards, I.P.

P.S. My health food store does not carry Basic H. If you could include it with my book order, I'll mail you the money. Also would you know a good doctor in Jersey my daughter can go to. She is going through menopause and could use some good advice.

P.P.S. Just phoned Wilner. They have Seed-A-Sept, a 2 oz. bottle \$12.00—concentrated liquid to wash vegetables and fruit. Did you ever hear of it?

You can also use Shaklee Basic H which is bought from salespeople, not stores. Check phone book for distributors.

Dear Ruth,

Greetings! Do me a favor! Have a wonderful year with the riches of good health and peace. That goes for you and your loved ones. You certainly deserve it.

As for me I am happy to report last year was the best year because we sent you \$1,273.75—the best contribution to the organization, considering that half

of the merchandise was not saleable and we work with a closed door to strangers.

Fondly, R. R.

Rose Rosenthal collects rummage which she sells, giving the proceeds to FACT.

Dear Ruth,

I just came home from work and read your latest *Cancer Forum* (VOL, 13, No. 5/6) with fascinated interest. It was both so very impressive and so very inspiring and reassuring.

Enclosed is a check for \$20 to get your packet of information. Is this the packet that contains information on a good basic diet, with e.g., directions for the thermos-cooked whole grains? I would very much appreciate being sent that basic dietary info.

Re: the article on natural progesterone, can you recommend a creamy salve or herbs to take?

Also, taking a cue from one of the letters in this latest issue, could you send the name, address and phone no. of a naturopathic M.D. in this area? Is there anyone you can recommend in Bergen County by chance? If not, then perhaps practitioners as close to that area as possible within the general metropolitan area. Do you have a few names you could recommend? Any not in the city?

My husband and I just returned from a two week trip to California, where we visited my Dad. He is very fortunately, at 84, enjoying really excellent, vigorous health and well-being. He seems to be virtually stress-free and very content—how fortunate! and also follows an excellent diet and life style. My mother would be proud of that! As always, my enormous thanks for all you did for my mother. You meant so much to her, and for her. Thank you and best, J.K.F. P.S. Can you also send any info on the colema board? Many thanks in advance for any help with info, and for your gifts of time and caring!

Dear Sir:

I am a medical doctor from Poland. I am writing this letter for I need some information that you probably could supply me with.

In my medical practise I have met quite a lot of patients suffering from disseminated cancer disease where normal conventional medicine could not help. These patients often ask for some information considering alternative therapies that they could introduce along with or without normal treatment. I am very engaged in that problem and try to gather information from different centers of alternative therapy especially used by professional medical doctors that have positive results. I am interested in methods that have some scientific (medical) background but haven't been completely proven yet. So I would be very grateful receiving any information considering such methods, alternative drugs or addresses of people dealing with such problems. I would be grateful especially for addresses of centers using immunomodulatory therapy, vaccinations, mega-vitamins, minerals, etc. I would like to cooperate with you on that field and

exchange information of the latest achievements.

I will appreciate any information you can give me.
Thanking you in advance.

Yours faithfully, Dr. W.K.

Dear Ruth,

Thanks for your article, "Alternative Therapy Vs. Alternative Concept." (*Cancer Forum*, Vol. 13, No. 9/10)

As usual, it is clear, easy to understand, excellent.
Best wishes, A.G.

Dear Ruth,

Thank you so much for all your help. I am actively pursuing possible leads on finding a doctor/medical facility that will be willing to use the Hema-detoxification on my schizophrenic son, David.

I spoke to Dr. Isaac D. Jerassi, and so did my son. Right now, he says he cannot do it, but possibly for cancer patients in the future.

Dr. Quentin Hyder is my son's psychiatrist (formerly of NYC), semi-retired, and he fully endorses this, so if we can find a hospital or doctor we could proceed.

I am enclosing two checks: one for renewal of my FACT membership and magazine, and one small donation to you. I am a widow and my income has dwindled, but I want you to know that I am most grateful to you for this information.

May God bless you with a happy, healthy New Year.
Sincerely, M.H.B.

Dear Ms. Sackman,

A friend of ours, A.K., told us of your FACT packet and we would like to know more.

We believe strongly in good health and I would like to maintain what we have—and hopefully improve upon it in the years to come.

Susan, my wife, has experienced polyps and hopefully this new direction—raw foods combined with detox will be helpful.

Enclosed is \$5.00 We'll be in touch and thank you for your help.

Sincerely, J.C.

P.S. A.K. looks, sounds and feels great!

Dear Ruth,

Thanks for a wonderfully educational 1995 convention. The seminars are 2 days a year I never want to miss. To me, in addition to the information, it is the beauty of people seeking to help themselves instead of just accepting the status quo—questioning—we've got to win!

Dues enclosed. Best wishes in all you do.

Sincerely, D.B.

Dear Ruth:

Everything anyone would need or want to know about

winning the war against cancer employing alternative cancer therapies was presented at the '95 FACT Convention. Want you to know it was indeed an honor to be there and give a talk on how I recovered from cancer. I'm already looking forward to the '96 FACT Convention. Carry on! Keep up the great work. And thank you for doing so.

With all my love,

Betty J. Fowler

Betty counsels cancer patients on the Health Excel Program.

Dear Ruth,

Words cannot adequately express my appreciation for your help when I called.

The marble-size lump on my neck has reduced to the size of a pea after the 6 day fast. The aching is also gone. I plan on repeating the fast in a month and having the lump disappear.

My internist wanted me to see an ear, nose and throat specialist after the lump remained the same for a month after trying antibiotics. By the time I had my appointment I did the fast and the E, N & T doctor described the lump as so small he wouldn't worry about it.

I thank God for people like you who know so much and share your health knowledge with so many.

Please use this donation to continue your work and your organization.

Peace, C.B.

Dear Ruth,

Thank you so much for sending the back issues of *Cancer Forum*. I've shared them with the "Healing Support Group" I lead in my neighborhood and with a meditation group I attend regularly. They were received with enthusiasm.

You are doing such good work and I know the information is needed and welcome. My healing goes very slowly, but it does go!

Best wishes, D.S.S.

Dear Mrs. Sackman,

I want to take advantage of this holiday season to thank you for all of your help. I appreciate you checking on the fever therapy at the Poland Spring Health Institute. Also, for taking my calls and giving me useful advice. Knowing you are there to help gives me peace of mind. May you and your family have a wonderful, joyous, and blessed Holiday Season.

Warmly, D.S.

Dear FACT:

Here is a check for \$25.00. I love getting the *Cancer Forum*. Thank you for all that you do.

I had cancer 7 years ago and 2 metastases and I am well and happy and full of energy now.. E.A.

Book Review by Corinne Loreto

***Developing a New Heart Through Nutrition and a New Lifestyle* by Bernard Jensen, Ph.D. (Bernard Jensen International, 161 pp., \$12.00).**

If we adopted the health program as advocated by Dr. Jensen in this book we could just improve our health and reduce the amount of money spent on expensive treatment to the point where we could help balance the nation's budget.

In keeping with our concept of natural healing, Dr. Jensen does a magnificent job, in a pleasant and easy to understand style, of educating his readers on how to reverse and/or prevent heart disease.

Heart disease is the No. 1 killer today and it can be prevented by some very intelligent lifestyle changes. The first thing to do, is throw away the frying pan! If you smoke, give it up. If you're sedentary, walk!

Unfortunately, the importance of nutrition has not yet been properly emphasized in medical schools. (This is one of the basic reasons why FACT exists.) Dr. Jensen's book offers the heart patient an alternative to drugs and surgery.

His travels took him to countries where the air is clean, the soil good, and transportation is achieved primarily by walking—the best heart exercise—and he found natives there were remarkably healthy. Dr. Jensen met some men in the Himalayas who were over 100 years old and who still had all of their teeth!

I learned how the heart functions and the damaging effect of high blood pressure on the heart and some of the frightening side effects of drugs. Even taking aspirin, which is widely prescribed, is not without risk.

Dr. Jensen lists the high risk factors:

- 1) Consuming too much red meat, salt and refined sugars
- 2) Lack of exercise
- 3) Smoking
- 4) Obesity
- 5) Stress
- 6) Alcohol Use and Abuse

He tells us Dr. Dean Ornish has been successful in treating his cardiovascular patients with nutrition, stress management and exercise. And he has done it without the use of cholesterol-lowering drugs.

The relation of the heart (or any other organ) to the whole body is seldom considered. "We must

learn to view the body as a community of organs, glands, tissues and processes that are interdependent in the work they do..." "To reverse the pathway of heart disease requires a careful remodeling of the patient's lifestyle, attitudes and personal priorities."

Down the road, Dr. Jensen feels the science of Iridology will be useful in identifying and monitoring heart conditions.

Swallowing a pill may be easier and convenient, but it will not bring about radiant health. In a nutshell, we've got to eat our veggies and exercise.

This is by far the best book I have read on preventing and/or reversing heart disease. I recommend you read it and keep it handy for ready reference. ☼

***6 Weeks to a Toxic-Free Body* by Dean D. Kimmel (Corbin House, New York, 146 pp., \$9.95).**

This book is the answer for people who want to clean up their lifestyle to achieve a more optimum level of health. Dean Kimmel offers a daily menu with recipes for detoxification which makes the process easy to follow step by step. Some of the recipes are not necessarily suitable for the cancer patient.

He carefully documents the hazards of the chemical pollutants which pervade our environment causing the need for detoxification. With the information in this book one should be able to create a less toxic home atmosphere and a more carefully selected food regimen to avoid the build-up of a toxic body. A toxic-free body should also be free of health problems.

This is a practical book. It contains resources for organic food and organizations one can join to fight pollution of your food, water and air. One chapter in the book covers suggestions for controlling many of the degenerative diseases such as arthritis, hypertension, diabetes, ulcers, atherosclerosis, asthma, kidney problems, osteoporosis, etc. Because Dean Kimmel is a science writer he understands the need to provide references for the many claims he makes. This he has done with copious references after each chapter.

I want to repeat that not all of the recipes are appropriate for the cancer patient especially, the peanuts and peanut butter sandwich, nevertheless, there are some very good recipes for soups, dressings, desserts and salads.

This book is available from the FACT Book List, p. 15.

Tapes

\$5.00 each; \$50.00 for 12 (postage included)

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Karl O. Aly, M.D.

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

Edward Berk, Herbalist

- (55) Rebuilding the Immune System

Peter H. Duesberg, Ph.D.

- (133) The Role of Drugs in AIDS

Edwin Flatto, M.D.

- (151) Exercise—A Vital Tool for Restoring & Maintaining Health

Jorge Estrella, M.D.

- (79) Improving Host Resistance With Cellular Therapy
- (91) Cellular Therapy for the Improvement of Host Resistance
- (154) Cell Therapy
- (164) Jorge Estrella, M.D.: Immune System, Cancer and Cell Therapy

Charlotte Gerson, Director of Gerson Clinic

- (167) Charlotte Gerson: The Gerson Therapy

Jane Goldberg, Ph.D., Psychoanalyst

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

Martin Goldman, M.D.

- (113) Integrative Approach for Strengthening Host Resistance
- (123) Oriental Medicine for Bio-Repair
- (168) Martin Goldman, M.D.: Oriental Medicine—An Adjunct for Host Defense

Phillip Incao, M.D.

- (126) Role of Fever in Immune Response
- (131) Inflammation - the Natural Enemy of Cancer
- (148) How Weakening the Immune System Causes Cancer
- (157) Inflammation and Prevention of Disease
- (162) Philip Incao, M.D.: Prevention of Cancer Starts in Childhood

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

- (2) Moving the Whole Body to Health
- (77) Helping the Host Resistance Naturally
- (140) The Fibers of Life that Bring Us Health
- (149) Healing From Within Out

John R. Lee, M.D.

- (64) Connection Between Fluoride Toxicity & Cancer
- (83) New Information Regarding the Fluoridation/Cancer Link
- (117) Fluoridation /Cancer Link
- (163) John Lee, M.D.: Progesterone—A Natural Cancer Fighter

Duncan McCollester, M.D.

- (169) Duncan McCollester, M.D.: Autologous Immune Therapy for a Variety of Cancers—Developmental Studies

Shary Oden

- (171) Workshop: Healing Power of Love, Laughter and Music

Ribner, Richard, M.D.

- (145) Healing the Mind/Healing the Body

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

- (28) Individualized Nutrition for the Cancer Patient
- (42) Enzymes: Life's Miracle Workers
- (68) Immunity & Host Resistance
- (94) Individualized Metabolic Programs to Improve Host Resistance
- (128) Biochemical Individuality and Biological Repair,
- (138) Pro Life - Yours!
- (152) A Trip Through Your Inner World

Ruth Sackman, President of FACT

- (29) Cancer Causes & Prevention

(30) The Complexities of Cancer

- (60) Deciphering the Proliferation of Cancer Therapies
- (88) Making Sense Out of the Confusion Surrounding Cancer Information

(95) Biologically Safe Programs for Rebuilding Host Resistance

- (100) How Misinformation is Hazardous to Your Health,
- (129) Concept of Biological Healing
- (135) Causes of Cancer and Balancing Body Chemistry
- (136) What Are Your Choices?
- (144) Comparing Conventional & Alternative Therapies; Healing the Host
- (160) Alternative Cancer Concepts
- (166) Ruth Sackman: Metabolic Approach in Controlling and Preventing Cancer

William F. Welles, D.C.

- (134) Colon Health to Improve Host Resistance
- (150) The Colon—Key to Immune Integrity

John Yiamouyiannis, Ph.D.

- (12) The Fluoridation Cancer Link
- (46) Fluoride & Cancer

Recovered Cancer Patients, Personal Case Histories

- (6) Michael Whitehill (Thymoma)
- (80) Betty Fowler (Skin Cancer)
- (16) Pat Judson (Colon Cancer)
- (41) Richard Mott (Lung Cancer)
- (43) Kay Windes (Breast Cancer)
- (58) Walter Carter (Pancreatic Cancer)
- (98) June McKie (Lymphosarcoma)
- (99) Bernard Nevens (Colon Cancer)
- (108) Kay Windes (Breast Cancer)
- (112) Louise Greenfield (Breast Cancer)
- (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)
- (155) Neta Conant (Breast Cancer) and Kay Windes (Breast Cancer)
- (158) Moshe Myerowitz (Liver Cancer)
- (159) Doris Sokosh (Breast Cancer)
- (165) Greg Hagerty (Hodgkins)
- (170) 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)
- (161) Doris Sokosh (Breast Cancer) and Michal Ginach (Breast Cancer)

1995 Annual Cancer/Nutrition Convention

- (172) Ruth Sackman: FACT—An Optimum Resource for Cancer Patients
- (173) Stanley Bass, D.C.: Testing Nutrition Theories with Mice
- (174) Jorge Estrella, M.D.: Boosting the Body's Healing Ability
- (175) Ruth Sackman: Caveats on Alternative Health
- (176) William H. Philpott, M.D.: Role of Magnetics in Cancer
- (177) Philip Incao, M.D.: Rational Approach to Healing
- (178) John R. Lee, M.D.: Xenobiotics—Endocrine Disturbance
- (179) Jane Goldberg, Ph.D.: Finding the Lost Soul and Greg Hagerty (Hodgkins): Recovered Cancer Patient

Please Order Tapes by Number

BOOKS

Add \$1.50 for postage and handling on all book orders. Make checks payable to FACT, Ltd. and mail to FACT, Ltd., Box 1242, Old Chelsea Station, N.Y.C. 10113. Add \$2.50 for first-class postage. FOREIGN ORDERS: USE POSTAL MONEY ORDERS.

- Bass, Dr. Stanley: *In Search of the Ultimate Diet* (\$6.00)
Bieler, Dr. Henry: *Food Is Your Best Medicine* (\$5.99)
Brandt, Johanna: *Grape Cure* (\$3.25)
Cranton, Dr. Elmer: *Bypassing Bypass* (\$12.95)
Flatto, Dr. Edwin: *Cleanse Your Arteries and Save Your Life* (\$6.00)
Gerson, Dr. Max: *A Cancer Therapy, Results of Fifty Cases* (\$14.95)
Greenfield, Louise: *Cancer Overcome by Diet* (\$7.95)
Haight, S.J.: *Censured for Curing Cancer - American Experience of Dr. Max Gerson* (\$6.95)
Hay, Dr. William Howard: *How To Always Be Well* (\$6.95)
Heede, Dr. Karl O.: *Sure Ways to Health and Joy of Life (Waerland Dietary System)* (\$1.00)
Heritage Press: *Composition and Facts About Foods* (\$12.95)
Howell, Dr. Edward: *Enzyme Nutrition* (\$8.95)
Hume, E. Douglas: *Bechamp Or Pasteur?* (\$15.00)
Hunsberger, Eydie Mae: *Eydie Mae's Natural Recipes* (\$5.95)
Hunsberger, Eydie Mae: *How I Conquered Cancer Naturally* (\$7.95)
Jensen, Dr. Bernard: *Arthritis, Rheumatism and Osteoporosis, an Effective Program for Correction Through Nutrition* (\$7.00)
Jensen, Dr. Bernard: *Beyond Basic Health* (\$11.95)
Jensen, Dr. Bernard: *Blending Magic* (\$4.95)
Jensen, Dr. Bernard: *Doctor/Patient Handbook* (\$5.95)
Jensen, Dr. Bernard: *Foods That Heal* (\$14.95)
Jensen, Dr. Bernard: *The Greatest Story Ever Told* (\$7.95)
Jensen, Dr. Bernard: *The Healing Power of Chlorophyll* (\$6.50)
Jensen, Dr. Bernard: *A Hunza Trip and Wheel of Health* (\$7.95)
Jensen, Dr. Bernard: *Nature Has a Remedy* (\$12.95)
Jensen, Dr. Bernard: *A New Lifestyle for Health & Happiness* (\$4.95)
Jensen, Dr. Bernard: *Rejuvenation & Regeneration* (\$5.95)
Jensen, Dr. Bernard: *Tissue Cleansing Through Bowel Management* (\$7.50)
Jensen, Dr. Bernard and Dr. Donald Bodeen: *Visions of Health* (\$12.95)
Jensen, Dr. Bernard: *What Is Iridology?* (\$5.95)
Kime, Dr. Zane: *Sunlight Could Save Your Life* (\$12.95)
Kimmel, Dean: *6 Weeks to a Toxic-Free Body* (\$9.95)
Lane, Dr. Sir W. Arbuthnot: *The Prevention of the Diseases Peculiar to Civilization* (\$2.00)
Lauritsen, John: *The AIDS War* (\$20.00)
Lauritsen, John: *Poison By Prescription: The AZT Story* (\$12.00)
Lee, Dr. John: *Natural Progesterone* (\$10.00)
Levine, Barbara H.: *Your Body Believes Every Word You Say* (\$11.95)
Meyerowitz, Steve: *Fasting and Detoxification* (\$8.95)
Nolfi, Dr. Kristine: *My Experience with Living Food* (\$3.00)
Owen, Bob: *Roger's Recovery from AIDS* (\$10.00)
Ramos, Dr. Federico O.: *Treatment of Cancer By Means of Cell Therapy* (\$1.00)
Roy, Dr. Leo: *The Liver* (\$4.00)
Sokosh, Doris: *Triumph Over Cancer* (\$10.00)
Stickle, Robert W.: *A Rational Concept of Cancer* (\$3.50)
Stickle, Robert W.: *One Man's Fight to Control Malignancy* (\$3.50)
Tilden, Dr. John H.: *Toxemia Explained* (\$5.50)
Waerland, Are: *Health Is Your Birthright* (\$3.00)
Waldbott, Dr. George L.: *Fluoridation—The Great Dilemma* (\$5.00)
Walker, Dr. N.W.: *Becoming Younger* (\$4.95)
Walker, Dr. N.W.: *Colon Health* (\$5.95)
Walker, Dr. N.W.: *Diet and Salad Suggestions* (\$5.95)
Walker, Dr. N.W.: *Fresh Vegetables and Fruit Juices* (\$5.95)
Walker, Dr. N.W.: *Vibrant Health* (\$5.95)
Walker, Dr. N.W.: *Water Can Undermine Your Health* (\$4.95)
Wigmore, Dr. Ann: *Be Your Own Doctor* (\$3.95)
Wigmore, Dr. Ann: *Recipes for Life* (\$9.95)
Yiamouyiannis, Dr. John: *Fluoride, The Aging Factor* (\$7.95)

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