

# CANCER FORUM

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



*Rose of all Roses. Rose of all the World!*  
*William Butler Yeats*

## 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,

There are a number of items printed in this issue of *Cancer Forum* about pesticides and the havoc they are exerting on our planet and our health. This is an issue of real concern. In spite of the evidence of harm, our government watchdog organization, the Environmental Protection Agency (EPA), responsible for protecting us from hazardous chemicals, is now promoting the repeal of the Delaney Amendment (“...no additive shall be deemed to be safe if it is found to induce cancer when ingested by man or animal...”). This simple regulation guarantees that nothing that can cause cancer be allowed in foods or drugs. I cannot imagine why anyone would want to tamper with such a protective regulation, nor why it was needed in the first place, but it was!

Periodically, forces with special interests zero in on repealing the Delaney Amendment and each time organizations such as FACT man the battle stations of resistance. Because of the response from readers such as you, we have won in the past and if you continue to let your Congressional representatives, your President and Carol Browner, administrator of EPA, know that you want the Delaney Amendment protected, we will win again. With cancer at epidemic levels, Delaney should be strengthened, not weakened!

Write to:

Carol Browner, Administrator  
Environmental Protection Agency  
401 M Street, S.W.  
Washington, D.C. 20460

President Clinton  
The White House  
Washington, D.C. 20500

Your Congressional representatives (Call their local offices or League of Women Voters for addresses.)

We've won this battle before. Let's win it again!



# Why $2 + 2 = 7$ by Louis B. Dina

*Lou Dina is a recovered cancer patient who has presented his case history at several FACT Annual Cancer/Nutrition Conventions. Diagnosed with malignant lymphoma in the bones and lymph system in 1978 he was not comfortable with the conventional chemotherapy approach presented to him by his oncologist. His personal experience makes him exceptionally well-qualified to write the following article. He felt there had to be a better way and so set out on a journey to find it. Using his training as an engineer to investigate symptoms and trace them back to root causes, he came to see metabolic therapy as the most logical approach and began the process of restoring himself to his present vibrant state of health. Recently remarried, Lou lives and works in Florida where he is also completing work on a book about his recovery.*

Everyone knows that  $2 + 2 = 4$ . Our brains routinely supply us with this same answer every time. Logic applied properly and consistently usually yields predictable results. So, when it comes to cancer, why is it that our bodies often do not respond as expected? Why does standard logic seem to fail us so miserably? Maybe our bodies are very poor mathematicians, or perhaps we are applying the wrong formulas? Could it be we need a new model?

Conventional wisdom dictates the use of a decongestant when you have a runny nose, and presto, the symptoms clear up...  $2 + 2 = 4$ . How do we typically treat a headache? Past experiences (and countless advertisements), have taught us that a few aspirin or ibuprofen often alleviate our symptoms in short order... again,  $2 + 2 = 4$ . How about allergies, hemorrhoids, fever, coughs, and the host of other ailments that beset us? Drug stores and supermarkets stock a cornucopia of products which promise *fast, temporary relief*...  $2 + 2 = 4$ . But does it really add up? When we discover the presence of cancer in our bodies, we try to apply this same basic "logic," using radiation, chemotherapy, and surgery to address symptoms. It *seems* so simple and right based on our previous model, doesn't it? But this time,  $2 + 2$  does not add up to 4 and our apparent logic shows a fatal flaw.

So, what happens in a normally healthy body, thus allowing it to produce and propagate abnormal cell growth? My personal experience, research and results have led me to agree with the conclusion that cancer is the end product of a breakdown in body

chemistry which is systemic in nature. The primary cancer site is often dictated by inherent weaknesses within the body, carcinogenic attack of a certain organ or tissue, hereditary predisposition and other factors. The systemic nature of cancer may explain why cancer has a tenacious proclivity to pop up in new locations after the initial symptom has been eradicated: **Cancer is not the tumor.** The tumor is merely a symptom that indicates the presence of cancer, which is largely caused by a breakdown of body chemistry and immune response. The problem is systemic and metabolic in nature, which explains why successfully addressing metabolic causes puts cancer into permanent remission.

It's time for some new math - a new model. How do we dig ourselves out of this mess? How do we defeat cancer and reestablish health and normalcy to our bodies? The process is one of breaking the dwindling spiral and reversing the degeneration of body tissue through wholistic means. We need to apply metabolic logic, a logic the body can understand. Health cannot be regained with a silver bullet or a wonder drug. While drugs may temporarily alleviate symptoms, health can only be regained by removing toxicity and providing the proper fuel and environment the body needs for regeneration of healthy tissue. Drugs only increase toxicity. A healthy body will not generate abnormal cells on a grand scale. A healthy body will attack and eliminate foreign invaders. A healthy body will not tolerate the presence of cancer.

1. Cleanse - Cleanse toxins and waste from the system.
2. Food - consume pure, natural, wholesome foods and freshly prepared fruit and vegetable juices. Avoid processed foods, additives and preservatives.
3. Supplements - Take specific supplements to assist the body in regeneration.
4. Stress - Reduce stress, obtain proper rest and promote a positive mental attitude.

Given a chance, truly remarkable changes will begin to take place. Your body is a marvel, simply waiting for the proper conditions and appropriate catalysts which will allow it to rebuild and heal. Before you even apply one of the essential building blocks above, your body is already eager and primed

to cooperate. So, when you add the first element, you do not add a value of one, but infinitely more. The second element combines synergistically with the first to double or triple the effect. It's like a brainstorming session between two intelligent, focused and motivated people aligned behind a common cause. Ideas and energy really begin to flow as the possibilities and the vision develop and mature. When the third ingredient is introduced, the snowball which is already racing downhill picks up momentum and speed. Adding the final component transforms an ordinary rowboat into a powerful battleship. Remarkably, you have four components adding up to more than four, and  $2 + 2 = 7$ . That's the new math—a math your body understands.

Nature does not generally offer overnight cures, but her hand is steady and reliable, providing we apply the proper principles faithfully. The process of regaining health requires determination and active participation on the part of the patient. Generally, the more involved the patient is, the better. While he/she should obtain the assistance of a qualified health professional well versed in the metabolic approach, he/she must be willing to take responsibility for his/her own decisions and recovery.

As you apply these essential principles you will begin to witness a modern day miracle—the body's equivalent of compound interest as applied to regaining health. And next time someone tells you  $2 + 2 = 4$ , just smile and realize that you know better. Know that  $2 + 2 = 7$ , and realize that through good fortune and good sense, you have found your lucky number. ❀

## The Nutritive Value of Sprouts

The traditional cooks in Chinese cuisine use only the radicle, or growing root end of the sprout. In Britain making sprouts means planting mustard or cress seed in a growing medium, then in a week clipping off the green shoots or cotyledons to sprinkle as a garnish on salads. But American tradition calls for root, shoot, seed and all—a tradition that makes for coarser, crunchier, and more nutritious sprouts than either foreign practice.

“The nutritive value of sprouts depends on whether the seed is attached or not,” says nutritionist Ruth

Matthews of the USDA, suggesting that sprouts eaten seed and all provide the most food value. Matthews is supervising the laboratory research going into the forthcoming revision of the USDA's *Handbook of the Nutritional Composition of Foods*, due for sale from the GPO later this year. “This is the first time that sprouts will be included in the vegetable section of the handbook. We have been besieged by calls asking for the nutritive value of sprouts.”

Lab researchers working for the USDA have discovered several curious details about the nutrition of sprouts, including the fact that Vitamin A content is higher when sprouts are grown in daylight rather than in the dark. Trace amounts of minerals—calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese—also have been measured in alfalfa sprouts, but as Matthews says, “You have to eat a lot of sprouts to get a significant amount of the nutrients. Still, they certainly contribute.”

—Susan Tyler Hitchcock in the *Washington Post*

## The latest research says...

...That garlic can do even more than reduce the risk of cardiovascular disease and cancer (as reported to 1990's First World congress on the Health Significance of garlic and garlic constituents sponsored by Nutrition International, Pennsylvania State University, and the U.S. Department of Agriculture). Now additional research indicates that a compound in the gourmet chef's favorite bulb can kill tumor cells grown from human colon, lung and skin origins.

## More About Honey

Research reports show that honey contains calcium potassium, magnesium, iron, phosphorous, sulphur, iodine, boron, chromium, copper, lithium, nickel, titanium and others. Best of all, these elements can be assimilated from the honey into the human body.

Oh yes, the honey contains most vitamins—A, C, K, and B. Yes, and others, too.

If you have the following conditions—intestinal ulcers, nervous diseases, stomach troubles, kidney disease, heart disease, eye troubles, ear, nose and mouth and throat ailments, liver troubles—try eating honey regularly and see what happens.

—*Modern Maturity*

# RUTH SACKMAN'S NOTEBOOK

I have written about this subject previously in *Cancer Forum* and I will probably write about it again until a different concept of cancer and cancer treatment becomes commonplace under the "alternative label.". The bane of my existence, which I encounter in my service at the FACT office, is the material presented in books, periodicals, on the radio and television of alternative therapies which copy the medical model and in some instances are as toxic as chemotherapy and some that are not any better than the medical system. Why would anyone choose an alternative to conventional therapy at considerable personal expense and effort if the choice provides no additional benefit?

There are at least five books on the market. Many are repetitious because the authors copy each other. If another book is presented, I am sure it will find a publisher easily because they are so saleable. The publisher cannot validate the information as it is too complicated and requires years of feedback from patients to provide a reasonable evaluation, therefore, the writer presents the information as a reporter. The writer is hardly in a position to get ample feedback from patients, therefore, he/she relies on contacts with practitioners or clinic administrators who are not necessarily unbiased people. The word "alternative" is so broad that it covers any system that has not had official sanction. Selectivity is left to an inexperienced cancer patient who is desperate and selects the pathway that may be easiest, cheapest or presented with the most enthusiasm.

Because of the above criticism I want to say emphatically that I do not advocate that the medical community exercise its authority and control the dissemination of alternative cancer information as their answers are not superior to alternatives.

What is needed is knowledge and caution. The patient needs orientation and the freedom to make an informed decision after having acquired factual input.

I would like to see the day when the patient's conventional doctor offers experienced choices.

## FACT's Alternative Concept

After 25 years of contact with clinics, experienced practitioners, feedback from patients, it is my observation that cancer cells are not an entity that operate independently without any connection to body function. The concept upon which conventional treatment is based is that the cell becomes abnormal for no known reason and then divides until it is out of control. It is a concept that assumes that the physical function of the body has no part in producing the abnormal cell and has no control over its elimination.

When it was discovered that there was a link between cancer cells and the immune system, the old concept of cancer needed revision or as Dr. Alan B. Astrow of St. Vincent's Hospital in New York City stated, "We need to rethink cancer." If, as has been the protocol in the past, we continue to focus on reducing tumor size or just killing cancer cells then we neglect the real problems—cancer cell production, the malfunction of a normal physiological process and a depressed immune system.

It would be gratifying if the cancer research funds, research laboratories, research scientists, et al, shifted their interest from finding methods for killing cancer cells toward developing systems for treating the host (the cancer patient) by investigating the cause of the biochemical breakdown responsible for producing abnormal cells and subsequently correcting the malfunction in body chemistry. The resources to accomplish this humanitarian task are available; they need to be redirected from a system that buys time to one that restores the integrity of the host which no doubt will not have an easy answer as there may be multiple causes.

The body is a powerful healing instrument when given the right conditions. If the present money, institutions and manpower were rallied to researching biologically-sound concepts for treating cancer, it would probably produce the elusive cures that have been sought for at least a century of funded research. It could also establish a system that would lead to prevention thus ending this scourge of mankind. ☸



*Victor Irons was one of the early pioneers in recognizing, promoting and manufacturing all natural vitamin supplementary material. He maintained a very high standard in line with the principles which he knew to be essential to restoring and maintaining health. All aspects of delivering quality material was considered. Organic was important. Manufacturing was done carefully so as not to destroy enzymes. Synthetic substances were not added to achieve higher potency. He knew that natural material was more potent in its effect on the body than a synthetic higher potency tablet.*

*Mr. Irons always considered colon cleansing an important health measure. He lectured frequently about the need to eliminate the body's wastes and provided the material and instructions for cleansing.*

### **What Are the Principles of Real Health?**

We have more and better trained doctors, more hospitals than any other nation and yet, as a nation, we remain one of the sickest. So drugs, medicines, surgery haven't been a solution.

A most fundamental principle in regard to natural health is that every cell of the body is served by the **blood**. The body makes the blood and the blood does its work. It nourishes the cell, replaces the "worn out" parts and carries away the waste products. This principle is accepted today by virtually all scientists and doctors, but mankind as a whole frequently does not desire to accept or apply logical conclusions derived from its application, namely, that when something goes wrong organically with a part of the body, whether it be the brain, the nerves, the bones, organs, glands, or skin, then nutritionally-derived materials in the blood may not be of the quality or quantity necessary to do what Nature intended. It doesn't make any difference what your condition of ill-health might be, you need a balanced bloodstream, and the only way you can balance the bloodstream is through proper nutrition.

### **Nutrition Determines Quality of the Bloodstream**

# **RETURN TO NATURAL LAW**

**by Victor Earl Irons**

The Nutritional Foundation, for example, has stated that nutrition is the most important environmental factor in the health of our people. There are other factors, of course, but nutrition is certainly the most important. No medicine or drug, or other type of treatment builds. We repeat that the only way you can build or balance the bloodstream is through proper nutrition. We are not alone in this concept. Dr. Charles Mayo was the famous physician who founded the Mayo Clinic at Rochester, Minnesota. He built the Mayo Clinic to its eminence in America by this very same idea of proper nutrition.

Dr. Mayo states: "We are all afraid of germs because we are all ignorant of them. Germs are outside, what we should be afraid of is lowered resistance which comes from within. The folly of our topsy turvy notion leads to much preventable confusion and despair. Instead of developing a proper respect for our own extraordinary powers conferred upon us by mother nature, we endow germs with unnatural powers which they should *not* possess." Dr. Mayo

went on to say, "Here let me repeat one solemn truth which should be repeated over and over each day until everybody comprehends its meaning and acts upon it. *Normal resistance to disease is directly dependent upon adequate food; normal resistance to disease never comes out of pill boxes. Adequate food is the cradle of normal resistance, the playground of normal immunity, the workshop of good health, and the laboratory of long life.*" (emphasis is ours)

### **What Are Natural Foods?**

Proper natural foods are grown on soil fertilized with natural items, such as compost, manure, natural lime and rock phosphate. Today instead of using these natural fertilizers, most farmers are using high-powered, non-natural, chemical fertilizers, which give a quick, voluminous growth but fail to put the same quality in the food which you find from growth of naturally-treated soil. Proper natural foods are those not sprayed with poisonous insecticides. So many foods today have been sprayed with one or more poisonous sprays, the residues of which can get into

our systems. Proper natural foods are unrefined, unpasteurized, unfragmented and unadulterated with various chemicals. Hundreds of foods you find in a supermarket today have been tampered with in one way or another. More than 2,000 chemicals are being used in our daily foods as coloring agents, buffers, hardeners, thickeners, thinners, softeners, etc.

Proper natural foods still retain their original life as signified by enzyme factors, and retain in natural inter-relationship their original vitamin complexes, organic minerals, proteins, carbohydrates and fats. Whenever feasible they are eaten raw.

### The "Life" in the Blood - The Key to a Better Bloodstream

This word "life" is the key to *truly natural foods*. We are all live biological creatures, and if we expect to maintain nutritional health, we should eat *live, vital natural foods*. The gauge, or measuring stick, of the life or naturalness of food is signified by the presence of its enzyme factors. When a food retains its enzymes, it will readily attract bugs, fungus, molds, weevils, worms and bacteria. As advocated by the pioneer nutritionist, Dr. E.V. McCollum, we should eat those foods which will spoil, rot, sour, mildew, or develop a bad odor; but, of course, we should eat them before this happens. Nature's tiny creatures cannot read ads and they have no favorite TV program, and they choose their foods without commercial inducement. If they refuse to eat a food, then this can be your signal to avoid it also, because it may well lack life and other desirable values.

Various persons considered experts, particularly those subsidized directly or indirectly by various commercial interests, maintain that enzymes in food are of no importance, and that we can eat foods deprived of them with no difference in nutritional effect. Various experts would also discount or minimize the importance of foods which are grown on naturally fertilized soil, or free of insecticides, or unrefined and free of chemical additives. However, until the experts agree, we will once again bet on Nature for the best job.

American diets are not diets considered best for the maintenance of health and physical well-being. Dietary deficiencies exist in every strata of society, and the situation is not one likely to be remedied immediately. So just what can we do about it?

### Our Aim-Nutritional Results Only

We recommend a simple three-way program. We believe that if you follow these three recommendations accurately, you should be aided to gradually get back to Nature, and derive health benefits. The first thing recommended to do is to aid in keeping the body clean on the inside. The second thing is to eat more natural foods, with at least 50% of them eaten raw. The third recommendation is to supply deficiencies, if any, resulting from eating fractionalized, fragmented, "empty calorie" food, with natural raw food concentrates.

### Cleanse the Colon

To repeat, our first recommendation is to aid the body in keeping clean on the inside. Most people are very careful about the cleanliness of the outside of the body, and will use all kinds of soaps and shampoos, deodorants, and skin bracers, but often the same people ignore the inside, which is actually much more important.



Figure 1

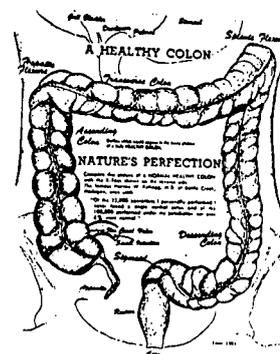


Figure 2

Here is a normal healthy colon (figure 2), something many people lack today. Also shown (figure 1) is a drawing reproduction of a type of colon that can occur. The colon sometimes is called the "sewer of the body."

If unclean and we desire maximum healthful function, we must clean it out. You have heard, no doubt, of Dr. Harvey Kellogg and the Kellogg Sanitarium of Battle Creek, Michigan. Dr. Kellogg said, "Of the twenty-two thousand operations I have personally performed, I have never found a single normal colon, and of the one hundred thousand performed under my jurisdiction not over 6% were normal." Various doctors may disagree with Dr. Kellogg's observations, but no one would dispute the desirability of maintaining the best colonic conditions possible. ❀

# Better Living Though Chemistry?

## Petrochemical Workers Show High Brain Cancer Rate

A "high incidence" of brain cancer among the nation's petrochemical workers has federal work safety officials suspecting chemicals as the cause.

An increased risk of brain cancer has been confirmed in at least seven petrochemical plants in Texas. Investigators for the National Institute for Occupational Safety and Health and the Occupational Safety and Health Administration have discovered 25 brain tumor cases, 24 of which were fatal, at a Dow Chemical plant in Freeport, Texas. Authorities also discovered 18 fatalities at a Union Carbide plant in Texas City. The risk of brain cancer at those two plants represents twice that of the general population.

Spokesmen for the two agencies cautioned that results remain tentative, however, and that no scientific conclusions could be drawn yet.

## Government Says Nearly Everyone Is Exposed to Carcinogens

Virtually every American has been exposed to some type of cancer-causing agent, says the Department of Health and Human Services in its first annual report on chemicals associated with cancer. The report identifies 26 cancer-causing agents and tries to pinpoint the level of human exposure and to assess the public health regulations on each one.

One agent, asbestos, is so widely used that the entire population is exposed to some level, says the report, adding that 2.5 million workers have some occupational exposure to asbestos daily. Among other things, inhalation of asbestos has been shown to increase lung cancer.

## Research Finds Toxins in Human Excrement— Says Bran Lowers Level

Cancer-causing chemicals in human stool? That's the verdict from a Canadian researcher.

In an address to the 17th annual convention of the American Chemical Society, Dr. William Robert Bruce of the University of Toronto reported finding

potent mutation-causing chemicals in human excrement. Bruce speculated that this is a result of the typical Western diet and he believes that they may be linked to cancer of the colon.

Interestingly enough he noted that the addition of one tablespoon of pure bran greatly reduced the amount of mutagens found in the stool. (*Ed. note: Use whole grain which includes the bran; it's healthier.*) Decreasing fat intake to under 50 grams a day brought an even sharper decline.

At last research is beginning to prove what our instincts have told us all along. You cannot dump all kinds of garbage into your system day after day, year after year and expect impunity from disease.

These poisons collect in two key places—the liver and the colon. It doesn't take much scientific background to see how dangerous toxic food additives are that appear in fecal matter and then rest against the walls of the colon for several hours. Is it any wonder that cancer of the colon is one of the highest occurring forms of cancer today?

## Water Pollution Problem Could Be Big

Chemical pollution of America's ground water could be the number one environmental issue in the 1980's, says Robert H. Harris, a member of the president's Council on Environmental Quality.

Contamination of ground water by industrial facilities, agricultural chemicals and other manmade sources finally has the attention of federal agencies, he told a House subcommittee on environment, energy and natural resources. "We are worried that what we see now is just the tip of the iceberg," he told them.

Nearly half of all Americans rely on ground water as their main supply of drinking water. Wells where chemicals have seeped in could expose many of them to potential health hazards, he said.

Four of the town wells in Bedford, Massachusetts, which provided drinking water to 80 percent of the residents, were found to be polluted with toxic chemicals in 1978, Harris said. Town officials shut the wells down. (*Ed. note: Use distilled water.*)

# Synthetic Vitamin C Unmasking a Sorry Substitute by Howard Bloom

Brightly colored nests of rings and flares—chemical footprints left by a vitamin solution as it inches its way across a piece of filter paper—are providing biochemists with evidence that synthetic vitamin C is not an adequate substitute for the real thing. The patterns are being produced by a variety of chromatography, a technique long used to separate the components of complex chemicals. A filter paper wick is dipped into a vial of vitamins liquefied with a special solvent. The wick transports the solution to the center of a filter paper disk, where it spreads with the eagerness of water invading a blotter, leaving colored ripples frozen in its wake.

Recently Dr. Justa Smith, a nun and biochemist at Rosary Hill College in Buffalo, has been using the technique on natural and synthetic vitamin C. While the natural vitamin leaves a brightly colored medallion of fluted circles overlaid with flare-like tracings, synthetic vitamin C leaves only drably tinted, unadorned rings.

The complexity of its patterns suggests that the natural vitamin contains something the artificial vitamin does not, but no one is quite sure what. Dr. Smith suspected that the pattern might indicate the presence of a protein. Indeed, on testing, she found there was a protein in the natural vitamin. (The synthetic counterpart has no proteins whatsoever.) What's more, the protein showed signs of being either wholly or partially an enzyme—one of those critical instiga-

tors of the chemical matings and separations essential for life.

But the protein in natural vitamin C may not completely explain the vitamin's intricate trail. Dr. Smith obtained equally elaborate patterns from clay—a substance without proteins or organic components. She imagines that clay's mineral-richness may be responsible for its chromatographic complexity, but that is only a guess.

The nature of natural vitamin C's extra components may remain enigmatic, but there is nothing enigmatic about its importance to health. Dr. Szent-Gyorgyi, a highly respected biochemist who directed the research facility at Woods Hole, fed one group of rats natural vitamin C, while he fed a second group the synthetic substitute. The rats fed the artificial vitamin showed a tendency to develop bruises. The rats fed on natural C, however, showed no tendency to bruise.

Here are more points to keep in mind if you'd like to cash in on natural vitamin C's mystery element. BHA and BHT, two popular preservatives so potent that only the packaging material need contain them, both destroy the complexities of the natural vitamin's chromatographic track. Aging the vitamin C also causes its chemical complexities to disappear. So try to get your vitamin C from fresh, natural sources, untouched by preservatives, or you may end up missing a valuable nutritional bonus.

(Dr. Linus Pauling, who crusaded evangelically for vitamin C, argued that massive doses bring a wide range of beneficial effects, but he claimed there is no difference between the natural and synthetic vitamin. "If anyone could get me eyeball to eyeball meeting with Dr. Pauling," says Dr. Smith, "I'd sure appreciate it.") ❀

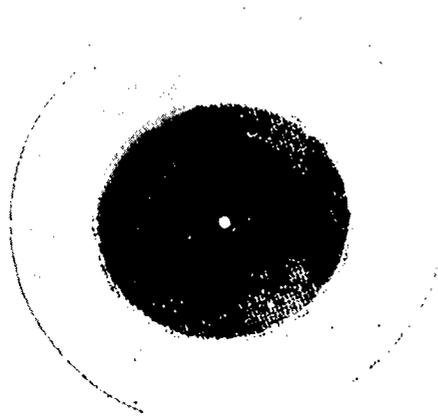


Fig. 1. U.S.P. Ascorbic Acid.



Fig. 2. Natural Vitamin C.

*Editor's Note: Daily recommended doses of Vitamin C are much lower when derived from food sources than from factory-made supplements because food, which is the fuel best suited to the human body, is metabolized much more easily and efficiently than manufactured materials. In particular high doses of synthetic vitamin C can cause a strain on the body to eliminate what it can't use.*

## FOOD SOURCES OF VITAMIN C

Food (preferably organically-grown)	Portion	Vitamin C
Green peppers, raw, chopped.....	1/2 cup.....	96 mg.
Papaya.....	1/2.....	94 mg.
Brussels sprouts.....	4 sprouts.....	73 mg.
Broccoli, raw, chopped.....	1/2 cup.....	70 mg.
Orange.....	1 (medium?).....	70 mg.
Cantaloupe.....	1/4.....	56 mg.
Turnip greens, cooked.....	1/2 cup.....	50 mg.
Cauliflower, raw, chopped.....	1/2 cup.....	45 mg.
Strawberries.....	1/2 cup.....	42 mg.
Grapefruit.....	1/2. (medium?).....	41 mg.
Tomato juice.....	1 cup.....	39 mg.
Potato, baked.....	1 medium.....	31 mg.
Tomato, raw.....	1 medium.....	28 mg.
Cabbage, raw, chopped.....	1/2 cup.....	21 mg.
Blackberries.....	1/2 cup.....	15 mg.
Spinach, raw, chopped.....	1/2 cup.....	14 mg.
Blueberries.....	1/2 cup.....	9 mg.
Cherries, sweet.....	1/2 cup.....	5 mg.
Mung bean sprouts.....	1/4 cup.....	5 mg.

Sources: *Nutritive Value of American Foods in Common Units*, Agriculture Handbook No. 456, and *Composition of Foods: Fruits and Fruit Juices*, Agriculture Handbook No. 8-9, U.S. Department of Agriculture.

## RECIPES

### Corn Chowder

(1 hearty serving)

1 large tomato, cut in chunks  
1-2 scallion, chopped  
1/2 avocado  
about 1 cup water (distilled)  
kernels from an ear of corn  
fresh or dried dill weed

Put first 4 ingredients in a blender. Add enough water for a creamy consistency. Stir in corn for crunch. Sprinkle dill on top. Serve immediately or chill.

### Frozen Yogurt Supreme

(one generous serving)

fresh fruit in season (e.g. 2 peaches, 1 mango,

1 cup strawberries, etc.), sliced

1 cup whole plain yogurt  
1 tablespoon whey powder (opt.)  
1 banana, sliced  
1/2 - 3/4 cup water

Place all in a blender and blend about 7-10 seconds (not necessary to completely puree). Add more water if too thick (should be about the consistency of very heavy cream). Pour into plastic container and freeze about 3-4 hours until lightly frozen.

Variations: Instead of fruit, add 1-2 tablespoons carob powder. Use less water and more banana.

If you have a juicer with homogenization feature (Champion, et al): pour mixture into ice trays and freeze. Before serving, run the frozen cubes through the homogenization mode of the juicer. This will look and feel like real ice cream!

# Letters

Dear Ms. Sackman:

Thank you for the latest issue of *Cancer Forum*.

Does the fact that Elmer Cranton's book *Bypassing Bypass* appears on your reading list mean that you recommend and/or advocate chelation (intravenous EDTA) therapy? It would seem to me that this would be the ultimate invasion of the body by something unnatural!

Please comment if possible; I know that your schedule is very busy. However, this might put further perspective into your explanation of why you support Burton and not Pauling's therapies.

Sincerely, D. M., M.D., Hawaii

*Editor's Note: You are absolutely right about chelation (intravenous EDTA) being unnatural. I have stated precisely that on many occasions with an explanation when the issue has arisen at our convention, but I try to adapt to conditions that relate to the individual.*

*For some the alternative to chelation is by-pass surgery. When given that choice chelation is preferable. There are better choices, e.g., Pritikin's program and Dr. Dean Ornish's which are much more biologically-sound, restore the whole body and have a reduced risk and create a life-style that should improve longevity (not just a temporary reprieve).*

*I try to be eclectic and avoid having rigid standards, knowing that people have many facets and may not be willing to accept the ultimate health measure or change their life-style.*

*Chelation is just an alternative to by-pass surgery which is serious surgery, expensive and has future consequences.*

Dear Ruth,

I just read your 2 articles on "Alternative Cancer Concepts" in *Cancer Forum*. They were excellent. I'm enclosing a copy of my book which I believe you will enjoy. Also enclosing some past issues of our newsletter and a brochure about our center in Florida.

I would like to be on your mailing list for the *Cancer Forum* in the future. Enclosed in a check.

Yours truly, Dr. J.H. (ND)

Dear Editor:

Terminal illness in 10,000 cases was successfully treated according to the book *Health Guide for Survival* by Salem Kirban. Dr. Carey Reams' saliva/urine tests and dietary recommendations reported in this book were very effective in the treatment of many types of serious diseases.

Dr. Carey Reams had a 200 bed clinic in Leesburg, Florida at one time. He also had treated individuals in Orlando, Florida and in a Blue Ridge Mountain retreat in Fannin County, Georgia.

He trained individuals and health professionals using his method of saliva/urine testing and dietary treatment.

He developed a computer program for treating all types of illnesses.

I heard Dr. Carey Reams passed away a couple of years ago. I am looking for anyone performing his specific saliva/urine tests and diet treatment.

Please send information of anyone doing Dr. Carey Reams saliva/urine testing and diet treatment.

Please put this brief letter in your publication for the need is great for inexpensive health care.

Thank you sincerely, R.M.  
*You should be aware that FACT supports biologically sound systems for cancer patients. This emphasizes diet as a crucial component. Dr. Carey Reams had his own design for the diet and it conflicted with the knowledge acquired at FACT during the 25 years of its existence which included substantial feedback from successful results for patients.*

Dear Ruth,

Please accept enclosed check sent with my hopes and prayers for a quick cure for cancer. We live under a pall here. Cancer is becoming so rampant. Striking the young, old, all manner and types of humankind.

We just received word that our young friend, mother of 2—she's in her mid-forties—is suffering metastases of breast cancer of 6 years ago. For 6 years she has been a very healthy, beautiful woman. Now it has traveled to her lungs, liver and possibly (she's still taking tests) to her brains and bones. We are all devastated and living under a pall.

I go about seeking a common denominator. Is it from the many electrical wires overhead? Is it from the polluted waters of the Chesapeake Bay? I wonder how much is hidden from us by the powers that be in government—local and national. I'm sure I'm at least partially right on this.

Once again my prayers for good health for all of you and all of us.

Very best wishes and hopes, S.P.

To Whom It May Concern:

I am interested in alternative therapies for my father, who is 71 years old and suffering from pancreatic cancer. He is recovering from an operation which allowed normal functioning of the pancreas, but a large tumor is still in place.

Please send me any info you have. Thank you.

Sincerely, S.L.

*We cannot provide adequate information about a disease as serious as cancer by mail. The writer should call the FACT office at 212-741-2790.*

My Dearest Ruth,

I thought I would pass on a simple exercise I do that helps expand the lungs and improves the respiratory system. It is a very easy exercise to do—the only thing it requires

is a balloon with an opening of about the size of a dime or a nickel.

This exercise only requires the simple act of blowing into a balloon at least three or more times a day—at no specific time or place. This action helps improve our breathing.

Keep the balloons around the house—I keep one near my telephone which I use while dialing and in-between talking. Another place to keep the balloon handy is near our television control. Television time is a good time to do our exercise. Another time is while we are reading. Notice there is never a strain put upon us during this exercise. Its nice and easy.

I found by continuously doing this simple exercise I have improved my breathing. Walking has become a pleasure when I am not short of breathe. I also find climbing stairs are less of a problem.

Blowing into a balloon is like a form of meditation there is a benefit derived from doing this.

Ruth dearest, thank you for being my friend.

Love and Blessings, M.H, M.S., R.D.

Dear Ms. Sackman,

I spoke to you last week. I have had my prostate removed because of cancer. The cancer was outside the prostate so I still have a PSA reading of .2 You told me to send for the information sheets on diet to fight the cancer.

I am very frustrated because I found two practitioners in my area. I have gone to both, and they totally disagree on what my diet should be. The woman says I should eat nothing acidic. The gentleman says nothing about alkalinity. The woman says I should be taking all kinds of supplements. The man says I should not. The woman says I should not drink green tea. The man says I should drink three cups a day.

I am totally confused. I can see that there would be slight differences in diet recommendations. But the total opposite? I need your help. Enclosed in my check.

Sincerely, D.S.

*There are many practitioners doing nutritional counselling who, unfortunately, are not experienced in the subtleties of the cancer patient or a proper diet with correct acid/alkaline balance. Be careful when you choose. You many want to check with FACT for referrals.*

Dear Ms. Sackman:

When I read some recent letters in *Cancer Forum*, I realized there might be a place I could tell my cancer story. I have found non-conventional or alternative treatment methods difficult to discuss with my contemporaries in the 50's and up age brackets. Those who don't have cancer still believe in the invincibility of their doctors and reject any ideas they reject; those with cancer undergoing conventional treatment resent the fact that someone else chose a less drastic method and was successful.

When I was diagnosed with cancer (a chondrosar-

coma in the connective tissue of the abdomen) over five years ago, I told my companion who accompanied me to the examination, "The bad news is I have cancer; the good news is it's inoperable." The dying words of my closest friend were still with me: "Whatever you do, don't let them cut into you." Besides being inoperable, the mass lay too close to healthy organs to risk radiation and chemotherapy was an option I'd vowed I'd never consider.

The alternative I did have, my doctor informed me, was to build up my damaged immune system so it could fight the cancer, so he gave me some suggestions about how "safe, non-toxic, biologically-sound alternatives" could "restore the host's health, restore resistance to the production of additional cancer cells, activate the immune system and detoxify the body from any accumulation of carcinogenic substances." How fortunate I was to have stumbled across a doctor with a conventional practice whose early background had been in the alternative medicine field.

Five and a half years have passed since the diagnosis. I feel better mentally and physically than I ever have before and I smile when people who do not know about my condition tell me I have never looked more radiant.

I realize now that everyone makes choices—for whatever reasons—that they feel most comfortable with, so instead of trying to change their minds about courses of treatment, I offer information, articles, book titles, tapes, back issues of FACT and other publications and let them decide for themselves.

Thank you for being there. Thank you for FACT. In every way possible I will always be an ardent supporter.

Sincerely, J.C

Dear Mrs. Ruth Sackman,

Enclosed is a check for the information you sent me plus a donation for the foundation.

Thank you very much for your time, good words and caring. It was a big comfort to me. I will call again!

I got my distiller and juicer and go to an acupuncturist 2 times a week. I also start Flor-Essence tomorrow.

Of course, I need guidance and I will call you for that 'til I will see the doctor you recommended. I surely appreciate your help.

With best regards, E.R.

Dear Sirs:

Thank you for letting me have a chance to write to you. I have known your foundation by Mr. Imamura Koichi. I have suffered from breast cancer since last May. I'd like to be a member of your foundation and have a knowledge of your activities and cures.

Please let me know about the membership. I'd like to pay it by the accounting VISA. I'll wait for your answer. Thank you.

Ms. M.M., Tokyo, Japan

# BOOK REVIEW by Corinne Loreto

***Toxic Sludge is Good for You (Lies, Damn Lies and the Public Relations Industry)* by John C. Stauber and Sheldon Rampton**, (Common Courage Press, Box 702, Monroe, Maine 04951, tel. (207) 525-0900, \$ 16.95).

*Toxic Sludge is Good for You* is what a slick public relations firm could have you believe. The authors gathered some of the information for this book through the Freedom of Information Act. It really should be required reading for anyone concerned about the environment, pesticides and industrial pollution. The book is extremely well written and I applaud the authors for a job well done.

Companies who want to put a positive spin on their products or practices hire a high priced public relations firm and through propaganda which mysteriously appears in the press are able to manipulate public opinion. It's frightening and disconcerting to learn of the power PR firms wield to influence public opinion and the tactics used to intimidate anyone who opposes them.

The introduction to the book was written by Mark Dowie who tells how the American Tobacco Company, eager to increase their sales of cigarettes to women when it was not socially acceptable for women to smoke, hired the brilliant PR Edward Bernays, a nephew of Sigmund Freud (*Ed. note: According to Encyclopedia Britannica, Bernays was "a pioneer U.S. publicist who first developed the idea of professional public relations counselor—one who draws on the social sciences in order to motivate and shape the response of a general or particular audience."* Thus, Bernays developed the fine art of manipulating the desires of consumers in order to make a product or idea more saleable—an expertise upon which today's advertising industry is based.), who arranged for a contingent of New York debutantes to march down Fifth Avenue in the 1929 Easter parade lighting up and puffing away! Within months the sales of Lucky Strike cigarettes were soaring.

Remember the Harry and Louise ads we saw on television critical of health reform? They were orchestrated by a PR firm hired by the insurance industry.

Remember reading about Haiti's first democratically elected President, Jean Bertrand Aristide, being a "psychotic manic-depressive with homicidal and

necrophiliac tendencies"? The military junta of Haiti transmitted these charges to the US new media through an array of hired lobbyists and PR representatives.

Remember the ad of dancing raisins in 1988? It boosted the sale of raisins by 17%. At about the time of the dancing raisins, a book was about to be published called *Diet for a Poisoned Planet* written by David Steinman. The book resulted from his investigative research that uncovered evidence that hundreds of toxic carcinogens and other contaminants, mostly pesticides, are found routinely in U.S. foods from raisins to yogurt to beef. Steinman noted, "For example, government inspectors found raisins had 110 industrial chemicals and pesticide residues in sixteen samples." The California Raisin Advisory Board wanted to make sure that *Diet for a Poisoned Planet* was dead on arrival. Steinman's efforts to publicize his book got nowhere. He was depicted as an "off the wall extremist without credibility."

The chapter called "The Sludge Hits the Fan" tells about how the Water Environment Federation renamed sewage sludge "biosolids" and said it could be used beneficially to fertilize farm fields. According to authors Stauber and Rampton, "The viruses, bacteria, protozoa, fungi and intestinal worms present in sewage and sludge is mindboggling...Sludge pathogens can move through many environmental pathways—direct contact with sludge, evaporation and inhalation, contaminated groundwater, contamination of rodents burrowing in sludge and uptake through the roots of crops."

The authors say, "If you think the Environmental Protection Agency is looking out for the environment, forget it, they're in bed with the sludge industry."

If no other book is read this year, make this the one you'll read not only because our food and environment and ultimately our health will be at stake, but because it took a great deal of courage for the authors to write this book. It is incumbent upon us to show our support by purchasing a copy of this book and lending it to others to make them aware of the awesome manipulative powers of the public relations industry.

The back cover of the book eloquently states, "*Toxic Sludge is Good for You* blows the lid off today's multi-billion dollar propaganda-for-hire industry. This book names names and reveals how public relations wizards concoct and spin the news, organize phony 'grassroots' front groups, spy on citizens, and conspire with lobbyists and politicians to thwart democracy." ❁

# Tapes

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

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

## **Karl O. Aly, M.D.**

(63) Cancer Program at Tallmogarden

## **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

(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

## **Donald D. Kelley, D.D.S.**

(21) Individualized Metabolic Nutrition for the Cancer Patient

## **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) 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 \$ 2.00 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* (\$8.95)  
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* (\$6.00)  
Jensen, Dr. Bernard: *Doctor/Patient Handbook* (\$8.00)  
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* (\$7.00)  
Jensen, Dr. Bernard: *Rejuvenation & Regeneration* (\$7.00)  
Jensen, Dr. Bernard: *Seeds and Sprouts* (\$6.95)  
Jensen, Dr. Bernard: *Tissue Cleansing Through Bowel Management* (\$8.00)  
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* (\$5.95)  
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* (\$5.95)  
Wigmore, Dr. Ann: *Be Your Own Doctor* (\$3.95)  
Wigmore, Dr. Ann: *Recipes for Life* (\$9.95)  
Yiamouyiannis, Dr. John: *Fluoride, The Aging Factor* (\$14.95)

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

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