

CANCER FORUM

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



VOL. 14, NO. 9/10

One Dollar

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.

The material contained in Cancer Forum is not copyrighted. Our role is to disseminate information as widely as possible; therefore, we encourage the reprinting of articles, but would appreciate credit.

Board of Trustees

Ruth Sackman, President
Pat Judson, Vice President
Martin M. Fall, Treasurer
Corrine Loreto, Secretary
Rhoda Koeppel, Counselor
Leon Sackman, Librarian
Nicholas Daflos, Ch. of FACT Safe Water Comm.

National Headquarters

F.A.C.T., LTD.
Box 1242, Old Chelsea Station
New York, N.Y. 10113
Tel.: 212-741-2790
Ruth Sackman, President

Editor: Ruth Sackman
Production: Consuelo Reyes
Proofreader: Irving Wexler

In this issue:

The Nature of Qi Flow	
by Michael O. Smith, M.D., D.Ac.....	3
Ruth Sackman's Notebook.....	7
NY Attorney General Recommends Hospitals	
"KickTheir Pesticide Habit".....	8
Letters.....	9
Recipes.....	11
Book Review by Consuelo Reyes.....	12
Tape List.....	14
Book List.....	15

Dear Reader,

Because this issue of *Cancer Forum* has quite a number of serious articles, I feel it would be appropriate to put a few items in this space to lift one's spirits. A positive attitude is equivalent to taking healthy nourishment!

Laughter is a tranquilizer with no side effects.
—Arnold H. Glasow

For peace of mind, resign as general manager of the universe.
—Larry Eisenberg

Smart is when you believe only half of what you hear. Brilliant is when you know which half to believe
—Orben's Current Comedy

The patient treated on the fashionable theory, sometimes gets well in spite of the medicine.
—Thomas Jefferson

Why do we have 2 eyes and only 1 mouth? Because the good Lord wanted us to listen twice as much as talk!
—Gerry Spence, criminal trial attorney, quoting his father

Love cures people—both the ones who give it and the ones who receive it.
—Dr. Karl Menninger

If you think nobody cares if you're alive, try missing a couple of car payments.
—Earl Wilson

Best wishes for an uplifting fall season!

Ruth Sackman

THE NATURE OF QI FLOW

Western and Eastern Paths to the Source of Life

by Michael O. Smith, M.D., D.Ac.

As many Cancer Forum readers know, after long years of experience based on observation and patient feedback FACT has concluded that a metabolic repair system is the most effective program for long-term recovery. We discourage patients from adopting numerous adjunctive therapies which can overwhelm the body's healing capability with disastrous results.

There are some circumstances, however, when an adjunctive system can enhance the body's healing activity. Acupuncture is just one of those resources.

Dr. Michael Smith's knowledge and appreciation of acupuncture is explained very well in the following article. Dr. Smith, a psychiatrist and Doctor of Acupuncture, has received a great deal of recognition for his groundbreaking work using an ear acupuncture technique to control drug addiction. Dr. Smith was named "Acupuncturist of the Year" in the United States in 1989 and in Germany in 1994.

As students of Western medical science, we are taught to rely on specific, often mechanical explanations of bodily functions. A medical colleague told me, "I can only work if I know the mechanism behind every action." Indeed the majority of us, even those people in alternative medicine, feel that there are clear physical-chemical explanations for most body functions. *In spite of the numerous discoveries in western medicine, these assumptions are quite misleading.*

Consider the process of gravity. It is a seemingly reliable process which is denoted in countless physical equations, yet the mechanism of action remains unknown. This lack of knowledge has not led to inappropriate speculation or mystical analysis. Gravitational force is simply part of our environment. Many processes in nature are poorly understood.

Science has to say "I don't know" in an appropriate and intelligent manner. As Sir William Osler told the medical class, "Half of what you have learned is true and half is false. I just don't know which half is which yet."

VASCULAR CIRCULATION

We are taught that the heart pumps blood around the body. This is a misleading approach to the problem of

circulation. Very precise measurements can be made of fluid pressure gradients in the heart and the great vessels of the chest. Blood pressure can be measured in peripheral arteries. At first glance this seems to be a completely documented system. However, Western medical theory has never given any significant explanation of the mechanism for blood to return to the heart. Blood must return to the heart with the same volume and speed that it leaves the heart; otherwise the entire system will collapse. From the point of view of Western medicine, *an un-described and essentially unknown force is responsible for "pumping" the blood from the limbs back to the heart.*

Furthermore, it is often stated that certain reactions of the autonomic nervous system cause blood to flow to the

limbs or abdomen on a higher priority. The physical force relating to this autonomic effect is also poorly understood. The Chinese medical texts say that the "blood follows the Qi." This suggests that the blood flows as a result of forces associated with a poorly defined process "Qi." Occasionally acupuncture treatments cause postural hypotensions, that is, the patient becomes dizzy and may faint due to a sudden re-distribution of blood from the heart to the lower body. According to the rules of



Michael Smith, M.D., D.Ac.

acupuncture, it is possible to predict when this reaction may occur and insert needles in such a way as to make it more-or-less likely to occur. So one sees that the direction and priorities of blood flow can be altered by acupuncture in a predictable fashion.

Let us suggest a unified and more coherent system: (1) the pumping and valvular action of the heart cause blood to be distributed in the lungs and great vessels so that oxygen is taken into the blood cells and that a rhythmic pulse of blood is established, (2) the effect of Qi determines the priorities of arterial blood flow, and is the primary force responsible for circulation in small vessels and venous return.

WATER MOVEMENT IN PLANTS

How does water flow upward in a tree? Six tons of water evaporate from an average maple during the summer. Explanations of capillary action and molecular adhesion again are clearly not sufficient. If the restrictions

of gravity were important, trees would tend to grow wider not taller. Some species might absorb water in the top of the plants so that water could flow with the force of gravity, not against it. Clearly there is some energy process in living trees that can readily move water upward against the force of gravity. In fact, the movement of vital fluids (water and nutrients) is one of the basic properties of living organisms. By focusing in the mechanical process of the beating heart, we have neglected to observe the process of circulation as a whole. *In particular we have neglected to observe that most vital circulation moves in the opposite direction of gravity and cannot be explained by any currently identified mechanical process.*

Whether we are referring to the movement of water up from the roots in plants or venous return in animals, we have to accept that there is force (or forces) in nature which moves vital fluid against gravity in a constantly effective manner. Such a fluid moving force may be "unknown," but it can be measured as accurately as gravity. This force may be turned on and off as life itself may be created and destroyed. We will call this life-related force Qi.

LIVING INFORMATION

The information system that relates to living organisms is only beginning to be understood. Again there are structural mechanical objects in the foreground of our vision. Scientists properly marvel at the complexity of the brain and the neurotransmitter system. *Nevertheless, there are many clues that indicate the existence of a more extensive and pervasive information system.*

Dr. Manaka describes an "X-system" relating to the primitive biological adjustment process that must have existed prior to the evolutionary development of the human central nervous system (CNS). Indeed, there are many biological processes that occur in circumstances which seem to preclude control by the CNS: (1) Embryological development in utero, (2) wound healing and tissue regeneration—to name two.

The autonomic and humoral control systems, which are more primitive in development than the cerebral systems, are probably intimately connected to the "X-system." The emotional, physiological personality and body language that each person expresses seems much too intricate and ever present to be managed by a cerebral cognitive process. By Chinese medical tradition the term Qi refers to an informational and body patterning system which is

typical of living systems. Manaka's term "X-system" clearly is intended to fall within this definition. We are not only talking about the force required to move vital fluids or impel embryological development, but we are talking about the myriad of basic biological processes occurring in each living organism. This discussion of Qi derives from the principles of Western science and is consonant with the principles of Eastern Science.

EXCHANGE OF LIFE ENERGY

Acupuncturists and practitioners of other forms of "energy" medicine know that Qi is also a vital perceptible process. Active bodily treatment locations often feel warm and tingly. One can feel warmth exude into the air above a correctly placed acupuncture needle. In the treatment of an acute asthmatic, acupressure therapists can feel considerable heat and soreness develop in their own arms after placing their fingers on feishu (B-13) for several minutes.

These phenomena are not dependent on actually touching a person, but are also perceptible when placing a hand immediately above the surface of the body. Many of these phenomena are probably not measurable by ordinary instrumentation; rather they must be detected by an instrument that is specifically designed to receive these

messages, i.e., the living organism.

FINDING THE APPROPRIATE VIEWPOINT

Many of you may be disappointed that I have moved away from a discussion based on physics and objective measurements. It is remarkable that acupuncture textbooks mention "te qi" sensations that are felt

Acupuncture provides a simple, easy path to a vast healing capacity within ourselves. Once we become re-acquainted with the source of our life, we'll be smart enough to take it easy and let the Qi flow.

by the patient, but they virtually never describe similar perceptions that are made by the practitioner. Science is based on careful observation. We build precise measuring devices, because other less rigorous perceptions suggest certain measurements might be possible. If acupuncture texts do not describe these possibilities, how can we expect physicists and physiologists to examine these phenomena? In my experience the practitioner's Qi sensations are a very effective means of point location and selection. Certainly these phenomena were important in the development of acupuncture (i.e., before the charts were written). Likewise, Qi Gong and other forms of energy medicine are fully dependent on this source and quality of information.

We have not described Qi with any precision. Indeed, our broad use of Qi may be historically correct and clini-

cally appropriate, but it may be quite troubling to more analytical researchers. How can Qi be a force and, at the same time, an information system? Haven't we re-discovered an impractical mystical dead end?

Use of the term Qi (or any other term signifying vital energy or process) is essential because our first responsibility in any development of research is to gain the appropriate perspective as to what kind of phenomenon we are looking for and what level(s) of functioning might be involved. Recently, medical science has used an extremely reductionist perspective.

Their approach has been so myopic that, for example, the lack of a mechanism for venous return has been significantly ignored. We are using the term Qi as an effort to broaden the perspective of researchers. Perhaps they can consider the process of fluid moving force in conjunction with a primitive but pervasive information system.

The treatment effects of energy medicine and the sensations associated with treatment may provide additional clues to develop this research appropriately. The use of acupuncture and relatively consistent uses of the term Qi have been employed for thousands of years. *Working from the relatively well understood phenomena of acupuncture might be the best way to learn about the poorly understood mechanisms of circulation, wound healing, and other biological processes.*

THE NATURE OF QI FLOW

Acupuncture points are well known to have certain biophysical properties: decreased electrical resistance, for example. Such "points" can be found in consistent locations on many species, including human beings. Veterinary acupuncture is regularly reported in mainstream veterinary literature. It is more respected than human acupuncture by comparable professional organizations. Acupuncture points and whatever underlying mechanism that accounts for their effectiveness are clearly part of the general biological reality of life.

The acupuncture system has therefore been a product of evolutionary development as much as any other biological systems. Biological systems are developed and retained because they are useful to the organism. The acupuncture system evolved because it was valuable to organisms long before anyone thought of using needles or pressure to stimulate acupuncture points. *Indeed, we should describe it as a Qi flow system rather than an acupuncture system in order to avoid the implication that we are ignorant of this evolutionary process.*

Let us consider the characteristics of such a Qi flow

system. First of all, the organism must be able to activate and utilize the Qi flow system without the presence of an extrinsic stimulus. The organism must be able to "acupuncture" itself. There must be mechanism(s) for the organism to select and stimulate particular Qi flow points in a way that is productive. Our perceptions of "te qi" and relaxation following acupuncture are examples of reinforcing biological feedback to the organism. Similar feedback sensations accompany eating and sexual activities.

We often perceive pain related to internal organs in unusual locations, so-called "referred pain." Gall bladder pain may be perceived near the right shoulder, for example. The locations of referred pain may be puzzling to anatomists, but they are accurate indications of points of Qi flow blockage known to acupuncturists. Pain is a message for the organism "to pay attention to" a certain body location. Pain is consciously perceived. There also may be other comparable messages to activate Qi flow points that are not consciously perceived by us.

Previously I described Qi as a force which moves biologically active fluids both in plants and animals. Qi is then part of a circulatory system that is presumably much older than the cardiovascular system that is so prominent in mammals. Typically, a new, more specific physiological system evolves in an organism so that the new system co-exists with the older more general physiological components. For example, the cerebral cortex has evolved in recent millennia and now it co-exists with the older, more general "sub cortex."

Qi also relates to such phenomena as embryological patterning and wound healing which are information related activities that are clearly governed by systems that are more primitive on the evolutionary scale than the central nervous system.

My hypothesis is that the Qi flow system is part of the most basic biological processes in our body. Qi is a balancing, activating component of the most primitive, but also the most pervasive process of circulation and information in living matter. The Qi flow system operates continuously in our bodies. Qi seems to be a part of the connective tissue linking every cell. *The specific characteristics of the Qi flow system are immensely more complex than we can describe at this present time.* Topics such as embryological patterning, autonomic balance, subcortical function, microcirculation of lymph are described by today's scientists only in rather general obser-

vational terms. Chinese medicine provides more concepts and principles for us to attempt to understand these basic biological processes. *Nevertheless, we all have to accept the fact that the Qi flow system and our basic life processes are much more sophisticated and capable of self-regulation than our current wisdom can appreciate.*

External stimulation of Qi flow points improves the functioning of an already active biological system. Stimulation such as acupuncture triggers an increase in effectiveness of Qi flow. For the most part the response of the Qi flow system is much more complex than the choice of the stimulus (the location of acupuncture points chosen). *Needling even one location can trigger a cascade of varied physiological responses in many parts of the body.* The complex diversity of the response can rarely be predicted by the acupuncturist. Indeed this is one of the most valuable characteristics of acupuncture. A safe and relatively simple stimulus (or series of stimuli) may produce profound, multi-faceted, and often long lasting effects. As therapists, we should appreciate our easy access to this subtle programmed system. We should avoid the temptation to give the body precise instructions based on the illusion that we have an adequate understanding of these basic life processes. We are nursing assistants to the primary healing force: Qi. Pressure, light touch, electro-magnetism, even Qi emanating from a hand held beyond the body can all be as effective as acupuncture needling.

We should not find any one-to-one correlations between acupuncture stimulation and specific activities associated with organs that developed later in the evolutionary process. Hence Qi flow phenomena should not be exclusively correlated with a specific peripheral nerve, endocrine gland or cerebral cortical process. Naturally there will be general correlations since more recently evolved body processes are well integrated with other layers of development. Acupuncture treatment for asthma, for example, will not merely follow a specific neuroendocrine pattern.

We should expect that different sets of Qi flow points on the same occasion might produce similar results. Furthermore, stimulating the same set of points under different circumstances might produce different results. Remember that our external stimulation is merely a trigger that enables a system that is quite complex and internally consistent. *Acupuncture does not re-program this basic*

homeostatic system; rather it activates a remedial life adjusting system that has been programmed for millennia.

ORGANIC INTEGRITY

People who receive acupuncture typically report that they feel more centered, more calm, and more comfortable with their own thoughts. They are reminded of more peaceful times in their life, or perhaps they experience a peaceful consciousness for the first time. These experiences are comparable to perceptions related to meditations, yoga, and other types of spiritual training. Acupuncture can be a key that opens the door to a more centered and effective consciousness. Successful acupuncture treatment can show a distraught patient that they have a much greater capability for a peaceful consciousness than seemed possible in their chronically nervous state.

Many people suffer from illnesses that are described as psychosomatic or auto-immune, because conflicts within

their body are expressed as chronic destructive symptoms. I would describe such people as excessively controlled by the recently evolved central nervous system and endocrine systems. They have lost contact with the older, more homeostatic functions that we have identified with Qi. Older homeo-

Nevertheless, we all have to accept the fact that the Qi flow system and our basic life processes are much more sophisticated and capable of self-regulation than our current wisdom can appreciate.

static functions of the body provide physical and emotional stability and resilience that are necessary to life. Western civilization has adopted Descartes' definition of life, "I think, therefore I am." For these patients a more appropriate version might be: "I fear that I am not, therefore I am." Their own fears and insecurities become so pervasive that they cannot imagine being alive without them. The concept of finding a soothing, balancing process within themselves seems preposterous. After all, their will power, intelligence, and numerous pharmaceutical efforts have not been effective. "How can there be anything valuable within me?" they say. "I have tried as hard as I can." Some people may even feel insulted by the suggestion that there is some part of them that has not been used in this struggle. Efforts to find these older homeostatic layers may be labelled as irrational. In one sense, this is true. The older homeostatic parts of our body developed long before there was any rationality, that is, before the evolution of the cerebral cortex.

Acupuncture provides a simple, easy path to a vast healing capacity within ourselves. Once we become reacquainted with the source of our life, we'll be smart enough to take it easy and let the Qi flow. ❀

RUTH SACKMAN'S NOTEBOOK

CANCER, CANCER, EVERYWHERE! IS THERE NO RELIEF IN SIGHT?

For at least one hundred years, established cancer research and treatment has been based on the principle that only one cell in the body needs to become abnormal for it to reproduce itself to form a cancer mass. Research based on this concept has produced treatments which charge into these cells or masses to kill them quickly. Even after a mass is excised with no obvious cancer left, doctors are prescribing radiation and/or chemotherapy or hormone inhibitors (if the cells are hormone related)—all on the chance that one cell may have escaped the scalpel and settled in another part of the body to continue to proliferate. These treatments concentrate so completely on destroying abnormal cells that the patient is often destroyed in the process. Although this system has not led to a cancer cure, conventional research and treatment still follow the concept that cell proliferation is unrelated to a biological breakdown in body function.

An enormous amount of research has taken place which should have changed the established concept of cancer, ergo, research and treatment, but it seems to be ignored or simply not understood.

Many years ago, some prisoners were asked to serve as guinea pigs by allowing cancer cells to be grafted to their skin. (Of course, they were given some consideration in sentence reduction.) Some of the cancer grafts took, but others were rejected. This was an important clue that our own systems exercise control over whether we are prone to accept a graft and become cancer victims or whether physiologically our own systems can protect us against cancer. The outcome should have alerted the cancer establishment that there were other factors than the one in place for so many years. This was the first evidence that cancer is a systemic problem and that a healthy immune system would reject cancer.

Another important clue to the systemic nature of cancer was the rise in cancer in the transplant population from the use of immuno-suppressive drugs which were necessary to avoid a rejection of the

transplanted organ.

The Drs. Heilstrom, a husband and wife team doing research at the University of the State of Washington, delivered a paper at a science writers' seminar at Carefree, Arizona, stating that the immune system was an important factor in cancer control and that radiation and chemotherapy depressed the immune response. This information pointed in the direction of an overall biological breakdown instead of a localized one.

Dr. Judah Folkman of Harvard University also delivered a paper at another science writers' seminar showing that cell production is integrally related with other physiological processes. This valuable information was never recognized as pointing to a new approach in cancer research and treatment.

Cancer is a physiological problem - a breakdown in body chemistry. What is a breakdown in body chemistry? It is a physiological dysfunction which can be responsible for the production of abnormal cells and a weak immune system unable to eliminate those cells.

One alternative doctor, Max Gerson, M.D., who had a cancer clinic in Nanuet, New York, believed that cancer was caused by a breakdown in liver function. Another, Dr. William Donald Kelley, concluded that it was a breakdown in pancreatic function. Dr. Dennis Burkitt claimed that colon cancer developed from a roughage-free diet. Do you think that one is right and another wrong? Actually, all are correct.

The body is made up of many systems and each system has many roles. There is the digestive system, glandular system, nerve system, elimination system, lymphatic system, endocrine system, circulatory system and others. If any of these systems is out of order there is a biological dysfunction. Not every breakdown leads to cancer, nor is every breakdown permanent. The body has powerful self-healing capability. We tend to abuse it beyond its ability to sustain health, thereby causing the body to manifest symptoms of ill health which can be minor or serious. Unfortunately, treatment usually only addresses symptoms instead of the underlying causes.

If true progress is to be made in cancer treatment, it's time to rethink the underlying concepts which guide the massive, costly efforts now searching for the "cure."

NY ATTORNEY GENERAL RECOMMENDS HOSPITALS "KICK THEIR PESTICIDE HABIT"

FACT networks with many organizations that are working fervently to reduce dependence on pesticides, many of which are carcinogenic and/or hormone-disrupting. The following article, reprinted from a publication called Solutions, was sent by one of these groups. It lifted our spirits to know that a political figure, in this case, New York State Attorney General Dennis C. Vacco, is concerned about the use of these toxic chemicals in our environment. You may want to write to commend him for his action (NY State Dept. of Law, The Capitol, Empire State Plaza, Albany, NY 12224).

At the end of this article we have printed the names of several organizations that are in the forefront of this long-running battle to reduce pesticides and other toxic chemicals in our food, air and water. You may want to add your support to this herculean effort.

Attorney General Dennis C. Vacco issued the results of a first-ever survey of pesticide use at hospitals in NY State, and urged hospitals to kick or curb their pesticide habits.

Ninety-eight percent of the 192 hospitals that responded to the survey use pesticides. Many respondents indicated that they apply pesticides throughout their facilities, including areas inhabited by patients. Only 52% of respondents notify their medical staff, and only 32% notify patients when applying pesticides.

Vacco encouraged hospitals to adopt Integrated Pest Management (IPM) policies to dramatically reduce or eliminate their reliance on pesticides. IPM emphasizes controlling pests through mechanical, physical, and biological practices, and, as a last resort, the judicious use of the least-toxic pesticides available. Vacco notes in the report that hospitals currently practicing IPM report that pests are better controlled

with IPM than with chemical treatments and that practicing IPM is more economical.

According to the report, hospital patients, especially the young, old, or sick, are particularly susceptible to pesticides' negative effects. The pesticides used by the hospitals surveyed can cause headaches, nausea, vomiting, skin, and respiratory irritation, dizziness, vision problems, lack of coordination, and behavioral disturbances. In people who are already ill, these symptoms may not be recognized as pesticide exposure. Some of the pesticides used may cause cancer and reproductive disorders years after the exposure.

The hospital survey was conducted with the assistance of Dr. Philip Landrigan, chairman of the Department of Community Medicine at the Mount Sinai School of Medicine. In the report's preface, Dr. Landrigan stated, "This is a landmark report. It deserves wide and careful attention. Its findings and recommendations will benefit the health of all New Yorkers."

Resources

Food and Water, Inc.,
RR1 Box 68D, Walden, VT 05873
1- (800) - EAT SAFE or (802) -563-3310

Cornell Cooperative Extension — (914) 285-4640

New York Coalition for Alternatives to Pesticides
(518) 426-8246

Mothers and Others for Pesticide Limits, 40 West 20th Street, New York, NY 10011, 212-727-2700. A project of the Natural Resources Defense Counsel (NRDC)

Northwest Coalition for Alternatives to Pesticides, P.O. Box 1393, Eugene, OR 97440, (503) 344-5044.

Environmental Health Network, P.O. Box 1155, Larkspur, CA 94977.

Natural Food Associates, Renee Dolfinger, 31 Forbus Street #B1, Poughkeepsie, N. Y. 12601.

Letters

Dear Sir:

A hurried note to respond to your statement regarding Vitamin C in *Cancer Forum*.

You are absolutely correct. Quite some years ago I wrote Linus Pauling stating synthetic Vitamin C was different from the natural substance. I received an answer stating there was no difference. I claim there is tremendous difference. (I don't know how Pauling could ever have taken 18,000 Mgs. a day which he did, then he cut it down to 10,000 Mgs. a day.)

Two years ago a doctor in New Jersey prescribed for me 3000 Mgs. a day of chemical ascorbic acid. I was skeptical but followed through. I developed gout and now cannot take any acids—not even pantothenic acid or PABA.

Many people have been taking too high potencies and are now allergic to Vitamin C. One doctor I know said, "I blow up like a balloon from even a tiny amount of C now."

One alternative for any Vitamin C is the juice of 1/2 lemon in water—no side effects and healthy.

After my using high potencies of Vitamin C for 25 years I suddenly think "why?" Just not necessary (except for special treatment of an illness). I am relieved that you have uncovered the truth. My own conclusion was a result of personal experience.

Stay With It, H.B.

Ruth Sackman,

I donate because of you. You are someone special. I almost held back when I read of the research projects you are funding. I wonder is it pouring money down a dark hole? Did you consider the "mind, body, soul" connection?

S.L., D.C.

You're right on target considering "mind, body, soul. We also have to include anything that soothes the mind and helps the body. This is good for the soul.

Dear Ruth Sackman:

As you can see from your records, I have contributed to FACT for many years. However, I am alone these days, and my income is a fraction of what it was even just 3 or 4 years ago, and I can't make it even in this very low-cost area. I am sorry, but I can't send money now.

J.L.

J.L.'s membership has been updated and she will continue to receive complimentary copies of Cancer Forum.

Dear Ruth, Leon and Consuelo,

We had a bumper crop of pears this year from our one tree—all 100% organic, of course—and in spite of the squirrels stealing them while still very green. We have no apples at all this year and a lot of things have turned brown and died because of the drought and unrelenting sun. We ran out of water for 36 hours (we have

a well) and so had to stop watering the bushes and things. It filled up again slowly so we are being VERY careful and rather resent all the people with their big swimming pools and jacuzzi tubs that have sprung up in the surrounding territory taking up all the open fields and the former habitats of birds and animals—cutting down large areas of trees, etc. When will mankind realize that we cannot go on like this and must address the population problem among other things!

We hope all is well with you and send happiest wishes and much love and thanks for being there for all of us in our frightening hours. You all deserve medals!!

Hugs and kisses all 'round, J. & R. M.

Dear Ruth,

For all the help you have given me, I should have sent this sooner. How very fortunate I am to know you and to benefit from your intelligence, experience and wisdom. I am thankful also that my brother's health and well-being have improved so much with your guidance.

Hopefully, he has ordered the F.A.C.T. Information Packet. For instruction and enlightenment he should have also *Bernard Jensen's Tissue Cleansing Through Bowel Management* and the \$2.00 book by Sir W.A. Lane (*The Prevention of the Diseases Peculiar to Civilization*). Both will make his path easier and more positive. If he has not, I will send a check to cover them.

My most sincere thanks, I.M.

Dear Mrs. Sackman,

I am sending a check belatedly for the renewal of my subscription. I am sorry that I have not been able to attend your meetings in many years. The magazines are more and more interesting and I lend them to friends who are interested. I used to attend (the convention) with Dr. Daisy Fletcher. Kindly send the 2 first issues of this year's *Cancer Forum* to: ...but send me a subscription for this year.

I will always remember with pleasure our meeting in Orono, Maine in May 1980. You continue with the marvelous help you give to many through your enlightening and helpful work with cancer. I was so glad to read Jane Heimlich, a write-up in Dr. Julian Whitaker's monthly letter, some time ago. I have been retired for a long time but never lose interest. I am having some problems at age 94, but as long as I can walk and prepare my own meals, I am going to do so.

Kindest regards to you and your staff,

E.R., D.O.

Dear Ruth Sackman,

I always learn something when I read your *Cancer Forum*. I only wished that people would speak up and convince Washington to take notice of all the many dangers in which the best fed nation in this world has been caught. I feel that by this time perhaps 50% of our population

would vote for a change. It may even pay to have volunteers go from door to door and ask for signatures.

A local oncologist's wife had a mastectomy recently, both sides. Shortly afterwards he addressed the PTA of our local Yeshiva and stressed the importance of avoiding all hazardous food, particularly the snacks. If only a beginning of this step forward could be accomplished, by removing the junk from all vending machines in schools and replacing it with purer varieties that could easily be found today in our health food stores.

Sincerely, J.M.

Dear Mrs. Sackman,

I am returning this final request form that was sent to Karl H. Heidelberger at this same address. I am very sad to say I lost my loving Karl on July 14, 1993. Please remove this name from your mailings. However, I am sending a check today to continue on with the *Cancer Forum* and to stay on your mailing list.

Karl and I had the great pleasure to attend your conference in New Jersey on November 7th and 8th of 1992. We wanted to also attend last year but Karl's condition had weakened him to the point we could not travel to New Jersey. Karl was a real fighter and fought his very best for ten years and one day. We found your meetings most helpful and very informative. Karl could not stay in the hall and listen to all the speakers. He had to go up to our room and rest now and then. However, I didn't miss one of your speakers. I took notes for him.

I found attending your conference most helpful for me. I thought perhaps I would find it very depressing. On the contrary, it was very upbeat and heartwarming. It made us want to fight his cancer even more. Thanks Ruth for touching our lives. I wish we would have known about FACT before 1992. I'm sure we could have turned Karl's condition around and I would still have him here at my side.

Sincerely, R.B.G.

Dear Ms. Sackman:

Just recently I was anonymously sent several tapes of lectures you had given. I do not know when or where the lectures were given, but I was impressed that you might be able to help me.

I am 49 and was diagnosed with breast cancer approximately 4 years ago. My philosophy of cancer is like yours; however, not knowing where to turn I have muddled around following a number of alternative programs; i.e. laetrile, Cancell, Essiac and Gerson. Unfortunately, I have not found anyone who was willing to look at me as an individual. My experience on the Gerson program was typical of how things went. I was on the standard program which as you know is WORK. As it became apparent that I was not responding as might be expected or wished, I was told that I was obviously not following the program strictly enough (despite following exactly as it was given) and then finally I was told to find something

else to add to it. Although I read continually, I am not wise enough to devise and direct my own program. Do you have any counsel?

Just as information that might help you understand where I am presently at in my struggle: My diagnosis was ductal adenocarcinoma stage II. I have been a lifelong vegetarian. I added to each program that I was on (laetrile for the first two years, Cancell for 9 months, Essiac for a year, and Gerson for four months) exercises, a strict diet (unless one was already part of the program), sunbaths, hydrotherapy, and meditation (these last three items have not been consistently done). I have worked hard, but I've lost ground and am now considered a stage V with lung involvement. I am currently doing fever therapy (at home under the long distance direction of Dr. Agatha Thrash), utilizing walks and rebound exercise, doing castor oil packs, using poultices for the ulceration of my breast area, drinking Dr. John Christopher's blood purifying tea, utilizing supplements of enzymes, herbs, vitamins and minerals, and using Cartilade for a trial period to see if it can help dry up the cancerous lesions on the pleura which are producing fluid that hinders my breathing. In November I went through a ten day cleansing program — six days of juice fasting in conjunction with sea salt purges and herb teas for liver, kidney, and blood detoxification, four days of all raw foods.

No one that I have seen so far seems to be broad enough or specific enough — maybe that seems contradictory and I may be expecting too much — to know what I personally need. I have become more and more convinced of my biological individuality. It is true that I have felt very well on a number of the programs that I have tried, but the long term results have not been so good.

I appreciated the taped lectures that I heard. I hope to hear from you. You may use this sheet to write your answer and there is an enclosed, self-addressed envelope for our convenience. Thank you for your attention to this inquiry.

Sincerely yours, I.A.M.

This is a typical example of what FACT has always discouraged patients from doing, i.e., combining programs or not having competent guidance. Some patients assume that a program is failing when they go through a healing crisis.

A good biological system covers all contingencies. Multiple programs upset the balance in body chemistry. My experience with patients who have included many disciplines has been the overstimulation of the organism to the point that it cannot maintain its equilibrium and is overwhelmed by the exhaustion. The body has its own healing pace which is related to its vitality and cannot be forced to work harder to achieve faster results. This is a typical error made by people who are not guided by someone with experience. Unfortunately, many people assume that if the primary tool used in a program is food, it must be simple for anyone to handle. Actually, it a complex system that should have professional help.

RECIPES

A Bean Bonanza



Legumes (dried beans) are a wonderful, hearty source of minerals, vitamins, protein and soluble fiber. Unfortunately, many people avoid them for fear of flatulence or other digestive disturbance. This is largely a problem of incorrect preparation. Dried beans (except lentils, split peas, aduki beans) should be soaked overnight in water. The soaking water should be poured off and fresh water added for cooking. Also, the cooking water should include digestive-friendly dried herbs such as bay leaf, fennel seed, celery seed, cumin seed, aniseed, dill seed, etc. Don't deny yourself this easy, delectable treat about which many have been known to exclaim, "It's so scrumptious, I can't believe it's good for you!"

Chick Pea Salade Supreme

2 cups dried chick peas (or other legumes such as navy beans, black beans, kidney beans, lima beans, etc.)
about 1/2 - 1 tablespoon dried herbs (bay leaf, fennel, aniseed, celery seed, caraway, cumin, etc.)
olive oil and lemon (or cider vinegar) dressing (2:1:oil:lemon)
Optional seasoning: mustard powder, Jensen's Quik Sip or Broth Seasoning
Optional crunch—e.g., chopped red onion or scallion, raw fresh corn kernels, fresh chopped basil leaves, chopped celery, raw walnut bits, avocado slices...

1. THE NIGHT BEFORE: Soak dried peas in a pot. Beans:distilled water:1:4 (approx). (12-14 hours is time enough for soaking. If you don't cook them right away, pour off the water and put in refrig 'til you're ready.)
2. NEXT DAY: Pour off soaking water (your house plants will love it). Add enough water to cover peas about 1/2-3/4 inch in medium-sized soup pot. Add herbs and stir briefly. Cover pot and bring to a boil, turn down to low heat and simmer for 45 min.-1 hour. Taste for tenderness. Cook a bit more, if necessary.
3. Remove from stove. Pour off most of the water (save for broth or soup base). While peas are warm, add dressing and seasonings. Mix well. When cooled, add any or all of the above mentioned chopped raw veggies. This "salade" keeps in the refrigerator 3-5 days (tastes even better the second day as beans bask in their marinade!).

Red Lentil Zoop

1 cup red lentils (dry)
4 cups water (distilled)
1/2-1 tablespoon dried herbs: bay leaf, fennel, celery, cumin, caraway, aniseed, dill seed, etc.
1 onion, coarsely chopped
a few chunks of vegetables like carrot, celery, beet, turnip, kale, sweet potato, winter squash, etc.
3-5 (or 6!) cloves fresh garlic, cut in halves or thirds
optional seasoning: Jensen's Quik Sip or Broth Seasoning, small jalopeno pepper, chopped fine garnish: 1/2-1 tablespoon olive oil, lemon juice, fresh chopped dill or parsley

1. Put beans, water and herbs in medium-sized soup pot. Stir Well. Cover and bring to boil.
2. Turn heat down low enough to keep a simmer. Let cook 10 minutes while you prepare vegetables.
3. Add onions, garlic, other vegetables and stir in quickly. Turn heat up just enough until it starts to boil, then down low again to simmer. Let cook another 10-12 minutes.
4. Check if done by stirring up from the bottom. Lentils when stirred should dissolve into a rich creamy texture. Taste veggies for doneness (not too soft).
5. Remove from heat and mix in seasonings to taste. Pour into nice bowls with generous big spoons, spritzing on top with olive oil, lemon, fresh dill (parsley or other fresh herbs). Let cool a bit and then, zoooooooooooooooooop...

BOOK REVIEW by Consuelo Reyes

Our Stolen Future by Theo Colborn, Dianne Dumandski, and John Peterson Myers, (Dutton, New York, 1996, 306 pgs., \$ 24.95).

In 1980 Theo Colborn, a 50 year old grandmother/sheep rancher in Colorado, decided it was time to pursue more vigorously her lifelong interest in wildlife and environmental issues. She enrolled in graduate school and 5 years later came out with a Ph.D. in zoology. In 1987 she was chosen to be part of a special World Wildlife Fund team of Canadian and American scientists researching the environmental health of the Great Lakes, an area that had suffered acute chemical industrial pollution but, as legislators and public officials were proud to announce, was "turning around."

What emerged from the study sounds eerily like a great premise for a sci-fi movie. Amongst the animal populations around the lakes the scientists kept encountering strange physical and behavioral abnormalities: female gulls sharing nests with other females, twisted-beak cormorants with missing eyes, male quails that did not crow, strut or exhibit typical mating activity, etc. These were not the obvious signs of pesticide poisoning described by Rachel Carson thirty years earlier in *Silent Spring*—birds dying in convulsive spasms following aerial spraying, dead animals littering backyards, etc. Now there were no fields strewn with carcuses, but something was terribly awry, something far more subtle.

Many thought the changes just random effects of toxic chemicals, but Colborn sensed a common thread and therein lies the great detective—some would say horror—story of *Our Stolen Future*, written by Colborn, fellow zoologist John Peterson Myers and Dianne Dumandski, a *Boston Globe* reporter of environmental issues who fashioned the prose in riveting layman's terms. The result is perhaps an all-too-real-life thriller.

In her quest for the link Colborn begins looking at worldwide data and is soon inundated with studies of similiar weirdnesses—from Arctic polar bears with an unusually high incidence of infertility to alligators in Florida with shriveled penises. These animals are not classically "sick," but somehow certain bodily processes—particularly involving the reproductive system—are out-of-sync. She learns that such aber-

rations are always found in species whose bodily tissues contain particular industrial pollutants—ranging from organochlorine pesticides to polychlorinated biphenyls (PCBs), dioxins, etc. Colborn uncovers earlier studies revealing that these synthetic chemicals all have the ability to mimic the female hormone estrogen. Though these chemical imposters lack the essential properties of the real hormone, they are similiar enough evidently to be mistaken by the body, resulting in blocking, amplifying or otherwise disrupting normal hormonal activity. Thus, the tie between all the seemingly disparate deformities and odd behaviors comes slowly into Colborn's focus: the creatures of these contaminated ecosystems are all suffering from early developmental havoc wrought by man-made toxic chemicals that circulate in their bodies interfering with normal hormonal function.

Hormones are the body's chemical messengers dispatched by the endocrine glands into the bloodstream in minute amounts to trigger vital physiological changes. As the authors put it, "Without this cross talk and constant feedback, the human body would be an unruly mob of some 50 trillion cells rather than an integrated organism operating from a single script." Hormones are all important in the timing of fetal development—the organization of the brain, the reproductive system, etc. If hormonal signals get confused during fetal growth, the cart could come before the horse! Or to use a blueprint analogy, plumbers might seal up the walls of a house before the pipes have been put in! So it is that a parent can pass on to its offspring the legacy of hormone aberrancy.

Overshadowing this woeful scene lies the great unanswered question: what of the effect of these hormone "disrupters"—as they are now classified thanks to Colborn's efforts—on the human body which shares with wildlife a similiar evolutionary inheritance and environment? Is there a correlation between the build-up of these substances and the tremendous rise in hormone-related cancers—breast, uterine, endometrial, ovarian, prostate, testicular—in the last 50 years since the great post World War II chemical "revolution"? What of the studies showing that babies fed by mothers with high levels of PCBs in breast milk tend toward lower IQ, learning disorders, motor dysfunction? And what to make of the much touted data on lowered sperm counts in males

in industrialized countries?

The problem with reading this book is that one can easily be overwhelmed by the ubiquitousness of it all. These synthetic chemicals have become such an integral part of our modern technological times—our computers, our gadgets. . . . Must we return to the Dark Ages? Or should we just throw up our hands and cry, "What's the use?"

But take a deep breath—that is not the overarching message of this book. The net effect of *Our Stolen Future* is that it is not too late to steal it back. In the final chapters the authors outline a very concrete plan for change, including suggestions for ways to free ourselves from dependency—to reduce pesticides, herbicides, etc. by transition to sustainable agriculture; to insist on redesigning technologies instead of quick-fix chemical remedies for all our ills; to readjust our priorities such that, for instance, the coveted chemically-induced pure green lawn becomes instead a safe haven of unsprayed multi-hued miscellany. The other cause for optimism is that dedicated scientists like Theo Colborn have brought and will continue to bring this problem into the international consciousness. She gives us hope that the horror flick could yet have a happy ending. The turn of plot has to do with waking up before the final credits! ❀

Sperm in Slump, Estrogen on Rise

The reason that many men are producing less sperm than before could be a rising level of the female hormone estrogen in the environment, researchers reported recently.

Estrogen is present in meat, milk and drugs, the report in the medical journal *Lancet* said.

"The increasing incidence of reproductive abnormalities in the human male may be related to increased estrogen exposure in utero," said the report by Richard Sharpe of the British Medical Research Council and Niels Skakkebaek of Copenhagen University.

The abnormalities include low sperm count, which can cause infertility, testicular cancer and problems with the urethra, through which urine passes.

"Since these changes are recent and appear to have occurred in many countries, we presume that they reflect adverse effects of environmental or lifestyle factors on the male rather than, for example, genetic changes," the researchers wrote.

Estrogen finds its way into the food chain by being given to farm animals and into the water supply through oral contraceptives used by women.

—*New York Newsday*

Tylenol Has Kidney Punch, Says Study

A study concludes that heavy use of Tylenol and other brands of acetaminophen may cause about 5,000 cases of kidney failure each year. Researchers also recently reported that moderate overdoses can damage the liver.

The study, published in today's issue of the *New England Journal of Medicine*, found that averaging just one pill a day for at least a year may double the risk of kidney failure.

Despite the apparent hazard, researchers noted that both kidney and liver damage are rare even for heavy users. For most people who take a pill or two occasionally for a headache, the medicine appears safe.

However, the researchers estimate that eliminating heavy use of acetaminophen could prevent 10 percent of kidney failures, a life-threatening condition requiring costly dialysis.

Last year, acetaminophen accounted for 48 percent of the nation's \$2.9 billion over-the-counter pain reliever sales. Tylenol made up about 70 percent of acetaminophen sales.

Johnson & Johnson, the parent of Tylenol, attacked the latest study. "We are very concerned this report will unnecessarily alarm the public, scaring people into switching from acetaminophen to other pain relievers that carry greater risks with everyday use," the company said.

The senior author of the kidney report, Dr. Paul K. Whelton of Johns Hopkins School of Public Health, said the researchers are most worried about those who take acetaminophen steadily for a long time.

"We are really talking about care and caution, not just popping pills at the slightest ache and pain," he said.

—*Associated Press*

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)
Duesberg, Dr. Peter and Yiamouyiannis, Dr. John: *AIDS* (\$ 15.00)
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: *Vital Foods for Total Health* (\$8.00)
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*

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

Information Packet (\$5.00 includes 1st class postage)

Cancer Forum (official publication of Foundation for Advancement in Cancer Therapy) 10 back issues (\$5.00)

FACT is a non-profit organization. All proceeds from book sales are used by the Foundation for Advancement in Cancer Therapy for your benefit.

Foundation for Advancement in Cancer Therapy, Ltd.
P.O. Box 1242 Old Chelsea Station
New York, NY 10113

ADDRESS CORRECTION REQUESTED

Non-Profit Org.
U.S. Postage
PAID
New York, N.Y.
Permit No. 5769

Please notify us if you change your address. Our non-profit mail will be returned to us at a charge of 35c and you will miss copies of *Cancer Forum* until your address is corrected. This mail is not forwarded.

Foundation for Advancement in Cancer Therapy, Ltd., Box 1242, Old Chelsea Station, New York, NY 10113

To help us help you and to support alternative cancer therapies, make your most generous, tax-deductible contribution to FACT. We plan to send receipts only upon request, to ensure more funds for FACT programs. If you do wish a receipt check here.

(please check amount)

\$1,000 \$500 \$100 \$50 \$25 \$10 Other \$_____

Please make checks payable to FACT

Name _____ Telephone _____

Address _____ Apt. # _____

City _____ Zip _____

Contributions of \$10.00 or more include a subscription to the informative CANCER FORUM
Your cancelled check will serve as proof of your deduction. Thank you.

A copy of the last annual financial report filed with the New York State Board of Social Welfare may be obtained upon request by writing to: New York State Board of Social Welfare, Office Tower, Empire State Plaza, Albany, NY 12223.