

# CANCER FORUM

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



**Bernard Jensen, D.C., Ph.D.:**

**Natural Healing Power!**

## 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 Ruth,

You may remember me as having been on FACT programs. I was at a meeting in Florida and later in Detroit where we had a tremendous response on WXYZ and channel 7 .

I am now in limbo because of publicity relative to my treatment of people trying to conquer cancer. First, the authorities revoked my license and stole my business. Later, our school was surrounded by a posse; I was arrested and jailed. The incarceration was in five jails last year and the last one in a mental hospital. I'm now out on bond!

Patients call from everywhere asking for my help, but the circuit judge isn't allowing me to talk to people about health or even to leave home.

We are suing the judge and prosecutor and ordered the judge to recuse himself so I can have an honest trial. We also sued the Kentucky and Florida governors for allowing me to be kidnapped across state lines in violation of the Lindberg law. I'll keep you posted!

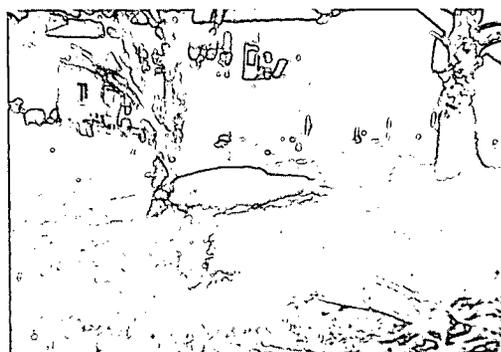
Any of your people who can, are welcome to help me financially. Any assistance would be most appreciated. It has already cost me a fortune!

If I understand you correctly about chelation, you are right. It is a drug treatment that can be done better naturally!

I have successfully handled cancer, leukemia, glaucoma, migraine and most of the rest for 60 years and don't intend to quit! Anyone needing help can write to Cliff Robertson Foundation, 3766 Herbert Road, Whitesville, KY. 42378.

We, all on our side, are going to win if we hang together. I'm just beginning at 85 years young.

Best regards, Cliff



Here is our home where the 40 men with guns, as a posse, surrounded our house and marched me off to jail with a gun to my back.

The above letter was sent by Dr. Cliff Robertson, who has been practicing medicine wholistically in Kentucky for years. He needs help. If you are inclined to assist, send your contribution to the address listed.

# Bernard Jensen, D.C., Ph.D.:

## Natural Healing Power!

by Consuelo Reyes

Dr. Bernard Jensen—nutrition expert with over 60 years of clinical experience, author of some 55 books, world lecturer, philosopher/humanist—made a triumphant return to the 1996 FACT Annual Cancer/Nutrition Convention in Elizabeth, New Jersey. A frequent and much beloved speaker at the podium in times past, the doctor had been conspicuously absent for several years because of what many might aptly call “a bizarre confluence of events” which thrust him into circumstances deemed irreversible by conventional practitioners, but from which he made a re-

cancer (*which, incidentally, is acknowledged not to be accurate 100% of the time*). As it turned out, the attending team of physicians had little to offer on the hip situation—nothing broken, nothing to “fix.” But what they did say took Dr. Jensen totally by surprise. They said that he had prostate cancer and recommended only chemotherapy and radiation!

Now, Bernard Jensen is a man who has practiced, as well as preached, the well-rounded natural lifestyle for most of his long, fruitful life. He thought his only problem was falling off the horse, but it seemed fate



Before...

markable recovery. Dr. Jensen related this amazing health odyssey to the convention audience and while all were inspired to see the 88-year-old doctor looking so joyful and robust, none were perhaps as delighted as the good doctor himself! This is his story.

About 3 years ago at the age of 85, Dr. Jensen began having chronic hip pain. He thought perhaps it stemmed from an old injury he'd incurred many years ago while riding his favorite horse. The horse had stumbled and fallen, rolling over Dr. Jensen in the process, resulting in hip pain which eventually subsided. Assuming this was the origin of his current pain, Dr. Jensen tried for a while to live with it, but after months of no respite, he decided to go for a check-up. He was given all kinds of tests—MRI, x-rays, even the PSA—conventional test for prostate



After!

had something else in mind. As might happen to most anyone suddenly confronted with an out-of-the-blue cancer diagnosis, he was momentarily stunned. As he put it, “I wondered about being old for the first time in my life. What was going on? And what to do about it?” For an instant he even asked himself if he was perhaps being punished for some terrible thing he'd done.

When the doctors finished their dire prescription, Dr. Jensen asked what they thought about not taking chemo or radiation. The answer: “Then we give you 6 months to live!”

Well, that seems to have been enough to jolt Dr. Jensen back to reality. He said, “Well, doctor, I've been following nutrition for about 60 years and I feel I'm going to try the nutritional way first. What do you

think?"

One doctor replied that he didn't think nutrition would do any good, but added, "Of course, I don't know anything about nutrition. I'm a doctor."

And so it was that Bernard Jensen set out on his new life as a patient. He went back home to Escondido, California, with his wife, Marie, and lived on carrot juice and water. It wasn't easy, but it did give him a chance to clear his mind and get his head straight about the whole thing (as well as detoxify his body). He reasoned that with his constant travels and impatience to write and carry on with his work, he had allowed his body to run down to a point of imbalance—a state of exhaustion where things just don't work as well as they should, particularly the primary functions of digestion and elimination. While his whole heart and soul were always focused on sharing his knowledge with others, he had neglected his own body!

His first step to recovery was to accept the fact that, indeed, he had a problem that had to be taken care of, if he was to go on. He learned that despite all of his great knowledge and worldly accomplishments, he had to look deep inside himself to find exactly what he was made of. What he found was a mighty determined spirit, "I'm on this powerful thing. I'm going to beat this thing and I'm going to overcome it!" It was an exceedingly difficult, but crucial time.

Feeling weak and suffering with the unrelenting hip pain, he decided to go with Marie to stay at the home of a good friend, Dr. Piller, in Coeur d'Alene, Idaho to try to get well. After about 6 months of taking only juices to nourish his body, Dr. Jensen had lost 70 pounds, going down to 85 pounds. He realized that, though his head was clear and his spirits strong, his body had no energy. He felt cold constantly and the hip pain was still quite severe. He decided to go back to the hospital for more tests to see what he had accomplished. As luck would have it, he was inadvertently dropped on the x-ray table right onto the aching hip!

**As might happen to most anyone suddenly confronted with an out-of-the-blue cancer diagnosis, he was momentarily stunned.**

**He took each day at a time, trying to do all the good things for himself he'd been telling his patients to do for so many years.**

While in Idaho, Dr. Jensen decided that goat's milk would be good for him. It turned out that a goat on a farm about 25 miles away from the Piller home was about to kid, so Marie, his wife and "Little Angel," as he most reverently calls her, made the trip at least once a day to get fresh, warm milk which was added to his

carrot juice regimen. Four days after starting on the goat's milk, he noticed an amazing thing. He began to warm up and the pain in the hip went away, recurring only briefly once or twice in the next couple of days, before it completely disappeared! While at first it seemed like a miracle, Dr.

Jensen realized that all his professional life he had been teaching his patients the miraculous healing powers of foods like goat's milk. Yet it was as a patient himself that the wonder of it truly came home to him.

As time went on, he added other whole, fresh foods to his diet. He began to gain weight and strength. He learned to relax and not fret about all the work undone. He took each day at a time, trying to do all the good things for himself he'd been telling his patients to do for so many years.

Finally, having regained his normal weight and vigor, he felt ready to get back to his work. Just about a year had passed since he'd received his diagnosis.

He decided to return to the doctors for another PSA test. This time it was down from a very high point of 1600 to 2! Needless to say, the doctors who had delivered their dire prognosis were quite astonished!

At this point, Dr. Jensen felt he had the situation under control and was anxious to get back

home and into his regular schedule. On the way home to Escondido, feeling in something of a celebratory mood after the long ordeal, he and Marie decided to take a couple of weeks off in Palm Springs just to relax a bit and then get back to normal. On their last night there, Gavin McCloud, the actor who played the Captain on the TV series, "The Love Boat," an old friend, invited them out to dinner. They had a lovely

meal, and as they were heading back in the car to the condominium, they were hit in the rear by a truck. As Dr. Jensen puts it, "Unbelievable! It accorded Gavin's Cadillac. My wife and his wife sat in the back seat and had to climb out over the front seat to get out...I was tied, buckled in in the front seat." With great difficulty, Dr. Jensen was freed from the car. He had no feeling in his legs. They wanted to take him immediately to the hospital, but he adamantly refused, saying, "No, you can't take me to the hospital. I just came out of a hospital a couple of months before because I wanted these extra tests because I wanted to see what was going on, and of all the things, in the hospital they dropped me on the x-ray table right on the hip and brought a lot of that hip trouble back again!"

One can only imagine the thoughts that must have been running rampant in the head of this gentle, recently recovered octogenarian. *Deja vu* all over again! He just got finished with one life-boggling problem, only to be hit with another one. It was a double whammy!

When Dr. Jensen decided to have some tests done, the doctors who conducted the tests found no nerve activity in his legs. They told Dr. Jensen he would never walk again! A lesser man might have indulged in a little self-pity at this point, but Dr. Jensen seems to be made of different stuff. At that moment, he heard a soft voice say, "He'll walk again." It was Marie, his "Little Angel" sitting beside him. And then, as he tells it, he heard a divine voice echo, "You can walk again."

That is the thought that sustained him as he lay in bed for several months with no movement in his lower extremities whatsoever. Then one day, contemplating his immobility, he noticed that he could move his big toe. He began working on the other toes, each day concentrating on a different one until he could move all ten. He proudly showed the wagging toes to his doctors and asked, "How about getting well here?"

The response of the doctor was, "Only if you're a lucky boy!"

Well, that was all the motivation Dr. Jensen needed. A friend put up a sign on the wall at the

footside of his bed that read, "You are a lucky boy!" And he believed it. He believed he deserved to recover from this thing and that was perhaps the key to his recovery. He was on his way!

The doctors offered him a new drug, but Dr. Jensen told them that the foods would do the job better—the fresh, whole foods that had enabled him to come back from the cancer. He worked daily with a physical therapist to try to spread mobility to his legs and each day he felt some small, hard-fought success. Perhaps the lessons he'd learned in recovering from the cancer enabled him to get down to business more quickly with this latest "challenge," *to take each day at a time, to trust unequivocally in the body's amazing healing*

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*ability, to be forgiving of himself while taking full responsibility for his recuperation, to appreciate anew the wondrous healing powers of foods which he had "prescribed" to patients throughout his long clinical career.*

It would be easy for someone in his position to become totally absorbed in himself and his own predicament. But Dr.

Jensen, though a very humble man, is not an ordinary person, and perhaps above all, he is a giver. In the midst of adjusting to his new situation, he was thinking about how his experience could be of help to others. So certain was he of his recovery that he arranged for a friend to record his daily progress on video. Some of the tape was shown at the convention and it is, indeed, an incredible thing to watch the struggles this man put himself through. We see him go from an extremely gaunt and feeble-looking "old person" who could barely sit up without assistance to where he could move his legs toward the edge of the bed and then, eventually, swing them over to the floor to stand up on a walker. We view him working out with weight machines, so fragile at first, and then with increasing vigor, but always a big smile on his face. We observe his body gradually filling out to where he looks solid and rosy again. He seems to be enjoying his progress immensely, excited about the changes each day brings. It's plain to see that he truly feels like a lucky boy! In his words, "I'll do a little more today

than I did then and I'll keep improving. You can't stop now!" I don't believe we've ever seen such a dramatic true life journey documented like this. Through the miracle of video tape we see him literally bringing himself back to life. Viewing the tape, the words "awe-inspiring" came often to mind.

It took nearly 2 full years for Dr. Jensen to build his body back to glowing health. Of prime importance in his recovery: "This is the greatest thing I will tell you today: the physical, mental and spiritual must be balanced. It's not a matter of being a churchgoer. It's not a matter of being a goody boy or a goody girl. It's a matter that you better decide how you're going to respect this body. You have to respect what goes into it. You have to respect how you treat it."

And how did he respect what goes into his body? By providing it with a balanced diet of whole, fresh foods, especially the "builders" like raw seeds that are capable of making a whole plant. He found that sesame butter (tahini)—a tablespoon a day—was essential to his building back program. He found that eggs which contain all the materials necessary to create a whole life (a chicken) are a wonderful source of balanced vitamins and minerals, as were the raw goat's milk and the raw salads—"the natural, the pure and the whole foods."

He took particular care to avoid the "five sins in civilization": Wheat, one of the highest catarrh producers in the body; cow's milk; refined sugar; fats: too much concentrated fats rather than fats naturally occurring in whole foods like nut butters, avocados, and too much heated oil which produces harmful byproducts; and last, table salt: obtaining his sodium from vegetables rather than the irritant sodium chloride used as table salt.

Dr. Jensen was also ever mindful of the care of the four elimination channels: the kidneys ("We die when the kidneys don't work anymore."); the lungs; the skin which "eliminates 2 pounds of toxic material everyday...invisible evaporation, uric acid, mucus all coming out through the skin"; and the colon ("When

the bowel structure isn't eliminating anymore, then you're in trouble!").

To help the kidney elimination he used a teaspoon of liquid chlorophyll, nature's cleanser, in water every morning, followed by a glass of goat whey, to help digestion and bowel balance. He found that a half cup of shredded carrot and beet was a "most wonderful thing for fiber in the bowel." Plenty of water is also vital to help the body rid itself of toxic wastes: "When you're all dried up inside, with arthritis and hardness in your body, it's going to take a lot of liquid to go in there to dissolve it." Water is also necessary to dissolve nutrients and, thus, facilitate entry into the cells.

Right up there in importance, next to nutrition and elimination, was his daily exercise regimen to restore strength, muscle tone, and range of motion. Every day before his workout he had someone help him with dry skin brushing until he could do it himself and he marveled at the soft wrinkle-free new skin that was coming in. It was taut and rosy like that of a young person. Mobility gradually returned to his limbs and his hips. "I found that I could move my hips in all directions!"

His doctors were astounded: "It's an absolute miracle! You have made a complete rejuvenation. You've come out and made new tissue right from the beginning. To make this right from the Beginning!"

And so it is that this soft-spoken but strong-willed doctor—looking fit and fine—came to make his victorious "homecoming" to the FACT Convention this last October. At the conclusion of his talk, standing before an enthralled audience, a radiant smile on his face, he said that now that he had been given a second chance, he was "going to do better things than I ever did before and I'm going to do it now and I'm going to do it for one reason and that is that I love you all very much." Need we mention the standing ovation?

Bernard Jensen is one 88 year old who is on the move! We look forward to hearing a whole lot more from this *very lucky boy*. ☸

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# RANDOM NOTES

by Ruth Sackman

## SOY

Our article on the harmful effects of soy in the last issue of *Cancer Forum* (VOL. 14, NO. 11/12) created quite a stir.

Much of the current hoopla celebrating soy as a cancer preventative stems from recent research using only six subjects—young females between the ages of 23 and 29. They were given 12 ounces of soy milk with three meals a day for 1 month. The conclusion reached was that something in soy protected them from breast cancer. I decided to reread the research study to see if it was beyond any argument. I have become accustomed to reading research papers and disagreeing, not with the quality of research, but with the conclusions. Too often the people doing the research have too little nutritional knowledge and assume that the one food or one thing in the food is responsible for the results. In nature many foods have similar properties. As an example: vitamin C can be found in citrus, many varieties of cabbage, green pepper, broccoli and other vegetables and fruits.

I have, as usual, come to a different conclusion about soy milk being the right choice to protect against breast cancer. Here is my theory: many breast cancers are caused by elevated estrogen levels. Today there is ample, scientific evidence that the chemicals (weed killers, pesticides and soil enhancers) now so prevalent in the food supply found in our super markets, mimic estrogen which makes for estrogen dominance or *hormonal imbalance*. It is quite possible that instead of genestein, which is assumed from the study to be the effective element in the soy that is protecting the subjects, it is, instead, progesterone, a natural hormone, which in turn creates *hormonal balance*.

Since I am not a scientist, I can only theorize based on my long years of practical experience and information acquired serving as president of FACT that there is a natural progesterone precursor in the soy bean. I suspect there is, because legumes and seeds often contain progesterone precursors. If I am correct, it might be wiser and safer to use legumes and/or

seeds because they do not contain the enzyme-inhibiting complications of soy. We know from the work of John R. Lee, M. D. that progesterone precursors, present in many plant foods, have established hormonal balance in patients with high estrogen levels, and thus, helped to protect against cancer. (reference: *Natural Progesterone* by John R. Lee, M.D.)

As I said in the article in the previous issue of *Cancer Forum*, it is not of particular consequence if soy is used in small amounts occasionally. It is the exaggerated use of soy as a substitute for meat, milk, cheese or as numerous other substitutes for protein, therefore, consumed on a large scale in our daily life that makes it questionable as a healthful food and certainly as a cancer preventive. Anything that inhibits enzyme activity, as soy does, interferes with the whole metabolic process and that includes cell production.

There are so many other legumes and grains that provide natural progesterone precursors that can be used as a better choice than soy. Though the researchers in this study emphasized the fact that legume consumption in general may be as protective against cancer as soy, the study would have been more complete if the team had researched a number of other foods to see what the effect was in inhibiting breast cancer. We must also allow for the possibility that the *negative effects* of soy did not become manifest in the short time of the trial period.

And I would conclude that six subjects for a limited period of time is much too inadequate for anyone to take the study seriously enough to start using soy as a cancer inhibitor. Even the team doing the research leaves the impression that there are variables which could be expanded upon, such as, whether daily consumption of soy is advisable, whether other legumes would have similar results, etc. What this all calls into focus is the need to read these studies competently, rather than simply grab at headlines. The devil, as they say, is in the details.

## HYDRAZINE SULFATE

The constant proliferation of so-called alternative health information through books, media, articles, et al, must overwhelm the cancer patient with confusion in their effort to find a reliable resource to "cure" a deadly disease such as cancer. I have had over 25 years of experience collecting data

from the most reliable sources in the United States and other areas of the world as well as getting feedback from thousands of patients worldwide. Without that knowledge it would be impossible to separate the substantially good programs from those that are overdramatized, claimed to cure everything from corns to cancers and promoted primarily by people who have a vested interest in cancer. It is an unconscionable disservice to the cancer patient to disseminate information based on enthusiastic adoption of the vast amount of printed matter and media attention without *concrete* evidence that the treatment is *truly* effective. Anything less loses precious time, is costly, and could lead to a dangerous condition that may be irreversible.

The most recent account of a "miraculous" cancer recovery was presented by the wife of the publisher of *Penthouse Magazine*, Kathy Keeton. Of course it received a huge amount of media attention. She claims that she was cured using an alternative cancer therapy—hydrazine sulfate. It has caused quite a stir in people desperately trying to save their lives or the life of a loved one. Someone placed the information on the Internet and added FACT as a resource for additional data. The calls have kept us quite busy.

Let's look at the facts about hydrazine sulfate. It is a chemical derived from rocket fuel. It is actually chemotherapy as it duplicates the physiology of chemotherapy. Hydrazine sulfate blocks an essential element (glucose) from being absorbed by cells, both cancerous and healthy, so cells die. The only reason it is called an "alternative" therapy is because it has no official sanction. Does this treatment offend the host? It certainly does just like any chemotherapy.

FACT was founded by a group of people who were either cancer patients or caring for a family member suffering with the disease. One of the planks of our program was to inform the public of the failure of chemotherapy or radiation as

a cure because they do harm to the host. (It needs to be understood that the conventional medical arena is still doing extensive research looking for a cancer cure). Chemotherapy buys time by reducing tumor size, allowing the body to delay being overwhelmed by cancer cells. Sometimes, unfortunately, the chemotherapy causes death before the cancer. FACT chose to offer people biologically safe and sound systems which were available but not necessarily researched or adopted in the United States. These metabolic therapies had a track record and were available in clinics and supervised by qualified practitioners. Over the years, the term "alternative" has become

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associated with any system that has been rejected officially or ignored by the medical community. FACT's original concept in using the term was that the therapies it supports focus on restoring the health of the host rather than simply reducing the symptom (the tumor) and therefore, must do no harm. Hydrazine sulfate violates the host by depriving healthy cells of their needed glucose.

About 20 years ago, Sloan Kettering researched hydrazine sulfate at about the same time they were investigating Laetrile. One of the doctors acted as a liaison with FACT so I was quite familiar with their results and in touch with patients who were using it. I wish I could say the results were positive. One case history or a few is not a competent yardstick to conclude the efficacy of a therapy. It should be based on the total number of recoveries in relation to the total number of patients.

In any cancer evaluation, survival years have to be factored into the conclusion. The hallmark of any effective cancer therapy is long-term survival.

It was good to hear that Kathy Keeton benefitted from hydrazine sulfate, but it should not be considered the universal cure. As other safer programs with a better track record, unfortunately, might be neglected. ☸

**B**y the shores of Iceberg Lake in the shadow of the Minarets, I took out the fresh fruit I had hoarded in my pack all week. It was silly to carry the extra weight, of course, but I wanted to splurge. I did feel foolish, though, when reading the little stickers showing that the luncheon treat had been on the road far longer than my five days on the John Muir Trail: the apples were from New Zealand, the oranges from Australia.

The innocent shopper these days is being lured farther and farther from the fields of home. With supermarkets now regularly featuring winter produce from Central America and the Southern Hemisphere—Antipodean fruit, Guatemalan snow peas, Chilean berries and peaches—we are now encouraged to ignore not only our local farmers but the play of the seasons.

The price of the convenience of being able to purchase anything at any time is the loss of the sacramental: year-round cherries rob summer of what makes it special. But the price to the producer countries, whose economies and landscapes are deformed to suit North American culinary whims, is far higher: it is paid in the clearing of native forests, the dominance of foreign monocultures, pesticide poisoning, and social inequality. The banana republic of the 20th century is giving way to the raspberry republic of the next.

So-called nontraditional agro-exports are booming, spurred by U.S. foreign aid policy and international lending institutions which see them as a convenient source of debt repayment. These crops are “nontraditional,” of course, only from the point of view of the producing country; the fruits, vegetables, and flowers being grown are standard varieties familiar to North America. Fields that once produced a mix of indigenous crops for local people are turned to monoculture for export, as are native forests. In Costa Rica, large areas are being cleared for citrus

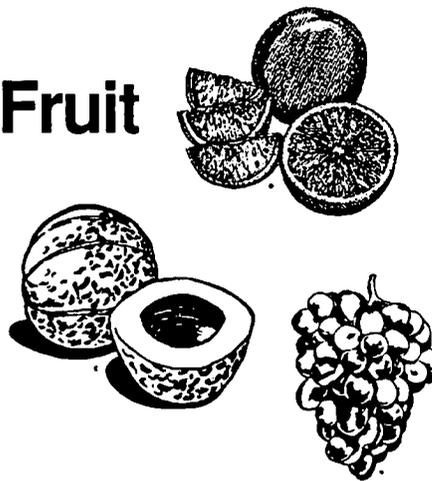
plantations; in central Chile, for vegetables and flowers.

It isn't easy to grow huge quantities of a single product of uniform size, color, and appearance. The trick is accomplished through liberal use of chemical pesticides, 20 percent of which, according to Cornell University agricultural scientist David Pimentel, are employed solely to improve the product's appearance. In order to ensure the desired homogeneity and timeliness for the U.S. winter market, for example, tomatoes in Mexico's Culiacán valley are chemically doused as many as 25 times.

For agribusiness, the attraction of growing food in the south for markets in the north—aside from rock-bottom wages and off-season sunshine—is freedom from pesticide regulation. Growers in Mexico regularly use at least six pesticides that are illegal in the

## To Every Fruit There Is a Season

by Paul Rauber



United States. More often than not, these same pesticides come from the United States. According to a study last year by the Foundation for Advancements in Science and Education, from 1992 to 1994 the United States exported at least 344 million pounds of hazardous pesticides, of which at least 25 million pounds were forbidden in this country. Chlordane, for example, is “severely restricted” in this country, banned in 47 others, and persists in the environment for up to 30 years, yet it is exported by the Velsicol Chemical Corporation of Illinois to Argentina, Venezuela, and several Asian nations. As recently as 1992, the Biesterfeld/Hansen brokerage firm in New York City arranged the shipment to Peru of more than 300 tons of the notorious poison DDT, most uses of which have been banned in the United States since 1972.

The potpourri of pesticides slathered on export crops in Latin America includes many of those associated with the disruption of human and animal re-

productive systems. In 1994, at least 52 tons of such substances were shipped out of U.S. ports every day. (The true figure is surely far higher, since the names of three-quarters of all pesticide exports are withheld from shipping documents.) These poisons take their toll, primarily on farm laborers. Handling unlabeled substances while wearing little or no protective equipment, Latin American farm workers are 13 times more likely to suffer pesticide poisoning than U.S. workers. Since a large and increasing proportion of Latin American farm workers are women (because they can be paid even less than men), and since many of the pesticides they work with are known to affect the reproductive system, the price of our winter cherries will also be paid by the next generation.

A crude poetic justice is achieved when many of these poisons return to the United States as residue on export crops. From 1985 to 1995, more than 14,000 produce shipments were stopped at the U.S. border because of excess pesticide residue, the most frequent culprits being from Mexico and Guatemala. A study by the Environmental Working Group found that 27 percent of Chilean grapes—a new mainstay of off-season supermarket bins—were contaminated with the endocrine-disrupting fungicide vin clozolin, compared with less than one percent of U.S. grapes.

Even if the United States stopped its scandalous export of banned poisons, however, there would still be good reasons for eating close to home. The farther away the produce is grown, the greater the environmental effects: from unknown pesticide practices beyond the reach of U.S. law to the energy required to transport an Australian apple halfway around the world. As a consumer, you can help shape the global economy by what you buy. If you must shop in a supermarket, you can at least choose what's in season—a good indicator that it was produced domestically. (If you're in doubt, ask your produce manager: although U.S. supermarkets are not required to label foreign produce on the shelf, shipping crates should indicate its point of origin.) Better yet, buy organic foods from your local farmer's market. Best of all, grow your own. Remember what your mother used to tell you—you should always know what you're putting in your mouth. ❀

*Reprinted from Sierra Club Magazine.*

## AG Chemical Cancer Risk

Fourteen million people in the Corn Belt have an increased risk of cancer thanks to high levels of agricultural chemicals that have seeped into their drinking water. So says a study published in October 1994 by the Washington D.C.-based Environmental Working Group, a research organization focusing on farm and food policy.

"I don't think people like to consider a drink of water a drink of weed killer," said the group's president, Kenneth Cook.

The chemical industry does admit that herbicide level in drinking water may exceed Federal standards, but they question whether the situation presents a widespread and imminent threat to public health. "We do not feel there's cause for alarm," said Adele Logan of the American Crop Protection Association, a consortium of farm chemical manufacturers.

The study, based on over 15,000 water samples from a dozen states, found that the popular herbicide Atrazine was the most common cancer-causing contaminant. The government's maximum level for humans is 3 parts per billion (ppb). The study says 14 million people in the states studied have drinking water over 3 ppb, and that 3.5 million drink water over ten times that, including those living in Kansas City, Missouri and Kansas; Indianapolis and Ft. Wayne, Indiana; Columbus, Ohio; and Omaha, Nebraska.

The head of the EPA, Carol Browner, views the study with concern, but not alarm. "Most drinking water systems in this country are well regulated and by and large monitored frequently," she said.

—*Acres U.S.A.*, Feb. 1995

\* \* \* \* \*

Looking back along this long and tortuous road I find it difficult to believe that anybody could have been so slow to reach the conclusion to which it leads, or could require so much material on which to base a hypothesis which ought to have jumped to the mind long ago. The hypothesis is that the health and strength of people and their evolution, and the permanence of human societies, depend on the soil and the green plant.

—Sir Frederick Keeble:

*The Soil and the Green Plant.* Three Lectures

# Letters

Dear Ruth Sackman,

I just received the current issue of *Cancer Forum* and realized that a donation was overdue. I missed the '96 convention, but have always found your information useful.

This month, January, marks 8 years since my prostate cancer diagnosis. I have done a mix of alternatives, including 5 years ago Dr. Helmut Keller, who is a really caring doctor. No miracles have been found from the many herbal, vitamin supplements, etc., but as a whole I stay well with good quality of life. My wife, Gloria, and I this past year put in a 25' square organic garden and find it most satisfying to again "grow our own."

You may recall that my mother-in-law got another 36 years of life with Dr. Gerson and his treatment. She passed away recently at age 86 after being told in 1957 that she could expect only 6 months more life. Thank God for all of you pioneers and what you give to so many.

Happy New Year! E. V. O.

Dear Ruth,

Wishing everyone a Healthy, Happy Peaceful New Year.

I pray with all my heart for a cancer cure in the coming year. We lost 2 dear friends to breast cancer—one in July and one in November. Both 47 years old. The tragedies are too much to bear.

Love, S.

Dear Ms. Sackman,

The dentist informed me that it is merely a burn. Please excuse me, emotion governed the intellect.

I am continuing with the hot compresses. The size of the pimple has mitigated.

With all the futility of words adequate to express sentiment I can merely say, "thank you."

May optimum health be yours. Enclosed please find our donation to FACT. Our warm sentiments and gratitude accompany it.

E. & H. M.

Dear Ruth,

I had hoped to deliver this in memoriam check in person on October 14th at the convention.

I hope we have not missed any issues of your wonderful magazine?

Sincerely, E.M.E.

Dear Ms. Sackman:

Just a brief letter to say thank you for the reply to my letter about Foundation for Advancement in Cancer Therapy. I appreciate the varied information you sent me. I am passing all of it on to my client for her perusal.

May all your work meet with success!

Sincerely, J.D.

Dear Mrs. Sackman

Please renew my subscription to *Cancer Forum*. Could you please send me another copy of the last issue I received, Vol. 13, No. 11/12, as I shared it with a friend in another state. I love receiving *Cancer Forum*. The information contained therein is so encouraging and positive—a ray of light and hope in the jungle and darkness of chemotherapy and radiation therapy, etc.

Keep up your wonderful work! R. L. H.

Dear Mrs. Sackman,

Thank you for taking the time today to answer my questions on alternative cancer treatments. I have great respect for you and your organization and found your yearly seminars very stimulating.

I have enclosed \$5.00 for your information packet on a balanced dietary program for cancer patients.

Thank you again, Mrs. Sackman, for your time and interest.

Yours truly, R.H.

Dear Ruth,

Enclosed is my check for renewal in FACT. Thank you so much for putting me in touch with Betty Fowler and Health Excel.

After having a biopsy in December, I found out my lump was not malignant. Thanks to God.

Anyway, I still follow the program set up for me by Betty and I support your most wonderful organization.

Sincerely, J.K.

Dear FACT:

Please send me a subscription to your magazine. I have read it at my doctor's office and felt it was most enlightening. I was operated on for breast cancer one year and a half ago.

Thank you for attending to this matter. N.T.

Dear FACT,

Thank you for continuing to send *Cancer Forum* when my membership expired and sending this reminder (renewal notice). This is long overdue. Ruth has helped me over the phone and sent the membership packet to me and tapes #'s 81, 88, 135, 136.

Thank you, A.K.

Dear Ruth,

I have subscribed to *Cancer Forum* for a couple years and look forward to reading each new issue. I agree wholeheartedly with your approach to health. Both my parents died with cancer, and I am especially interested to keep myself healthy and cancer-free.

My husband and I are Health Kinesiologists, and the direc-

tors of Health Kinesiology, Inc. worldwide. We print our Newsletter a few times a year. I have enclosed some copies of our newsletter, and especially call your attention to the July, 1996 issue. In it we included excerpts of Dr. Lee's article in *Cancer Forum* about progesterone. I hope you feel that we represented the article and F.A.C.T. well. I also hope our article generates some book sales for you.

I believe you have some guidelines you have compiled on nutrition and detoxification. Would you please send me a copy of that information?

Thank you for the fine work you do.

With warm regards, L.C. S.

Dear FACT,

I enjoy learning from the *Cancer Forum*. I wish you good luck and continued success in helping us learn to help ourselves.

Check for \$18 enclosed.

Sincerely, D.B.

Dear Ruth Sackman,

I wish you and your family a Healthy and Happy New Year and thank you for your constant and valuable help. I believe it is now 8 years since I first called you. I might add: you made me what I am today.

I'm curious about your new project. I have patience to wait. It might be exciting for you and your staff.

Happy New Year, S.B.

Dear Ruth,

I wanted to write earlier and thank you for sponsoring me at the "New Life Health Center." This new diet and program is very time intensive. I also thank you for recommending the program to me. You and your board (organization) have been very supportive to me. You are always there to listen to my problems. I love you for this. May God bless you!

My three weeks treatment under Bo-In Lee was a success story as follows:

- Stopped taking chemo drug tamoxifen
- Improved tight chest, severe neck pain and breast pain, stopped lower back pain, stopped insomnia, improved numbness in arm, improved indigestion, improved constipation and started having one-two movements a day, blood and pus from breast stopped and new skin started growing.

This part of my letter is information I believe you would like to know. This is my observation and experience after completing a three week stay at New Life Health Center. In lieu of the wonderful success story in above paragraph and after being home weeks after, I am experiencing the following concerns:

- What does one do without the continued treatment, i.e., herb teas and daily acupuncture treatments and daily adjustments Bo-In Lee administers based on daily symptoms in order to keep the body in a balanced and healing mode.
- Now that I'm home, some of the previous symptoms

are returning, i.e. tight chest, difficulty breathing, breast and chest pain, breast starting to bleed a little off and on, sporadic energy, continued coughing and phelgm, numbness in upper arm, constipation and diarrhea, upper back pain, neck pain, vomiting.

- Bo-In Lee wants to see me back again in three months from October, which will be January 1996. I know that you probably can't sponsor me for a return trip every three months until my body stabilizes and is ready to complete the healing process, but, I don't know what else to do but turn to you again for help. I'll understand if you can't.

Again, I can't thank you enough for your help and concern for my wellness. Have a happy holiday season! I love you.

Sincerely, L.B.

Dear Ruth Sackman,

I trust that besides eating correctly and thinking positively. God watches over you.

We subscribe to FACT for many years and after my husband's routine check-up, he was informed he had prostate cancer.

My suggestion: call Ruth Sackman! Not knowing us, you were wonderful, didn't hesitate to talk with him. You said, because of his age, the treatment suggested by the doctor was questionable.

You reach out to those in need and we are most grateful. Continue your life-saving advice. Thanks for answering a call for help. Enclosed donation for the foundation. Thank you and be well.

Sincerely, H.& A. S.

Hi, Mrs. Sackman,

Wishing you health and happiness for the new year. We are all in good health, trust you are the same.

I'll try to get through to you, but if you have some information on Shark Cartilage, please send. I remember that you stated it was not good to take, but I don't remember the particulars.

Look forward to a brief chat with you shortly,

Warmest regards, B.T.

Dear Ruth,

Shakespeare said, "I can no other answer make but thanks and thanks and ever thanks."

Please continue to keep us on your mailing list. Enclosed is a check...Wish it was more. Keep up the good work. You do so well for all of us.

We love you.

Warm appreciation, M. & A. M.

Dear Ruth Sackman and all other members of the staff:

Thank you for your beautiful magazine and for all the time and effort you put into this noteworthy endeavor. We all thank you. Best wishes, A.N.

# BOOK REVIEW by Consuelo Reyes

***Smart Drugs & Nutrients—How to Improve Your Memory and Increase Your Intelligence Using the Latest Discoveries in Neuroscience***  
by Ward Dean, M.D., and John Morgenthaler  
(Health Freedom Publications, Menlo Park, Ca., 1996,  
221 pp.), \$12.95.

*Smart Drugs & Nutrients* belongs to the increasingly lucrative “so-off-the-wall-it-would-be-laughable-except-that-people-actually-take-it-seriously” genre of “alternative” health literature. The only reason to spend any time or space reviewing such a book is that it represents the near total perversion of the “alternative” concept which FACT has supported since its inception and so perhaps there's an opportunity to reassert some basic truths.

“Smart” drugs, also known in pseudo-medicalese as “nootropics” (from the Greek, meaning “acting on the mind”), are a class of drugs that serve as “cognitive enhancers,” allegedly with few or no side effects or toxicity. Some of these may be approved by FDA but in different doses and for other purposes such as hypertension, diabetes, depression, etc. Some may be available only overseas by mail order. And others may be in your health food store. But the idea is that popping a few pills at an opportune moment might just improve your test scores a few points, increase memory or better connect your right brain with your left. When taken synergistically with certain other “smart drugs,” they may bring the brain to even greater heights of awareness. (And if you're looking for new ways to synergize, there's a newsletter—only \$44/year!)

The drugs are gaining resonance in the “alternative” community by virtue of the fact that conventional medicine does not recognize them as safe or effective in this cerebroactive context. Hence, according to non-mainstream thought pattern, “Obviously, there must be something there!”

Let's take Phenytoin, more commonly known as “Dilantin,” an FDA-approved treatment for epilepsy. (To obtain a prescription, you might try faking a seizure for your doctor; if he doesn't bite, there's always mail order from abroad.) Dilantin (in 100 mg capsules or 50 mg chewables for the kids) is reported to do

short-term wonders for intelligence, concentration and learning, while also reducing obsessive thoughts. But there are a few “precautions:” “paradoxical effects if too much is taken” such as “slowing of reaction time and a reduction in intelligence;” “marked reduction in the body's B<sub>12</sub> stores;” increased “requirement for thyroid hormone,” etc. “Gum overgrowth” is also cited as a long-term deleterious effect, but not to worry, this tendency can be “greatly relieved by meticulous oral hygiene, to include diligently flossing the teeth and rinsing the mouth with hydrogen peroxide.” And by the way, “Dilantin should not be used by pregnant women, or people with cardiac or renal problems.” Otherwise, go for it!

The whole concept of single substances to whip the body or brain into shape is dangerously myopic and utterly antithetical to the design of the human body. The body works as a dynamic whole, interconnected by one circulation system, not to mention the digestive, endocrine, nerve, lymphatic, immune, elimination systems, etc. To assume that substances that stimulate one area create no subtle or hidden stress on the whole organism is to play Russian roulette with physiology. Short-term results can lead to long-term havoc. Symptoms like gum overgrowth are messages from the body that say, “Hey, something's wrong; there's an imbalance here!”

For those interested in the long haul of life, the sensible path to “cognitive enhancement” is to support the body with a balanced assortment of quality materials and conditions needed for healthy body function—a varied, balanced diet of whole, unprocessed, raw and minimally-cooked foods, exercise, low stress, enough sleep, good elimination—these are the keys to optimum brain performance. The reductionist principle—dosing and megadosing with synthetic or refined substances or single nutrient supplements for a specific immediate effect—is just a variation on the conventional theme of matching a drug for every symptom without regard for the body it's connected to. And we know where that has led—to a failed concept of cancer treatment and an epidemic of iatrogenic (drug-induced) health problems.

Everyone has the right to do with his/her body what he/she wishes. For some, an instant smartness fix is worth the Faustian bargain. For my money, I think I'll stay dumb. ❁

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