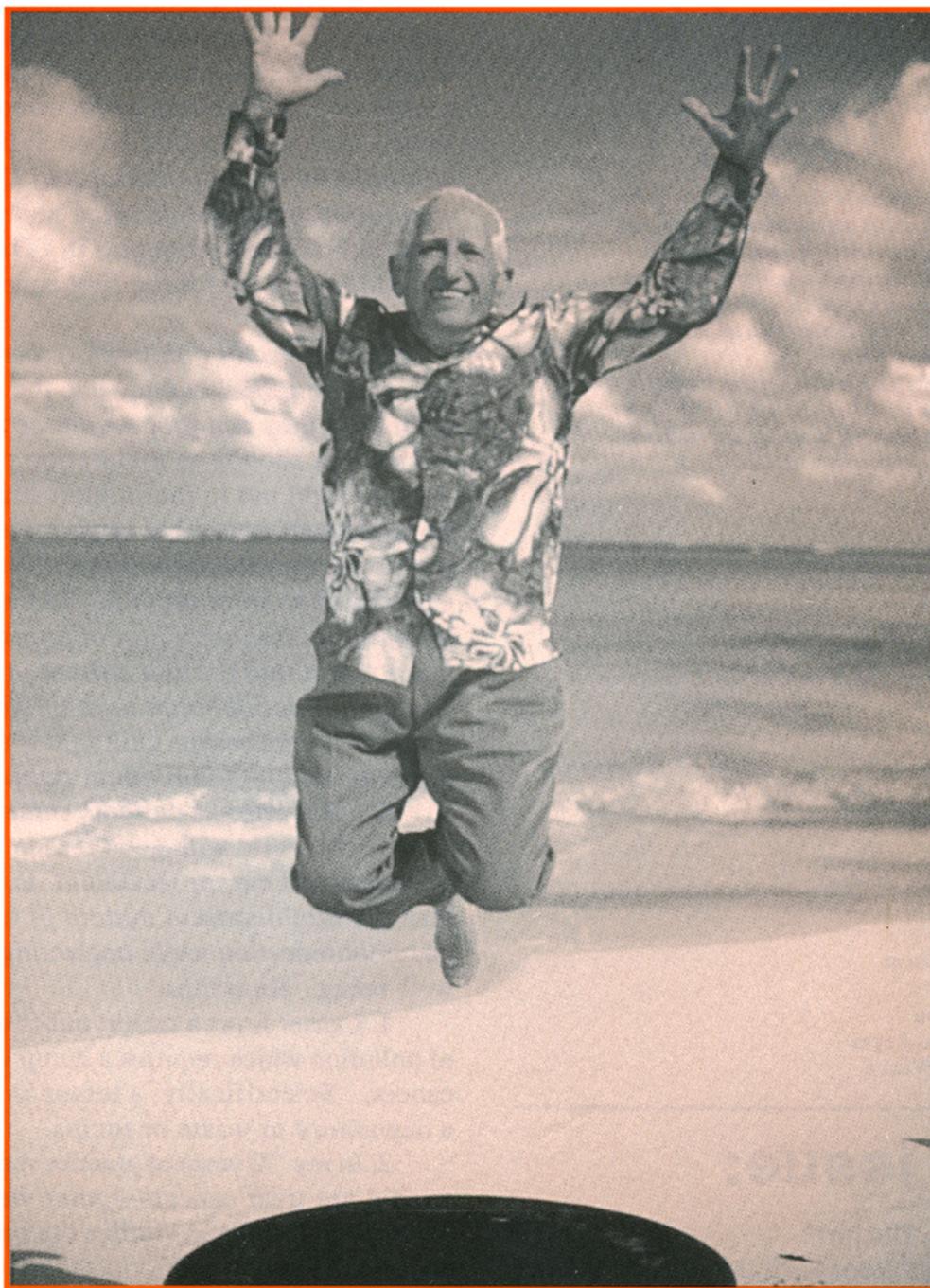


# CANCER FORUM

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



**Dr. Bernard Jensen: 90 Years and Counting**

## 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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## In this issue:

“Good Morning, Doctor!”  
 by Bernard Jensen, Ph.D.....3  
 F.Y.I.....7  
 Ruth Sackman's Notebook.....8  
 More on Soy.....9  
 Letters.....10  
 Book Review by Consuelo Reyes.....12  
 Book Review by Corinne Loreto.....13  
 Recipes.....13  
 Tape List.....14  
 Book List.....15

Recently, I received a letter from Dr. Cliff Robertson, an osteopathic physician who had a biologically-sound practice in Kentucky. He writes that the 4 1/2 year ordeal of defending himself in court against the establishment was finally over except for the huge debt he incurred. (If anyone would care to help him financially I am sure he would be most appreciative.) Dr. Robertson won his case; the judge ruled he "was wrongly accused." As Robertson puts it, "This means that the AMA gave up for the first time in its history!"

All of his records were taken. I cannot understand how a government agency has the right to take records so they can prepare a case against a defendant. It should be a violation of his constitutional right not to incriminate himself. Either the government agency has ample evidence to charge someone or they should be denied the right to hound a person or to seize records. Some sources call the agencies that use a host of armed men in flak jackets, that raid doctors' offices, the "Medical Gestapo." This title seems most apt when the doctor is innocent until proven guilty. It is a typical Nazi tactic of violating individual rights.

Dr. Robertson's patients came to him from all over the world with good reason. His concept of cancer and cancer treatment is more logical than the establishment system of concentrating on tumor reduction while neglecting the patient's well-being. He writes:

1. Cancer is not a tumor; rather it is a disorder of pollution which requires a dump which we call cancer. Scientifically, a tumor is necessary as a depository of waste or toxins.

2. In my 70 years of practice running a clinic, we did not treat cancer—rather we taught how to develop health and vitalize the blood to do the necessary job.

3. Health is a product of poison-free food, elimination of body waste, pure water and good air.

If you want to contact Dr. Robertson with a question or to make a contribution:

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# "Good Morning, Doctor!"

by Bernard Jensen, Ph.D.

*Dr. Bernard Jensen—renowned clinical nutritionist, author, philosopher and much beloved and frequent speaker at the Annual FACT Cancer/Nutrition Convention—is celebrating his 90th year! The following is excerpted from Handbook #5 of his just published six volume Master Nutrition Course—The Ultimate in Nutritional Knowledge Needed for This Nutritionally-Hungry World, published by Bernard Jensen, Ph.D., 24360 Old Wagon Road, Escondido, CA 92027, \$59.95 (Tel. 760-749-2727; FAX 760-749-1248).*

If you could spend a morning with me, doing what I do, drinking what I drink, eating what I eat, you would understand and appreciate how important it is to your health to get started right each day. What I would like you to do is to imagine that you are my personal guest here at the Ranch, and we are going to go through my morning regimen together, so you can see how important it is to your health.

The first thing to know is, we don't get started in a rush. We give our body and mind time to wake up gracefully. I tell you, if you don't put in the time to take care of yourself, you can't be well. You might as well make up your mind that you're going to spend one hour a day to take care of yourself, because nobody else can do it for you.

I want you to learn to make each morning a "good morning," so when you say, "Good morning" to someone, you really mean it!

## THE FIRST THING WE WILL DO

The very first thing we are going to do is to have a glass of water upon arising. I would show you how to add a teaspoon of chlorophyll to your water, to increase its cleansing value. The purpose of drinking the water, either plain or with chlorophyll, is to cleanse the kidneys and wash away the residue that gathers overnight in the bladder. I drink three glasses of water, often the first one with a little chlorophyll, as I start my day.

Make sure your water is pure enough to be good for you. Many local drinking water supplies are chemically processed to remove the worst kind of bacteria and contaminants, but the chemical processing itself leaves a residue

of chemicals in the water that aren't good for people. For this reason, I use reverse osmosis water at my home [Edit. note: or use distilled water].

## TIME TO SKIN BRUSH

After drinking three glasses of water, I brush my skin with a long-handled, vegetable-bristle brush for five minutes. You'll enjoy this "dry bath" because it makes you feel tingly and alive all over. The purpose of this brushing is to remove the dead skin scales and the residue of catarrh and other wastes eliminated through the skin. Then the skin can breathe and eliminate properly.

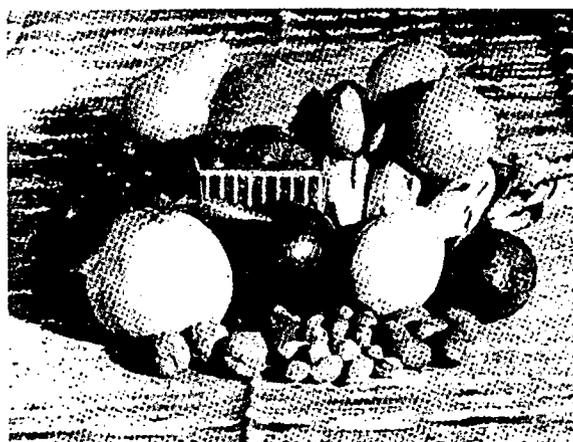
An average adult has from 2,000 to 3,000 square inches of skin, each square inch having 200 pores. Elimination of toxic wastes, up to two pounds a day,

takes place through these pores. The problem is, the clothing we wear inhibits elimination, which makes skin brushing very important.

Your skin acts as a third kidney and is very important as one of the four elimination channels. The others are the kidneys, bowel, lungs and bronchials. I want you to realize that keeping the skin clear can have very beneficial consequences in your life.

For example, Samson, "the Saxon Giant," a huge weight lifter and wrestler from Europe, was brought to the United States in the 1920's by Florenz Ziegfeld. This muscular giant was featured in the Ziegfeld Follies. The newspapers used to comment on how he had the soft, delicate skin of a baby. Imagine, a rough-and-tumble wrestler with skin like a baby! I was able to examine Samson's diary and found a very interesting comment about skin brushing.

In his diary Samson told how he lost the world's championship heavyweight weight-lifting contest one year by just a matter of ten ounces. He blamed it on the fact that he had neglected to brush his skin for three weeks before the contest. I wondered how a clean skin could have anything to do with losing a weight-lifting contest, so I decided to check it out.



I bought a skin brush and stood on brown wrapping paper while I brushed. A fine, dust-like coating soon gathered on the paper. I saved these white, powdery flakes for a while until I had enough to send to a test lab, and do you know what they found? They found flakes of dead skin, as we would all expect, but they also found dried catarrh, urea, sodium chloride, dried sebum and metabolic acid wastes. When these substances are not removed from the skin by skin brushing, they may become backed up in the muscle structure and interfere with a person's strength. That was what caused Samson to lose the contest!

I've had patients who couldn't perspire until they dry-brushed their skin daily with a vegetable bristle brush. Some took more time, some took less, but they all perspired. We need to perspire, because that is another form of natural elimination from the skin. We should be getting rid of up to two pounds of waste everyday from the skin, from natural perspiration and skin brushing.

I take five minutes each morning for skin brushing. Some of you may need to skin brush twice a day—morning and evening. After the skin brushing, I do my exercises.

### DOCTOR JENSEN'S MORNING EXERCISES

If you were following my example, we would put on our sweats next and get on the mini-trampoline or "bouncer" as they call it. I put on a tape called "Hooked on Swing," and begin with what I call my "circle exercises."

Why do we exercise? To improve the circulation of the blood, to force the lymph through its network of thin-walled vessels, to strengthen the heart muscles to clean out the lungs and charge the blood with oxygen. Exercise also improves the appetite, aids in digestion, helps keep the weight down and keeps the bowels regular. We become mentally more alert, have more energy, and we are able to work longer, either mentally or physically, without resting.

When I use the bouncer (the mini-trampoline) I don't just bounce up and down. I do circular movements and figure eight movements to exercise my joints and to squeeze the lymph nodes that we find along the neck, in the armpits, down the spine, along the groin, in the knees, ankles and elsewhere. Exercise that moves the bony joints in a circular motion helps prevent calcium spurs as well as forcing the lymph to flow through its system of vessels and finally into the bloodstream where wastes of various kinds are processed and eliminated through the lungs, kidneys and skin.

I use Lawrence Welk tapes to exercise by. This adds

to the fun and enjoyment. Then, we may start with a circular hula-like movement of the hips; going around one way for a while, then reversing and going another way. Do this on the bouncer for about three to five minutes. Then fold your arms across the chest, lift your elbows away from your body, and with the feet spread two feet apart on the bouncer, stretch to the right, bending the right knee and sweeping your folded arms up, around in a circle and down, while stretching to the left, bending the left knee, and making a circle with the left elbow. Your arms, crossed as they are, should be making graceful figure eight movements as you sway to the left, then to the right.

Of course, there are many good exercises that we can use, depending upon our age, weight, physical fitness and health level.

One of the best exercises for people of any age is brisk walking, which works every muscle in the body and moves the lymph and blood better than any other exercise. (The advantage of using the bouncer is that you can use it comfortably in cold or rainy weather as well as nice weather. But when it is nice outside, you should take a walk.)

If you were a visitor in my home, we would go for a fast walk of about half an hour at 7 am, along Old Wagon Road. I live in the low coastal mountains above Escondido, California, and my "walking road" has its wonderfully challenging ups and downs. The "ups" literally take your breath away, providing aerobic exercise for the lungs and strengthening the heart muscle. The "downs" exercise a different set of leg muscles and give you more opportunity to enjoy the scenery.

The old men in the Hunza valley kept their hearts and circulatory systems in the best condition by walking up and down the mountain paths to and from their terraced fields and gardens high in the Himalayas. Many of these men lived past the age of 120, and I believe their daily walking was part of the reason. Walking is also one of the best exercises in moving the lymph. Circulation of the lymph is a vital function in our natural immune system. My daily walks are an important part of my exercise regimen.

When it's raining or uncomfortably cold, I spend extra time on my indoor exercises. Sometimes, depending on the time of year, I take a walk in my garden before or after my walk on the road. My garden is a very special place to me for reasons I want to share with you.

### A WALK IN A GARDEN

In front of my home is a hillside garden, decorated with citrus; apple and pomegranate trees, patched with borage,

comfrey and other wonderful herbs, and splashed with the colors of beautiful flowers and fruits of many kinds.

Color, itself, is a food for the mind, uplifting the soul and stimulating many of the higher brain centers with the high-frequency light from the rainbow of colors in nature. There is nothing that gets my day going better than a walk in my garden early in the morning, when the dew sparkles on the leaves and flower petals in the bright California sunshine.

I don't hurry through my walk in the garden. I stop and look at particularly lovely flowers and take time to smell the roses. My garden gives me a feeling of peace and contentment. The pine trees I planted around my house when I first bought my Ranch add extra oxygen to the fresh, country air. The scent of flowers in the cool morning air is one of the nicest things I know.

When I come back from my walk, I take my shower, and then I'm ready to eat.

### **BREAKFAST WITH THE DOCTOR**

If you were my guest for breakfast, we'd sit down in the living room with TV trays and my wonderful wife, Marie, would serve us each a bowl of fruit.

First of all, I have fresh fruit, more in the summer, and dried fruit (or thawed frozen fruit) in the winter. In between the seasons, going from one season to another, I'll have one helping of revived dried fruit and one different fresh fruit each morning. When I sit down, I have two fruits, not just one.

The way Marie revives dried fruit is to bring it to a boil in water the night before, then let it cool and absorb water overnight. We seldom eat dried fruit without boiling it and soaking it overnight, for two reasons. First, dried fruit contains a high concentration of fruit sugar, and it's best to reduce this concentration by soaking. Second, Marie and I found worms in dried figs we'd taken on an airliner to snack on one time. That was enough. Boiling the dried fruit kills any insect eggs.

We use mangoes, papayas, guavas, apricots, peaches, raspberries, mulberries, kiwis, strawberries, bananas and others. During the summer, we usually dry apricots and freeze strawberries, raspberries and mulberries. Most of these are grown right on my Ranch.

After we've enjoyed our fruit, we'll have a protein food—usually almond milk or fresh goat milk, or sometimes half goat milk and half carrot juice. Then we'll have an egg—I recommend the yolk only, from a three-minute, soft-boiled egg. In a soft-boiled egg, the lecithin balances the cholesterol, and both are properly used by the body. The lecithin keeps the cholesterol in solution in the body.

I consider eggs the best of all the proteins.

I use the best eggs I can get [Edit. Note: organic]. The chickens that lay these eggs run free and are given greens in addition to their regular feed.

After the egg, we'll have a cereal. One day it may be millet, another day cornmeal. I have them cooked slowly, sometimes soaking overnight in water brought to a boil then turned off. Whole oats, rye, buckwheat and brown rice are all good whole-grain cereals.

I don't use wheat because it has been overused in the average American diet, as has milk. Studies have shown that the average diet in this country is 29% wheat products, 25% milk products and 9% sugar. That's too much. One of my overweight patients lost 40 pounds just by cutting out wheat and milk from her diet. She didn't go to a low-calorie diet to lose weight, but ate as much as she wanted of everything but wheat and milk products. I don't say that everyone who cuts out milk and wheat will have the same results, but most of you would benefit from leaving them out.

Now, you can put a little honey or maple syrup on your whole-grain cereal to make it taste better. Or, you can cook raisins or even mix fresh fruit into the cereal. Some persons like to use a little date sugar.

In general, I make sure I use everything needed to feed my body properly.

### **WHAT SUPPLEMENTS DO I USE?**

I recommend a good multi-vitamin and a good multi-mineral tablet or capsule. I think everyone should be using a little Nova Scotia dulse to provide the iodine needed by the thyroid, the manganese needed by the brain and other trace elements needed to make the body and brain work right. Dulse picks up trace elements from the cold sea water it grows in and makes those trace elements in food form available to our bodies. I burn up a lot of energy in my work, so I use adrenal substance as a supplement. I take colostrum tablets to strengthen and support my immune system.

While I think everyone should be using a good multi-vitamin and multi-mineral supplement, everyone is different and has a different nutritional background, a different constitution and a different lifestyle. Since the factors that have shaped your life and health differ from mine, you should not copy my supplement intake. The supplements you need will be different.

### **THE FOUR MINERALS MOST PEOPLE LACK**

When I tell doctors in my classes that most of my pa-

tients lack sodium, they look at me like I'm crazy. But it's true. Of course. I'm talking about food sodium and they are thinking of chemical sodium such as in table salt and sodium bicarbonate. I agree with most health authorities that people use far too much table salt on their food. But food sodium, in my view, is not the same in assimilation or effect on the body as chemical sodium, usually in chloride or bicarbonate form. Usually mineral supplements do not have sodium of any kind in them.

Food sodium is needed in the digestive tract and in the joints more than anywhere else. However, every nerve, gland and tissue in the body needs sodium (as well as potassium, which is usually in plentiful supply). Sodium helps transport food molecules across cell membranes and helps conduct nerve messages. But, sodium deficiency first shows up through digestive troubles and joint problems.

Food sodium is found in green leafy vegetables, okra, celery and strawberries more than in most other foods. Whey, especially a dried goat whey from Mt. Capra Cheese Co. in Chehalis, WA, called Mt. Capra Mineral Whey, is very high in bio-organic sodium, and this works very well as a daily sodium supplement. One or two tablespoons in a cup of hot water is usually sufficient. The other three minerals needed are silicon, iodine and calcium.

You can get the iodine from the Nova Scotia dulse, which I discussed earlier, but iodine is also available in all seafood and in food crops grown near the ocean. Iodine is needed by the thyroid gland.

The best source of silicon I've found is rice bran syrup, available in many health food stores. It's almost like a thick, syrupy molasses, and the taste is nice. You can take it straight from a tablespoon or add it to a glass of warm goat's milk or herbal tea. Other good sources of silicon are sprouts, young vegetables, sun-ripened fruit, whole-grains, raw seeds and legumes.

Calcium is best taken in foods, where the amount of magnesium and phosphorus is enough to help it to be utilized properly in the body, especially in the bones and teeth. Leafy green vegetables are a good source of calcium, except for chard, spinach, beet which is high in oxalic acid. This acid prevents assimilation of calcium through the bowel wall. Raw nuts and seeds are a good source of calcium, containing enough phosphorus and magnesium to allow very good utilization by the bones, teeth and other tissues that need calcium. One ounce of ground almonds, for example, contains 120 mg. of calcium, 259 mg of phosphorus and 128 mg. of magnesium. In fact, nuts and seeds are nutritionally superior to milk because they contain much more iron.

I'm going to give you my recipes for nut and seed butters, which can be added to soups, made into salad dressings, spread on rye crackers or rice cakes or eaten plain. The way I make nut and seed butters is by running the nuts or seeds through my Champion Juicer. If the resulting butter is too thick or dry, a little cold-pressed sesame seed oil can be stirred in to improve the texture.

You can also make seed and nut milk drinks. Here are a few of my recipes.

### **Sesame Seed Milk**

(I call sesame seeds the king of the seeds.)

1/4 cup hulled sesame seeds

2 cups water or raw goat milk

Add sesame seeds to the liquid and soak overnight. Add both to a multi-speed blender. Run on high for 3 minutes. For added flavor, put in a tablespoon of carob powder and 6-to-8 dates. You can also add a banana, raisins or other fruit to increase nutritional value.

### **Almond Nut Milk**

(I call almonds the king of the nuts.)

Soak nuts overnight in apple or pineapple juice. Add 6 oz nuts to 10 oz. water or goat milk. Blend for 3 minutes on high. Flavor as in preceding recipe. Add more liquid if drink is too thick.

### **Pumpkin Seed or Sunflower Seed Milk**

1/4 cup seeds

2 cups water or goat milk

Soak overnight, blend on high for 3 minutes, flavor with fruits or juices.

Almost any edible nuts or seeds can be made into butters or milk-substitute drinks, with a nice amount of calcium and easily-digestible protein as well. I don't want to say you should never drink milk, but I encourage you to get out of the milk habit. Use raw goat's milk instead of cow's milk if you can get it. Goat's milk is more easily digested than cow's milk because the fat particles are much smaller.

## **TIME FOR WORK**

Sometimes I start work at 9 am, sometimes I prefer 10 am. It depends on how much I have to do and how soon it has to be done. But, once I start work, I really get going. I put my heart into my work because I believe in it very much, and if you don't have the kind of job you can believe in, you'd better start looking for it.

Now, isn't this a great way to start the morning? You can do this on your own, can't you? All it takes is a little self discipline. ❀

## Bug Sprays seem to really like toys

Pesticide foggers used for treating an entire room usually carry labels instructing occupants to vacate the premises for 1 to 3 hours. The intent is to limit inhalation of the potentially toxic vapors or contact with wet residues. A new study now finds that for young children, dry residues can provide a greater source of exposure—and can continue to do so for a week or more.

Scientists in New Jersey hired a licensed professional to spray two Rutgers University apartments with a pesticide, following instructions on the label. The researchers then placed hard plastic toys and stuffed animals in rooms an hour after they had been fogged. Throughout the next 2 weeks, they swabbed the furniture for residues and removed toys for testing. Their findings, reported in the January *Environmental Health Perspectives*, show that the toys—far more than the furniture—accumulated pesticide residues for a least 1 week.

"I didn't expect this. It was a big surprise," notes study leader Paul J. Liroy of Rutgers and the University of Medicine and Dentistry of New Jersey in Piscataway. Indeed, the data suggest that the pesticide leaped "like a grasshopper" from one surface to another for 2 weeks, with certain plastics and foam effectively sopping it up "like a sponge," Liroy says. The fact that the toys acquired far higher residues than the furniture or linoleum floor, he says, traces to their particular chemical affinity for holding onto the pesticide. Though his team had used chlorpyrifos, a popular termite and roach killer, Liroy said any semivolatile pesticide should leap similarly.

The team estimates possible toddler exposures, beginning 1 week after fogging, at more than 200 micrograms per kilogram of body weight daily—20 times the recommended allowable daily intake. Some 39 percent of the exposure would come through the skin, with virtually all of the rest from children putting residue-laden fingers or toys in their mouth.

The findings "should be a big boon to the toy box industry," Liroy told *Science News*, because the easiest way to cut exposures would be to put toys away whenever they're not in use—at least for the first 2 weeks after any fogging.

(from *Science News*, Vol. 153, Feb. 21, 1998)

## Cancer Treatment and Memory

Researchers from the Netherlands have some bad news for women considering very high doses of chemotherapy to combat breast cancer. Frits S.A.M. van Dam of the Netherlands Cancer Institute in Amsterdam and his colleagues report that high doses of toxic chemotherapeutic drugs may raise the risk of cognitive deficits.

Van dam's team studied 34 breast cancer patients treated with high doses of chemotherapy plus tamoxifen, 36 patients who received the standard dose of chemotherapy plus tamoxifen, and a control group of 34 breast cancer patients who did not get chemotherapy or tamoxifen. The patients had been assigned at random to these groups.

About 2 years after therapy was completed, the researchers administered a standardized test to assess cognitive functioning. They discovered that 32 percent of women given high-dose chemotherapy had cognitive deficits, including memory lapses and difficulty concentrating. In contrast, 17 percent of the women who had received the standard doses of chemotherapy showed such deficits. Just 9 percent of the control patients had cognitive impairments.

The researchers suspect that chemotherapy is behind the cognitive impairments but say that tamoxifen may play a role as well. None of the women had experienced such lapses before the cancer treatment, they note.

High-dose chemotherapy is being increasingly recommended to women treated for breast cancer. Such treatment aims to rout all the cancer, thus giving patients a better shot at survival. The researchers warn against taking side effects lightly. "Long-term cerebral impairment, even when relatively subtle, may have profound consequences for the daily life of patients," they report in the Feb. 4 *Journal of the National Cancer Institute*.

(from *Science News*, Vol. 153, Feb. 21, 1998)

### Discount on GREEN POWER JUICER

John Lysohir is offering *Cancer Forum* readers a special price of \$420, including shipping. This is reduced from \$600. To inquire, call: 800-797-7336

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# RUTH SACKMAN'S NOTEBOOK

There is a constant barrage of new ideas and developments which are dramatically presented in health magazines, in the media and by others to seduce the cancer patient into believing that it is in their interest to buy and simply apply the nostrums and other panaceas. The cancer patient in his/her desperation then feels compelled to try the nostrums and panaceas for fear that to do otherwise would be ignoring a sure cure.

So many of these new ideas which are presented in glowing terms are not only useless, but, unfortunately, some are harmful. **It is wiser to be skeptical about everything new until it can be proven beyond any doubt that the substance or system is safe.** It would also be useful to know that it is effective, but safety is even more important. There are enough options already in place with a long-term track record which make it unnecessary to risk using new untried systems.

Amidst all this constant dazzle, it must be overwhelming and most confusing for any individual to determine what is useful and what should be avoided. Years ago health food store owners could be relied upon to make dependable decisions about selling good products and rejecting those that did not fit the health standard. Today, if the product is hyped in health publications and there is consumer demand, rest assured it will be available in your favorite health store. Therefore, you will have to be a wise consumer, read labels carefully and be as selective as you would be in a standard supermarket.

I have been particularly disturbed by the recent appearance of canola oil in products sold in supermarkets as well as health food stores as though it is more healthful than the usual reliable oils. Being suspicious of canola oil as I am of all new products until they are carefully evaluated, I exercised my usual patience and waited until I could collect more data. My patience was rewarded with an article in the *Gerson Healing Newsletter* which validated my suspicions about canola oil. They printed an article compiled by Darleen Bradley about her own experience with

canola oil: "My cholesterol level was 150. After a year of using canola oil, I tested 260. I switched back to pure olive oil and it has taken five years to get my cholesterol level down to 160. Thus began this project to find answers, since most doctors will say that canola oil is OK."

She continues, "A friend who worked for only nine months as a quality control taster at an apple-chip factory where canola oil was used exclusively for frying, developed numerous health problems: loose teeth, gum disease, numb hands and feet with cramps, swollen arms and legs, extreme joint pains, cloudy vision, constipation, hearing loss, skin tears, hair loss and heart pains. Five years after she stopped working there she still has some joint pain, gum disease and numbness."

It seems that rape seed oil, now known as canola oil, was originally an industrial oil used as a lubricant, as fuel, in soap, as a rubber base and as an illuminant for color plates for magazines. It had a high level of erucic acid which is extremely toxic. Geneticists bred new varieties of rape seed oil with a lowered level of erucic acid. As a result, the Canadian company that processed the oil began marketing it for human use with the reduced erucic acid. The Canadian government spent \$50,000,000 to get the U.S. Food and Drug Administration (FDA) to put it on the *Generally Recognized as Safe (GRAS) list*. (While this was acceptable to the FDA, they continue to hound suppliers of health products that are safe. For example: companies were forced to relabel their enzyme products if they used the term "digestive" on their label. This, even though the product had no evidence of harm.)

Ms. Bradley enumerates the many harmful characteristics and effects of canola oil on living systems: "It forms latex-like substances that agglutinate (cause to glue together) the red blood corpuscles, loss of vision, antagonizes the central nervous and peripheral nervous systems, causes emphysema, respiratory distress, anemia, constipation, irritability. The deterioration takes years."

Much of the information was compiled from a book, *Fats that Heal, Fats that Kill*, by Udo Erasmus, published by Alive Books, Burnaby, BC, Canada. Bradley writes, "Rape seed is a weed like soy. It is the most toxic of food-oil plants! Insects will not eat it!"

The oil is a hundred times more toxic than soy oil!"

I looked up canola oil in another book by Udo Erasmus, *Fats and Oils, The Complete Guide to Fats and Oils in Health and Nutrition*, also published by Alive Books. I was shocked by what I read! Not only does canola oil cause many serious health problems ("causes fatty degeneration of heart, kidneys, adrenals, and thyroid") but even after it is discontinued it leaves scar tissue! Although I agree with Udo Erasmus about canola oil, there are a number of other items in this book I would question.

As I've said, because of my natural skepticism about all new items presented by resources in the health movement today, I wait patiently before I am comfortable with any new ideas or products. It's a safe policy. I would like to see those people, who are trying desperately to restore their health or simply maintain it, to take the same cautious attitude. It is hard for me to believe that our ancestors were terribly ignorant people and the present crop of health providers are geniuses. **The opposite is more likely to be true!** Conclusions in previous times were not achieved through laboratory work only, which you can be sure is not always dependable, but by human experience over time. Too often today's research finds one beneficial element and extrapolates its benefit without taking into account the fact that other elements make up the whole and these may be harmful over extended use.

Soy is an example. Soy has been embraced by the health movement as a good source of protein without much questioning. Recently, because some limited research seems to indicate that there are fewer breast cancer occurrences in women taking soy than in those who are not, its use has become even more widespread. Unfortunately, some element in soy interferes with enzymatic function. In time, that will have a negative effect on metabolism, consequently on cell production. The genestein and isoflavone found in soy and assumed to be the beneficial factors for the breast cancer patient can be found in other beans. And these do not contain the negative elements that affect enzymatic function.

There are a number of other items promoted in the health movement that should send up red flags of caution until a more accurate conclusion can be achieved by waiting, as time has to be included in

making any evaluation of safety. One example is melatonin, a hormone which changes the body's clock. Are we disrupting homeostasis with melatonin and the normal physiological function of the body in order to get temporary comfort? Long term effects can rarely be determined by periodic or short term usage. The body somehow bears up under the immediate assault but eventually rebels from the cumulative effect. DHEA, Green Tea (see book review on page 12), selenium, and a host of other items are offered to the health consumer as panaceas for a wide range of conditions. The hype surrounding these products, sadly, rarely includes the negative side effects that I have been privy to as a result of the feedback I get from hundreds of patients who had hoped they had found the answer to all their problems.

It might interest you to know that some companies hire writers to prepare favorable articles which are then usually published in health magazines. It appeals to the reader as though it is the independent research of the author when in fact, it can be considered equivalent to paid advertising. **Caveat Emptor! (Consumer Beware!)**

#### MORE ON SOY

Below are excerpts from the July-August; September/October 1996, *Search for Health* on soy as printed in Betty Fowler's *Health Newsletter*:

- "...soy formula causes zinc deficiency in infants and interferes with fat assimilation as well."
- "...soy formula is associated with the development of autoimmune thyroid disease."
- "Soy products lack soluble vitamin A and D...They are also deficient in vitamin B-12..."
- "Soybeans are high in phytic acid or phytates. This is an organic acid which blocks the uptake of essential minerals..."
- "The soybean also contains hemagglutinin, a clot-promoting substance that causes red blood cells to clump together."
- "The Japanese did not consider the soybean fit for consumption until they learned to ferment it to make products like tempeh, tamari and natto. This is because soy contains a number of substances that have a deleterious effect on human health and these substances are effectively neutralized only by traditional fermentation processes."
- "Exercise caution when reviewing the studies that hype the alleged heart and cancer benefits of soy."

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# Letters

Dear Ruth,

It was good talking to you the other day. Thanks for the brochures.

As agreed enclosed is a check in the amount of \$25 for your wonderful organization and to help out with my colleague who is ill. She will be getting in touch with you. She is having chemo right now—when I first spoke to her, she sounded so weak—then she sounded like a different person the other day—she was full of energy—I commented on it and she said she had stopped the chemo—anyway she is grateful and will be calling you. I mentioned how wonderful and helpful you were on the phone.

Have a good summer and more power to you. Your work and pioneering efforts have been absolutely amazing in this field.

Fondly, Dr. L.F., psychoanalyst

Dear Ms. Sackman,

Thank you for your referral of May Dooley.

As a result of your recommendation of May we have had, through her efforts, a most enlightened and enriched experience.

The matter was with reference to our problem in our apartment, regarding electro-magnetic fields. May's relentless investigation to the matter and her conscientious observance was a delight to us.

Once again, thank you kindly.

Very truly yours, P.S.

Dear Mrs. Sackman.

Thank you again for the work you do. The convention and *Cancer Forum* are always an inspiration and source of happiness for me. We operate 2 camps at home. "White Coat" for conventional and "Voodoo" for alternative medicine. It is all done in humor! My husband was manipulated into prostatectomy. When I asked the doctor, how much cancer he found, he did not answer. You predicted and I felt that there wasn't any. This surgeon doesn't even do the nerve sparing one.

Thank you also for the time you have given to my daughter, who is determined to help enlighten people

in alternative treatments.

Your work and dedication helps so many. Thank you again.

Love, G.M.

Dear FACT:

Thank you for introducing me to the wonderful Bo-In-Lee. Enclosed dues and small donation. I wish I could give more.

Sincerely, K.P.

Dear Sir:

I am a cancer survivor. After surgery for colon cancer and 1 1/2 years of chemotherapy and the violent reaction related to it.

I reached out to alternative medicine. Result? I am still kicking and well 7 1/2 years after (I was given 3 years).

Today cancer has reached epidemic proportions and for that I feel I should let others know that there are other ways to go, that cancer does not have to be a death sentence, but should be looked upon as a disease that can be cured. PUT TOGETHER A SUPPORT GROUP...

I would, therefore, appreciate whatever information and/or publications you can send me regarding your therapy.

Thank you for your help, M.D.

Dear Ruth S.:

Here's a donation to make sure I stay on your mailing list. It's a few years since I told my story, using Krebiozen to save my son's life after the regular medical methods failed. Incidentally, few people know Krebiozen was improved by Dr. Andrew Ivy and renamed Carcalon. He produced it from cow's blood as well as horse's blood and also from animal tissue. After the death of this fine man, the supervision went to Dr. Z. Godlowski. This was the mid '70's and Dr. G. was past 90 years old. After further improvements the medicine was now called compound "G."

After the demise of this life saving stuff in '79, after the death of Dr. G., with fingers crossed we turned to the macrobiotic diet for 6 months or more. It seems we have won that little war. My son hasn't been to a medical doctor for 20 years. Regular trips to keep his

teeth in shape and chiropractic is necessary. We are on 7 acres of rocks and woods with unsure footing for a blind person, a fried optic nerve his only gift from Modern Medicine in an attempt to burn out a brain tumor at age 9, but he insists on keeping busy in the clean-up process. Branches and leaves to move.

My problem is Paget's Disease of bone which has my right leg resembling a grape vine. A foundation now exists, about 100 years late, which produced a letterhead of board members and specialists. I couldn't wait to write and discover the recommended diet for this nasty thing. A brief reply states, "There is no diet to help Paget's Disease." I suddenly realized the "hard hats" were still in charge, whose fantasy is to produce a magic pill to wipe out dreaded disease no matter how badly the body was fed.

Paget's comes about when calcium isn't used properly by the body. I'll be on the watch in case any info on this shows up in *Cancer Forum*. B.L.

Dear Ruth,

Sorry to be so late with my yearly membership dues. Isn't it wonderful that "they" now say what you eat influences your immunity! V.N.

Gentlemen:

On Monday, February 6, I had the pleasure of speaking to Mrs. Ruth Sackman. She was most knowledgeable and helpful in explaining the work of the foundation.

Please accept my membership check in the amount of \$20.00. Thank you.

Sincerely, M.A.S

Dear Mrs. Sackman:

Enclosed please find \$10.00 as a contribution to your tremendous work. I wish I could send more, but we are just getting by since my husband's retirement. However, I do not like to miss any copies so would like you to know that I will not only always be interested in receiving your publication, but I am also passing it on to others, also copies of articles. Also, I would like to always be notified as to the dates of the annual convention. We can't afford a holiday; but we take an opportunity such as your convention and have a holiday that way!

We attended the First World Conference on Breast

Cancer in Kingston, Ontario, Canada this past July. I would also like to find out if and when your own book is available and would like to order one right now, please. If I have missed any of the *Cancer Forum* publications, Please get them to me.

Good luck and good wishes, God bless you for your work  
G.S.

Dear Ruth,

I hope you and everyone in the office are well.

I feel terrible about the consequences of the "mad cow" and the problems it is causing you trying to help people with metabolic therapies.

I'm so lucky you got mad at me to bring me back to the right track. I now take only one tablet of Armour a day—rarely two—feel great—(after we spoke, I realized this comes from beef, too...).

Well...Maybe after I finish my batch, I won't need it anymore...I shall press more on my visualization, yoga, Qigong or Tai-Chi. I took some Tai Chi at the HealthClub, and it is really extraordinary (really mind and body together besides). All this requires time, but it is time well spent.

I also discovered Feng Shui. I rearranged practically every room in my apartment of 20 years, and...I finally feel at home.

It is like doing acupuncture in the apartment, changing universe. Now I can see how many energy blocks I had in there. What a change in the feeling and fluidity in the different activities. Life simpler...

I know you won't get too discouraged by the "mad cow" and that you'll continue your wonderful work with the same energy, creativity and faith, for the sake of everyone.

My best wishes to you and everyone in the office.

Fondly, D.S.

Dear Ruth Sackman:

Bless you for your tireless efforts to help your fellow man. May you continue in your work with good health and happy days.

Sincerely, C.A.

P.S. Just finished reading first chapter of your forthcoming book in *Cancer Forum*. Bravo!

# BOOK REVIEW by Consuelo Reyes

***The Green Tea Book—China's Fountain of Youth*** by Lester A. Mitscher, Ph.D., and Victoria Dolby (Avery Publishing Group, Garden City Park, New York, 1996, 186 pgs.), \$9.95.

Just like death and taxes, you can count on the flood of books by so-called independent experts that follow breathlessly the market debut of every "hot," "new," age-old remedy for all our modern ills.

***The Green Tea Book—China's Fountain of Youth*** by Lester A. Mitscher, Ph.D., with health writer Victoria Dolby, is typical of the genre. According to chemist Mitscher, there is hardly a condition that green tea cannot help prevent, alleviate or boost (as in immunity). And, of course, it's natural!

But what exactly is green tea which has only been around for some 4,000 years? Green tea is just the raw form of regular old everyday black and oolong teas. All come from the same plant, *Camaellia sinensis*. Because green tea is the least processed, it does have somewhat more nutrient value than its cooked siblings. Big deal! But it also comes with all the baggage of "regular" tea, such as caffeine, albeit, less than a cup of coffee—though if one imbibes the casually recommended 4-9 cups of tea per day, that's a pretty hefty caffeine fix. Caffeine is a stimulant implicated in insomnia, anxiety, heartburn, and specifically not recommended for people with cardiovascular disease, PMS, pregnant women or women with fibrocystic breast disease (which afflicts about half of all women). The author does acknowledge these problems, but since the purpose of his book is to exalt a product, not nitpick over a few "minor" flaws, he assures us that research is controversial, and, incidentally, you can always buy caffeine-free supplements at your local health food store. Green tea also contains theobromine and theophylline, compounds with effects similar to caffeine.

Green tea can be a rich source of selenium depending on the soil. But selenium, another of those over-hyperventilated "hot," "new" substances, is



needed by the body only in trace amounts. It is a cumulative poison and more is not better! Green tea also has relatively high levels of aluminum, though Dr. Lester quotes one unnamed researcher who concluded that concerns about negative effects of aluminum in green tea are "unfounded." Were any other researchers consulted?

The author is particularly ebullient about green tea as a source of fluoride, a chemical more toxic than lead and slightly less toxic than arsenic which has been linked to cancer, increased hip fractures in the elderly, learning disorders, particularly in children, etc. Evidently, on this supposed magic bullet for tooth decay, the author has swallowed the corporate line to the very last drop. And again, he seems to think more is better, quoting studies which found that one cup of green tea can contain 0.3 to 1.9 mg of fluoride—more if made with fluoridated water. Even the bogus "optimal" dose recommended by the American Dental Association

(ADA) is only 1 ppm or 1 mg per quart. So if a person drinks the suggested 4-9 cups, we're talking about an extreme toxic daily dose of fluoride! Moreover, Dr. Lester does not seem to grasp a basic concept of natural healing—that good diet, dental hygiene and dental care are the keys to healthy teeth—not a toxic magic bullet!

Indeed, most of the book is padded by Dr. Lester's very myopic, conventional germ/symptom-oriented understanding of various disease conditions followed by a few words about how some study or other showed green tea coming to the rescue. Clearly, Dr. Lester needs enlightenment on the basics of biological healing, but as a product spokesperson, he shines.

The simple act of drinking tea is relaxing and good for digestion, but this is do-able with a vast array of salubrious and savory herbal brews that don't carry all the negative stuff of green tea. As for getting to that Fountain of Youth, how about providing the body with the full range of materials and conditions it needs—balanced diet, moderate exercise, regular elimination, sufficient rest, etc.? But, hey, that's nothing new. Hence, why write a book about it? ❀

# BOOK REVIEW by Corinne Loreto

***The Estrogen Alternative—Natural Hormone Therapy with Botanical Progesterone*** by Raquel Martin with Judi Gerstung, D.C. (Healing Arts Press, One Park Street, Rochester, VT 05767, 212pp), \$14.95.

While we at FACT believe in healing our ills through detoxification and good nutrition, we realize there are times when circumstances force us to rely on drugs.

*The Estrogen Alternative* tells how damaging synthetic replacement hormones can be to achieving optimum health. The book held a special interest for me because for years I was treated with synthetic hormones for a very painful endometriosis condition. As the authors predicted, treatment with synthetic hormones would only aggravate the condition and ultimately relief can only be had by undergoing a hysterectomy.

Page 47 of *The Estrogen Alternative* lists characteristics of Estrogen Dominance versus Characteristics of Natural Progesterone Supplementation:

## SELF-ASSESSMENT PROFILE

Characteristics of Estrogen Dominance	Characteristics of Natural Progesterone Supplementation
Weight gain	Utilizes fat for energy
Insomnia	Calming effect
Uterine Cancer	Stops cells from multiplying
Fibrocystic breasts	Protects against fibrocysts in breast
Breast cancer risk	Helps prevent breast cancer
Depression	Natural antidepressant
Fluid retention (bloating)	Natural diuretic
Thyroid Imbalance	Assists thyroid hormone action
Blood clots	Normalizes blood-clotting mechanism
Migraine headaches	Restores oxygen to cells
Risk of miscarriage	Prevents miscarriages
Inflammation	Precursor to cortisone
Cramping	Relieves cramping
Elevated blood pressure	Regulates blood pressure
Acne	Aids in skin disorders
Irregular menstrual flow	Normalizes periods
Restraints bone mineral depletion	Stimulates bone mineral density

It is interesting to note that an article in *Cancer*

*Forum* which presented Dr. John Lee's findings on natural progesterone helped the author to understand that progesterone is a precursor of cortisone which is made by the adrenal glands. She states that many women have found progesterone to be a pain-relieving hormone. Anecdotal testimony from a female doctor who had a problem with clotting during her periods, found that by administering natural progesterone cream every morning and evening up until the time her periods began, gave her an even flow and kept her periods regular. When her periods stopped, she started using the cream again.

Many doctors fail to associate symptoms of PMS or menopause with a progesterone deficiency.

Any woman experiencing difficulties with her reproductive organs will do herself a big favor by reading this book. ❀

## RECIPES

### Summer Smoothie

Put in blender (use organic fruits if possible):

1/2 cup frozen strawberries

1 banana

1/2 orange, including white part of peel

1/4 cup frozen peaches

1/2 cup plain whole yogurt

1/4 cup ice cubes (in order not to damage blender blade: wrap whole cubes in a towel and crack with a hammer a few times)

Blend all ingredients until smooth and frosty. Optional: garnish with a dash of fresh ground nutmeg and mint leaf.

Upcoming issues of *Cancer Forum* will include a Q & A column by Ruth Sackman focusing on questions of general interest about cancer, nutrition, etc. Send your queries to:

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