

CANCER FORUM

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

Never doubt
that a small group
of thoughtful,
committed citizens
can change the world,
indeed, it's the only
thing that ever has.

—Margaret Mead

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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I would like to take this opportunity to thank all the many people who wrote in response to the death of my beloved husband, Leon. The experience of reading so many thoughtful, consoling words was very moving to me and greatly helped to ease my pain.

The volume of heartfelt expressions of condolence — cards, letters, in memoriam contributions to FACT and notices that trees were planted in Leon's memory - was so overwhelming that, regrettably, as much as I would prefer to respond to everyone personally, I must apologize for using this column instead.

We are busier and more committed than ever to complete the work of the Foundation to which Leon was dedicated and, I am sure, he would want us to continue. But now there is a whole gamut of tasks to do which we didn't have to deal with before. Leon was my partner both in life and in the daily operation of FACT. We are only now realizing the extent to which he was the glue that kept it all together, taking care of the multitude of minutiae that come up each day in a world-wide organization. He did it all so quietly and efficiently. We were always busy, but now our work has become even more of a balancing act!

Once again, my deep appreciation for your thoughtfulness in easing the pain of my bereavement.

Ruth Sackman

FOOD & WATER, INC., which has been often quoted and applauded in the pages of *CANCER FORUM*, is a grassroots environmental action organization which has been in the forefront of the fight against food irradiation, *rBGH*, pesticides, etc. *FACT* strongly supports their efforts and suggests that readers may wish to become *FOOD & WATER* members. For more information call 1-800-EAT-SAFE. The following is excerpted from the *FOOD & WATER JOURNAL*, Summer 1997.

THE CENSORIOUS SILLINESS OF VEGGIE LIBEL LAWS

by Michael Colby,
President of Food & Water, Inc.

For the first time ever, the top trade group of the produce industry has put the "veggie libel laws" of 12 states to use. The reason? Food & Water's sure-shot campaigns to stop food irradiation. But it takes more than a law created by corporations to stop Food & Water.

Food & Water now has something in common with the Oprah Winfrey Show: we're both being threatened by the draconian new laws in at least 12 backwater states that restrict what they believe to be speech that hurts the reputation of fruits, vegetables, and other food items. They're called "Food Disparagement Laws," and it all

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began as the result of the great Alar campaign of the late 80's and Food & Water's successful efforts to stymie industry attempts to promote food irradiation.

While Oprah and her attorneys are keeping tight lips over the lawsuit recently filed against her by Texas cattle ranchers for an episode she did last year on Mad Cow disease (in which she had the audacity to proclaim that the revelations around this issue had driven her to reconsider the consumption of meat), Food & Water is being anything but quiet about the legal threats we received in April.

It happened like this: just as Food & Water was beginning to turn the tide by securing one victory after another in our campaign to stop Hawaii from adopting irradiation to treat its exotic tropical fruits, we received a rather threatening and desperate letter from one of the food industry's top legal firms, Olsson, Frank and Weeda,

warning us to "cease and desist" from the "irresponsible actions" of educating the public on the dangers of exposing the food supply to radioactive waste. What these hired legal thugs found most appalling was that we had the gall to go directly after corporations rather than waste our time like so many other food safety groups by lobbying the politicians and regulators whom the food industry has already conveniently bought. In other words, play the game their way or no way, all under the disintegrating veil of democracy.

Olsson, Frank and Weeda was hired for this particular harassment job by the United Fresh Fruit & Vegetable Association (UFFVA), the nation's top lobbying association for the produce industry. UFFVA, a major supporter of food irradiation, has become increasingly frustrated with Food & Water's continued successes, particularly how we've been able to influence many of its member corporations that show any interest in irradiation by pummeling them with thousands upon thousands of phone calls and letters from concerned citizens.

UFFVA reached its boiling point when in a matter of a few months Food & Water was able to get three UFFVA member corporations to reverse pro-irradiation positions as a result of massive grassroots activism. In fact, the "cease and desist" letter we received from UFFVA's attorneys specifically mentions Food & Water's Action Alert that targeted UFFVA member, Frieda's, the specialty fruit company that went from promoting Hawaiian irradiated fruits to issuing a statement declaring that they had no interest in the technology as a result of the Action Alert.

Food & Water's late founder, Dr. Walter Burnstein, used to always say that there were two ways to judge effectiveness: by your successes and by the levels to which your opponents will stoop to combat you. In that case, this legal threat is nothing but a testimony to the effectiveness of our Hawaii campaign and our irradiation campaigns in general. Groups like UFFVA don't take these kinds of actions against organizations or individuals that are playing the game the way they want, or that are not scaring the hell out of them. It just would not be necessary.

Constitutional Blunders

Make no mistake, these Food Disparagement Laws, which are already on the books in 12 states and being actively considered in about 20 more, are extremely disturbing in terms of our constitutional rights to free speech. In fact, any lawyers who didn't get their degree from a box

of Cracker Jacks should understand the enormous infringements these laws have on our civil liberties and what remains of our democracy. It's obvious that the intent of the laws is to intimidate and create a "chilling" effect on all food safety advocates. In other words, the food industry has effectively bought these laws from politicians so that citizens concerned with issues such as irradiation, toxic pesticides, or food biotechnology will think twice before speaking out about the devastating impact such technologies have on the planet and its inhabitants.

The heart of these laws is the clause that calls for all speech regarding food or food technologies to be "reasonable and reliable." But the creators of such laws have conveniently not defined who is to judge what "reasonable and reliable" means. This is what makes these laws such an obvious violation of free speech rights.

If it's the government, or industry for that matter, that is to determine what "reasonable and reliable" means, then we're all in a whole lot of trouble and we better start get-

As the media continues to focus on these ridiculous new laws, we are hopeful that efforts like the UFFVA's against Food & Water will backfire against the entire food industry as the public sees firsthand how far these corporations will go to subvert the democratic process in order to sell carcinogenic and environmentally destructive products.

ting our bail money together. I don't know too many people who are going to take the gargantuan leap of faith required to believe that a government as routinely wrong as ours is going to find the wherewithal to judge what's reasonable and reliable; a government that has repeatedly (and secretly) experimented on its citizens, approved such health disasters as DDT and DES, etc. Since the government relies heavily on scientific information generated by agricultural corporations, in many cases it may be the corporations themselves that determine the "reason-ability" of journalists' and activists' speech.

There is a major difference between laws in which the government's opinion is one among many (thus allowing citizens the right to speak out in opposition), and these new food disparagement laws. In effect, these laws make the government's position on some very controversial and debatable issues the only acceptable position. It's a near-fascistic notion that very clearly states that if you disagree with the government's position you could find yourself in court or, eventually, in jail.

Another unspoken goal of food disparagement laws is to shift the burden of proof squarely onto those who have concerns about any given food additive or technology, rather than where it belongs: on the people and corporations seeking to introduce and profit from these unneces-

sary technologies. Advocates of these laws also ignore the fact that almost all food technologies are approved by the federal government under the rubric of "acceptable risk" statutes that make judgments based on economic benefits versus health and environmental destruction. For example, dozens of *carcinogenic pesticides* have been approved by the U.S. Environmental Protection Agency not because they are completely safe or benign, but rather because the number of new cancer deaths caused by these toxins is what they believe to be "acceptable" when measured against corporate profits. And the same is true for food irradiation and food biotechnology as well as nearly every other government-approved food additive or process. Under these new laws, it means that you could be sued for merely disagreeing with the government's callous definition of "acceptable" cancer deaths.

Yet another disturbing implication of these laws is that they neglect to take into consideration the cultural or political concerns citizens may have about unnecessary food

technologies. Again, take the issue of food irradiation. To many, Food & Water included, food irradiation represents a whole lot more than the very devastating health and environmental effects caused by the specific act of exposing food products to nuclear waste materials. Cultural or political issues such as food irradiation's role in propagating an increasingly centralized, monopolized, and corporatized food supply are basically ruled not germane according to these laws. So if you stand up against food irradiation because of what it will do to small, sustainable family farm operations, or for its insidious connection to nuclear weapons production, or for the simple fact that it allows unsanitary and inhumane treatment of animals to flourish, you'd better have a lawyer nearby because you're opening yourself up for a food disparagement lawsuit.

The darkly comical aspect of all this is that the anti-government politicians, who are leading the charge on these new laws, seem blind to the fact that they are handing an unprecedented amount of power to the government they claim to despise. If these laws become entrenched in our political culture, does anyone think it will stop with food disparagement? Next the automobile industry will attempt to pass car disparagement laws, then clothing disparagement, then, probably the easiest one of all to pass, politician disparagement laws.

Full Speed Ahead

So what effect has or will this have on the work of Food & Water? The quick and unequivocal answer is absolutely none. In one sense, given that we are, along with Oprah, a test case for these new laws, we're lucky since so many civil liberties attorneys are chomping at the bit to take on these cases at no charge because of the blatant unconstitutionality of the statutes.

The media attention given to the letter we received from the UFFVA's attorneys has also been unprecedented, giving us an opportunity to explain the dangers and absurdities of food irradiation to many people who we would otherwise not be able to reach. And, should the UFFVA decide to take this to the next step and go to court, the publicity will only increase and we'll have an amazing opportunity to bring one scientist and citizen after another before the judge and jury to explain just how wacky the idea of food irradiation actually is, all at no cost to us.

When Bill Hargraves of the sinking Vindicator, Inc., the nation's only existing food irradiation facility that has now changed its name to the more benign Food Technology Services, wrote to Hawaii officials to encourage them to pass a disparagement bill of their own in order to "help muzzle the anti's," the irradiation proponents proved once again that they're not too good at strategizing. The first thing Food & Water did after receiving the UFFVA letter was to figure out how to throttle up the campaign and demonstrate very clearly that these kinds of threats would only propel our efforts and infuriate the vast majority of the public that also finds the issue of food irradiation repugnant.

Since receiving the "cease and desist" letter, Food & Water has run very strong full-page advertisements in Hawaii's leading newspapers, produced and ran a 60-second television advertisement on major network television stations in Hawaii. And, since there aren't any known corporations that are currently planning to utilize the proposed Hawaiian irradiator, we've decided to make our current target one of UFFVA's top members, the Dole Food corporation, to send a strong signal to UFFVA that we will not be silenced by their outrageous and unconstitutional tactics.

As the media continues to focus on these ridiculous new laws, we are hopeful that efforts like the UFFVA's against Food & Water will backfire against the entire food industry as the public sees firsthand how far these corporations will go to subvert the democratic process in order to sell carcinogenic and environmentally destructive products. The mantra of the food industry used to be that "the customer is always right." But as consolidation and cutthroat competition have taken over, it's apparent that the

mantra no longer rings true. With food disparagement laws, not only is the food industry ignoring the message of those with food safety concerns, but they're also trying to kill the messengers by threatening to haul them into court for having the gumption to disagree with official government policy. And that, my friends, sounds a lot like fascism.

In addition to all the attention the campaign is getting as a result of the UFFVA's actions, there's another silver lining to this wimpy cloud. Should UFFVA decide to go forward beyond a simple "cease and desist" letter and on to court, our attorneys are not only putting together a defense that they're calling "a legal slam-dunk," they're also relishing the opportunity to get access to UFFVA's books, records and documents regarding the group's ill-conceived promotion of irradiated foods. Imagine how much fun it could be to not only uphold our constitutional right to free speech, but also prove once and for all that the government and industry groups like UFFVA have absolutely no proof that irradiated foods are safe for human consumption.

But perhaps best of all will be the opportunity to file a counter-suit against UFFVA for the outrageous infringements on our constitutional right to free speech, a suit that could very well result in a substantial financial victory for Food & Water. Now wouldn't that be interesting—UFFVA funding the anti-irradiation work of Food & Water for years to come...

Go ahead, UFFVA, it's your move. ☸

Food & Water Urgent Action Alert Radiation-Exposed Beef Approved by FDA

The FDA has approved beef for irradiation, yielding to political pressure and disregarding the serious health and environmental concerns that food irradiation raises.

To stop this latest and most concentrated effort to irradiate our food supply, we must send a strong message to the beef industry that government approval of irradiation does not mean we will buy irradiated meat.

Call Monfort Meat Today 1-800-727-5366

(Leave a message if you get voice mail.)

Monfort Meat (a division of ConAgra, the second-largest meat company in the U.S.) "supports the FDA's approval" of beef irradiation. Call Monfort Meat:

- Tell them you won't buy irradiated meat!
- Tell them to follow the lead of IBP, the largest U.S. meat corporation, and issue a statement rejecting irradiation! Spread the Word!

A CALL TO ACTION!

We would like to thank Juana and Harry Brown for alerting us to two bills currently in the U.S. Congress which should be of great concern to all those who are striving to take charge of their own health. The Browns write:

"Did you know that you have no statutory right to make your own health care decisions?"

"Did you know that there's a very real threat that you'll need a doctor's prescription to buy vitamins, herbs, supplements—all of which will be classified as "drugs"?"

"Please read this material and act now. Make copies of this for people you think will be helpful. Thanks."

Following is a summary of this material:

There is a bill before Congress that gravely threatens the future of alternative medicine in this country. For two years United Nations representatives have been meeting in Europe to develop a Codex Alimentarius that would restrict the sale of nutritional supplements in all Western European countries as well as the United States. While it may seem unbelievable that the U.S. would give up its authority to regulate its own supplements to a UN committee, our Congress is in the process of doing just that. A bill before the House of Representatives, which has already passed the Senate, would force the U.S. to abide by such international regulations and, in turn, jeopardize the availability of nutritional supplements. (A sample form letter with the appropriate information you could use is on the opposite page. It is also a good idea to include a personal note, which always attracts more attention than a form letter.)

There is also a bill in Congress which is worthy of your support. This is the Access to Medical Treatment Act which would allow all Americans freedom of choice in health care and would, if it became law, finally provide legal protection for practitioners of alternative medicine who in the past have been subject to unrelenting harassment both on a state and national level. The bills are Senate Bill #578 and House Bill #746.

We urge you to contact your Congressional rep-

resentatives and express your severe displeasure with the restrictive Codex Alimentarius legislation and your support for the Access to Medical Treatment Bill (S.B. 578 and H.R. 746). You might want to alert your local health food store owners, get on the Internet, get your family, friends, church members, etc. to write. A groundswell of public support against regulation of supplements could stop the restrictive legislation dead in its tracks.

You can contact your Representatives and Senators through the U.S. Capitol Switchboard at 800-972-3524. You should address letters as follows: The Honorable (your senator's name), United States Senate, Washington, D.C. 20510; The Honorable (your congressman's name), United States House of Representatives, Washington, D.C. 20510.

You should also send a copy of your letters to President Clinton at the White House:

The White House

1600 Pennsylvania Avenue

Washington, D.C. 20500

White House comments line: 202-456-1111

White House fax line: 202-395-1232



*"Good morning," said the little prince.
"Good morning," said the merchant.
This was a merchant who sold pills
that had been invented to quench thirst.
You need only to swallow one pill a week,
and you would feel no need of anything to drink.
"Why are you selling those?" asked the little prince.
"Because they save a tremendous amount of time,"
said the merchant. "Computations have been made
by experts. With these pills, you save fifty-three
minutes in every week."
"And what do I do with those fifty-three minutes?"
"Anything you like..."
"As for me," said the little prince to himself,
"If I had fifty-three minutes to spend as I liked, I
should walk at my leisure toward a spring of fresh
water."*

*—from The Little Prince by
Antoine de Saint-Exupery*

Date _____

The Honorable _____, Washington, D.C.

Dear Member of Congress:

I request that you sponsor and support an amendment to the House companion bill to S.830, the FDA Reform Bill, which was recently passed in the Senate. This amendment is needed to address a clause in the bill that calls for the harmonization of U.S. Food and Drug law with the European Union (EU).

Unchanged, this law gives the FDA a legal mandate to regulate dietary supplements as "drugs," which will rob Americans of free access to vitamins, minerals, amino acids, herbs and other nutrients, and will lead to much higher prices for these supplements.

Access to dietary supplements is highly restricted in Europe. In Norway, for example, it is illegal to buy vitamin C in doses higher than 200 mg without a doctor's prescription. In the United Kingdom, there is a move to make it illegal to purchase doses of vitamin B6 higher than 10 mg without a doctor's prescription. Thus, it is clearly not in the best interests of Americans for our food and drug laws to be "harmonized" with the laws in Europe.

You may have heard that the harmonization language in S.830 pertains only to medical devices, but that is not the case. It applies to the entire food, drug and cosmetic act, which includes dietary supplements. If you have any doubts about this, please read section 202 of the bill, which is reproduced below:

"Sense of the Committee Regarding Mutual Recognition Agreements and Global Harmonization Efforts: (1) the Secretary of Health and Human Services should support the Office of the United States Trade Representative, in consultation with the Secretary of Commerce, in efforts to move towards the regulation of drugs, biological products, devices, foods, [which includes dietary supplements] food additives, and color additives, and the regulation of good manufacturing practices between the European Union and the United States..."

The FDA reform bill is on a very fast track through Congress. The Senate ignored citizens' efforts to remove the above harmonization clause, so we are now appealing to members of the House to keep Americans from losing their right to free access to dietary supplements. As of Oct. 1, 1997, the House companion bill to S.830 did not yet have a number. HR 1411 is one of three bills currently being combined to form the House companion bill to S.830. What follows is the language I would like you to sponsor, as an amendment to the bill.

"(C) The secretary shall participate in meetings with representatives of other countries to discuss methods and approaches to reduce the burden of regulation and harmonize regulatory requirements if the secretary determines that such harmonization will continue consumer protections consistent with the purposes of this Act. The Secretary shall report to the Committee on Commerce of the House of Representatives of the Senate at least 120 [instead of 60] days before executing any bilateral or multilateral agreements, and all harmonization agreements entered into must be approved by Congress following an open public hearing, in which citizens are given adequate notice and time to comment on all aspects of the bill."

This amendment would provide Americans with badly needed oversight that doesn't exist in the bill at present. If this change is not made, I will lobby to veto the bill and will encourage others to do so as well.

Constituent _____

Address _____

City _____ St _____ ZIP _____

CELL THERAPY

by Jorge Estrella, M.D.

Jorge Estrella, M.D., has specialized in preventive medicine and gerontology since 1966. He received his medical degree at the National Autonomous University School of Medicine in Mexico City in 1962 and collaborated with the late Dr. J.J. Barbosa as assistant surgeon for seven years. He was professionally associated with the well-known biologist and therapist, Anton R. Schenk, M.D., for over twenty years. Dr. Estrella is a founding member of the Mexican Society of Geriatrics and Gerontology and a member of the Latin American Society of Gerontology and Geriatrics.

Cell therapy is a form of medical treatment consisting of the injection of young animal or embryonic cells into human beings to revitalize worn out cells and restore the health of the affected organism.

Cell therapy is a strictly biological, therapeutic procedure where fresh cells are obtained from the corresponding part of the animal, or from the placenta, are processed then into a solution capable of being injected directly into the patient's body. In this form, cellular materials are given to treat affected systems or organs: thymus and mesenchymal cells for biological defense, kidney cells for sick kidneys, etc. The amount of administered cells and frequency of application depends upon the patient's needs, the evaluated biological condition and the strategy of the therapist.

Over 50 years ago, Dr. Paul Niehans, from Switzerland, discovered the cellular therapy method. During the last few years, numerous experiments have been made to isolate the different structural elements of the cells, such as nuclei, chromosomes, mitochondria, etc., in order to obtain extracts with greater therapeutic activity.

Scientists have known about the existence of human cells for three centuries, but only recently have they begun to unlock the mysteries of how the cell works. Researchers believe these exciting new discoveries will increase the chances of finding a cure for cancer and may eventually lead to a way of delaying the process of aging.

The cell is the source of the body's life and energy. Most diseases of man and animal are accompanied by particular morphological and molecular cell changes, some which are so specific that it is actually possible to

reach a diagnosis from histological samples alone.

Clinical chemistry also provides pointers to very specific cell defects. It seems a logical step to reverse these cell defects by supplying the body with the relevant components taken from healthy cells so that the diseased organs can function properly again. This goes hand in hand with repair and renew. Organ therapy with cytoplasmatic preparations makes use of natural regulatory and metabolic substances with genetic affinity similar to body components. This rule is not to be concentrated in curing the symptoms, but to see the body as a whole and to treat it as a single entity.

In our medical practice, we prefer the use of freeze-dried substances. Cytoplasmatic preparations are obtained from the organs of healthy domestic animal stock at the temperature of liquid nitrogen at -196°C. They are finely ground while frozen, then the powder is lyophilized. The lyophilized organ's powder is hydrolyzed in an acid-vapor vacuum at room temperature (acid-vapor lysis in a vacuum is the least destructive method of obtaining cell components). Most of the macromolecule organ substances released during this process are soluble in water and the dose is thus very flexible.

The patented preparation processes the type specificity but leaves the organ specificity intact. The process sterilizes the preparation, even killing viruses. Exhaustive sterility checks ensure that the dry powder preparations are safe for use.

The dilutions are prepared from the dry substances. They are aqueous dilutions ready for injection, and are standardized to human cell cultures according to protein content.

The cells obtain energy by transforming our nutrients (food) proteins, carbohydrates, and fats into ATP (Adenosine Triphosphate) to keep us physically and mentally active. Those nutrients also maintain bone structure, muscle mass, and strength as well as the rest of the body organs and systems.

People today are living longer than past generations, and are aging less rapidly because, at the present, the degenerative process which happened during the middle years is happening in the latter years of life. In previous generations, people didn't live as long and aging started during the younger years. Every individual has a different rate of wear and tear. Wear and tear without replacement means aging. Durability depends on heredity, chemistry of the glands, and life style. ☼

Reprinted from EMS Health Newsletter

Each week *The New York Times'* business section has a column describing new patents deemed to be of particular interest to the general public. While many readers no doubt marvel at this display of man's imperturbable cleverness, others among us view it as a window into the current state of "advanced" thinking and, consequently, step with a bit more trepidation toward the new millennium. Following are a few cases in point.

☞ Nabisco's new nut: Many "Patent" columns have to do with the creation of new and "better" edibles, more commonly known as "designer foods." The June 2, 1997 offering, for example, announced the awarding of a patent to Denise Zook, a worker at Nabisco, Inc., for the invention of a low-calorie, low-fat nut.

It seems that any "real" nut can be used as a starting point. According to columnist Sabra Chartrand, Ms. Zook begins by removing some of the nuts' "excess" oil: "The nuts are pressed until oil oozes out, and then soaked in water until their size and shape is restored... The nuts are subjected to a vacuum and then soaked in an edible oil and dye... The edible coloring is intended to give the nuts the right hue. After the soaking, the nuts are subjected to pressure of at least 10 pounds per square inch. They are allowed to sit for about an hour and then roasted."

Ummmm, yum. So what if the "food" has little to no nutritional value, much less taste. Still, one shutter to imagine what future generations, who feed on these low-fat, lifeless wonders, will look like.

The November 24, 1997, "Patent" column by Teresa Riordan reported on several cutting edge techniques for raising and killing turkeys that had arrived "just in time for Thanksgiving":

☞ BOC Gases received a patent for the idea of suffocating turkeys in a chamber containing carbon dioxide and argon but very little oxygen so that the animals die after 1-2 minutes. This has several advantages over the slower standard electrocution method which causes the birds to flap unhappily as workers struggle to hang them up for throat slitting. According to Bill Baker, director of food marketing at the company's American headquarters in New Jersey, with the BOC gases, "...picking up a turkey that's already dead is a much easier job."

Processing with the BOC chamber also enables carving up to occur many hours earlier than with electricity because "the gas sting accelerates rigor mortis."

No mention, of course, is made of any loss in flavor or nutritional value as a result of the unfortunate bird's absorption of the lethal gases.

☞ Mohamed El Halawani, a professor of reproductive physiology at the University of Minnesota, has discovered a way to solve the "broody hen" problem, long irksome to large commercial turkey farmers. It seems that turkey hens like to lay their eggs and then sit on them until they hatch. But the name of the game, of course, is quantity and so the turkey farmer takes the eggs away to hatch elsewhere so that the hen can get working on a new set as soon as possible. This makes the hens unhappy or "broody." They try to bite the farmer and often stop laying eggs.

Enter Professor Halawani. He discovered that broody hens secrete into the bloodstream elevated levels of a peptide which then signals the pituitary gland to release high levels of a hormone which causes ovulation to stop. Voilà! No eggs. So the Professor created antibodies that block the peptide so that, broody or not, the hens keep on laying!

But what of the long-term effects of hormone interference on chronically unhappy hens? Could it be that by not violating natural maternal instincts, you'll avoid the extra costs and risks of chemical injection and produce far superior results?

☞ Nova-Tech Engineering has developed an answer to a problem characteristic of commercially bred turkeys and chickens which are typically raised in very close proximity. Squeezed for *lebensraum*, the birds attack each other. To prevent injuries, the tips of the beaks are usually cut off or cauterized. But such procedures produce "a substantial amount of pain and shock in the bird."

The new patent covers a device that uses high-frequency radiation to remove the top of the beak, while leaving the lower beak and tongue intact which are less effective as a weapon in the overcrowding. After a couple of weeks, the radiation results in the top beak falling off.

Alleviation of pain and suffering are admirable goals, but what about that radiation zap?



Ah, the cleverness of man! But not yet clever enough to come up with a patent on wisdom...

EPA UNION OF SCIENTISTS TAKES STAND AGAINST FLUORIDATION

The National Federation of Federal Employees (NFFE), the prestigious union of 1100 Environmental Protection Agency (EPA) scientists, toxicologists, engineers and attorneys responsible for evaluating all scientific data pertaining to environmental health hazards and standards—has unanimously gone on record against the practice of artificial fluoridation of public drinking water.

On Wednesday, July 2, 1997, members of the NFFE voted unanimously to issue the following statement:

- “It is our hope that our co-sponsorship of the Safe Drinking Water Initiative to prohibit fluoridation will have a beneficial effect on the health and welfare of all by helping to keep water free of a chemical substance for which there is substantial evidence of adverse health effects and, contrary to public perception, virtually no evidence of significant benefits.

- “Our members' review of the body of evidence over the last eleven years, including animal and human epidemiological studies, indicate a causal link between fluoride/fluoridation and cancer, genetic damage, neurological impairment, and bone pathology. Of particular concern are epidemiological studies linking fluoride exposure to lowered IQ in children.

- “As the professionals who are charged with assessing the safety of drinking water, we conclude that the health and welfare of the public is not served by the addition of this substance (fluoride) to the drinking water.”

For more information contact: J. William Hirzy, Ph.D., Senior V.P., NFFE Local 2050, P.O. Box 76082, Wash., D.C., 20013, (202) 260-2383, Voice; (202) 401-3139, FAX.

HIS MAJESTY'S ORCHESTRA (HMO)

A managed care company president was given a ticket for a performance of Schubert's Unfinished Symphony. Since she was unable to go, she passed the invitation to one of her managed care reviewers. The next morning, the president asked him how he enjoyed it, and, instead of a few plausible observations, she was handed a memorandum which read as follows:

1. For a considerable period, the oboe players had nothing to do. Their number should be reduced, and their work spread over the whole orchestra, thus avoiding peaks of inactivity.
2. All 12 violins were playing identical notes. This seems unnecessary duplication, and the staff of this section should be drastically cut. If a large volume of sound is really required, this could be obtained through the use of an amplifier.
3. Much effort was involved in playing the sixteenth notes. This seems an excessive refinement, and it is recommended that all notes should be rounded up to the nearest eighth note. If this were done, it would be possible to use paraprofessionals instead of experienced musicians.
4. No useful purpose is served by repeating the passage that has already been handled by the strings with horns. If all such redundant passages were eliminated, the concert could be reduced from two hours to 20 minutes.
5. This symphony had two movements. If Schubert didn't achieve his musical goals by the end of the first movement, then he should have stopped there. The second movement is unnecessary and should be cut.

In light of the above, one can only conclude that had Schubert given attention to these matters, he probably would have had the time to finish his symphony.

—From *Public Citizens Research Group Health Letter*, Dec. 1966 issue

Recipes



Ginger-marinated Mushrooms and Peppers Salad

1 pound fresh mushrooms, sliced (portobellos are good choice)
2 red bell peppers, seeded, chopped
4 scallions, thinly sliced
1 garlic clove, minced
2 tablespoons grated fresh ginger
Juice of 2 limes
1 tsp. ground coriander
4 tablespoons olive oil
Quik Sip to taste
Assorted lettuce leaves
In a large bowl, combine all ingredients except lettuce. Toss to mix well and coat. Cover and marinate 1 hour to meld flavors. Arrange on lettuce before serving. Makes 4 servings.

Avocado Ambrosia

3/4 cup raw cashews
water (distilled)
2 halved avocados
1 medium quartered tomato
1 juiced lemon
1/2 chopped onion
1/2 tsp. Jensen's Quik Sip (salt-substitute-opt.)
Place cashews in a blender with just enough water to cover. Process until smooth. Add remaining ingredients and process again. Serve on salads, use as dip for veggies or spread on whole grain sourdough bread.

Cucumber-Yogurt Sauce

1 large cucumber, peeled and diced
1/2 cup raisins

3 cups whole plain yogurt
1/4 cup chopped scallions
1 tablespoon chopped mint, fresh or dried
2 tablespoons chopped dill, fresh or dried
2 cloves garlic, peeled and crushed
3 tablespoons chopped raw walnuts
Opt.: Jensen's Quik Sip to taste (salt substitute)
1. In a large serving bowl, combine all ingredients. Mix thoroughly.
2. Refrigerate at least 1 hour before serving over steamed vegetables, salad, baked potato, or whatever.

Yogurt, Cucumber and Spearmint Soup

1 medium to large cucumber, peeled, seeded and chopped
2-3 Tbsp. cup dried spearmint leaves
2 cups whole plain yogurt
Juice of 1 lime
1/2 teaspoon ground cumin
2 tablespoons raw pine nuts or roughly chopped walnuts or green pistachios (optional for garnish)
1. In a blender or food processor, combine cucumber chunks, spearmint leaves and 1 cup yogurt. Puree. Add the rest of the yogurt, lime juice, cumin and blend.
2. Transfer to a bowl, cover and refrigerate 3 hours or overnight.
3. To serve, stir thoroughly and ladle into small bowls. Sprinkle each with 1 tsp. nuts, if desired.

Hearty Guacamole

1 avocado (peeled, pitted and cut into small pieces)
1 scallion, chopped
1 rib celery stalk, chopped
1/2 red bell pepper, chopped
1 garlic clove, minced
1 tablespoon lemon juice
4 fresh basil leaves, finely chopped
2 fresh parsley sprigs, finely chopped
In a large bowl, combine all ingredients. Stir gently (do not mash avocado) to mix and coat. Line plates or bowl with lettuce; top with Hearty Guacamole. Makes 2 servings.

Letters

Gentlemen:

My mother passed away at the age of 86 on January 15, 1995. She had cancer of the colon and was operated on in December of 1993. It had already spread to her stomach lining. After the operation she was up and about for 6 months, but because of her weakened condition was bedridden the last 6 months before she died. Her cancer was complicated by anemia. I spent much of the last 6 months administering nutritional supplements including herb teas, shark cartilage and even some apricot kernels. Nothing seemed to help much including the Hoxsey formula and Essaic. Possibly it slowed the cancer somewhat, immediately after she was operated on. She did smoke 1-2 packs of cigarettes a day.

I thank you very much for your support. I subscribed to FACT and read your *Cancer Forum* magazine. It was helpful.

I am sorry I could not have persuaded her to visit your facility so you could have recommended a treatment. She was "old school" and believed it when the operating physician told her there was nothing more they could do in December of 1993.

Please accept this check and I would appreciate your continuing my subscription to *Cancer Forum*.

Very truly yours, P.C.

Dear Mrs. Sackman,

Here is my latest hair sample result. I hope it will be helpful to you as you help me.

Thank you for your words of encouragement. I appreciate talking to you as you are an uplifting, stabilizing influence on me.

I look forward to receiving the next issues of your magazine.

Sincerely, B.P.

Dear Mrs. Sackman,

It has been a long time since I have written to you but I still get your magazine and the only M.D. in the town is very interested in it also. He is quite a progressive doctor and we have had some real talks about

cancer. He is reading the magazines that I give him.

I am 95 now and still have perfect health as far as I know. I have 2 eggs every morning for breakfast and use a lot of olive oil and garlic with them.

I won't bore you with my life except to say that I am in a rest home for older senior citizens and it is a wonderful real home.

Enclosed a check for ten dollars. This won't help much but maybe a little.

Love and success to you, C.B

Dear Mrs. Sackman,

Thank you for keeping me on your mailing list. I appreciate it greatly.

I pray that one day soon I will no longer have to watch friends dying from the poisons of chemo, etc.

Thanks for FACT and you.

Warmly, J.L.

Dear Ruth:

Hello! I was so happy to be with you at the FACT convention. It was a wonderful opportunity to share our knowledge and give people a chance to explore the roads of healing. Your work has given so many the hope and chance for a return to health. We all must say "thank you" to you, Ruth.

I would like to make a contribution to FACT and have enclosed a check for five hundred dollars. I am also sending along as a gift fifty packets of two books I have written: "The New Life Cancer Treatment" and "Natural Healing and Prevention of Cancer and Chronic Illness." Please use the proceeds from the sale of these book packets to help FACT. We sell these books at the Center for fifteen dollars.

Thank you again, Ruth, for the opportunity to participate in the FACT Convention. Know that my door is always open to you.

In love and peace, Bo-In Lee, Director,
New Life Health Center

Dear Ruth Sackman,

Great speaking to you today and many thanks for the wealth of information.

Enclosed please find a \$25.00 check and I look forward to receiving your mail. Please register me as

a member of FACT. Thanks again and keep up the great work!

Sincerely, S.R.

Dear Ruth,

On the day before Thanksgiving. I want to thank you for the wonderful service you provide for the public in general and for helping me personally.

I'm the person who spoke with you several weeks ago with the benign breast tumor that's ulcerated and bleeding and getting Chinese medical treatment for it.

You suggested I go on an aggressive monthly detox program from Norman Walker's book. I did it once already and am looking forward to doing it again next month. During the detox my lump quieted down considerably and after the detox my energy level markedly improved.

I appreciate your sharing so generously the considerable knowledge you have about alternative cancer treatments and doing it in a very personal and caring way.

Oh, I also love your feistiness and barking from time to time. It keeps people in line in a way that still has them loving it and you.

Thanks again. E.F.

Greetings from Buffalo!

You will be sorry to hear that two of our key members of Freedom of Choice in Cancer Therapy of Western New York passed away this spring, though neither from cancer. Another, who master-minded your talks to us here, has retired to California.

We are glad you are keeping on keeping on. Since we both lost daughters to cancer, I am grateful for your wonderful work and publication.

All the best, E.E.

Dear Ruth,

I appreciate the time you give me when I phone you about my problem. I used the colema board for about 5 weeks and had good results. I stopped when I went to visit my granddaughter in New Jersey for several days. I cheated on my diet a little on Thanksgiving Day and now I have loads of gassy stools and the color is green.

I'm back using the colema board and watching my diet. I guess I had to learn the hard way.

I'm enclosing \$20.00. I think I owe \$10.00 as my *Cancer Forum* expires in February and the other \$10.00, use it as you want to.

I'll phone you in a few days. Thank you for your support and help.

Sincerely, I.P.

FACT:

Mrs. Ruth Sackman, you were a very important person in Mom's life. I believe she lived to be over 90 by your guidance. God bless you.

Please accept this check for your foundation, at the bequest of my Mother.

Sincerely, A.J.C.

Dear Ms. Sackman,

My wife and I had the opportunity to attend your Newark, NJ seminar. We found the information presented and the chance to interface with other attendees and speakers extremely valuable and helpful. We were particularly impressed by your knowledge and how much you care for others.

Our son, Bart, aged 31, lives in Los Angeles, is now undergoing treatment for cancer. He was diagnosed several months ago with malignant melanoma, and since then has been going the medical route with surgery and interferon.

He will be visiting us over the holidays and we plan to have him call you for guidance on possible alternative therapies. Meanwhile, please find attached a check for \$25, a donation to further support FACT's excellent educational endeavors.

Sincerely, B.L.

Dear Ruth,

Many years ago I started acupuncture treatment with Dr. Rhee of Queens, NY. I continued these treatments when I moved to Maryland. Approximately 2 years ago I wrote to tell you that I had stopped taking pain killers for headaches about 4 years prior to that letter. It is now 6 years that I have not needed to use any drugs. I still go for the acupuncture treatments on a maintenance basis. I have watched too many people truly harmed by medication and I hope this letter reaches your readers who are still suffering pain despite many years of being medicated.

Good health to all. Love, S.P.

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- (63) Cancer Program at Tallmogarden

Edward Berk, Herbalist

- (55) Rebuilding the Immune System

Peter H. Duesberg, Ph.D.

- (133) The Role of Drugs in AIDS

Edwin Flatto, M.D.

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

Fowler, Betty

- (124) Health Excell Program

Jorge Estrella, M.D.

- (79) Improving Host Resistance With Cellular Therapy
- (164) Jorge Estrella, M.D.: Immune System, Cancer and Cell Therapy

Charlotte Gerson, Director of Gerson Clinic

- (167) Charlotte Gerson: The Gerson Therapy

Jane Goldberg, Ph.D., Psychoanalyst

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

Martin Goldman, M.D.

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

Phillip Incao, M.D.

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

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

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

Donald D. Kelley, D.D.S.

- (21) Individualized Metabolic Nutrition for the Cancer Patient

John R. Lee, M.D.

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

Duncan McCollester, M.D.

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

Shary Oden

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

Ribner, Richard, M.D.

- (145) Healing the Mind/Healing the Body

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

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

Ruth Sackman, President of FACT

- (5) Symptoms Associated with the Restoration of Health
- (29) Cancer Causes & Prevention
- (30) The Complexities of Cancer
- (60) Deciphering the Proliferation of Cancer Therapies

- (88) Making Sense Out of the Confusion Surrounding Cancer Information

- (95) Biologically Safe Programs for Rebuilding Host Resistance

- (100) How Misinformation is Hazardous to Your Health,

- (129) Concept of Biological Healing

- (135) Causes of Cancer and Balancing Body Chemistry

- (136) What Are Your Choices?

- (144) Comparing Conventional & Alternative Therapies; Healing the Host

- (166) Metabolic Approach in Controlling and Preventing Cancer

William F. Welles, D.C.

- (134) Colon Health to Improve Host Resistance

- (150) The Colon—Key to Immune Integrity

John Yiamouyiannis, Ph.D.

- (12) The Fluoridation Cancer Link

- (46) Fluoride & Cancer

Recovered Cancer Patients, Personal Case Histories

- (6) Michael Whitehill (Thymoma)

- (80) Betty Fowler (Skin Cancer)

- (16) Pat Judson (Colon Cancer)

- (41) Richard Mott (Lung Cancer)

- (43) Kay Windes (Breast Cancer)

- (58) Walter Carter (Pancreatic Cancer)

- (98) June McKie (Lymphosarcoma)

- (99) Bernard Nevens (Colon Cancer)

- (108) Kay Windes (Breast Cancer)

- (112) Louise Greenfield (Breast Cancer)

- (119) Bernard Nevins (Colon Cancer)

- (125) Louise Greenfield (Breast Cancer)

- (132) Pat Judson (Colon Cancer)

- (139) Lou Dina (Lymphoma) & Hy Radin (Spinal Cancer)

- (146) Tom Buby (Lymphoma)

- (147) Doris Sokosh (Breast Cancer) and Lou Dina (Lymphoma)

- (155) Neta Conant (Breast Cancer) and Kay Windes (Breast Cancer)

- (158) Moshe Myerowitz (Liver Cancer)

- (159) Doris Sokosh (Breast Cancer)

- (165) Greg Hagerty (Hodgkins)

- (170) Lou Dina (Lymphoma)

Panels of Recovered Cancer Patients

- (44) Doris Sokosh (Breast Cancer), Daniel Friedkin (Testicular Cancer), Ruth Williams (Melanoma)

- (67) Jeannie Glickman (Ovarian Cancer), Betty Fowler (Skin Cancer), Daniel Friedkin (Testicular Cancer)

- (45) Pat Judson (Colon Cancer), Doris Sokosh (Breast Cancer)

- (72) Hy Radin (Spinal Cancer), Doris Sokosh (Breast Cancer)

- (161) Doris Sokosh (Breast Cancer) and Michal Ginach (Breast Cancer)

1995 Annual Cancer/Nutrition Convention

- (172) Ruth Sackman: FACT—An Optimum Resource for Cancer Patients

- (173) Stanley Bass, D.C.: Testing Nutrition Theories with Mice

- (174) Jorge Estrella, M.D.: Boosting the Body's Healing Ability

- (175) Ruth Sackman: Caveats on Alternative Health

- (176) William H. Philpott, M.D.: Role of Magnetics in Cancer

- (177) Philip Incao, M.D.: Rational Approach to Healing

- (178) John R. Lee, M.D.: Xenobiotics—Endocrine Disturbance

- (179) Jane Goldberg, Ph.D.: Finding the Lost Soul and Greg Hagerty (Hodgkins): Recovered Cancer Patient.

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