

CANCER FORUM

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

DANDELION

This hardy herb has rosettes of oblong, deeply toothed leaves. Golden flowers, often striped with brown, from spring to autumn, are followed by balls of tufted seeds.

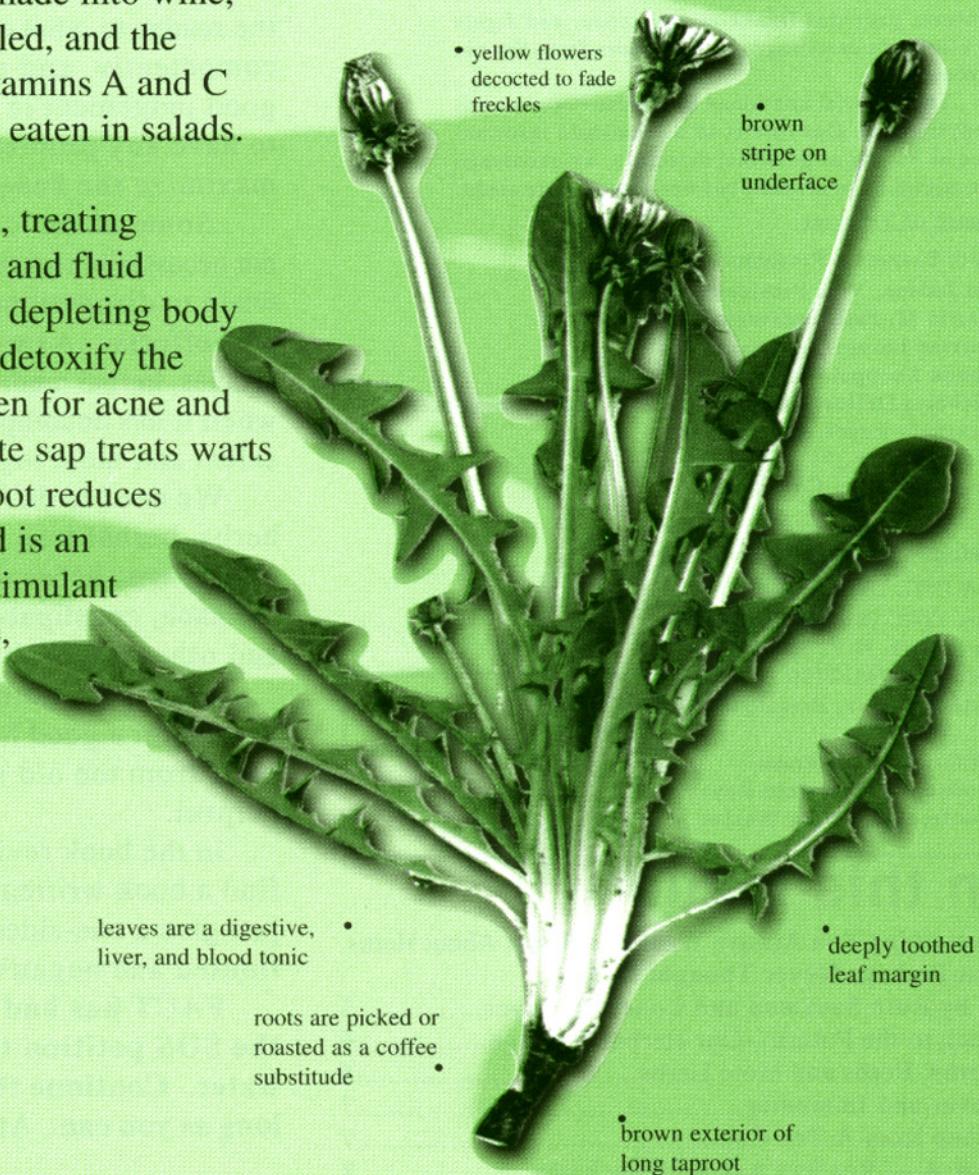
• USES

The flowers are made into wine, the buds are pickled, and the leaves, rich in vitamins A and C and minerals, are eaten in salads.

The leaves are a powerful diuretic, treating urinary disorders and fluid retention without depleting body potassium. They detoxify the blood, so are given for acne and eczema. The white sap treats warts and corns. The root reduces inflammation and is an important liver stimulant used for jaundice, gallstones, and rheumatic joints. The roots yield a magenta dye.



up to
20in
(50 cm)



Foundation for Advancement in Cancer Therapy

Foundation for Advancement in Cancer Therapy, Ltd. is a non-profit, tax-deductible organization. It supports and encourages biological cancer research, nutritional science investigations; disseminates information about non-toxic treatment for cancer to cancer victims; provides financial assistance; and fights to eliminate carcinogenic substances from the environment.

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Dear Reader

It's hard to ignore the dramatic rise in interest and use of herbal medicine. But it's not surprising, given the complications and side effects from allopathic or chemical medicine where negative results are sometimes irreversible.

It's important to note that there are also some negative aspects of herbal medication. In this issue of *Cancer Forum*, we hope to alert the reader to what can occur using herbals incompetently and urge you to exercise your good judgement in using botanicals so as not to have any problems related to them, but to maximize the benefit.

Some of the companies selling herbs do not necessarily mention how to use their products, when to discontinue their use and if there are side effects. As we have stated in one of the articles, herbal medicine should be discontinued when it has accomplished its task. That is the safest and most logical way to use medicine.

We need to differentiate between culinary herbs, herbal teas for refreshment and herbs used to ease aches and pains, headaches, upset stomach, constipation, tension, sleeplessness and other minor discomforts.

If you are going to use herbs, it is wise to look for a good herbalist. Or a good herbal book from the old school of writers could be helpful.

In the book review section (p. 13), you'll find a book written by an author who doesn't just give a one-sided view, but also offers the limited and negative aspects of botanicals.

FACT has had an excellent response to the SOS petition to clean up our food and water. Continue the signature gathering as long as you can. At least 100,000 is our goal!

Be Well,

Ruth Sackman

Everything You Always Wanted to Know About Herbs, But Perhaps Didn't Think to Ask...

Herbal Benefits and Caveats
by Ruth Sackman and Consuelo Reyes

Nearly every week, it seems, we hear or read about some new "miracle" herb that is the answer to our modern ills. Consequently, companies, recognizing the financial advantages, are aggressive in promoting this new market niche, sometimes beyond reality. It is, therefore, in your interest to become as knowledgeable as possible about these gifts of nature in order to reap the greatest benefit and guarantee no harm.

Some herbs are merely refreshing and savory while others are actually medicine—natural medicine without the complications which can manifest from chemicals, nevertheless, medicinal in quality. Therefore, they need to be used judiciously. Medicinal herbs should be taken until they accomplish their purpose and then it would be wise to discontinue their use.

The following excerpt from the Introduction to *The Encyclopedia of Medicinal Herbs* by Joseph Kadans, N.D., Ph.D., (published in 1970, now out-of-print), is an excellent introduction to the subject:

Herbs and spices. A dictionary defines an herb as a seed plant which does not develop woody persistent tissue, as that of a shrub or a tree, but is more or less soft or succulent. A spice is any of the various vegetable productions which are fragrant or aromatic and pungent to the taste. Thus, herbs may be spices as well as herbs.

Most herbs and spices are dried or cured under the sun of the countries in which they grow and are cultivated. For example, the ginger root is dug from the earth and then is cleaned before it is dried and exported. Sometimes it is also peeled and sometimes some ginger root is boiled in sugar and preserved before it reaches the consumer. Cloves are flower buds while peppercorns are dried berries. The nutmeg is the dried seed of the kernel of the fruit of a tropical tree.

Herbs as medicines. The very first and only true medicines ever used were those derived from the vegetable kingdom. Any vegetables appearing on the table are considered as foods, while any bitter tasting vegetable or growth is considered as a medicine. It is almost forgotten that in the olden days bitters were common to the table. They were made from herbs that had ample supplies of potash present and were very good tonics because they contained potassium, a mineral that is the building cement of muscle and nerve tissue. Animals, such as horses, often know what foods are good for them. Horses will often eat fence rails because the wood is filled to a degree with potash, containing potassium.

Herbs as healing agents. Herbs act as astringents, alkalinizers, acidifiers, tonics, diuretics, dia-phoretics [sweat inducing], laxatives and serve other purposes.

There is a class of herbs known as nervines, which are nerve foods. These herbs are mineral foods furnishing potash, magnesium and phosphorus. The nerves themselves are made up of potassium, magnesium, phosphorus, and sodium in a major degree, although there are other elements. Lecithin is also a major organic element and therefore the presence of lecithin in the food is essential for the nerves to be regulated and relaxed.

Grains have an embryo in their centers and it is in the embryo that lecithin, Vitamin E and phosphorus are found. This is why whole grain cereals are so much better for us. Even better yet is the sprout, for when the seed starts to open and come to life, then the activity of life is increased and the values are more easily assimilated into the body. Lecithin is in the oil of the grain and is more or less destroyed by heating, due to the oxidation of the phosphorus. Therefore, the raw sprouts are excel-

lent foods.

Nervines. There are two classes of nerve foods. There are the excitors and the relaxors or depressors. The excitors are the highly acid factors and low in mineral content. The depressors are the elements that conserve or restrict the flow of energy and are more alkaline. Bromine is one of the depressors. Other depressors are any inorganic substances high in carbon and low in hydrogen. Alcohol slowly starves the tissues and more especially the nerves. Alcohol relaxes the nerves, for the minerals are taken from the nerves by the alcoholic action and may also cause the tissues to become subject to malnutrition and slow starvation.

Organic foods and nerves. Organic foods such as celery, cucumbers, garlic, honey, molasses, red pepper, ginger, and cloves have a direct effect on the nerves and tend to assist in maintaining a reserve of energy. Therefore they are sources of nerve regeneration as well as providing minerals. Iodine compounds in foods, especially in ocean foods, have a direct action through the thyroid gland, to stimulate the cells and tissues and excite the nerves to contraction. This contraction is brought about by the action of iodine itself. Ocean plants furnish iodine in the best form. Health food stores have dulse and kelp, and these are best in all respects for slow assimilation, along with other minerals that are common to the ocean plants that furnish potassium with iodine. Ocean plants or herbs are a fine source of minerals for health.

Here are a few comments and caveats regarding some of today's high profile botanicals. Though often highly promoted in literature and other media, they are often misunderstood and misused:

Echinacea

"Immune enhancing" is a big buzzword in the marketplace today and echinacea, also known as purple cone flower, is much touted for its effectiveness in this regard. Actually, according to traditional herbal practice, echinacea is recommended for its antiseptic qualities destroying bacteria and as a blood cleanser or detoxifier which, of course, could have the ultimate effect of unburdening, ergo

revitalizing, a tired immune system.

The root and leaves of echinacea are used for their medicinal qualities, including treating blood impurity diseases such as boils, gangrenous conditions, bites and stings of insects or snakes, pus formations, sores, infections, wounds, sore throat (used as gargle), tonsilitis, typhoid fever, abscesses, glandular inflammations, cerebro-spinal meningitis, diphtheria, tetanus, septemia (infection of blood), uremia (condition of blood containing urea, ordinarily excreted as urine through the kidneys) and ulcers. It is reported to have given relief in cases of dyspepsia (difficult and painful digestion) and relieves ulcer pain of the gastro-intestinal tract. This herb has also been reported to have analgesic (pain-ending) powers, including relief of hemorrhoids. (reference: *Encyclopedia of Medicinal Herbs* by Joseph Kadans, N.D., Ph.D.)

But there may be another side to echinacea. In laboratory studies on Infertility and Herbal Medicine at Loma Linda University School of Medicine: "Echinacea along with gingko biloba and St. John's Wort—was found to impair human sperm's ability to penetrate hamster eggs. In the absence of these herbs, the sperm penetrated 63 to 88 percent of the eggs. This dropped to 13 percent in eggs incubated with echinacea and to 0 percent in those exposed to gingko and St. John's Wort. The moral is not to panic and avoid the use of these herbs because of these possible effects, but rather that herbs must be used judiciously for the treatment of a specific problem and then discontinued. Unlike synthetic drugs, these side effects usually disappear when discontinued.

Senna

Senna has been used for over eleven centuries as an herbal laxative and remains popular today. The most effective parts of the plant for habitual constipation are the fruits or pods—brown elliptical legumes thought to resemble the human stool!

Because it is milder than chemical commercial laxatives, senna is a better choice to relieve occasional constipation. However, it works by irritating the intestinal lining to stimulate peristalsis which might lead to poor muscle tone and depen-

dance over prolonged use. This is in contrast to a more whole-body approach, such as enemas to clean the bowel and improve muscle tone. Therefore, it might be helpful to have some senna on hand for occasional use.

Saw Palmetto

Saw palmetto is much in the news these days as an effective, non-toxic treatment for prostate problems. But it is actually valuable for a much wider range of conditions.

Traditionally, the berries of saw palmetto, fresh or dried, have been recommended. It seems that the plant has a marked effect upon glandular tissues. Therefore, it is not surprising that it is effective for prostate problems since the prostate is a gland. Not surprisingly it has also been used for improving and increasing the function and size of the mammary glands in women.

Jethro Kloss in his classic herbal guide *Back to Eden* recommends saw palmetto as very useful in asthma and all kinds of throat troubles, especially when there is excessive mucous discharge from the head and nose, colds, bronchitis, whooping cough, sore throat, etc.

It's important to note that though no toxic effects have been attributed to saw palmetto, when it has served its purpose, it is wise to discontinue its use.

Nutmeg

Nutmeg is a culinary spice used in sweet and savory dishes in many cultures. According to Lesley Bremness in *The Eyewitness Handbook of Herbs* (see book review p. 13), "nutmeg increases the intoxicating and soporific effect of alcoholic drinks and is claimed to be an aphrodisiac. It is prescribed for flatulence and nausea." She notes, however, that large doses of nutmeg are toxic, because of the presence of myristicin, an hallucinogen.

So, unless you're interested in a psychedelic experience, a few dashes of nutmeg should suffice!

St. John's Wort

St. John's Wort is much touted these days as a

substitute for Prozac, Paxil, Zantac, etc., for anxiety or depression. Studies have shown this nervine to be as effective as these pharmaceutical drugs in treatment of mild depression without the side effects. However, it's important to inject some balance into the euphoria. Most proponents of alternative medicine—particularly studies done in Germany—tend to celebrate only the marvelous advantages of St. John's Wort over commercial products, with no mention of any downside. On the other hand, a conventionally-oriented institution such as John's Hopkins University quotes a litany of studies indicating possible adverse effects and would prefer that patients stick with the patented drugs. Loma Linda (see "echinacea" above), notes a link between St. John's and lowered fertility.

Common sense is in order. It would certainly seem to be prudent to try St. John's Wort before resorting to powerful pharmaceuticals with well documented side effects. But always err on the side of caution. Use St. John's Wort according to traditional recommendations to relieve symptoms of depression and anxiety and then discontinue. Prolonged use can lead to imbalances, though, as we've said, the beauty of herbal medicine is that negative effects will usually dissipate when intake is curtailed, unlike synthetics which can cause lasting harm, even after you've stopped taking them.

A final caveat: when possible, try to use herbs grown in the U.S. In many cases herbs from foreign soil may be contaminated by pesticides which are restricted in this country. Though pesticides are, of course, prevalent in the American food supply, they are more regulated than in many other countries to which U.S. manufacturers often sell their U.S. banned herbs.

In sum, herbals as medicine are a wonderful bounty bestowed upon mankind by nature. In most cases they are a much wiser choice than synthetic chemical medicines. But use them with full knowledge. Just because something is "natural" does not imply an unqualified green light. Certain caveats do apply.

The Physicians Desk Reference (PDR), the chief reference for doctors, is now publishing a PDR for Herbal Medicine.

Back to the Future—Our Herbal Heritage

In early day America, drugs imported from Europe were scarce and costly, so the colonists learned to depend upon many of the herbs and plants that had been made use of by the Indians for centuries. Many of these were highly effective, and have come down to us for our use today.

An old doctor in Indiana was a deep student of the Indians' medicines and his favorite prescription for nervousness, sleeplessness, and general tension, was a compound of Passion Flower, Jamaica Dogwood, Cramp Bark and Henbane.

Now these same herbs are available in concentrated form in a coated tablet called Somnos (General Research Laboratories). You can purchase them without a prescription. The tablets are entirely non-toxic. They are not chemical mixtures. They are not habit-forming.

Unlike the modern synthetic chemicals, such as the barbituates and other sedatives, the herbs will not cause grogginess, drowsiness, confused mental states, nor morning "hang-over."

As one well-known physician described them, "They don't cause sleep—they allow it."

Their chief virtue is in reducing irritation of the nervous system, relaxing smooth muscles, and thereby relieving tension. Natural sleep soon follows.

Many of the present chemical sedatives may sometimes do more harm than good. Some of them are actually very dangerous. With herbs, sleep is never so sound that the patient cannot answer the telephone or attend the crying child. Usually it is easy to go back to sleep after being aroused. Next morning there is no mental confusion, dizziness or "hangover" of any sort.

Herbs have been used successfully in insomnia, in various forms of apprehension, nervousness, hysteria, premenstrual tension, and the nervous symptoms of a number of female disorders and irregularities. Indeed, there's a veritable treasure chest of remedies available compliments of nature.

Herbs, Herbs and More Herbs

Culinary Herbs

horseradish
sage
tarragon
thyme
nutmeg
rosemary
anise
curry
ginger
allspice
arrowroot
basil
oregano
curry
cumin
celery seed
dill
caraway seed

Medicinal Herbs

achillea
artemesia vulgaris
bearberry
camomile
digitalis
hyssop off.
comfrey
lavendula off.
rosemary
teucreum (germander)
valeriana off.
wintergreen
saw palmetto
black cohosh
casgara segrada
barberry
willow bark
senna

Aromatic Herbs

artemesia (3 var.)
calamint
catnip
lavender
santolina (3 var.)
sweet woodruff
thymes (9 var.)
tuber rose
jasmine
myrrh
patchouli
pau d'angola
lemon verbena
eucalyptus
hops
balsam
hyssop
sandlewood

Fever and Immunity

"Fever is nature's engine, which she brings into the field to remove her enemy." —Thomas Sydenham, M.D.

What do you do when a fever develops? Do you panic? Are you conditioned to feel that your health is in danger and that treatment is crucial? Do you reach for the acetominophen (Tylenol) or aspirin, or do you run to the doctor for a prescription? If you do, you are interfering with one of nature's most effective healing systems. Fever is a *friend* not an *enemy*. It is a healthy response by the immune system to seek out and eliminate foreign material which is causing the fever response. Allowing the fever to complete its work and run its course strengthens the immune system which is the best thing you can do for the health of the body.

The research which produced the about face in attitude about fever was done by the National Institute of Allergy and Infectious Disease (NIAID) around 1975. This research was sponsored by the National Institute of Health (NIH). The process which raises the temperature is an increase in defender white blood cells, our disease fighting cells. These produce endogenous pyrogen which reaches the brain through the bloodstream. There they stimulate the prostaglandins, hormone-like chemicals, which act upon the hypothalamus, the temperature regulating mechanism—the brain's thermostat.

Temperatures of 102° are considered commonplace. Temperatures of 104° are considered self-regulating, needing supervision but not necessarily suppression.

Fevers need not be neglected. They can be controlled with safe, natural techniques. Drinking fluids, getting bed rest and encouraging waste elimination through the bowels, and through the skin by sweating, usually bring about results in a few days.

It is Nature's design for a fever to cause weakness and the desire to sleep. This automatically encourages bed-rest allowing the body's healing resources to attack the disease.

The doctors generally agree that fever need not

be treated unless it reaches 104° or more or persists for too long a time or other symptoms indicate that the fever is caused by a more serious problem than a simple healing syndrome.

Fevers do not always represent infection. They may be caused by drug toxicity, dead tissue, cancer cells or any toxic bio-accumulation.

As many FACT readers know, whole-body hyperthermia, a cancer treatment that destroys cancer cells, creates fever artificially to temperatures of about 108°. This should help one understand the value of fever and make it acceptable.

Sleep from a Tea Cup

Some 21 to 48 million Americans have trouble sleeping. If insomnia is making life a nightmare, try herbs instead of hard drugs.

Make an herbal sachet. Buy a handful of hops (the herb used in beermaking) at the health food store. Stuff them into a cheesecloth bag to make a sachet. Put the sachet inside your pillowcase and the distinctive outdoorsy aroma will waft you right off to sleep, say folklorists. Hops also makes an interesting bedtime tea.

Have a camomile milk shake. Camomile herb tea has a "striking hypnotic action," says researcher Lawrence Gould. "Ten out of 12 patients fall into a deep slumber shortly after drinking camomile tea." (Other herbs to sleep on? Try hops, passion-flower, catnip, basil, violets [the leaves], and lemon verbena).

Salicylate can help you sleep say researchers at Dartmouth Medical School in Hanover, New Hampshire. Aspirin, which contains salicylate was found to be an effective hypnotic for chronic insomniacs, but after two weeks of use the aspirin lost much of its sleep-inducing potency, warned the research team. What's better? Willow bark tea, a safe, natural herbal form of salicylate, is found at health food stores.

And whatever tea you take, skip the sugar. "Foods with a lot of sugar will increase your bad dreams," says Dr. Milton Kramer, director of the Dream Research Laboratory at Cincinnati's Veterans Administration Hospital.

Q & A Readers Ask Ruth Sackman

Dear Ruth,

The latest issue of *Cancer Forum* was especially good. I appreciated all of the informative articles. The *Q & A* column is a great idea and I look forward to reading it.

Please consider my following questions: What is your opinion of Cancell, also known as Cantron and formerly known as Entelev? Numerous individuals, some of whom are my friends, have been greatly helped by using this substance. Apparently there are no side effects.

What are the best ways to boost the immune system?

I appreciate your work and dedication so very much, and thank you.

Best wishes to you, Ruth D.

A. I met Dr. James Sheridan in Michigan about 20 years ago when we had a chapter in Detroit. He is the doctor who developed Cantron that was known as Cancell. Pat Judson, who was the president of the chapter, investigated Cancell carefully and kept me informed about the patients who had decided to use Cancell. We concluded that Cancell had some beneficial properties, but not enough to depend on over long term use. This is the unfortunate thing about many substances that are promoted these days. They seem to help, but ultimately fail. I can conclude it is because it doesn't address the real problem which is cell production and because it is a chemical. Chemicals are not the ideal way to heal.

The metabolic systems are the most thorough—although the most difficult—because they get at the root of the problem. Unless the patient corrects cell production, the condition will recur.

A metabolic program is not complete unless it addresses immune enhancement. It should make every correction necessary to restore health up to the individual's capability. It can accomplish this repair if the body has not reached the point of no return and is unable to respond.

Q. I've been taking supplements religiously for many years. When I started, I felt a definite lift, increased energy, etc., but now I find myself feeling less well, developing some health problems. Why is this?

Marvin G.

A. Vitamins are useful when used judiciously which most people rarely do—and that goes for many of the practitioners. When a specific deficiency has been determined, vitamins should be used until the normal range has been achieved. When the condition has returned to normal, vitamin intake should be discontinued, or else an imbalance can be created on the side of excess. This is what causes the depletion in energy; the body now has to use its energy to eliminate the excess as it tries to maintain homeostasis.

The key to good health is moderation and balance!

Dear Mrs. Sackman:

In a recent issue of *Cancer Forum*, you solicited queries regarding cancer. I wonder if you may be able to offer advice—and please feel free to publish this letter at your discretion.

Back in October, 1996 a friend of mine, age sixty-one, underwent radiation treatment for cancer of the tongue. Two side effects that still trouble him are the alteration of his taste buds, and, more seriously, the destruction of his saliva glands. The only advice that I could find was in Dr. Rector-Page's *Healthy Healing* (ninth edition, p. 163) with vague recommendations of licorice root, reishi mushroom, astragalus, and garlic caps.

Would you possibly be able to offer any suggestions?

Many thanks. I enclose a check for a (belated) renewal of *Cancer Forum*. All best wishes for your valuable work.

Sincerely, James P.

A. Damage done by radiation is very difficult to undo. Sometimes, the patient has to tolerate the discomfort or try to compensate if possible. Nevertheless, it is always useful and certainly not harmful to start a metabolic program. If healing is possible, the metabolic system can bring it about. If he is looking for a special herb, tonic or pill (the magic bullet), it will not have the potency of a method that is designed to heal by stimulating the body's own healing capability by replacing damaged tissue with healthy tissue.

Dr. Bernard Jensen Receives a Lifetime Service Award



**Congratulations Dr.Jensen!
The award is so well deserved!**

Dr. Bernard Jensen, a long time friend of FACT—on the brink of his 91st birthday—recently received an award from the California State Naturopathic Medical Association. The award is inscribed as follows:

**California State Naturopathic
Medical Association**
Presented this 21st day of March, 1999,
in recognition of
a lifetime of service to mankind,
to:
Dr. Bernard Jensen, Ph.D., N.D., D.C.

**For his dedication to the advancement of the
healing arts through a lifetime of work in
Iridology and Natural Healing and in the true
meaning of the word doctor.**

**He has been teacher to us all, and in
touching the lives of countless millions
around the world, he has demonstrated that
Natural is Better.**

**Robert J. Thiel, Ph.D., N.D.
President, CSNMA**

Dr. Robertson's Supplement Line

Dr. Cliff Robertson has sent FACT information about his supplement line which we would like to share with *Cancer Forum* readers. FACT is very pleased to support these high quality products because they do not use any synthetic ingredients or extracts. All the herbs are organically grown and processed to the highest standards. The sea vegetables are harvested from North Atlantic waters and air dried, not heat treated. They are reasonably-priced and include the following:

Robertson's Sea Vegetation Blend

(various marine algae in capsule form with high mineral content). 100 capsules @ \$12.95

Robertson's Alfasea Chloromin

(a blend of marine algae and organically grown alfalfa in capsule form, an excellent source of minerals and chlorophyll). 100 capsules @ \$13.95

Robertson's Detoxsea

(a blend of herbs and marine algae for cleansing the digestive system and liver). 60 capsules @ \$11.95

Cancer Forum readers may recall several past articles about the travails of Dr. Cliff Robertson, an osteopath and long time crusader for medical freedom of choice. For years the doctor has been viciously harassed and legally charged for the so-called unauthorized practice of medicine—thinly disguised attempts to discredit alternative treatments. We will elaborate on the details of these unwarranted attacks in a later issue.

For more information about Robertson Nutritional Products, call 502-233-4211 or Email:RoberNutrl@aol.com.
www.RobertsonNutritional.com

Letters

Dear Ruth,

Please accept my best wishes for a very fine year ahead. I have wanted to congratulate you on your impressive new career—WOR. I am so proud of your accomplishments over the years. This is an added attraction to a brilliant life—out of adversity grew the most beautiful rose one could imagine.

Good health and full steam ahead.

Love, A.I.

Dear Ruth and Consuelo,

I always appreciate getting your *Cancer Forum* and enclose a check for \$15.00 which I wish were a million. Your review and editor's note on *Mad Cow U.S.A.* were much to the point. It's really awful that people have to be so careful of the food they buy and in this case one would have no way of knowing. We have not eaten beef since we met you last year. A couple of times we tried Coleman's Beef as Roy was getting so bored with chicken and fish and the Coleman's label says they use no hormones or antibiotics and I did call their 800 number and questioned them further about what feed they got, etc. As for our chicken and turkey, we go to a Pennsylvania farmers' market and the man we buy from is the man who has the farm. He's clean and intelligent and seems very honest and we third-degreeed him (!) about his operation and so we got his chicken and turkey exclusively and put some in the freezer.

Just read an interesting article, "Uninfected," in the July 6 *New Yorker Magazine*, about a woman whose specialty is the AIDS virus. Some apparently are immune to it and she's trying to unlock the mystery.

How I wish I could talk with you and ask questions, but I know how limited your time is.

Ruth, I shall always be grateful as all of us are who have been lucky enough to cross your path in their hour of need. Your generosity

of giving has been Herculean! and I shall never forget what you've done for me and for "holding my hand," so to speak, during the darkest hours.

Roy and I send our very best wishes for your well being and happiness and much love and a big warm hug,

J.M.

Dear Ruth,

I can't believe how the time flies, but I realize my subscription has long run out and I miss the magazine. Enclosed is a check for \$10.00 to please get me connected again.

I have a friend who just wrote about the treatment (radiation, etc.) that they had gone through with cancer of the bladder. Another friend has lung cancer with 24 hour attendants at home after going through radiation.

I was so happy to hear the Cancer Center has come out with the recommendation of more fruits and vegetables to prevent cancer. I ask friends who have had operations if the doctor had suggested any change in lifestyle or diet to prevent reoccurrence and they always say, "No."

Your message is gradually getting through, but it certainly is taking a long time. But I smile when I see the world slowly turning your way. Keep up the good work.

Sincerely, V.N.

Dear Mrs. Sackman,

In my welter of confusion and continually worsening condition, it was a great relief to speak with you and get some indication of a definite direction I could go in to help myself—a direction which I feel deep down may be the right one for me (none of the programs I have followed so far have incorporated the approach of thorough cleaning of toxins from the system—they all prescribed this or that regime or diet, which went into the system which had all that sludge still inside...).

I really appreciate your interest and your furnishing me with such a wealth of useful information.

L.S.

Dearest Mrs. Sackman,

Hope all are well! I'm sorry for the delay of paying you the \$40.00 balance due on my last order of 10 books you sent. I've been very busy these days, just to keep things going. I'm doing well considering. But thanks to you again that I'm here. You must remember, if it wasn't for your knowledge, we wouldn't know what to do or where to start. Again, we appreciate all your good works and the love behind you that cares. There is money behind everyone's minds, but not yours. Thanks again for FACT.

I want to get to talk to you again soon about a few things. Please take care of yourself. I know you do a lot of sitting. Hope you find time to exercise a little, too. I'm concerned.

By the way, please send me 10 more books, if its possible. Well, I better be on my way. You sure are a fine person and everyone else on the staff is, too. Thanks again.

Take care. Love to all,

Doris Sokosh

Doris, a recovered cancer patient of over 20 years, is author of the book, Triumph Over Cancer—My Recipes for Recovery (available on the FACT Book List. p. 15).

Dear Mrs. Sackman,

Enclosed please find a check for seventy-five dollars (\$75.00) to cover the cost of materials mailed to me at the above address and also to cover a goodwill donation.

My mother is beginning to exhibit positive results in terms of increased strength and feelings of well-being. Thank you, I.T.

Dear Ruth,

I just want to thank you for everything you're doing for me and other persons that are battling with cancer. I know that the body can, and will heal itself through the right diet, detoxification process and also by eliminating stress or handling it in ways of prayer, meditation and exercise. I also want to thank you for giving me Betty Fowler's number and program, Health Excel.

The doctors are looking at my progress and

still do not believe it's the diet program I am following that has gotten me through three years of being stable and healthy. When I was first diagnosed three years ago, they wanted to give me chemotherapy and radiation. My diagnosis was a very aggressive Non-Hodgkins lymphoma and advised CHOP chemo which I refused. The doctor said I was very foolish not to and pressured me and my wife to follow his advice. I did not let them dictate their tactics and thank the good Lord, I didn't listen to him.

Your advice and guidance are priceless. I value and truly appreciate your knowledge and opinions. There are so many people out there in the alternative field that we investigated in search of help. Unfortunately, most are in it for the money, not with the patient in mind. We went on a disappointing search for someone to reach out and hold our hands through this difficult and non-traditional road. You were the needle in the haystack. Knowing you and Betty are there for me makes such a difference. You both offer tremendous support and thorough information. I believe in you and your cause.

Enclosed please find a donation for \$100.00. Thank you for caring.

Yours truly, D.S. and Family

FACT:

Enclosed is a check for \$15.00. Please send a subscription of *Cancer Forum* to my son:.....

I always enjoy reading each issue and always learning. Made copies of the S.O.S. petition and took them to various health food stores and sent some to friends.

I hope you can start my son's subscription with the Winter 1999 issue—everyone should read about fluoride and genetic engineering so we can stop it.

Thanks for all your information,
C.M.S.

P.S. Took the enclosed signed petition to my Tai Chi class—it amazed me to find many people unconcerned, not sure what fluoride and genetic engineering do and say the government would never do anything to harm us!

Recipes

Tahini Sauce

1/2 cup raw tahini (sesame seed paste)
1/4 cup lemon juice
1/2 cup distilled water
minced garlic, chopped parsley (opt.)

Blend tahini and lemon juice with a whisk or fork. Then blend in the water and seasonings. Serve with salad or as a dip.

Yogurt Mayonaise

1 cup whole plain yogurt
2 eggs (organic)
1/2 cup sesame seed oil
1/2 cup lemon juice
2 tablespoons raw honey (or maple syrup)

Beat until smooth and thick.
Refrigerate.

Garlic Dressing

1 cup whole plain yogurt
1 teaspoon lemon juice
1 tablespoon minced parsley
3 cloves garlic, crushed.

Put all ingredients in a blender and blend well.
Refrigerate 1 to 2 hours to meld flavors.

Avocado-Lemon-Dill Sauce

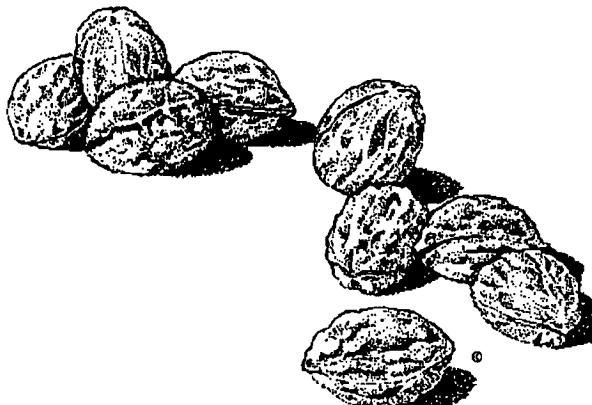
1 ripe avocado, mashed
1 cucumber, peeled and finely chopped
juice of one lemon
dill, fresh or dried to taste

Combine elements in a bowl and mix well.

Fruit Squares

1 cup raisins
1 cup mixed dried fruit
1/2 cup raw almonds
1/4 cup sunflower seeds, ground in a blender
2-4 tablespoons orange juice

Chop raisins, dried fruit and almonds. Combine with ground sunflower seeds, and enough juice to moisten. Press into an 8-inch baking pan lined with wax paper. Cover and let harden in the refrigerator for several hours. To serve, cut into squares with a knife dipped in hot water. Makes 8 1-inch squares which keep almost indefinitely in the refrigerator.



Cleopatra Carrot Cake

1 cup black mission figs, soaked 1 hour in 1/2 cup water
2/3 cup raisins, soaked 1 hour in 1/4 cup water
1/3 cup pitted dates, soaked 1 hour in 1/4 cup water
2/3 cup pine nuts
1 cup walnut pieces
4 cups finely grated carrots (about 6 large carrots)

1 cup shredded coconut
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/2 tsp. ground clove

Drain soaked fruit. Grind figs, dates, pine nuts, 1/3 cup raisins and 2/3 cup walnuts in food processor. Place in large bowl. Knead in all remaining ingredients until well mixed, but do not overhandle. On a large platter or tray, mold cake into desired shape. Decorate with nuts, raisins, coconut, carrots or flowers.. For best flavor and texture, refrigerate cake 4 hours or overnight before serving. It can be kept in the refrigerator up to 1 week.

(from *Better Nutrition*)

Book Review by Consuelo Reyes

The Eyewitness Handbook of Herbs by Lesley Bremness (DK Publishing, New York, 1994, 304 pages), \$17.95. (Tel.: 212-213-4800)

First of all, *The Eyewitness Handbook of Herbs* by Lesley Bremness is a delicious-looking book! Just flipping through, it's hard to avoid the old cliché about feasting the eyes—each page tastefully designed and brimming with full color photos of plants in all their various parts—leaves, roots, fruits, seeds—each picture accompanied by a short comment—an irresistible educational hors d'oeuvre—to highlight a key aspect. One is struck by the sheer wonderfulness of nature's creative genius: so many beautiful shapes, colors, patterns of living things with which we share the planet. Aesthetically speaking, this is a very difficult book to put down.

Secondly, and substantively speaking, this handbook is also refreshingly different from the monotonous overdose of herbal guides usually found in the book section of today's health food stores, i.e., mostly breathless exhortations on the virtues of botanicals vs. conventional allopathic medicine, usually featuring new "miracle" herbs to feed the public's frenzy for "natural" panaceas and, of course, new products. Rarely, do we find a balanced approach to the very serious subject of herbal medicine which was, after all, way back in the "olden days" before synthetic drugs, the original pharmacopoeia that doctors prescribed to their patients.

What makes *The Eyewitness Handbook of Herbs* different from many New Age herbal "how-to's" is an appreciation of nature in all its fullness—the good, the bad and, yes, the ugly. Ms. Bremness, an English writer, who has cultivated a worldwide interest in herbs since winning an herb garden design competition at the 1977 Chelsea Flower Show in London, is obviously smitten by her subject, but her vision is not clouded by the need to exalt any particular herbal as the answer to all society's ills. Rather, she stresses the benefits and strengths as well as potential dangers and limits of botanicals. The caveats begin on the frontispiece ("...Any plant substance, whether used as food or medicine, externally or internally, can

cause an allergic reaction in some people. During pregnancy, avoid taking any new or unknown substances without consulting a physician...). and are incorporated throughout the text. Here, for example, is her side bar on "Poisonous Plants:"

The Glory Lily (Gloriosa superba pictured) is an Asian suicide herb, but in tiny doses it can treat leprosy. Curare arrow poison from Chondroden species is also a major muscle relaxant for surgery and now saves lives. However, toxic plants must be used only by experts. To avoid poisoning from an unfamiliar herb, accurate identification is vital—both for plants from the wild and those bought in shops. An herbalist's instructions must be followed precisely. If adverse reactions occur, stop the treatment and consult a qualified herbalist again.

Foreboding words, perhaps, but the reader begins, at least, to get an insight into the depth and subtlety of the herbal art. In any case, both neophytes and long time herb lovers will be well nourished, starting with a quick overview of 200,000 years of herbal history, followed by an explanation of what exactly an herb is and all manner of helpful tidbits about drying seeds and flowers, when best to pick leaves (midmorning), preparing infusions, tinctures, ointments, etc. The main body of the book is really encyclopedic in scope, with entries for over 700 herbal varieties, focusing on interesting properties of leaves, stems, flowers, seeds, fruits, nuts, bark, wood, resin, essential oils. Subsequent chapters discuss herbs in cooking, healing herbs, herb gardens, and more exotic uses such as henna for bridal hand-painting in India or the Fish Poison Plant (*ephrosia vogelii*) as an organic pesticide or the leaf juice of the Tatoo plant (*eclipta prostrata*) which makes an indigo skin dye. There is also a glossary of technical terms and an excellent index for fast reference.

The one thing this is not, however, is a "how-to" with concrete instructions for preparing herbal remedies for specific problems. Here is where some of the more typical herbal guides mentioned will come in handy. In fact, for those intrigued by the whole world of botanicals, it's a good idea to own several guides for cross reference. But *The Eyewitness Handbook of Herbs* is special and would be my first choice for foraging in the country or passing the time on the subway.

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