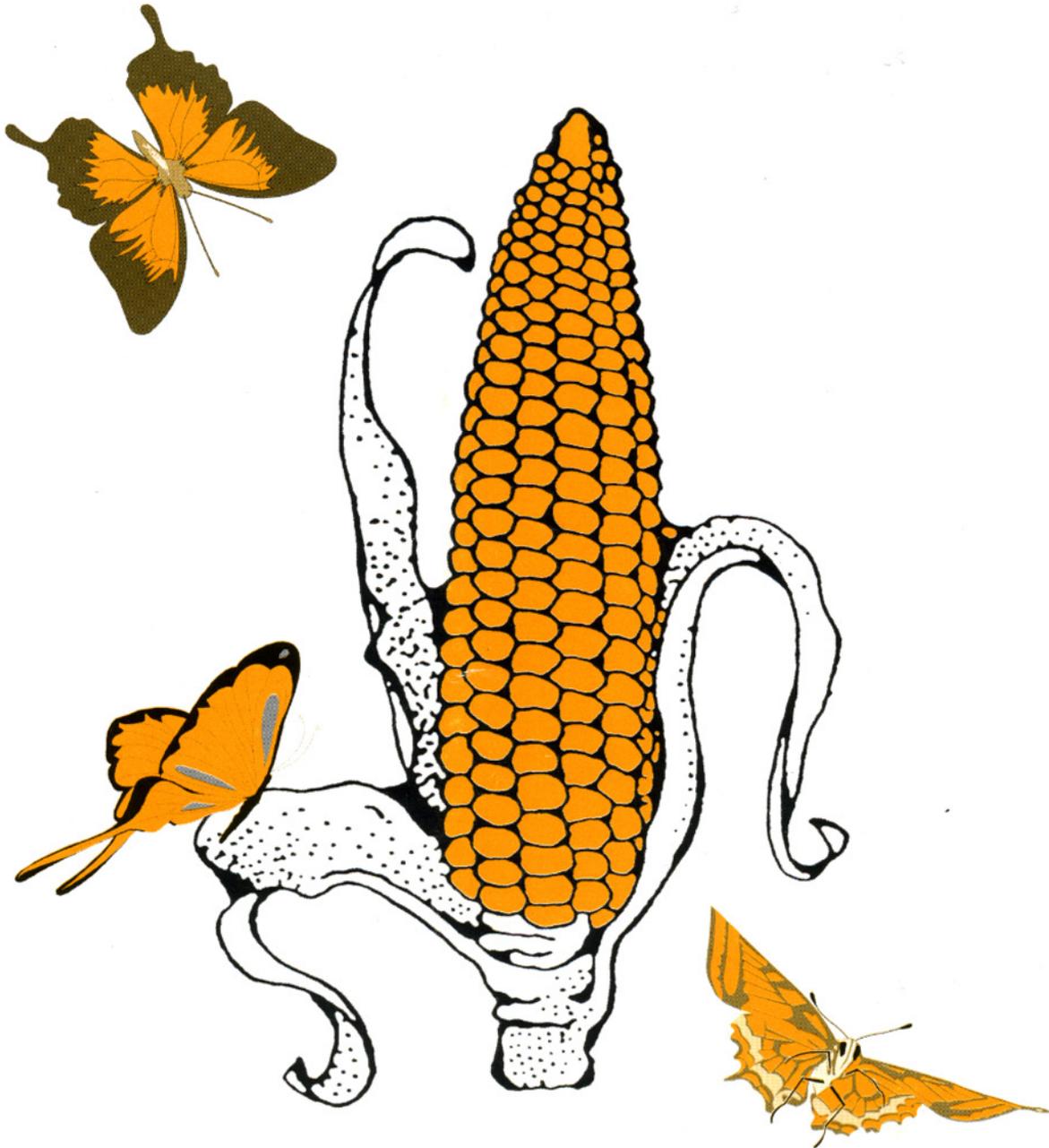


CANCER FORUM

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

Sweet Corn?



**Pollen from genetically-engineered Bt corn
Kills monarch butterflies**

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

I received quite a number of telephone calls and letters from readers, wanting to know where they could obtain Somnos, the herbal relaxation and sleeping preparation mentioned in the last issue of *Cancer Forum*.

It is available at L & H Vitamin Company in Long Island City, N.Y. They ship all over the world. Their toll free number is 1-800-521-1152.

Your local health food store can stock Somnos by ordering from General Research Laboratories, a company producing a number of products of interest to health-minded consumers. Their toll free number is: 1-800-421-1856

This issue of *Cancer Forum* has a wealth of information for understanding toxicity. As you will note from the material, it is considered the cause of disease by many practitioners who came to similar conclusions without an exchange of information with each other. Elimination of waste became crucial to remedy the various health problems from which their patients suffered.

Toxicity develops when the amount of waste that the body needs to discard through normal channels of elimination (colon and kidneys) exceeds their capacity. The body in its usual wisdom puts the excess material in storage (glands, tissue, colon wall etc.) in order to maintain a cleaner bloodstream. Periodically, the body will excrete the toxins from storage sometimes with unusual symptoms, i.e., runny nose, coughing, rash, diarrhea or other symptoms. If the process is not interfered with, the housecleaning will be successful and the person will feel relief.

Let us make every effort to maintain a toxic-free environment, and insist that our government respect our right to good health which is our birthright.

Wishing you a healthy future,

Ruth Sackman

The Wisdom of J.H. Tilden, M.D.

Toxicity—The Underlying Cause of Disease

by Consuelo Reyes

We hear a lot these days about the “search for the cure.” But if J.H. Tilden, M.D. were around, no doubt he'd be out there explaining in no uncertain terms that that's a backward concept: first, find and correct the *cause* of disease and the “cure” will take care of itself. And what is the cause of disease? After 68 years of medical practice, it had become abundantly clear to this feisty, dedicated maverick that it was toxemia—the accumulation of waste products in the body brought about by enervating habits of living—which leads to the breakdown of normal bodily functions or “disease.”

Born in 1851, Dr. Tilden was ahead of his time, *way* ahead of his time! Even today, considering his understanding of the relationship between lifestyle and health, many would consider him super modern.

The son of a physician, Tilden graduated from medical school in 1872. He began the practice of medicine first in Illinois, went on to St. Louis, and, finally, to Colorado where he established a sanitarium and school. During the early years of his practice in Illinois, the doctor observed the limited results of prescribing medicines to alleviate his patients' suffering and began to question the whole use of medicine to cure disease. He read extensively, particularly European medical studies, and combined with his own thinking and clinic experience, came early on to the conclusion that there should be a way to live that would not build ill health. Thus, he began to formulate his thoughts about toxemia as the cause of disease.

From the time he moved to Denver after 18 years of practice, Dr. Tilden used no medicine to

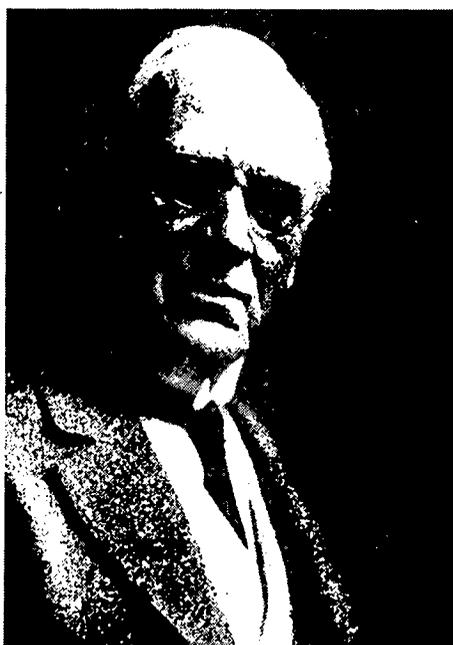
treat his patients. Rather, he practiced his theory of clearing the body of toxicity and then allowing nature to make the cure. He taught his patients how to live so as not to create the toxic condition and how to maintain good health for a disease-free life. He saw that those patients who were able to replace devitalizing habits with a lifestyle more supportive

of the body, were often able to overcome their conditions and go on to live long, vigorous lives. He saw the doctor's role more as teacher of good living habits to his patients. As he notes in the Dedication of his principal work, *Toxemia Explained*, published in 1926 (and still in print today: see FACT Book List, p. 15.): “*Dependable knowledge of what disease really is and its cause is man's salvation.. Knowledge is power. Knowledge of how to have health gives greatest power.*”

Once Dr. Tilden realized the truth of this approach, he was an uncompromising realist, even

taskmaster to his patients. The doctor wasted no time on those who sought help but would not give up the negative ways that were causing and perpetuating their sickness. Despite his strictness, to many, many patients and students, he became a beloved friend and mentor.

J.H. Tilden was one of those rare individuals driven not by ego, lust for fame or money, but by the simple truth that what he had discovered could relieve the pain and suffering of his fellow man. Despite his rigorous schedule, he believed it was his obligation to share his knowledge and help others to follow. In 1900 he began to publish a monthly magazine, eventually titled *Health Review and Critique*. Most of his writing was done in the early morning hours from three until seven, before he



began his day of teaching. Though the magazine in time gained wide circulation in the U.S. as well as abroad, it never made any money because the doctor refused to take advertising, largely financing it at a loss. When he died in 1940 at the age of 89, after 68 years in the profession, his estate was extremely modest. As Frederic N. Gilbert notes in the publishers preface to *Toxemia Explained* (1960 edition): "His life was pre-eminently one of self-sacrifice and of devotion to service, searching after truth, with an indomitable will and with an intense fortitude to adhere to the truth when discovered."

Dr. Tilden's conclusion that toxemia is the cause of all disease is based on the following thinking: in the daily course of living our bodies produce waste products or toxins which in the healthy individual are eliminated through the normal channels of elimination—kidneys, colon, skin, etc. These toxins can be the residues of food metabolism, discarded cells and tissues from normal wear and tear, foreign contaminants (today these would include pesticides and other chemical residues), etc. Ordinarily, the amount of waste does not exceed what the body can eliminate on a daily basis. However, if for some reason the "housecleaning" gets sluggish or rundown or the amount of waste is more than the system can adequately remove, the body in its wisdom removes the toxins from circulation to avoid pollution of the bloodstream and places them temporarily in storage in the cells for elimination later. But if the build-up continues over a longer period—usually from lack of energy ("enervation" was Tilden's term) due to poor habits of living (e.g. deficient diet, lack of sleep, stress, or in today's world more than in Tilden's time, toxic effects of medicines, chemical pollution from food, air and water, etc.), then a vicious cycle develops: the body continues to store the excess, but the toxic material accumulates to a point of exhausting organ and gland function. Normal activity becomes impaired. Eventually somewhere along the line the system breaks down, and

“Dependable knowledge of what disease really is and its cause is man's salvation... Knowledge is power. Knowledge of how to have health gives greatest power.”

then we give it a name of a particular disease such as "cancer" or "chronic fatigue" or whatever. But the underlying cause is the same—toxic overload. If the system cannot relieve the body of the excess, it becomes trapped in a cycle of increasing toxicity and decreasing of energy to remove it and the downward spiral continues.

Throughout his long life, Tilden was severely criticized by the medical establishment. The fact that for 50 years he had prescribed no medicine to his patients, that he raged against the increasing denaturing of foods and chemical pollution and talked about trusting nature as the ultimate healer, was in those days blasphemous. But Tilden was steadfast in his belief that current medical thinking had lost the forest for the trees, a point he makes quite succinctly in *Toxemia Explained*:

“There is but one remote cause of disease... These remarks are of extensive application, and, if duly attended to, would deliver us from a mass of error which has been accumulating for ages in medicine; I mean the nomenclature of disease from their remote causes. It is the most offensive and injurious part of the rubbish of our science.

“The physician who can cure one disease by a knowledge of its principles may by the same means cure all the diseases of the human body; for their causes are the same.

“There is the same difference between the knowledge of a physician who prescribes for diseases as limited by genera and species, and of one who prescribes under the direction of just principles, that there is between the knowledge we obtain of the nature and extent of the sky, by viewing a few feet of it from the bottom of a well, and viewing from the top of a mountain the whole canopy of heaven.”

Tilden was truly an anomaly in his time. So broad was his thinking that he recognized early on the importance of the mind/body connection, popular buzzwords today:

“Dissatisfaction and overworked emotions are enervating. Worry, fear, grief, anger, passion, tem-

per, overjoy, depression, dissatisfaction, self-pity, pride, egotism, envy, jealousy, gossip, lying, dishonesty, failing to meet obligations and appointments, taking advantage of misunderstandings, abusing the credulity of friends, abusing the confidence of those who confide in us—all enervate and in time build incurable disease.

Toxemia Explained contains much practical advice about diet and good eating habits, as well as the value of fasting in healing. He includes specific menu and recipe suggestions and advises adherence to the following three rules:

“Rule No. 1—Never eat unless you have been absolutely comfortable in mind and body from the previous mealtime.

“Rule No. 2—Thoroughly masticate and salivate every mouthful of starchy food, and give the rest of your food a reasonable amount of chewing.

“Rule No. 3—Never eat without a keen relish.

Understanding the value of regular exercise in improving elimination as well as overall well-being, Tilden devotes one chapter to his tensing exercises, many of which are used today by practitioners in the healing arts, such as this progressive tensing and relaxation:

“Begin by tensing the leg muscles from the toes to the body as follows: First extend the toes as far as you can; then grip, as it were, by forcing the toes forward toward the heels, and at the same time make the muscles of the legs hard to the body. Then, completely relax. Do not repeat the tension again until the muscles are soft; then tense again, repeating the contraction and extension...”

All in all, once Dr. Tilden understood Toxemia as the underlying cause of disease, the rest was pretty much common sense. An open, optimistic attitude; wholesome, balanced diet; good elimination; moderate exercise; rest—all optimize the body's energy and build health and host resistance to disease. Certainly Tilden would find many grateful adherents today, though, undoubtedly, there would be detractors, including those souls indignant or uninterested in the idea of surrendering their enervating ways when the “cure” might be just around the corner.

We could use a lot more Tildens today, but a pill for common sense wouldn't be a bad idea either...

Conversion to Life By Are Waerland

“Conversion to life” means a radical re-adjustment of the human way of life and mental outlook in accordance with the three main principles of the new life-building synthetic concept of medicine.

1) We do not have to deal with diseases but with mistakes in our way of living. Eliminate the mistakes and the diseases will disappear of their own accord.

2) We never cure a disease, only a sick body.

3) A sick body can only be cured by restoring its original biological rhythm of working and living.

The actual application of these three principles in the life of civilized man fundamentally transforms the modern way of life, man himself and academic medicine, sweeping away the present slough of disease which is the product of a mistaken view of life and a clouded vision.

From *Health Is Your Birthright* by Are Waerland, (See FACT Book List, p. 15) .

ON SACRED LAND

“The President in Washington sends word that he wishes to buy our land...If we sell you our land, you must remember that it is sacred.

“...teach your children what we have taught our children. That the earth is our mother. What befalls the earth befalls all the sons of the earth.

“...the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

“We love this earth as a newborn loves its mother's heartbeat. So, if we sell you our land, love it as we have loved it. Care for it as we have cared for it. Hold in your mind the memory of the land as it is when you receive it. Preserve the land for all children who love it...”

—Chief Seattle (Chief of the Dwamish tribe of the Pacific Northwest), 1852

ANOTHER ANSWER TO CANCER

by Alice Chase, D.O.

Dr. Alice Chase's theory of cause and her treatment were applied in 40 years of practice as an osteopathic doctor. The following is a condensation of her booklet "Your Health Problems." She also published "Nutrition for Health" (out-of-print).

In health problems modern men and women must become masters and mistresses of their own fate.

In the last hundred years or so there have been searching medical scientists who found some real clues to this apparent mystery. In the 19th century a group of German research men found that individuals who suffered from cancer responded to dietary treatment! Diets low in sulphur-containing foods and low in protein were proven, in the experience of Ehrlich, Virchow and others, to be effective in arresting the growth of cancer, and regenerating the bodies of some individuals with pronounced tumorous masses that were diagnosed as cancer. Some English and American medical men, likewise, discovered that food had dramatic, potent effects on cancer cases... Drs. Haig and Williams of England also found that **cancer originates from normal cells**. It is not a disease that invades the body by any mysterious route. It effects the body by way of 1) faulty food intake, 2) overwork, 3) emotional trauma, and other factors that cause retention of catabolic wastes within the lymph cells or vulnerable areas in the body.

According to Dr. Virchow, cellular pathology or retention of unexcreted wastes within the individual cells is the basic cause of chronic disease. Cancer is a chronic, morbid process.

From the standpoint of this humble student, it is wrong to mutilate the body that is affected by can-

cer. Conventional medical and surgical methods are based on trial and error. The orthodox medical internist and surgeon insist on enjoying autocratic powers. The surgeon condemns any new idea, any radical approach, that is not in line with current orthodoxy. The medical profession is, indeed, persisting in a type of reasoning that belongs to the pre-scientific age.

Cancer is not a local process. Cutting out any apparent neoplasm is as helpless and useless as it has proven through the years of this foolish reasoning for such a drastic method. **The sick must be regenerated**, if possible.

Localized cancer is an accumulation of unexcreted cellular wastes in vulnerable areas. These dead wastes are like manure in excessive amounts in a garden. Tumorous outgrowths are a type or a kind of weed. When a person who has a growth is put on a low protein and low sulphur diet,

or even on a fast—tumorous cells are reduced in size and masses disappear.

The cancer patient is treated irrationally in the conventional world because no accurate steps are taken to re-

move accumulated cellular wastes and to expedite the functions of the inefficient, inadequate excretory channels.

A balanced food ration may help to remove waste matter from the cells of vulnerable tissues and from the entire organism. This would be a dynamic procedure as an approach to the treatment of cancer, better than the approach to cut something and/or to bombard the body with radium and X-ray. The blood-forming organs—the bones, the spleen, the liver—and other vital structures are desiccated or destroyed by high voltage X-ray and penetrating radium. **The wasting of cancer, known as cachexia, is hastened by treatment with radium and X-ray.**

Madam Curie, a great investigator of the mystery of chemistry, and a discoverer of the important element which she named radium, herself died from

cancer. Her daughter, also a scientist, died at the age of 58 from cancer. These two outstanding women were consumed by the destructive chemicals with which they worked.

One of the great Mayo brothers, Dr. William Mayo, himself an outstanding surgeon, died three months after surgery for cancer of the stomach. He acquired cancer of the stomach because his dietetic habits made him susceptible to that disease.

Some of the teachers of medicine who live long enough to grow old, confess their sins, as one of their great men, Dr. William Osler did before he died. He stated, "We prescribe drugs, the actions of which we do not know, for diseases we do not understand."

Dr. Oliver Wendell Holmes also stated the following: "All the drugs should be dumped into the ocean. It would be better for mankind, but worse for the fishes."

Medical pioneers who devoted years to studying the cancer problem found that properly chosen vegetarian foods, low in sulphur and in protein,

can **arrest cancer** and **regenerate** even **inoperable** and **recurrent cancer**. One such outstanding authority was Dr. Duncan Bulkley. In his 40 years of practice with clinic patients in the New York Skin and Cancer Hospital, he proved that **food can be medicine**.

Foods should be derived from fresh **raw** materials, rather than cooked. The cancer patient is very often demineralized. Spontaneous fractures are not infrequently a complication of lingering malignancies, when the diet is of the conventional food mixtures. It is really high time for the honest medical leaders to look into the possibility of the therapeutic effects of food on the sick. Those who are afflicted by seeming cancer processes have much to gain. Suitable **vegetarian** and **fruit** diets are very wholesome for those who are well. [Ed. note: Vegetarian diets are not applicable to all.] They are invaluable for the sufferer from cancer... Food as medicine is a safe and sound new road which must be built wide and broad, if the scientific and honored

Food as medicine is a safe and sound new road which must be built wide and broad, if the scientific and honored healing profession is to keep pace with progress.

healing profession is to keep pace with progress.

Every person who shows a new growth in any part of the body is entitled to food as medicine as a **first effort**. Food, however, must be given to the patient after the body's accessible sewer channels and those that are connected with the blood and tissues, are cleaned.

Raw vegetable juices are elixirs of life and health. The body can assimilate a glass of salad juice much more comfortably than a plateful of salad materials. The sick body has weakened digestive ability. Cellulose or roughage is hard for any sick person to digest. It is, therefore, important for the medical profession to learn from those who they, in their smugness, refer to as "quacks."

The cancer patient ought to be treated similarly to the tubercular or the cardiac. In these latter diseases, the individual is permitted to enjoy rest, fresh

air, pure water and wholesome foods. These are the four basic needs of the sufferer from diagnosable cancer. In this ailment it is necessary to remove accumulated and retained

cellular wastes to the extent that the individual patient can stand fasting and fruit juice diet. This is the most constructive approach toward prevention and cure of cancer.

A person afflicted by cancer has more to gain by being an optimist than by being despondent. The individual who is sick must have a hopeful outlook for the future.

Medical leaders who are in power are choosing a policy of abusing their competitors—those who actually have accomplished better therapeutic achievements than they have.

Note: Dr. Chase's theory is held also by Dr. Henry Turkel of Detroit, being also the cause of Mongolism! After working in this field for over 30 years, he has been able to develop a treatment which will **reverse the growth** of Mongoloid characteristics in these children; yet this desperately needed treatment has been stifled. Thus he has suffered the fate of the majority of American independent researchers in the medical field.

GENETIC ENGINEERING, IS YOUR FOOD SAFE?

by Ruth Sackman

Dr. Philip Incao, who has a natural healing practice in Denver, Colorado, sent material to FACT via E-mail, urging FACT to cooperate in a drive to get our government to label genetically - engineered (GE) food. The drive originates with an organization called **Mothers for Natural Law**. They have petitions which you can get to possibly organize a drive in your local area.

All over the world countries are fighting to keep genetically-engineered food from their borders. Yet here in the United States very few Americans know much about it. Austria was appalled enough about the alteration of our food by genetic engineering to have collected **1.2 million signatures in one week**.

Right now all of us have been conscripted in the largest experiment of all time—without our knowledge or consent. Without long-term studies it is impossible to determine what will happen in the future. A recent frightening news report showed that monarch butterflies died from eating milkweed plants that had been dusted with pollen from genetically-engineered Bt corn. Bt is the term used to show that the corn was genetically altered to contain a pesticide. Instead of adding pesticides to the soil or spraying the corn, the chemical becomes part of the corn. *World Watch Magazine* quotes studies that suggest the risk posed by genetically-engineered crops to produce their own pesticides may in fact be greater than the risk posed by spraying the same pesticides directly on the crops.

Death of the butterflies was an unexpected and unintentional event. This can happen to humans because of inadequate or incomplete research. This unpredicted event should alert the agencies and companies involved in genetic engineering that serious consequences can befall the human popula-

tion. What other surprises might occur that will play havoc with not only animals but with humans?

European countries are being very cautious about allowing GE food from America into their countries:

- The British Association is calling for a moratorium on transgenic planting.
- 1300 schools in the United Kingdom have banned these foods from their cafeterias.
- The European Union is demanding segregation and labelling of all GE imports.
- The seven largest grocery chains in six European countries made a public commitment to keep their stores free of GE products.
- The Pope is warning of ethical considerations.

A growing number of scientists and physicians are voicing concern over the health risks and environmental consequences of tampering with natural law. The International Center for Technology Assessment and Green Peace International have filed suit against EPA to withdraw registration of Bt crops, thereby preventing new Bt crops from being planted.

The adage that it is better to err on the side of caution is so applicable in this instance.

If we want pure food, air and water, we will have to put forth some effort to get our legislators to help us. They need to supervise the government agencies that are responsible for our health to do the job those agencies were established for—to **protect the consumer**. Pure, safe food is worth fighting for. Mothers for Natural Law are providing this excellent opportunity to join with others so that your concerns have greater impact.

If you want to be an active participant in this drive, you can reach Mothers for Natural Law at their toll free number—1-877-REAL FOOD (1-877-7235-3663). You can either sign a petition or ask them to send petitions for your neighbors, friends, relatives, etc. **Take advantage of this opportunity to get the health conditions to which we are all entitled!**

Web site for Mothers for Natural Law:
(www.safe-food.org)

These are frequently-asked questions by telephone which really are variations on the same basic question. I'd like to respond here in *Cancer Forum* so that the answer is available to a larger body of people. The questions are: why do I get rashes, flu symptoms, headaches, nose bleeds, and other negative symptoms if I am on a healthy program?

TOXICITY

Toxicity is probably one of the least understood complications of regaining and maintaining health.

I was visiting with a well-known oncologist in Philadelphia to discuss immunotherapy when he told me that patients would react to the immune treatment by having chills and shakes resembling "St Vitus dance." My immediate response was that it was because the immune system had moved the toxins out of storage and the bloodstream was now loaded with the waste. He felt that was not the case. But when I said that dead cells were toxic in the bloodstream, he readily concurred.

I wish he could have understood that a basic concept of natural healing is that all foreign material is labeled "toxicity" and needs elimination. Actually, John Tilden, M. D. felt the cause of all disease was the build-up of foreign matter in the cells, lymphatics, colon, etc. He labeled this condition toxemia.

Sir William Arbuthnot Lane, M.D., a British surgeon with an international reputation, had many of his papers published in medical journals about toxicity. His conclusions were similar to Dr. Tilden's, although they had no contact with each other. Unfortunately, until medical schools understand this condition and add it to the curriculum, it will be relegated to unimportant information. Yet it needs to be given the same priority as nutrition except when detoxification is necessary in which case detoxification has priority over nutrition.

Another very interesting reference in medical literature is the work of Dr. Alexis Carrel. His research was conducted at Rockefeller University in New York City. One of his projects was to see how long cells could remain alive if they were fed all the right nutrients. He put chicken heart cells in a petri dish and fed them properly. They were still alive about 30 years later when the project was discontinued. An interesting phenomenon occurred

which should be considered significant. Since the cells absorbed the nutrients, they automatically gave off waste. This waste was constantly removed from the solution in the petri dish. Surprisingly, whenever the waste removal was neglected, the cells began to show signs of debilitation. However, if food was temporarily neglected, the cells maintained their same vibrant activity.

In natural healing books we can find references to concepts and conclusions about toxicity. Here are a few interesting and useful examples:

"The morning hours between 4 a.m. and noon normally constitute that period of the day when the bloodstream is carrying the greatest burden of impurities, residues and products of metabolism, i.e. the period of elimination following the period when the digestive organs have been doing their work of selecting and storing up nutriment for the coming day. The bloodstream is heavily charged with waste products which would have a poisonous effect if allowed to remain in the body.

"So at breakfast time it is essential for health seekers to see that they co-operate fully with nature, assisting, not hindering, the work of the body, especially that of the eliminative organs. A large breakfast interrupts elimination which goes on until about 11:00 a.m. It is therefore essential to choose a breakfast which requires the minimum of digestive effort and may even assist elimination."

From *Health Is Your Birthright*,
by Dr. Are Waerland.

(Dr. Waerland and his wife Ebba ran a clinic in Sunnanjo, Sweden for many years. His concepts were adopted by as many as 40 clinics throughout Europe. Many of them are still active.)

"The blood, and consequently the tissues, have become so saturated with waste and foreign matter, that the life of the individual is being threatened. As a safety measure, the body builds the cancerous cells from the blood pollutants at a rapid pace, reducing the impurities in the blood. During the wheatgrass therapy, the growths are broken down piecemeal, into the bloodstream, and removed."

From *Be Your Own Doctor*
by Ann Wigmore, DD, ND.

Relief From Headaches

by Edwin Flatto, M.D.
(from *Herald of Health*)

Relieving headaches is big business. This common malady has helped create some of the world's wealthiest international enterprises. Untold millions of dollars are made by the world's largest drug cartel in selling aspirin, acetaminophen, and ibuprofen and other analgesics by the carload to relieve our headaches. It is a moot question as to who are the biggest analgesic customers: arthritics or headache sufferers. (Probably the headache sufferers, since there are an estimated 129 million of them in the United States alone.) Although fortunes are being spent on these nostrums, they can cause disease far worse than the symptoms they are supposed to relieve. Excessive use of analgesics can cause liver damage, hemorrhaging, deafness, kidney disease and a host of other illnesses far more serious than a simple headache. The fact that millions of dollars are spent yearly on primetime television and radio, as well as in magazines and newspapers—to sell a ton of these products which have a gross profit in pennies, is a testimonial to the tremendous number of people who use these drugs.

Headaches are attributed to a number of causes. From my viewpoint most headaches are caused by wrong living habits. This results in a state of toxemia brought about by the eliminative organs falling down in their job of disposing of the waste products. Congestion in the cervical (neck) area from faulty posture, lack of exercise, mental and emotional tension and overwork may all be important factors in causing a headache.

My rationale in suggesting that you try these exercises to relieve congestion in the head and neck area, as well as the exercises designed to correct constipation, lower intestinal tract, and eye disorders, is, as Sherlock Holmes once said, "if you eliminate the impossible, what is left is possible."

Before taking your next analgesic to relieve your headache, why not try some of these exercises instead? If properly performed, these exercises

should produce no harmful side effects or diseases, as do drugs, and the results may be far more lasting and gratifying.

FOR HEADACHE AND EYESTRAIN RELIEF

Applying ball of each forefinger to medial corner of orbital opening next to upper bridge of nose, push gently upward in direction of forehead. Apply steady but gentle pressure for 10 or 15 seconds. There should be no pain or discomfort. Instead of taking an aspirin or other drug, try this harmless method for relief of your headache first.

ANOTHER METHOD

Holding head back and using ball of thumb, apply pressure to the roof of mouth. (Also for sinus congestion, hiccups and nosebleeds.)

FRONTAL HEADACHE RELIEF

Phase 1: Apply balls of three middle fingers to frontal bone of forehead, using about 5 to 10 pounds of pressure maximum, if not uncomfortable, and employ circular motion.

Phase 2: Draw fingers slowly toward temporal area. (Also for migraine, sinus and eyestrain relief.)

After applying pressure to frontal bone of forehead, bring fingers slowly back to temporal bone. Using gentle pressure, massage, rotating fingers in clockwise direction.

Also, holding head down apply about three pounds pressure to left and right carotid sinus (the carotid sinus is located directly behind and slightly above the lower margin of the ear lobe) for a period of three to five minutes depending upon severity of condition. Use middle three fingers of both hands to massage nape of neck, radiating out about two inches from midline to both sides of neck. The pressure should cause no discomfort or pain.

CONGESTION IN NECK AREA

Slowly rotate head clockwise from neck making a complete circle. Repeat 5 times and then reverse direction.

This exercise relieves congestion in head and neck area and improves circulation to the eye and

brain. It may also be employed to improve circulation to the eyelids and conjunctiva, and for thyroid gland stimulation.

HEADACHE RELIEF AND THYROID STIMULATION

Subject lies on table face up. Operator stands in back of subject with subject's head parallel to his chest. Right hand of operator is now placed gently but firmly under chin of subject. Operator then applies gentle but firm traction (about 3 pounds) towards his chest, giving gentle twist to right and left side.

This movement helps relieve headache due to neck congestion and promotes circulation of blood to the thyroid gland, thus relieving congestion. As mentioned elsewhere, all exercise and manipulation should be correlated with the advice and recommendation of your doctor.

With subject sitting on straight chair, operator in back of subject holds his right hand under chin and left hand under occiput (back of the head). Operator, gently, but firmly, applies traction straight upwards (about 3 to 5 pounds pressure) simultaneously to both chin and occiput . . . giving slight twist to the right and then left for about 60 seconds.

This exercise is for relieving headache due to neck congestion and promoting thyroid stimulation by relieving congestion.

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"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

Letters

Dear Ruth,

You are pretty incredible. I can't believe you are still producing your *Cancer Forum*! Good job.

Marshall is going to be 80 next week and almost shot his age in golf yesterday. And they said he'd never see 1974!

Love L.H

Dear FACT:

Thank you so much for sending me the older issues of *Cancer Forum* on powdered beets to share with others.

This article has been a blessing to me because I now eat powdered beets on top of yogurt and it keeps me from looking for sweets. Having two live foods is certainly better than eating cookies!

I look forward to every magazine, J.S.

Dear FACT:

Received your packet of information and am still sifting through it. The more I read, the more convinced I am that there is an alternative to cancer therapy. I have decided to gather all the information available and change my eating habits and include detoxification. It's true that there is overwhelming information, but I am sure with time and patience I will be able to see a significant difference in my health.

Outside of my body, I feel great, have a good attitude and because I am a Jehovah's Witness, I have a bright outlook for the future.

I would like any other information that you could send free or at a minimal cost as I am on a very fixed income. I do appreciate your assistance and concern.

Very sincerely, S.A.L.

Dear Ruth,

I'm passing my 45th birthday today—remembering how lucky I was to have met you and all the wonderful people who, through F.A.C.T., have helped me with my cancer diagnosis in 1987 and since.

A small contribution to keep your good work going. Thank you.

Love, M.T.

Dear Mrs. Sackman,

Your Sunday night program was great!!

Please come back again—am sure others feel the same. I look forward to another announcement.

Hope this finds you well.

Sincerely, R.B.

RECIPES

Vichysoisse

- 3 1/2 cups water (or vegetable or fish stock)
- 4 small-medium potatoes (with skins if organically grown), cut in chunks
- 1 large onion, coarsely chopped or 1 medium onion and 2 medium leeks
- 1 cup organic cream (available now in most health food stores and many supermarkets)
- 1 teaspoon dillweed (or to taste), dried or fresh

1. Use organically grown vegetables if available. Put potatoes, onion and water in a 1-2 quart pot and bring to a boil. Let simmer until vegetables are just tender.
2. Transfer all to a blender, though you may want to drain off 1/2 cup or so of liquid for adjusting the consistency at the end. Let cool several minutes, then blend until smooth. Add the cream and dill and blend briefly to a smooth consistency. If too thick, add a bit more cream or water.
3. The soup can be eaten hot, but is also great cold for steamy, summer weather when you don't feel like cooking. For the ultimate cooling experience, you may want to chill your soup dishes in the refrigerator an hour or so before serving, as they do in restaurants. The soup keeps in the 'fridge at least 3-4 days.

Avocado Soup

- 2 cups vegetable broth
- 1/2 -3/4 avocado
- organic cream (optional) or slice of lemon

1. Place the broth in the blender. Add the avocado and blend until smooth. If too thick, add more liquid.
2. Chill and serve with a squeeze of lemon or a little cream on top. This will keep in the 'fridge 3-4 days, if it lasts that long!

Cucumber Mint Soup

- 2 medium cucumbers, peeled and diced or finely shredded
- 2 cloves garlic
- 2 cups whole plain yogurt
- 2 tablespoons finely chopped fresh mint or 1 1/2 teaspoons crumbled dry mint
- sprigs of fresh mint, for garnish

1. Peel and dice (or shred) cucumbers.
 2. Mince the garlic or squeeze through a press and mix with the yogurt.
 3. Fold the cucumbers into the yogurt and garlic. Stir in the chopped mint.
 4. Cover and chill. Serve in cold individual bowls, garnished with sprigs of fresh mint.
- This is a thick soup. Makes 4 servings.

Biotechnology's Bounty

Following is a list, compiled by Genetic ID of Fairfield, Iowa of genetically-engineered foods that have been approved by the Federal Government, that await approval or that are under development. An asterisk marks foods that are already on the market.

Abalone*	Kiwi fruit
Alfalfa	Lettuce
Apples	Melons
Asparagus	Papayas
Barley	Peanuts
Beets	Peppers
Broccoli	Potatoes*
Canola (rapeseed oil)*	Prawns*
Carrots	Raspberries
Catfish*	Rice
Cauliflower	Salmon*
Cheesemaking enzymes (chymosin)*	Soybeans*
Chestnuts	Squash
Chicory	Strawberries
Corn*	Sugar cane
Cotton (cottonseed oil)*	Sunflowers
Cucumbers	Sweet potatoes
Flaxseed	Tomatoes*
Grapes	Walnuts
	Watermelon
	Wheat

Book Review by Corinne Loreto

Wheat Grass—Nature's Finest Medicine—The Complete Guide to Using Grasses to Revitalize Your Health By Steve Meyerowitz (Sproutman Publications, P.O. Box 1100, Great Barrington, MA 01230, Tel.: 413-528-5200), \$ 12.95.

It's gratifying to learn that for \$12.95, the purchase price of this excellent book, one can learn how to overcome health problems with wheat grass juice and without the use of dangerous drugs. The *New York Times* of June 5, 1999 had a front page article entitled, "The Boom in Medications Brings Rise in Fatal Risks." The subtitle was, "Death by Prescription." Pass the wheat grass, please.

What is wheat grass? Wheat grass is a variety of grass that is used like an herbal medicine with broad effectiveness. Its three most therapeutic roles are: blood purification, liver detoxification and colon cleansing.

The book is dedicated to Dr. Charles F. Schnabel, a chemist and agriculturist, in gratitude for his tireless efforts to promote the nutritional and health benefits of grass. In the 1940's Schnabel inspired the large scale production of cereal grasses that were dehydrated, canned and sold as nutritional supplements which became the nation's best selling vitamin and mineral supplements until the 1950s when they were replaced by One-A-Day multiple vitamins and Geritol.

Steve Meyerowitz says wheat grass contains raw chlorophyll: "Chlorophyll is as close to the molecular structure of human blood as anything on the planet. So you can actively revitalize your blood. From an external source comes a raw material that the body can instantly convert into fresh blood."

Meyerowitz knows his biochemistry. He states that, as we age, the harder it is to digest our food: "People have all this accumulated, incompletely digested stuff in there... The linings of the intestines are all plugged up." When people get sick and are taken to the hospital, instead of relieving their toxicity and cleaning them out, they feed them drugs, making them even more toxic.

He says you don't have to be sick to use wheat

grass. Grass has numerous first aid applications from fatigue to sleeplessness to athlete's foot, bad breath, body odor and burns. A Dr. Gary Hall, medical director of the Eye Surgery Institute of Phoenix, Arizona recommends wheat grass juice for anyone who shows signs of retinal disturbances or has a history of macular degeneration. Other doctors have treated thousands of cases of allergy and upper respiratory problems with chlorophyll and have reported impressive results.

Half-way through the book are the testimonials of patients who were cured using wheat grass, colonics and a cleansing diet. CBS-TV's David Letterman is a regular wheat grass user.

A list of health resorts is included along with instructions on growing your own wheat grass. The book also contains the names of companies which produce the grasses in tablet form and also makes mention of V. Earl Irons who is most famous for his belief in bowel cleansing and was the first to use psyllium seed and bentonite as intestinal cleansing agents. They also produce a product made from four cereal grasses called Green Life. (These are available in health food stores under the label Sonnebrand.) I took Green Life supplements many years ago and now, looking back on my medical checkup then, I realize that the Green Life was responsible for my having "the best cholesterol and triglyceride levels it is possible to achieve" — a direct quote from my doctor.

The Epilogue pays tribute to Dr. Ann Wigmore who for many years ran Hippocrates Health Institute in Boston. While there in the 1970's I met many patients who were recovering from "incurable" illnesses. Her fees were extremely modest and she was totally dedicated to sharing her knowledge of natural healing.

This book belongs in the library of anyone interested in obtaining good health the natural way.

* * * *

Anyone can become angry; that is easy. But to be angry with the RIGHT person, to the RIGHT degree, at the RIGHT time, for the RIGHT purposes, and in the RIGHT way—

THIS IS NOT EASY FOR EVERYONE.

—Aristotle

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(16) Pat Judson (Colon Cancer)

(41) Richard Mott (Lung Cancer)

(43) Kay Windes (Breast Cancer)

(58) Walter Carter (Pancreatic Cancer)

(98) June McKie (Lymphosarcoma)

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(108) Kay Windes (Breast Cancer)

(112) Louise Greenfield (Breast Cancer)

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(158) Moshe Myerowitz (Liver Cancer)

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(179) Greg Hagerty (Hodgkins)

Panels of Recovered Cancer Patients

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(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)

(189) Doris Sokosh (Breast Cancer), Lou Dina (Lymphoma) and Daniel Friedkin (Testicular)

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