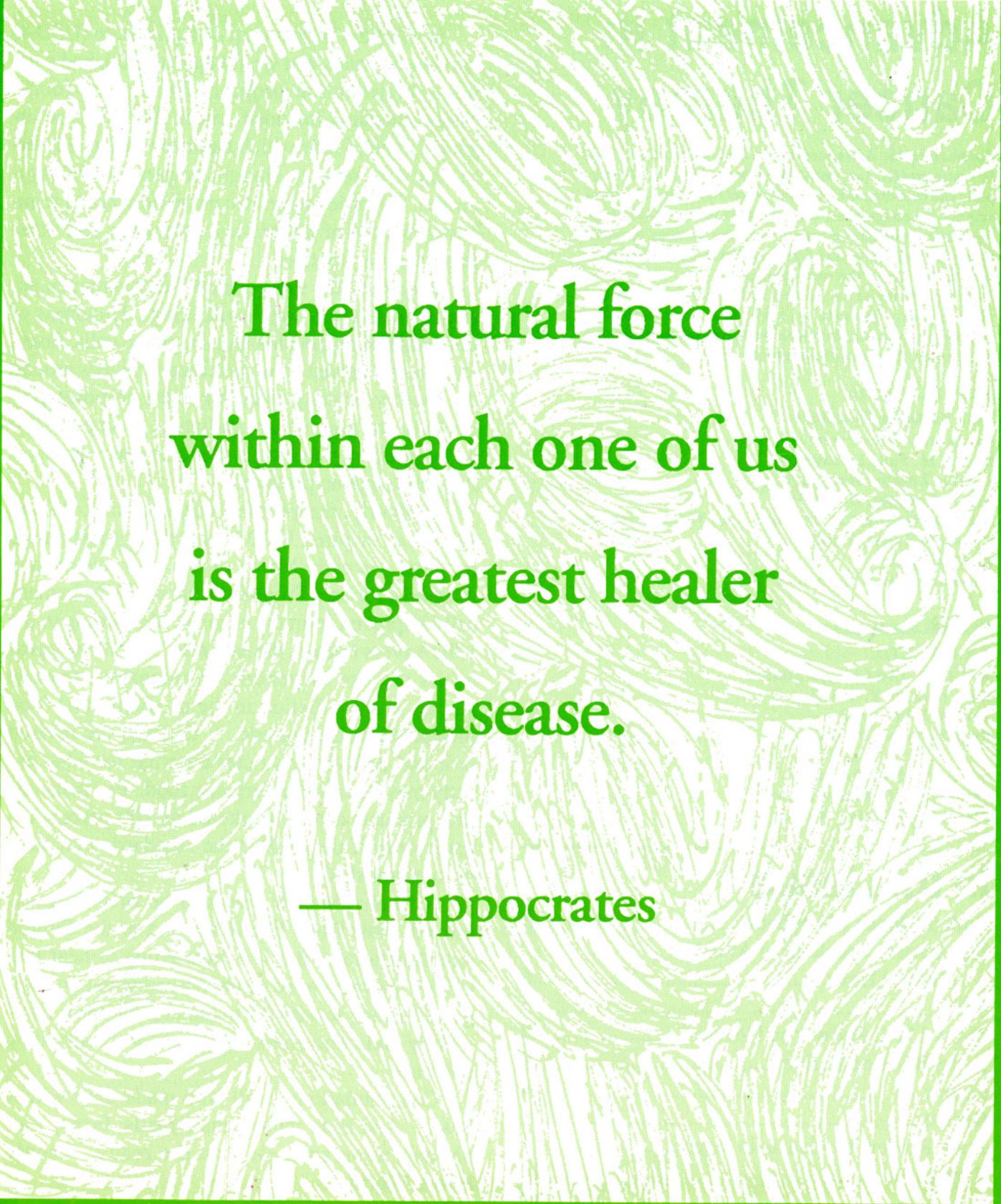


# CANCER FORUM

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



The natural force  
within each one of us  
is the greatest healer  
of disease.

— Hippocrates

# Foundation for Advancement in Cancer Therapy

## People Power!

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

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In 1997 the Department of Agriculture (USDA) announced rules that would have established a national certification program for organic foods. These standards included, under the "certified organic" label, foods which had been irradiated, fertilized with sewage sludge, or genetically engineered. The rules were also extremely lax in regulating the use of antibiotics, hormones and other factory farm practices.

But during the subsequent 90-day comment period USDA had a huge awakening! Hundreds of thousands of letters plus emails, phone calls, faxes, etc., were received from concerned citizens around the country strongly objecting to the proposal, particularly the notion that irradiation, sewage sludge and genetic engineering were in any way compatible with organic practices.

Evidently, the people's outrage and common sense has inspired USDA to rethink their whole proposal. In early March of this year, the agency released a Revised Proposed Rule which is dramatically improved from the original. According to the USDA press release, the new rule "specifically prohibits the use of genetic engineering, sewage sludge, and irradiation in the production of food products labeled organic." Overall, the revised proposal defines far stricter criterion for what exactly may be called an organic food. For instance, raw products can be marketed as 100 percent organic only if they fulfill the standards that have been established.

A final rule now needs to be officially approved, most likely before the end of the Clinton Administration. But it is heartening to hear that USDA has responded to the citizenry and perhaps gained a new sensitivity to the organic farm community and consumers' demand for quality they can trust.

Congratulations to all who made their voices heard. And keep those pens (emails, faxes, telephones, telegrams, etc.) on the ready. People Power Works!

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## RUTH SACKMAN'S NOTEBOOK

Readers of *Cancer Forum* probably know that FACT is extremely careful before adopting new ideas until we feel secure that they have been used widely and for a considerable length of time. Since cancer patients don't have much leeway to experiment with new claims of success, it is important that we know with as high a degree of certainty as possible that a new claim works in a biologically sound way that will cause no harm to the patient now or in the future. It is not as though there is a shortage in the supply of quality material that has to be filled, therefore, it is certainly not worth taking a risk on something new. To err on the side of caution is the better choice.

There are so many so-called "alternative" items that are being offered in the marketplace as though they are superior to what we are already using and as though they have some magic ability to cure cancer. Some of them are useless, some are harmful and some are simply mediocre. The health industry is so different today than it was even thirty years ago when you could depend upon the careful attitude on the part of the people owning the stores to serve as the gatekeepers for the consumer.

There was very little money to be made in those days, so owners ran their health food stores because they had a commitment to an ideal. Only those items that had a safe track record were sold. Anything new that was offered had to measure up to their established standard. Today most of the new breed of stores sells everything that is widely advertised and requested by the consumer. This is not meant to be a criticism. It is just the way the health food store business is run.

There are some specific items sold in health food stores that I would like our readers to be careful about using. I have commented about them in past issues of *Cancer Forum*, but I would like to do so in one article especially for our new readers:

**Canola oil:** Why this oil has received so much attention in such a short period of time is something I would like to understand. And why it is assumed that it is superior to the oils we have been using for

a long time, such as, sesame, safflower, olive, corn, and others, is another thing I would want to understand. Canola oil has replaced the customary oils in baked goods found in health food stores and seems to be the oil of choice of many nutritionists.

Canola oil, unlike the customary oils which are made from edible seeds, is made from rape seed which is a poison. The seeds were genetically engineered to lessen toxicity and the oil is now offered as a health item. Firstly, we need to avoid genetically engineered items as they are not organic which must be our yardstick as much as possible for maintaining health. After all, the reason we shop in health food stores is because we want natural, whole, unadulterated, uncontaminated products. Secondly, canola oil has created problems for some of its users and those problems have been serious and very difficult to overcome. One example is a young woman, Darleen Bradley, who used canola oil because she had heard that it was beneficial. After a year of use, her cholesterol level shot up to 250. Even *after* she discontinued using the canola oil, it took 5 years for her to restore her cholesterol number back to a normal position. Another person developed loose teeth, gum problems, numb hands and feet and joint pain. This is certainly not a health product.

**Calcium:** Magazines, television, radio, all contain advertising touting the great importance of adequate calcium intake along with the calcium supplements they want us to buy. Yes, we need calcium, but do we need it in a tablet made from some inedible source, such as, chalk, eggshells, dolomite, or any chemical that is not synergistically sound? If it is not synergistically sound, it is not metabolized competently by the body's system; therefore, it is just wasted. But that is not the only problem with taking calcium in an inorganic form. In a previous issue of *Cancer Forum* I wrote an article about an item that appeared in *Medical World News* about a surgeon who found a calcium settlement that appeared on an x-ray as though it was a malignant mass. Can you visualize an individual

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mistakenly undergoing surgery unnecessarily? Calcium also combines with cholesterol to form plaque on the arteries.

Calcium is one of the most prolific elements found in the food chain. Because of its great need, Nature in its typical wisdom has provided it in multitudes of foods—fruits, vegetables, seeds, nuts, etc. Sesame seeds are very high in calcium. With the abundant calcium in food there should be no need to take calcium in tablet form. Furthermore, if there are signs of osteoporosis, the problem could be an inability to metabolize calcium due to a weakness, for example, in the thyroid gland. So calcium deficiency may not simply be a result of not *enough* calcium, but rather a problem in some aspect of the metabolizing process. If the problem is metabolic then, correcting metabolism would be what is indicated, not additional calcium. Even if calcium tablets were used, they probably could not be metabolized, anymore than any of the other sources of calcium if the thyroid function is too weak.

**Soy:** This has been a very serious problem. The hype about soy, based on some mediocre research, that was never extended over a long enough period of time, has been phenomenal in its acceptance by doctors, government agencies, patients, nutritionists, writers and anyone else with an interest in health. Most of the promotion has been spearheaded by people who produce soy products. FACT has been aware of the negative aspects of soy from the very beginning of its existence. Dr. Max Gerson found soy unacceptable in his clinic practice and today the Gerson Institute is constantly warning their patients to avoid soy. This conclusion was based on experience, not merely theory. The problem with soy is that complications do not appear immediately but tend to occur with time. Soy is an enzyme inhibitor and enzymatic function is crucial to metabolism.

Complications are not evident in the limited use of soy as orientals use it. It is the overuse which is of special concern. When people use soy consistently as a breast cancer preventative, it becomes a real concern. There are other minor problems with soy but the greatest harm is enzyme inhibition. Enzymes are the catalysts that make avail-

able nutrients from all ingested food to be converted into cells, energy and whatever the body requires. ( See article by John Lee, M.D. at [www.fact-ltd.org](http://www.fact-ltd.org).)

**Green tea:** As many of our readers know FACT suggests using herbal teas instead of the conventional pekoe tea. Green tea is the same tea as conventional tea. The difference is that the conventional pekoe tea is roasted and the green tea is boiled. It contains the same caffeine, fluoride, aluminum, and selenium which we try to avoid by using herbal tea. Herbal teas also contain many valuable nutrients which add to our nutritional intake.

**Distilled water:** This has been a controversy from the time of FACT's inception. Even some of our respected physicians still suggest that patients use spring water because spring water contains minerals which are essential for normal life. The minerals in spring water come from stones which are inorganic and, therefore, not as well metabolized as minerals from food. But the real problem, unfortunately, is that spring water also contains chemical contaminants that are polluting the wells and aquifers that are the source of the spring water. Some of the pollutants are difficult to detect as the methods of detection are not as yet even available.

Many people use distilled water without suffering from any mineral deficiency because the best minerals are derived from our food supply. Minerals from food are efficiently metabolized and absorbed by the body. I have been using distilled water for at least thirty years. Dr. Norman Walker, author and scientist, used distilled water from a very early age and died at the age of 117. So I am sure you can feel secure that you will not suffer from a mineral deficiency by using distilled water.

**Kava Kava:** All you need to conclude that this is an item that should be avoided is to be alerted to the warnings about kava kava. With all the following caveats, this cannot possibly be biologically sound, safe and useful. Here is a partial list of the warnings of adverse effects of kava kava:

Do not use if pregnant, nursing or being treated for depression.

High doses or long term use can lead to hypertension.

Can cause reduced protein levels.  
Can create blood cell abnormalities.  
Can cause liver damage, muscle weakness, shortness of breath, visual impairment, dizziness and dry scaly skin.  
Do not take kava kava and drive.  
May worsen Parkinson's disease.

Kava kava creates euphoria somewhat similar to a narcotic.

**Vitamin C:** Do we need vitamin C? Yes. Do we need vitamin C in doses as high as 30 grams? No! That is the amount proposed by Dr. Linus Pauling, a biochemist and Nobel prize winner.

Dr. Leo Roy, a physician and surgeon, in a talk at a FACT convention stated that high doses of vitamin C would deplete the body's enzymes as the high dose was too much for a normal body to metabolize. Dr. Roy's statement is logical and biochemically correct.

Since 30 grams cannot be utilized, it burdens the elimination system to rid the body of the excess. This is the same system that has the responsibility for eliminating the daily waste from our food intake, dying cells, chemical pollution, etc. Do you realize the handicap under which the body is placed with the extra burden of Vitamin C megadoses which need to be discarded?

Unfortunately, Dr. Pauling became a prostate cancer patient himself even though he had vitamin C available and no doubt used it. Instead of being able to recover with his own concept of high doses of vitamin C, he had to resort to flutamide, a conventional cancer drug and ultimately succumbed from cancer. This is certainly not a reassuring example that high doses of vitamin C are an effective cure for cancer.

There are some practitioners who might claim that vitamin C has some merit and might be preferable to chemotherapy. That is possibly true, but it would only apply if the choice was between chemotherapy and vitamin C. If the patient is on a carefully designed metabolic program, then vitamin C megadoses would create a biochemical imbalance that would cause the metabolic program to fail. We need to be eternally vigilant about the food we ingest. It is our source of life.

**Vegetarianism.** For some people vegetarianism seems to be a universal truth. Personally, I would prefer to be a vegetarian as I feel a gut sympathy for animals, but I have to face the reality of my years of experience at FACT which have brought me into close contact with so many patients and clinicians. Some patients regain their health as vegetarians and others *cannot*. Should those who require meat protein jeopardize their health for ethical feelings about the slaughter of animals? I think we have to adjust to the circumstances of life and choose what is indicated for each individual.

The claim by vegetarians that the design of the human body (teeth and digestive system) is equivalent to that of vegetarian animals seems to be logical but if it is not applicable to the individual, can we support it for each person? It is my view that the human system adapts to its environment over generations, thereby rendering some people omnivorous. Nature has the wisdom to make this adjustment in order to sustain life. The offspring of generations of meat-eating ancestors have evolved into omnivorous entities and now require meat in small amounts in order to maintain homeostasis.

The following example of research conducted by Robert Good, M.D., may give some insight into vegetarianism for the cancer patient.

Dr. Good., who, at one time, did immunology research at Sloan Kettering, conducted a research project when he was at the University of Minnesota to determine the effect of a no-protein diet on mice bred to produce cancer. The results were most interesting. Initially, the tumors were reduced. *But, when the mice were deprived of protein over a long period of time, the tumors regrew.* There is a logical explanation for this phenomenon.

The body, when it is deficient in some element which it needs for metabolism, attempts to recreate the necessary balance for metabolism by taking it from places which we call storage. If it needs calcium in the blood stream, it takes it from the teeth and bones. In this instance it would seek protein from either the muscles or the periphery of the cells where excess protein is stored. As long as the protein is available, the body maintains normal function (homeostasis). But when the stored protein is

depleted and can no longer provide enough to correct the imbalance, the body function goes awry. When there is a biochemical imbalance, the body is then vulnerable to the production of abnormal cells. For cancer patients this can be deadly.

The only reason that this final chapter of Dr. Good's study is available is because the project was extended long enough to see the actual results of protein deprivation. Most cancer research is discontinued too soon. Adequate time should always be an integral part of cancer research as immediate results, which may manifest in tumor reduction, cannot reflect the more usual picture of cancer's history. I have been constantly critical of the fact that, more often than not, the cancer research projects are not extended long enough to accurately reflect the condition of the human species. Cancer is a slow-growing disease and just achieving tumor reduction is not a conclusive indication of a cure. Tumors are cut out and discarded, reduced by chemotherapy or radiation, yet too often there is a recurrence.

If flesh protein needs to be included in the diet, it should be from organically-fed animals, which, of course, means free of contaminants. The items used in producing much of the meat today remind me of a laboratory with a mad scientist mixing the concoction: hormones which can upset hormonal balance, antibiotics which kill good intestinal flora, road-kill as feed which can cause mad cow disease. There are probably other components which we don't even know about, though these three are more than enough to cause havoc.☸

\* \* \* \* \*

“The root of the whole matter of food and nutrition is the nourishment of the cell, whether it be of bone, epithelium, muscle, gland, nerve or special sense. The inevitable consequence of its faulty nourishment is depreciation of its structure and functions—the foundation upon which a vast edifice of disease is built.”

—Major General Sir Robert McCarrison,  
CIE, MD, D.Sc, LId, FRCP.

## His Advice: Speak up to Avoid Medical Error

Many people were stunned when the National Academy of Sciences estimated a month ago that medical errors in hospitals cause between 44,000 and 98,000 deaths every year.

But Lucien Leape, M.D., a professor at the Harvard School of Public Health and contributor to the report, was first stunned by numbers like these more than a decade ago, when he studied medical records in 30,000 hospitals and found similarly disturbing facts. Since then, Leape has sought ways for the medical community to report errors, and to develop systems that will prevent them.

Leape told the *AARP Bulletin* he believes that medical mistakes generally result from bad systems, not bad people. “If you want to prevent error, you need to redesign the systems,” he says.

President Clinton has picked up the issue, ordering health plans serving federal workers and retirees to improve the quality and safety of their health care.

In the meantime, what can patients do? Think of medical professionals as partners in your care, not gods. “Smart doctors,” Leape says, “are getting used to the idea that they're not going to know everything.” Do your own research, at the library or on the Internet.

Ask what-and-where questions about every diagnostic test, every procedure and especially about every drug. Over 7,000 patients die every year because of medication errors. List every medication you take, including dosage.

Make sure you (and the pharmacist) can read written prescriptions, and that you know what the medication should look like. If you're having surgery, Leape suggests, go over the procedure step by step first.

Don't be shy. Doctors and nurses are getting accustomed to seeing patients who know a lot about their physical condition. And if the medical professionals have a problem with that, says Leape, they need to get over it.

—Linda Greider, *AARP Bulletin*, Jan. 2000

# F.Y.I.

## Potassium and Sodium Balance

Seasoning with salt is so common that without it we usually feel the food does not taste good. Unfortunately, the use of salt creates a potassium/sodium imbalance, a very important health element. One eminent physician, Max Gerson, M.D., felt that cancer was created by a sodium/potassium imbalance.

Potassium deficiency may not become evident immediately because the deterioration is subtle and symptoms are often associated with the general aging process. These symptoms may include unrelenting fatigue, loss of muscle tone, a rise in blood pressure, weakness, mental confusion, abnormal heart rhythm and sagging dry skin. In young people acne is aggravated by potassium deficiency.

Nature wisely provided us with an abundance of delicious potassium-rich foods. These include: fruits like pineapple, banana, strawberries, grapes, apples, pears, mango and vegetables like broccoli, cabbage, brussel sprouts, sweet corn, mushrooms, parsley, potatoes, radishes, spinach, green peppers. Of course, all these are also high in fiber, minerals and other essential nutrients

So you might want to think twice next time you pick up that salt shaker. How about a banana instead!

## Why You Don't Need 8 Glasses a Day

Stop hitting that bottle: It's a myth that you need to drink eight glasses of water a day to keep your skin supple. The moisture in skin comes from the blood supply, and you'd have to be severely dehydrated for your skin to be affected. "Basically, you need to drink enough water to replace what you lose in urine and sweat—and if you're healthy, your thirst mechanism tells you how much that is," says Benjamin Caballero, M.D., director of the Johns Hopkins Center for Human Nutrition. People on high-protein diets generally need more water, while people with lots of body fat need less. (You can tell you need to drink more if you easily go six or eight hours without urinating. You also need more fluids when you're sick, since even a low fever makes you sweat.) And contrary to what some skincare

experts say, you don't need to swill water to help your body rid itself of toxins. "Many liquids help the kidneys eliminate toxins, including the liquid in the foods you eat," says Caballero.

*from Redbook*

## New Hope

A unique computer-guided surgery device and technique developed in Pasadena is saving the lives of patients with what were once considered inoperable brain tumors.

One recent operation using the new technique is credited with allowing an 18-year-old Illinois student, Jim Smolenski, to graduate from high school. Previously his parents had been told the tumor in his brain was inoperable and that the boy could not be saved.

That was before the youth went to the Mayo clinic in Minnesota, where one of three of the newly developed devices can be found.

The new device and technique, developed at the Huntington Medical Research Institutes in Pasadena, allows a computer scan to guide a surgical instrument deep inside the brain to areas that had never been reachable for surgery before.

The surgical device, designed by Drs. C. Hunter Sheldon and Skip Jacques, uses a computer program designed by the institute in conjunction with Cal Tech and Jet Propulsion Laboratory.

It takes the computer a couple of hours to gather the data it needs from X-ray scans of the brain. A unique microsurgical instrument is then guided to the target in the brain. While six of the devices have now been built, only three are in use: one in Pasadena, one at the Mayo Clinic, the third at UCLA in Los Angeles.

*from Knight-Ridder Newspapers*

## FDA Warning

The FDA warns persons with sleeping problems not to take the dietary supplement Sleeping Buddha. The product, promoted in health food stores for insomnia, contains the prescription-strength drug ingredient estazolam and should be regulated like a drug, the agency contends. Estazolam is a sedative that carries a number of risks.

*The Johns Hopkins Medical Letter*

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## “Now I Will Show You Heaven”

A rabbi had a conversation with the Lord about Heaven and Hell. “I’ll show you Hell,” said the Lord and led the rabbi into a room in the middle of which was a very big round table. The people sitting at it were famished and desperate. In the middle of the table there was a large pot of stew, enough and more for everyone. The smell of the stew was delicious and made the rabbi’s mouth water. The people around the table were holding spoons with very long handles. Each one found that it was just possible to reach the pot to take a spoonful of the stew, but because the handle of the spoon was longer than a man’s arm, he could not get the food back into his mouth. The rabbi saw that their suffering was terrible. “Now I will show you heaven,” said the Lord and they went into another room exactly the same as the first. There was the same big round table and the same pot of stew. The people, as before, were equipped with the same long-handled spoons—but here they were well nourished and plump, laughing and talking. At first, the rabbi could not understand. “It is simple, but it requires a certain skill,” said the Lord. “You see, they have learned to feed each other..”

—Hasidic Tale

From the book, *The Dark Side of Love—The Positive Role of Our Negative Feelings: Anger, Jealousy and Hate*, by Jane Goldberg, Ph.D.



I expect to pass through  
this world but once—  
Any good therefore that I can do  
or any kindness that I can show  
to any fellow creature—  
Let me do it now  
For I shall not pass his way again.

—*The Road of Life*

## In the Blink of an Eye

As I was bicycling my way home up Eighth Avenue the other day, a speck of urban something-or-other flew into one of my eyes, leaving me the other to navigate the mad rush hour traffic. Immediately my mind went into high gear. Should I stop and try to get the speck out? How do I do it? Should I ask someone to help?

Then, just as suddenly, I felt my eye tearing and, in a blink, the irritant was gone! “Wow!” I thought. While “I” was busy analyzing, plotting how to deal with this seemingly stressful situation, my body was way ahead of “me.” In the course of its usual business, it happened upon the intruder and post haste expelled it. All in a day’s work! While the mind obsessed, the body did what came naturally.

What a nice reminder: trust in the body to do its work. It’s an incredible survival machine. Too often we think we have to “do” something, when just letting the natural healing forces do their daily drill is much more efficient. In the same way the body spotted that speck, it constantly scouts around inside—fixing, cleaning, healing, tuning up, defending—without a word from our conscious mind, thank you. When we break a bone, a doctor can set it, but the body does the healing. When we cut ourselves, the body wisdom knows just how to form a clot and then replace it with fresh new skin—all without an “okay” from “us.” In the same way, if given the proper conditions and materials—and lack of interference—the body can correct more serious chemical imbalances that create disease.

Years ago John H. Knowles, M.D., then of Rockefeller Institute in New York City, stated at an American Medical Association (AMA) conference that about 95 percent of the patients entering doctors’ offices would heal themselves without any treatment. The other 5 percent, he said, would need a doctor’s attention. (Interestingly, when President Nixon was elected in 1968, he nominated Dr. Knowles to fill the post of Surgeon General. But the opposition of the medical community forced the President to withdraw his name.)

Be good to your body—feed it well, give it good quality water, oxygen to breathe, moderate exercise and plenty of rest. Then relax, knowing that most times the less YOU do, the better.

—Consuelo Reyes

# Letters

*The following letter was translated from Spanish:*  
Dear Esteemed Colleagues:

Once more we have come to the end of a year and the Institute of Scientific and Technological Information wishes to express to you our deep satisfaction and joy for the work we have done together at the end of this century and millennium.

We are making plans for the future so that we may continue collaborating with you for our mutual benefit.

In addition to our hopes for ever greater joint efforts, we would like to wish you happiness, health and prosperity in this New Year.

Sincerely,  
Leandro Bernal  
Havana, Cuba

Dear Ruth and Consuelo,

I am sorry that I let my membership drop but I was under a lot of pressure around our move. It took 6 months, but now we are moved and back to some routine.

I hope you are both well and it was good hearing from you. It is so reassuring to know that you are there.

With love and eternal thanks, M. G.

P.S. Enclosed is my check for renewal of my membership

*M.G. is a long-term recovered breast cancer patient.*

Dear Ruth Sackman,

Thank you so much for the information in regards to my fibroid. I felt much better after fasting. It was a relief to know I have other options besides surgery. I've radically changed my diet incorporating many of your printed suggestions.

Here's a donation and membership dues. I give it with all the love in my heart. I wish you peace and happiness for the new millennium. Thanks once more for your hope and your help. May God bless you and your organization.

Love, N.M.

Dear Ruth,

Enclosed please find my contribution. Your organization has helped me and my family in so very many ways. Your knowledge, wisdom, information and opinions touch us each and every day of our lives. There is always something we are doing that has come about as a result of your teachings. We

are most grateful to you. Good health to you all  
My Very Best Wishes, S. P.

Dear FACT,

So glad you are willing to accept small checks. It is such a joy for me to send a donation to FACT rather than to a florist when I want to honor a friend who has died.

Thank you! H.B.L.

Dear Ms. Sackman:

Thank you for talking with me yesterday. I did understand it when you said you were not able to suggest any holistic physicians without talking to the person involved. I have passed on this information to the cancer patient, and if he is able to call you, he will.

Again, thank you and all good wishes, L. G.

Dear Mrs. Sackman:

Enjoyed the informative sessions you had several years ago in Elizabeth, New Jersey. My wife of 47 years passed away from ovarian cancer. My friends and myself contributed several thousand dollars to the American Cancer Society, which I'm convinced is just money down a rat hole. Are any of the following worth being interested in: Immunocal, Glutathione and MGN-3? Enclosed check to continue your very informative bulletins.

Many thanks, S. R.

*Our years of experience have taught us that single substances are not the answer to cancer which is a most complicated problem. Single substances may serve a program adjunctively but cannot be the primary system. Some people promote a simplistic view of cancer alternatives, when, in fact, it is very complex. FACT has concluded that the focus must be geared to restoring the host's ability to function normally which means the body must discontinue the production of abnormal cells and immune activity must be enhanced. To do this a carefully designed nutritional program combined with a method to restore the body's ability to metabolize those nutrients competently is the most potent method to produce healthy cells.*

Dear Ruth,

Please renew my subscription to FACT. Thanks for this wonderful publication and the light it sheds on much needed facts about disease and cure.

Sincerely R.L.H.

Dear Friends,

Enclosed find my check for \$5.00. Please

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send me information about alternative cancer (all cancers).

I am so pleased to know there is a group like FACT, as well as a few others, getting information out about natural nutritional therapies to the public. People are waking up—but slowly.

Thank you, S.R.

Dear Ruth,

Please find enclosed a check for \$5 for the information packet. I thank you for your time and information regarding healing of the body by natural means and the recommendation of Dr. Meltzer of Encinitas, California, whom I will contact shortly.

God bless you and your work throughout these 30 years. You have given me hope and inspiration in my search for natural healing.

Yours in health, M.C.

Dear Ruth,

Long ago I came to the conclusion that concomitant with doctors' advice, we need to do our own research and reading to determine if certain medications would do us well—or be even more deleterious to our health than our own illness.

My prayers and wishes for good health to all are sent to you through the miles, S.P.

Dear Ruth Sackman,

I'm 71 years of age and a graduate of Columbia University. I have avidly attended some of your annual meetings in Elizabeth, New Jersey and became interested in nutritional cancer when I read Dr. Max Gerson's *A Cancer Therapy* in 1958 and have followed other interesting and effective nutritional cancer therapies for 40 years.

I am writing for two reasons:

Since the AMAS test detects 95% active non-terminal malignancy and gives a 1 to 19 month warning before clinical detection, why can't this test be expanded by using it to eliminate the majority of cancers in the U.S. in a routine testing program—aren't we interested?

I had a borderline AMAS number of 122 and I lowered that number to 45 in two weeks using my own intensive therapy combining five other nutritional therapies. My wife had an AMAS of 20. Her mammography test showed negative. Mammography testing is only 60% reliable.

I believe early AMAS routine testing should be immediately established to check its reliability and potential.

Secondly, no one, but no one is presently pointing out what Carlton Fredericks stated in his book *Winning the Fight Against Breast Cancer: The Nutritional Approach* (1977) that the majority of breast cancer in the U.S. is caused by the lack of the vitamin B complex in our diet which the liver needs to detoxify the excess build-up of estrogen compounds. The increase of breast cancer correlates proportionately with today's increase of sugar and white flour consumption since the early 1900s.

The government spent and will spend millions of dollars as per Nixon and Gore respectively, but there wasn't and isn't any money to set up a nutritional program now or ever. So what are we to conclude as a solution according to our medical experts?—early breast removal or continual use of Tamoxifen. We are without doubt a sick nation!

Very truly yours, T.H.

*A letter such as this from someone who has attended one of FACT's conventions sends a troubling message that we are not reaching some of our guests to the depth of understanding of the goal we have set. Yet, we must be doing something right or we could not present testimonials from recovered cancer patients. I certainly do not want to detract from Dr. Frederick's contribution as a nutritional pioneer, but neither, with my 30 years of experience acquiring knowledge of alternative cancer therapies, can I accept that vitamin B complex alone is effective for the cancer patient. As a matter of fact, Dr. Max Gerson, who is mentioned in the letter, negated using vitamin B complex. As we've said so many times, the body needs the full range of nutrients in the most natural form, to correct cell production.*

*The AMAS test has its usefulness, but the HCG test, developed by Dr. Emanuel Navarro, is more accurate and easier to use. It will also warn, long before a tumor appears, that the rate of cell production is out of order.*

Dear Mrs. Sackman:

Enclosed is a check for 3 memberships in the FACT organization.

I have enjoyed membership, and reading the journals in the past, and miss receiving them. I have also enjoyed going to two conventions in the past and hope to attend any more that you have.

Thank you very much, V.L.

Dear Ms. Sackman:

Thank you so much for your kindness and good counsel. I'm going to put the "salts" detox on trial this Friday, Saturday and Sunday. I'm looking forward

to receiving Dr. Walker's book to enlighten me further on the detox program so am enclosing a check for \$10.00 as promised.

I pray for your continued health to be able to help many more people and hope I can be one of those people that say, "I made it" with help of Jehovah God, FACT and Mrs. Sackman.

Sincerely yours, L.M.

To Whom It May Concern:

I am enclosing a check for \$40 for 8 tapes. I have circled the ones I want.

Your organization sounds like one I am very interested in knowing about. I have colon cancer, have been in remission since January '99, taking chemo since November '98 and 2 oncologists agree that I should continue to take a maintenance dosage after I finish my 1 year at the end of November '99.

I use all alternative methods—juicing, organic foods, herbs, vitamins, meditation and visualization.

I do not believe I will get a reoccurrence and I am not happy about their recommendations. Any suggestions as to whom I could speak to for advise. Please send me whatever information you have and put me on the mailing list.

Sincerely, J.M.

*For individual information, it is best to call the FACT offices, Mon-Fri, 10 am-4 pm at 212-741-2790.*

Dear Ruth Sackman,

Along with other reading material from Ann De Michael-Hoehn of The Narrow Path Publishers was a paper on "Understanding Alternative Cancer Therapies" by yourself.

It is much appreciated! Ann is not sure about the current price for your FACT packet, but said to send at least \$5.00 for it. I have enclosed \$8.00 and if that isn't enough, will send the rest when I know how much.

My diagnosis is malignant parathyroid with hypercalcemia and breast cancer. So far I went on a 4-day fast, did a series of 3 gravity flow colonics a week for 3 weeks and trying to the best of my knowledge, to eat most of my foods from the alkaline group. A portion of my diet is now raw fruits and veggies.

I am making myself use the treadmill at least twice a day, sit in the sun and try to be outside. My windows are open everyday.

Of course, I have put all my trust in God and know He doeth ALL things well—which doesn't necessarily mean I will live through 'til he comes. But as long as I, by His grace, do everything I can to

do it His way, I'm OK with whatever the results may be. There is a lot to be said in favor of His special resurrection.

I have a mission—letter writing on present truth with a mailing list of about 850. This cancer has put me behind about 3 weeks—I try to get a letter out to everyone each month. Have been so so tired the last few months. Appreciate any info/help you may/can give.

Thanks, L.L.

Dear Mrs. Sackman,

Enclosed is my check for the amount of one hundred dollars for membership renewal.

I congratulate you for the wonderful work this organization is doing in research and heartfelt caring for patients and their families.

With best wishes for your continued success.

Sincerely, S.D.

Dear Ruth,

I thank you deeply for your continuous support in helping me maintain my health the way I believe is true to nature.

I would like to add some donation to your wonderful organization. Thank you so much.

Sincerely, R.S.

Dear Ruth,

Thank you for your wonderful publication, *Cancer Forum*, and the research and education you do.

I have been interested in alternatives since I was kicked out of nursing school in '73 "for having the wrong attitude." I asked too many questions of the doctors and didn't agree with standard practices.

We discovered you in '76 after my 19-year-old brother, Larry, was diagnosed with leukemia. My mother saw Pat Judson on TV and then met you at a convention. We did use one of your recommendations, but the AMA killed him anyway.

I am now working on my Masters degree in Natural Health and continue to search for answers.

In appreciation of all your many years of service.

J.McF.

Dear Ruth,

Enclosed is a check. I am so very grateful for your wisdom.

Have lost track of my status in regard to your *Cancer Forum* bulletin, I would very much like to continue to receive it.

Will be in touch to keep you up to date. I'm off to the health store.

Gratefully, J.M.

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# Recipes

## Banana Tahini Drink

by Marion Kalin

This recipe was published in one of the first *Cancer Forum* magazines back in the early 1970's. We reprint it here because it is every bit as delicious and nutritious today as it was then.

This drink tastes very much like the old-fashioned thick malteds we used to get at the candy store and is a good weight-adding treat.

1. In a blender, place 3/4 cup of cold water, 1 medium sized ripe banana, and 2 tablespoons of tahini (sesame seed butter).
  2. Blend for about one minute.
- If you prefer a thicker shake, add less water or more water for a more liquid drink. The riper the banana, the sweeter the drink

## Velvety Cashew Milk

- 1/3 cup raw cashews
- 3 cups distilled water
- 2 Tablespoons pure maple syrup
- 1/2 teaspoon vanilla extract

Grind the cashews in a blender to achieve a fine powder or paste. Add 1/2 cup of water, maple syrup and vanilla. Process on medium to achieve a smooth, thick cream. Add the remaining water, one cup at a time, and blend on high until creamy. Store in refrigerator for up to 5-7 days.

## Strawberry Soup

- 10 ounces strawberries
- 1-2 teaspoons honey
- juice of 1/2 lemon
- 1/2 teaspoon almond extract
- 1 cup plain whole yogurt, strawberry yogurt or kefir

- 8 ounces apple juice
- fresh mint for garnish

1. Puree the strawberries in a blender or food processor. Add the honey, lemon juice and almond extract, then the yogurt and apple juice.
2. Blend until very smooth.
3. Chill for at least 3 hours. Serve cold in small dessert dishes or cups with saucers. Garnish with mint springs.

For a thicker soup, use 2 cups of yogurt.  
Yields 4-6 servings.



## Summer Berry Yogurt Soup

- 2 cups fresh orange juice
- 2 cups plain whole yogurt
- 1/2 tablespoon raw honey or maple syrup (or more to taste)
- 1 tablespoon fresh lemon juice
- dash of ground cinnamon
- dash of ground nutmeg
- 1 1/2 cups fresh strawberries, raspberries or blueberries
- fresh mint sprigs for garnish

1. Whisk together the orange juice, yogurt, honey, lemon juice, cinnamon and nutmeg and chill.
2. If using strawberries, slice the large ones, otherwise berries should be left whole.
3. To serve, divide the berries equally among the individual serving dishes, then ladle soup on top. Garnish with fresh mint. Makes 2-4 servings.

# Book Review by Consuelo Reyes

*Prescriptions for Living—Inspirational Lessons for a Joyful, Loving Life* by Bernie S. Siegel, M.D., 1998 (Harper Perennial, NY, 210 pp.), \$12.95.

Bernie Siegel, M.D., is the well-known, conventionally-oriented surgeon who chose to become warm and friendly “Bernie” in a profession famous for maintaining emotional distance from patients. His transformation led to the founding of ECap (Exceptional Cancer Patients), support groups in which—way before “mind/body” acquired the “buzz” it has today—patients expressed their feelings and shared survival behaviors. He documented what he’d learned in several best sellers, beginning with *Love, Medicine and Miracles*.

As ebullient as ever, Dr. Siegel’s new book, *Prescriptions for Living—Inspirational Lessons for a Joyful, Loving Life*, is directed more at problems of the population-at-large rather than patients coping with life-threatening conditions. He dispenses his wisdom in a series of short lessons ranging from witty and insightful to cute and sometimes overly cute. Much of the grist for the book is provided by his family which he loves, loves, loves, and which, he frequently and self-effacingly points out, does not hesitate to let him know the shortness of his comings and goings.

Bernie’s message, in case you missed it, is that bestowing love upon just about every conceivable life complication is the way to joy and miraculous change. He makes some valuable points: e.g., not to get too hung up about heredity because day to day habits are just as, if not more, important and allow us a real choice and sense of control. He notes that many of our ills result from unresolved conflicts in our heads—the pressure headache, neck and back pain. He talks about the protective benefit of relationships—the fact that people who are gravely sick or have suffered severe accidents survive much longer when they replace the negative feelings—anger, fear, resentment—with loving connections to others, such as the desperately ill woman who told her children, “I can’t die now. Not

until you’re all married and out of the house” and went on to live another 23 years.

Bernie can get a bit carried away with this philosophy when he counsels pat answers for dealing with ornery people and situations. He tells us how he calmed a screaming psychotic patient by just yelling, “I love you!” There is the suicidal woman whom he told to describe to a group of supportive listeners her favorite animal (an eagle). So enthralled did she become by her own portrayal of the soaring bird and the warm response of the audience, she forthwith declared she was no longer suicidal. Not to mention the obnoxious guy in traffic to whom Bernie, leaning out of his car window, emoted, “Sorry you have not been loved, but I love you!” (Try this in New York City rush hour and you risk getting your headlights smashed...).

But, there is much to learn here because the doctor has tuned into the basic truths, as have so many of the self-help books available today. Indeed, while there may be just so much “wisdom of the ages” around to be dispensed, we have a virtually unlimited array of books on the market expressing it all in one manner or another. Any one volume could provide the spark of transformation and enlightenment. The trick is to find that ambiance that best vibrates with you and go with it.

Bernie’s style does not particularly strike a chord in me, but it will in many and more power to us all!

\* \* \* \*

If a man does not keep pace  
with his companions,  
perhaps it is because he hears  
a different drummer.

Let him step to the music  
which he hears,  
however measured and far away.

—from *Walden*  
by Henry David Thoreau (1817-1862)



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(187) Discovery of the Ultimate Diet

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(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

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(79) Improving Host Resistance With Cellular Therapy  
(164) Jorge Estrella, M.D.: Immune System, Cancer and Cell Therapy  
(174) Jorge Estrella, M.D.: Boosting the Body's Healing Ability

**Charlotte Gerson, Director of Gerson Clinic**

(167) Charlotte Gerson: The Gerson Therapy

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(162) Prevention of Cancer Starts in Childhood

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(27) Tissue Cleansing Through Bowel Management  
(77) Helping Host Resistance Naturally  
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(83) New Information Regarding the Fluoridation/CancerLink

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(94) Individualized Metabolic Programs to Improve Host Resistance

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**Ruth Sackman, President of FACT**

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(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 Hagejrtj (Hodgkins)

(170) Lou Dina (Lymphoma)

(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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