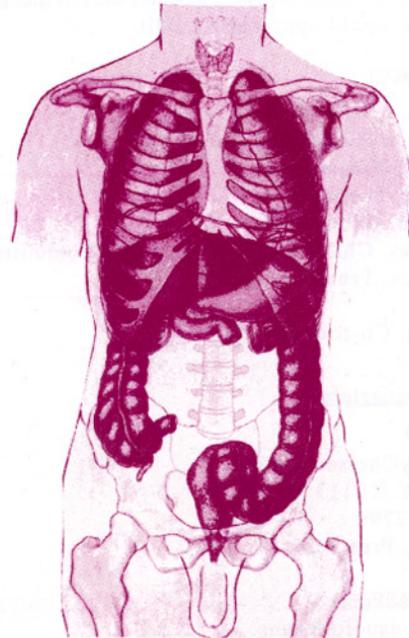


CANCER FORUM

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

Who's the Boss?

When the Lord made man, all parts of the body argued over who would be the boss. The brain complained that since he controlled all parts of the body, he should be the boss. The legs argued that they should be the boss, since they could take the body anywhere it wanted to go. The stomach countered with the explanation that since he digested all the food, he kept the body healthy, therefore, he should be the boss. Then the rectum spoke up and applied for the job. The other parts of the body laughed so hard the rectum closed up. After a few days, the brain got foggy, the legs became wobbly, the stomach became ill, and the eyes couldn't see. Soon they all conceded that the rectum should be the boss. Which just goes to show you don't have to be a brain to be a boss!



—Author Unknown

Foundation for Advancement in Cancer Therapy

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

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In this Issue

Understanding Toxemia and Detoxification	
By Rob Krakovitz, M.D.....	3
Sources of Toxicity by Peter Montague.....	7
Colon Irrigation—A Means of Detoxification.....	8
Raising Healthy Children on the	
Hallelujah Diet by Joel Robbins, M.D.....	9
Letters.....	11
Recipes.....	12
Book Review by Consuelo Reyes.....	13
Tape List.....	14
Book List.....	15

Dear Reader,

Why have we become so disoriented about immunity? When we are very young, we learn that the body will reject anything that doesn't belong in our bodies—something as small as a splinter. When the splinter is rejected by the body, it causes heat at the site, bleeding and pus. This is nothing more than the method the body uses to eliminate foreign substances. I have difficulty understanding why the medical community seems to put an unusual spin on the body's reactions by considering immune enhancers toxic when signs of rejection such as fever, bleeding or other elimination symptoms are indicative of the immune system doing its job of rejecting toxic material.

I was reading an article in *Medical World News* about the use of interferon for renal (kidney) cancer, a type of cancer that does not respond to chemotherapy, radiation or hormone treatment. Patients put on interferon (an immune enhancer) showed considerable reduction in tumor size. That should be a cause for celebration. Instead, the symptoms associated with immune enhancement and rejection caused considerable alarm and controversy. Patients developed "chills, fever, rashes, nausea, loss of appetite, myalgia, and diarrhea." The detractors then claimed that interferon was toxic.

It is not the interferon that is toxic; it is the material the immune system recognizes as foreign (dead cancer cells and other material that the immune system in its wisdom wants to eliminate) that have entered the bloodstream to be processed for elimination that is toxic. The body reacts as it would for a splinter, but, of course more acutely, as the problem is more acute.

Temporarily holding off the use of interferon and stimulating the systems of elimination will reduce the offensive reactions. It is interesting that one of the supposedly alarming symptoms is diarrhea. This is the automatic effort on the part of the body to accomplish what Nature needs to do—eliminate the toxic material. Another interesting symptom is fever. It is known that heat, as used in thermotherapy, destroys cancer cells. Nature in its wisdom is generating heat for healing. Systemic Thermotherapy is a modality where body temperature is raised artificially to destroy cancer cells. This is what interferon (immunotherapy) is doing in a biologically-sound, more natural way than conventional chemotherapy.

Have a happy and healthy summer,

Ruth Sackman

UNDERSTANDING TOXEMIA AND DETOXIFICATION

By Rob Krakovitz, M.D.

Today's nutritionist places much emphasis on the rebuilding of the body by restricting diets and through the use of many different types of supplements. This places an intense burden on the body, already in a toxic and electrochemically confused state, to make progress under these existing conditions.

This progress is often very slow, tedious and will be limited both relatively and absolutely due to the confused physiology.

Years of operating several important life variables the wrong ways cause toxins to build up in our body. They might be classified as incomplete or toxic metabolites which are the by-products of cellular metabolism. Devitalized foods, drugs and chemicals, lack of exercise, poor air to breathe and too much personally produced stress are some of the factors responsible.

The body loses its ability to communicate health messages to you and this lack of feedback allows the poor habits to continue. Eventually, the body is so deranged by these abuses it has difficulty digesting and metabolizing good sources of nutrition. Rebuilding the body is often a much more successful second stage endeavor if an initial detoxification program precedes it.

What do toxins do? They often participate in initiating diseases. They do this by building up in the body and having to be thrown off or stored. The body will try to get them out of the circulation where they do the most harm.

If they get stored, this toxin focus can cause inflammation; first acute, then chronic, leading to possible degenerative changes.

Gouty arthritis is a good example of this process as toxic uric acid crystals are focused in joint lining membranes. Some theorizers believe that a chronic toxic focus will eventually be the spark that

starts off a cancerous conversion by a cell or group of cells.

In a healthy body the throwing off process often begins before harmful sources of toxins can gain access to the body. Vomiting, diarrhea, and all the various gastroenteritis-colitis, irritable bowel type problems are examples of this throwing off at the first line of defense.¹

Of course, allergies play a role in many irritable bowel type problems also and must always be considered (as they should be for all difficult to manage problems).

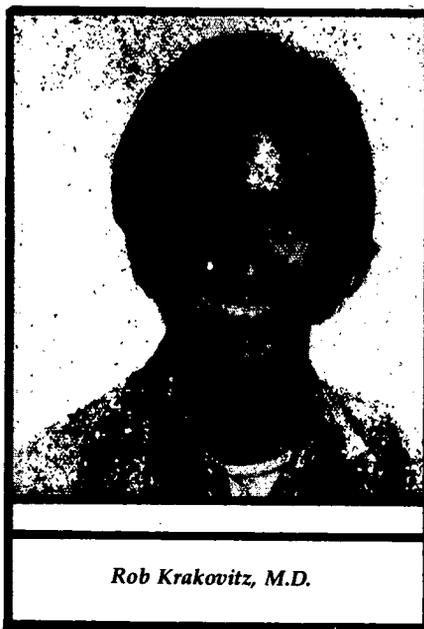
The liver and kidneys assume the major burden of getting rid of toxins that gain access into the system, but are often over-

whelmed by this daily task. The lungs and skin participate to a lesser degree. Elimination and detoxification will be slowed down when any of these natural organs are compromised or not up to par.

In a compromised situation, the body will attempt to use any other natural channel to eliminate, usually involving glands and mucous membranes. Examples include the upper respiratory tract (exuding from nose, sinus, tonsils, larynx, bronchi), skin (boils, acne, exzema, psoriasis) breast, and uterus (chronic discharges and infection).

So we see that in women there are additional physiological channels of toxic elimination. The monthly menstrual period provides a natural channel of elimination. The more toxic the women, often the more problematic the menstrual period.

So many women are toxic that abnormal symptoms of menses (excessive pain and bleeding) have come to be accepted as the norm. A menstrual period should be a few light days of bleeding, tissue shedding, maybe some minor cramps and that's all.



Rob Krakovitz, M.D.

Aside from the other mentioned life stress factors (equal for men and women), the menstrual period providing a monthly opportunity for toxin cleansing most of a woman's life, may be one of the major reasons women live five to seven years longer than men.²

When this channel is overwhelmed and/or the toxins build up there because of natural menopause, we see the rapid development of tumors. Statistics bear this out, as the incidence of cancer of the female organs rises rapidly after the menopause.

What about pregnancy?

First of all, nature and the body in its infinite wisdom will prevent a very toxic woman from becoming pregnant and bearing a child in her toxic body for nine months. This is called "infertility" (it should be recognized that there are other causes also), and often modern medicine is able to trick the woman's body into becoming pregnant. This allows the very toxic woman to pass off her toxins to the baby (a fight between obviously stronger and weaker partners).

The baby will react to this and exhibit these reactions in a number of ways. It will move around a lot due to toxic stimulation, often getting the umbilical cord twisted around itself or resulting in a breech delivery.

On occasion, the baby puts up a good fight and causes the mother extreme and serious metabolic imbalances, resulting in life threatening "toxemia" (one of the few uses of the term in standard orthodox medicine).

If the baby makes it through the nine months, it will often be born with a large amount of meconium in its intestines, the result of the baby's liver trying to cleanse the toxins out of its body as very thick toxic bile.

Also the baby is often covered with vernix caseosa all over it, the waxy results of the baby's kidneys urinating out concentrated toxins which interact chemically with the amniotic fluid when exposed to air.

These are accepted as normal encores of delivery, but men like Henry Bieler, M.D., proved otherwise many times in his previously detoxified mothers that gave birth with little or no meconium in and vernix on the baby.³

So now the baby's out, miraculously making it this far, hopefully without the toxins causing him or her some terrible congenital defect or predisposition to some disease. And what happens? The mother breast-feeds him allowing another natural channel to be used in eliminating toxins from her body.

There is nothing better for a baby than mother's milk, but only from a healthy mother. Ever wonder why so many babies won't take or are allergic to their own mother's milk? Nature will often prevent the extremely toxic mother from lactating, and although depriving the baby of mother's milk, this wisdom also saves it from becoming a toxic catch-all.

Interesting fact: Orthodox statistics show that women who breast-feed babies have a much lower incidence of breast cancer; a fact not easily explained. Understanding toxemia, it becomes clear that instead of allowing toxins to build up and focus, they are eliminated from the area.

It is always interesting to me, but sad, to see a child born with a defect or problem and go back and study the mother's pre-pregnancy and pregnant diets and other life stress factors. I can usually tie the cause and effect factors together.

How do germs fit into all this? Often we are led to believe they are responsible for creating many modern diseases. But we know that germs are everywhere; so why aren't we all sick, all of the time? How come some people always get colds and flus and others hardly ever do?

The reason is: a germ (bacteria or virus) can only take advantage of a disadvantaged situation. They are scavengers. An elimination process provides them with what they need: warmth, moisture and nutrients.

If there is no set-up, no media for growth, the bacteria or virus won't have the ability to infect you. (Other factors like personal stress and tissue vitamin C levels are also very important to consider here).

Many viri are very potent and very infectious and will take hold if only the slightest door is left open for them. The importance of prevention is to keep this door closed.

Most infections are the symptoms of toxic mu-

cous eliminations, not the cause of them. Antibiotics only kill off the scavenger bacteria (not viri), but don't do anything at all to eliminate the causes. These drugs are foreign and toxic to the body by their very nature; and many people are reminded of this by acute allergic and "toxic" reactions.

Do you think their bodies were trying to tell them something? Dr. Bieler used to say that people got better in spite of drugs not because of them.⁴ You pay a price for taking drugs. They make your liver and kidneys work extra hard to get rid of them; and remember that these same organs are already overwhelmed or you wouldn't be in this elimination mess to begin with. If you let a crisis run its course with support and intelligence, you will get over it shortly.

Is there ever a need for drugs or surgery?

Absolutely YES! In an acute emergency or traumatic accident, they may very well mean the difference between life and death.

Antibiotics can save your life if you are overcome by a potent bacterial invader.

Surgery is very useful in correcting anatomic problems, like hernias, and in many other situations where the body needs external help in assisting its ability to heal you.

Most chronic medical ailments, however, can be corrected in due time by elimination procedures and a healthy natural diet with supplemental support.

How do you help the body get rid of toxins? Combinations of fasting and mono or duo diets during a transitional period leading to a simple basic natural diet will greatly aid the elimination of toxins.

This should be done under the guidance of a knowledgeable physician in order to assess the person's current state of health and to plan a reasonable and safe individualized program. Amateur endeavors in this area often result in serious complications and should be avoided.

When you fast, you allow the liver a break from some of its tedious work; that of metabolizing new nutrients, and allow it to focus its attention on cleansing you.

The various symptoms like weakness, fatigue, headache, dizziness, nausea and skin eruptions are

all common occurrences during this period when toxins get shaken loose and get into the bloodstream before the liver can get them excreted.

The liver will excrete them out in the bile which will be released into the small intestine. The highly toxic bile will often cause gas and spasm the colon, resulting in constipation. It is very helpful then to help bowel mobility and cleansing with the aid of bulk cleansing agents and enemas during a fast.

Some will argue against enemas, but it is my belief that they are extremely useful in ridding the large colon of toxins and accompanying mucous, not allowing them to lay there and be reabsorbed, producing very uncomfortable symptoms.

The use of vitamin, mineral, herbal and enzyme supplements will aid the elimination and also make up for natural and created deficiencies.

Natural deficiencies are obviously due to eating devitalized foods lacking in these essential components (and the other life stress factors). Deficiencies can also come from toxins that cause the liver to use up vital enzymes, vitamins and minerals in the process of eliminating these toxins from the body, creating a deficiency even though their intake was adequate.

During the transition period when we seek to normalize and rectify confused metabolisms, therapeutic doses of these supplements prove useful in helping progress. As an individual makes progress, the need for supplemental support will decrease accordingly, based completely on his or her individual needs.

Eventually, he or she will do very well and feel very good eating a simple natural diet with minimal individualized support from supplements. Remember that you can aid the body in elimination but the body actually accomplishes the task. You get yourself better and the doctor acts as your guide.

What are the symptoms of detoxification during a cleansing? Fatigue and weakness are the classic subjective signs that the body is devoting a lot of energy to heal you and eliminate toxins. You are not left with a lot of extra energy and I always recommend extra rest and no vigorous exercising during a fast.

If you have taken drugs in your life, they all leave toxic residues in the body which come out

when cleansing. One will often feel as if he or she has taken a small dose of the drug again as these residues come back into the bloodstream and affect the brain and central nervous system along with the other toxins before they are eliminated.

Pains are the results of toxins poisoning the individual tissues in which they are released. If you get pain or any of these other symptoms, at least you know your body is working on cleansing you, even though it may be uncomfortable.

CRAMPING

Cramping is an indication of very emphatic muscular contractions by specific organs or muscles in an effort to force elimination of toxins and poisons from the area.

Gallbladder cramps are the best example of this, also the most common, as the liver is the main excretor of poisons which are stored in the gallbladder as very toxic bile, causing inflammation of the lining and initiating stone formation.

Fever is an indication that the body is trying to burn up poisons. They should be allowed to run a natural course with appropriate supportive and symptomatic relief like apple cider vinegar body rubs and cool compresses. Only in *very* high fevers and extreme emergencies should drugs be used to control fever.

Colds or flu-like symptoms are efforts by the body to flush toxins from the system specifically through the upper respiratory tract. This should not be suppressed with antihistamines. Most doctors recognize that the mucous response will be greater as the effect of the antihistamine wears off; indicating the body is trying to use this channel for elimination purposes.

Inflammation is an effort by the body to use its white cells to attack toxic wastes recognized as being foreign to the good health of the body. This response will be increased if bacteria or viri are present taking advantage of the situation.

Diarrhea, nausea, and vomiting (as mentioned before) are forceful efforts by the body to prevent toxic substances from getting absorbed into the body.

Mental fatigue, emotional upset, irritability, and depression are examples of symptoms caused by the many toxic waste products entering the blood-

stream during cleansing and affecting the highly sensitive brain and central nervous system.

What is a crisis? It is any of the preceding systems alone or in combination *to an extreme!*

A crisis results from an inability of the natural cleansing organs to eliminate toxins, producing a buildup in the body and forcing vicarious elimination through other channels with appropriate symptoms.

In a crisis you should support the body's effort to cleanse you by fasting on diluted fruit juice, distilled water, or vegetable broth; by morning and evening enemas, plus appropriate supportive measures and *rest*.

How can you help yourself detoxify in addition to diet and supplements?

Warm baths daily, steam room, saunas, whirlpool baths (the preceding three only for five to 10 minutes each), meditating, mild exercises and massage are all very helpful during intense cleansing periods.

Other therapies also help, depending on individual needs. Good moral support is very helpful. To go through a detoxification with a close relative or friend lends an attitude of mutual support and makes it easier for both. Getting the support from one's family is very important in keeping a positive attitude.

CRISES

I cannot stress enough how important I feel a positive attitude is when one gets involved in this type of program. Fear can and should be eliminated by education and understanding. The progress is always slow but sure, and is subtle.

One needs confidence, faith, willpower and a very positive attitude to have success.

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Sources of Toxicity

Reports of New Pesticide Dangers

By Peter Montague

(Reprinted from *The Ecologist*, Vol. 29, October 1999)

- Swedish scientists Lennart Hardell and Mikael Eriksson published a case-control study showing that non-Hodgkin's lymphoma (NHL) is linked to pesticide exposures. Hardell and Eriksson published a prior study linking phenoxy herbicides to NHL in 1981.¹ NHL is a group of cancers that arise in the white blood cells. It is increasing rapidly right across the industrialized world. Between 1973 and 1991, the incidence of NHL increased at the rate of 3.3 per cent per year in the U.S., making it the third fastest-growing cancer in the country.² In Sweden, the incidence has increased at the rate of 3.6 per cent per year in men and 2.9 per cent per year in women since 1958.

One of the herbicides linked to NHL by the most recent Hardell study is glyphosate, sold by Monsanto under the trade name Roundup. A previous study of human subjects in 1998 had implicated Roundup in hairy cell leukaemia (cancer of the blood-forming organs), a rare kind of NHL.³ Several animal studies have shown that Roundup can cause gene mutations and chromosomal aberrations.⁴

- Researchers in the U.S. and Canada announced that they had measured pesticides in the amniotic fluid of 30 per cent of a sample of nine pregnant women in Los Angeles, California.⁵ A baby growing in the womb floats in amniotic fluid for nine months before birth. The pesticide p,p'-DDE is a breakdown by-product of DDT and is known to interfere with male sexual development by de-activating the male sex hormone, testosterone. This is the first time that pesticides have been measured in amniotic fluid.

- The U.S. Consumers' Union, publisher of *Consumer Reports* magazine, announced that many US fruits and vegetables carry pesticide residues that exceed the limits that the Environmental Pro-

tection Agency (EPA) considers safe for children. "Using U.S. Department of Agriculture statistics based on 27,000 food samples from 1994 to 1997, the magazine looked at foods children are most likely to eat," the *New York Times* reported.⁷ "Almost all the foods tested for pesticide residues were within legal limits, but were frequently well above the levels EPA says are safe for young children. According to the Consumers' Union report, even 1 serving of some fruits and vegetables can exceed safe daily limits for young children," the *New York Times* reported.

- A U.S. study published in the science journal *Environmental Health Perspectives* makes the case that insecticides sprayed on forests in eastern Canada in the mid-1970s led to a dramatic decline in the population of Atlantic salmon (45 per cent reduction in small salmon, 77 per cent reduction in large salmon).⁶ Salmon are born in fresh water but after two or three years they undergo hormonal changes called smoltification, after which they move downstream into salt water. Researchers believe the pesticide interfered with smoltification, killing large numbers of fish.

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Colon Irrigation — A Means of Detoxification

Toxicity has been the least understood area of physiology in conventional healing. If this were not so, many of the pharmaceuticals in use today would have to be discarded. In the realm of natural healing, however, the concept of toxicity as the primary cause of disease and the value of periodic body detoxification have been emphasized, possibly even more than nutrition.

A toxic system is prone to develop degenerative health problems, therefore, it is reasonable to assume that a toxic system will handicap the body's ability to achieve recovery.

This issue of Cancer Forum, starting with the forthright and clearly stated article by Dr. Rob Krakovitz, contains material which should, hopefully, establish the special importance of achieving and maintaining an unpolluted and uncontaminated internal environment. I have always felt that internal cleanliness, by doing colon cleansing when necessary, is more important than washing one's face and hands. Yet it seems that whenever one of the wholistic therapies includes enemas as part of its protocol, sooner or later an article appears in a health publication that cautions the reader that it is a hazardous activity. Understandably, this makes many people somewhat reticent to discuss the idea openly.

The following items, sent to FACT by Robert Irons of the V.E.Irons, Company, shows an intelligent and logical recognition of the efficacy of colon cleansing. This concept is long overdue when one is striving to restore homeostasis.

Indications for Colon Irrigation

Irrigations are not given to move the bowels, but rather to reach the regions beyond the defecation area of the left colon, the regions not cleaned out by defecation. Alvarez and Frelander have shown that even in the normal bowel sidetracking is a common trick. They gave normal persons small beads with their food and found that many days and even weeks elapsed before the last beads

were passed in the stools. Some of the subjects with apparently normal movements took a week to pass as much as 70 per cent of the beads. One person whose bowels were constipated did not pass the last of the beads until the fortieth day. True, one can fill the colon with 2 quarts of water, have it pass to the cecum in two or three minutes as shown by roentgenograms (xrays), and have it re-expelled. But this does not suffice. In mucous colitis the thick tenacious mucous may take a lot of soaking before it can be liberated from the mucous membrane to which it clings so tightly. At autopsy I have found it a difficult matter to remove this mucous even with forceps and under a strong stream of water.

—Walter A. Bastedo: "A Handbook of Physical Therapy," Council on Physical Therapy of AMA, AMA Chicago, Pg. 447, 1931.

The effects of colonic irrigation, according to authoritative opinions, are not confined entirely to elimination of a mechanical nature. Pemberton believes that stimulation to the intestine and its associated nerve supply in relation to the volume, temperature and pressure of the fluid introduced definitely influences the physiological equilibrium within the intestinal wall and especially that of the blood supply. He emphasizes that as a result of almost any kind of stimulation, there may occur in nearly all tissues an altered or improved blood supply and a beneficial influence is exerted not only on the function of the musculature, but also on those of the glandular structures.

—Richard Kovacs: "A Manual of Physical Therapy," p. 212, 1944.

Causes of a Sluggish Colon

The newborn child is rarely constipated, but part of his training in the early years of life requires that he learn to control defecation, and this control is effected by inhibiting the natural defecation reflexes. Clinical experience shows that if one fails to allow defecation to occur when the defecation reflexes are excited, the reflexes themselves become aggressively less strong over a period of time.

—Arthur C. Guyton: "Basic Human Physiology," pg. 532, 1971.

Raising Healthy Children on the Hallelujah Diet

by Joel Robbins, M.D.

The following is transcribed from a lecture given by Joel Robbins, M.D., at Hallelujah Acres, a health center in Tennessee. The focus at Hallelujah Acres is a nutritional program. Dr. Robbins' address appeared in the center's official publication, Back to the Garden.

Here's a question I get all the time: "If diet makes a difference in our health, why is it that my grandfather, who ate everything wrong, lived to be 90 years of age and his great grandson, age 2, has cancer?" How can this man, denying every aspect of health, live to be 90 while his 2-year-old great-grandchild has cancer?

If it's diet that makes a difference, it would seem like Grandpa would be the one with the trouble. Back in the '40's there was a dentist by the name of Francis Pottenger. Francis Pottenger had that same question. His real question was "What does processed food do to our bodies?" Now, he was not a nutrition nut, and he financed his own research. So no one told him what results to come up with.

He used cats. He divided these cats into five groups. The first two groups he fed unprocessed food. Those cats remained healthy throughout the experiment, so let's put them aside.

It's the other three groups we're interested in. He fed them processed foods, junk foods in other words, and here's what he found. The first generation junk-food cats developed diseases much like we humans acquire—arthritis, cancers, diabetes, allergies, and so forth. They got these diseases toward the end of their life span.

The second generation junk-food cats developed those same diseases in the middle of their life-span. The third generation cats developed those diseases at the beginning of their life-span.

There was no fourth generation. Either the third generation parents could not conceive, or if

they did, they aborted.

Right now in America, 25% of young adults cannot conceive. It's the worst we've ever seen. The incidents of spontaneous abortion or miscarriage are on the rise. It's the worst this country has ever seen.

The Number One disease killer of children under the age of ten in this country is a chronic degenerative disease. It's cancer.

What has happened? Well, since 1900 our diet in this country has degenerated terribly. In those days Americans ate whole foods—because then we didn't have any choice. We ate what we grew off the land. We didn't know about enzymes, we didn't know about canning, we didn't know about preservatives or refrigeration or so forth, so basically we had to live off the land.

So we've gone from that to processed foods and preserved foods grown on depleted soils. And as I mentioned yesterday it's seven to fourteen days before the average American will consume anything raw. Now we're three or four generations from 1900, and we're seeing the problems Pottenger saw with his cats.

It's pretty sad. Children under the age of ten die of heart attacks and heart disease. And diabetes, a relatively new disease for children, is becoming more and more common.

It's the result of our diet breaking down over this time. Very few diseases do we actually inherit. What we inherit from our parents is genetically weak tissue. So if Dad smoked and didn't have a lung problem prior to conceiving his son, his son will be handed genetically weak lung tissue.

That's not a disease. Those lungs will function normally. Except if the son violates his body. That's the weak link. That's what's going to fall apart. And he can develop some lung problems.

Just this past week a mother called, and she said, "A year ago my daughter, age 35, came down

with Type II diabetes.”

I said, “I bet you just found out you had it too.”

She said, “That’s why I’m calling you. How’d you know?”

You see, the daughter acquired it before it showed up in the mother because she was the next generation. The weaknesses are even weaker. It took less wrongdoing for the problem to manifest. It only took 35 years of wrongdoing in the daughter, but 55 years in the mother for it to manifest.

Scripture says that the iniquities of the fathers are visited to the third and fourth generations. It doesn’t seem fair, but God isn’t fair. He’s just, but he’s not fair. And one day, as C.S. Lewis said, “The first two words out of our mouths when we get to heaven will be ‘Of course.’”

It all makes sense. But it doesn’t seem fair that we pass on our wrongs, our propensities, our weaknesses. So we have a responsibility. We’re in an age that lives for the moment: if it doesn’t hurt me now, it must be okay.

We have to think in terms of our children and our grandchildren.

You see, Pottenger found that he could reverse the problems. But it took three generations to reverse the genetic code.

What determines a child’s health? Number one is the health of the parents at conception. As they conceive, what is their health? What makes up that first cell’s life? Sperm and egg. They are an offspring, so to speak, of the mother’s body and the father’s body. If the father’s body is deficient and toxic, so is the sperm. Same with the egg. Right there at conception we can have the first cell of life that is deficient and toxic. And that will influence the genetic code.

Number two involves the health of the mother while carrying the child. What is her health picture? We learned this from Pottenger’s cats. The thought always was that the mother’s body will sacrifice itself for the baby. If the mother’s not eating well, her body will fall apart to make sure there’s a healthy baby. And to some degree that happens, but what did Pottenger find? That the mothers of the third generation, if they couldn’t carry to full term, would abort. Mother got top billing. So if mother has health problems she’ll get what nutrition

does come in, and this will affect the health of that child.

For Number Three we need to consider what the mother eats when she carries the child. What do we think makes the baby? It’s the food. If she’s eating junk food, she’s going to make a junk baby.

Number Four is the mother’s diet when she’s nursing the child. What makes the milk? About a week after my wife delivered our fourth child it was her birthday, and I asked her what she wanted to do. She said, “I haven’t had Chinese food for awhile, let’s get Chinese.” I said, “It’s your birthday. Let’s go get sick together.” So off we went and had Chinese. So the next 24 hours this poor little baby had diarrhea and vomiting. What goes in the mother’s mouth determines what’s in that milk.

Number Five deals with the question, what do you feed the child after it’s been weaned? If you don’t feed the child properly after weaning, then you start the process downhill. So a good foundation doesn’t guarantee health.

These are all factors determining the health of a child. Before conception the parents should get on the Hallelujah program* for at least three months, if not a year. *[Editor’s note: I want to emphasize this point: the dietary change should be made at least 3 months to a year before conception.]* This will give that baby every opportunity possible. And after conception and birth they need to continue to live and eat right, too.

Health is built and maintained by eating and living right all the time.✿

Since the Hallelujah Diet is unfamiliar to many of our readers, here is a brief explanation: The diet consists of whole foods, preferably organic, unprocessed, including raw fruits and vegetables, nuts, grains, seeds, etc.

It is somewhat similar to the Hygienist diet—totally vegetarian. As has been explained in previous issues of Cancer Forum, FACT has found that a vegetarian diet is not appropriate for everyone. Nevertheless, it can be a useful transitional diet for those people who have been on the traditional “meat and potatoes” fare and want to make a change in a controlled setup.

Letters

Dear Ms. Sackman:

My name is Rosalene Schellenberg and I have been healed of a very, very, very rare form of cancerous tumor for eight (8) years now. I have attended your wonderful Cancer/Nutrition Seminars in the past and have been touched by all that you present. Amongst other things I bought Doris Sokosh's cookbook *Triumph Over Cancer*.

I was given the name of your organization when I was in the midst of my, what appeared to be, utterly "hopeless" catastrophic illness. I agree, uphold, and adhere to many of the things your speakers ascribe to.

Being a motivational speaker and having spoken at other places, hearing your guest speakers and realizing that the medical society has accepted the dramatic effect that faith and prayer have in the healing of their patients. I thought I'd bring to your very capable consideration the idea of having me share my very powerful story of "inner healing" perhaps at your Seminar. I am a living witness of an overall "healing of the host" having been healed in layers—body, soul and spirit and having come out of it triumphantly. I am an encouragement to others and a repository of much healing advice through living it every day.

Dr. Christine Northrop, in her publication "Health Wisdom for Women," saw fit to print a piece of my story in her newsletter.

I am so grateful that you are going to have a Seminar again. No doubt many have found healing because of your devotion. The last time I attended your seminar, one of your cured patients said on the side, "Where would we be without her?" God Bless You.

Sincerely, R.S.

Dear Mrs. Sackman:

I've been receiving the publication *Cancer Forum* which is so informative, so I'm enclosing a donation here.

Thank you for being there for my friend, Paulette, who's with your alternative healing method and doing pretty well, and thank you for the great work you're doing that benefits so many.

Keep well and God bless, K.M.S.

Dear Ruth,

Thank you and your organization for the check covering the expenses of Dr. Richard Foulkes and myself to

present testimony in Olympia that helped to defeat Senate Bill 6665 that would have introduced mandatory fluoridation for Washington State.

It is generosity such as this that makes it possible to participate in a skirmish with forces that have superior advantages such as power, prestige and financial resources.

Once again, thank you and thanks also to Betty Fowler who helped so much. To recapitulate: SB6665 was passed through the Health and Long Term Care Committee but "died" in Ways and Means. You can bet on it that the Promoters are already at work laying the groundwork for another attempt during the next session of the State Legislature.

Sincerely, Ann Anderson, RPN

Dear Ms. Sackman:

Confirming our discussions during March 2000, enclosed is check No. 3067 made payable to FACT from EG Solutions Corp. in the amount of \$500. Please accept our donation on behalf of the "Spring Equinox Mind, Body, Spirit, Holistic Expo" held Sunday, March 19, 2000.

The intent of this donation is that it be used specifically towards holistic cancer research. You mentioned that Dr. Duncan McCollester is currently conducting such research in "immunotherapy" and has been approved by the Federal Government for human testing. We request that this donation be used to further Dr. McCollester's research.

You also mentioned that this donation is tax deductible. Therefore, we request written confirmation of receipt of our donation.

I wish you continued success in your efforts in holistic cancer research. Should you have any questions, please feel free to contact me.

Sincerely, Evelyn Garcia,
Chief Executive Officer,
EG Solutions Corporation

Greetings:

I'm badly in need of cancer therapy as I've had two breast cancer operations and refused Tamoxifen when told it might cause stroke or high blood pressure. Cancer has cropped up again, but through it all I've not had pain and have been able to take care of my living quarters, my physical needs and get my daughters' evening meal. I take lots of doctors' monthly newsletters but they are all interested now in just selling you something.

I'm almost 93 years old (just deaf with two hearing aids) and still drive my car.

Doctors in Enfield all have practices in nearby towns and aren't interested in holistic, natural healing.

Thank you for any information you can give me. I just don't have money.

R.D.

Recipes*

Spicy Radish Dressing

1/4 cup alfalfa sprouts
1/4 cup radish sprouts
1/4 tomato, cut in chunks
1/4 sweet red pepper, cut in half
1 pinch cayenne pepper
1/3 cup spring or filtered water [substitute: distilled water]
1 teaspoon tamari [opt.]
Blend all ingredients at high speed for 2 minutes.

Spicy Guacamole

3 medium avocados
1/4 cup radish sprouts
2 tablespoons lemon juice
1 garlic clove, pressed
Mash avocados with a fork and mix with other ingredients. Serve with your favorite salad.

Almond Milk

1/2 cup almond sprouts (1 day old)
1/2 cup pine nuts, soaked six hours
4 cups spring or filtered water [distilled water]
Place almond sprouts, pine nuts, and water in blender and blend on high speed for 2 minutes.
Strain out the pulp. [optional]

Sesame Milkshake

1 cup sesame sprouts (1 day old)
4 cups spring or filtered water [distilled water]
1 medium banana
1 tablespoon maple syrup
Blend sesame sprouts with water at high speed for 3 minutes. Strain through a fine wire mesh strainer to remove pulp, and return liquid to blender. Add banana and maple syrup, blend at medium speed for 2 minutes, and serve chilled. [Sesame sprouts are an exceptionally good source of calcium, containing about as much of the mineral as cow's milk, and much more digestible.]

Peaches and Cream

4 cups sesame milkshake (see above)
1 peach, pitted and quartered
1 tablespoon vanilla
Blend ingredients at medium speed for 2 minutes.
Serve chilled.

Apple Strudel

Crust:
1/4 cup walnuts, soaked 6 hours
12 medium pitted dates, mashed
Filling:
1 apple, minced
1/4 cup raisins, soaked
1/4 cup walnuts, soaked 6 hours
1/2 teaspoon cinnamon
2 tablespoons maple syrup
1 teaspoon lemon juice

Grind walnuts for crust and filling in a nut mill, food processor, or blender or nut mill. Mix filling ingredients well and set aside. To make crust, mix ingredients together well with hands. Roll out crust between two sheets of waxed paper to a thickness of 1/4 inch, and cut it into rectangles about 5" X 12". Spread filling evenly across each rectangle, making sure that mixture extends to edges of dough. Roll each piece up to create strudel, slice into 2-inch pieces, and dust with powdered almond meal.

Carob Pudding

1/2 cup almond sprouts
1 1/2 cups spring or filtered water [distilled water]
12 medium pitted dates
5 teaspoons carob powder
1 tablespoon raw honey
Blend almond sprouts with water. Add other ingredients and blend at high speed until smooth.
* All recipes on this page are from **The Sprouting Book** by Ann Wigmore, which is now available on the FACT Book List, p. 15. See Book Review, p. 13. The brackets contain changes by the editors of Cancer Forum.

Book Review by Consuelo Reyes

***The Sprouting Book* by Ann Wigmore**
(Avery, 116 pages), \$9.95.

Living, as we do, in an age when simply reaching a live person on the other end of a telephone feels like a real accomplishment, how refreshing to get back to something completely alive and accessible—sprouts!

The Sprouting Book by Ann Wigmore, guru-ess of raw foods, wheat grass, rejuvalac, et al, and founder of Hippocrates Institute in Boston, has a bright, fresh look, but for anyone interested in the full caboodle on sprouts, it's a classic. Sprouts are one of those treasures that can lead us to a more natural, healthy way of living in the midst of our hi-tech, pre-packaged world. As Dr. Ann says:

“When you eat a sprout, you are eating a tiny, easy-to-digest plant that is at its peak of nutritional value. The seed releases all of its stored nutrients in a burst of vitality as it attempts to become a full-sized plant. When you eat a sprout, you literally get the best of what a seed, be it radish, alfalfa, or any of the other edible varieties, has to offer in terms of nutrition.”

What's not to like? As Ann tells us, sprouts are one of the most concentrated, but wholly natural sources of vitamins, minerals, enzymes, and amino acids known. Because they are biogenic—capable of producing life—they also contain hormones which are vital for body functions, especially reproduction. (Cattle studies have shown, the addition of sprouts to feed increased milk production in cows and restored fertility to formerly sterile animals—not really surprising, considering seeds and grains are rich in Vitamin E, the so-called “fertility vitamin,” the content of which is tripled when sprouted!)

Sprouts are inexpensive (e.g., a pound of alfalfa seeds produces nearly 7 pounds of sprouts!). They are tasty, digestible and compatible with a multitude of other salubrious foods (see samples of Ann's recipes on p.12 of this issue). Requiring no cooking and keeping well in the refrigerator, sprouts are available any season in a nearly endless array of seeds, grains, beans (the book includes a handy chart with tips on sprouting aduki beans to pumpkins seeds to wheat berries). They are easy, quick (often ready in 1-3 days) and fun to grow indoors, on the road or at sea—a great way to interest children in the wonders

of planting.

Sprout history, according to the author, began somewhere around 3000 B.C. in China, when the Emperor recorded the therapeutic use of sprouting beans to help cure bloating, loss of nerve sensation, muscle cramps, digestive disorders, lung weakness. In the late sixteenth century a famous volume on Chinese medicinal plants suggested their aid in reducing inflammation, laxative effect, as a remedy for dropsy and rheumatism, and for general body toning. In the eighteenth century the British Captain James Cook grew sprouts on board his ship and found that he lost not one sailor in his three years at sea to scurvy, while most ships on extended voyages were losing an average of half their crews to the dreaded wasting disease (which years later was understood to be due to lack of raw foods). During World War II when there was fear of severe protein shortages, sprouted seeds, beans and grains were encouraged in the U.S. The Government Printing Office published books with all the how-to's of sprouting. But the shortages never came. After 1945 the country, hungry for prosperity, went into high-protein-quarter-pounder-hamburger overdrive and sprouts were basically forgotten.

But today sprouts are back in force and no small thanks to Ann Wigmore, who weathered decades as the “eccentric,” “slightly wacky” proponent of live foods. Never wavering from her celebration of the health benefits of sprouts, she also emphasized their part in a much larger picture: an energy-saving, non-polluting philosophy of life where individuals are attuned to nature and take responsibility for their well-being and that of their community, in spite of drought or famine or whatever may be tossed in their paths. No place for genetically-engineered terminator seeds here!

Information, like nutrients from sprouting, bursts from these pages. But I feel I should tell you: for the serious gardener or your everyday garden variety non-green thumb person, *this book can be transformational*. You may find yourself thinking up new combinations of fresh and fermented foods at odd hours of the day; you may experience childlike waves of energy and enthusiasm for the simplest of things; friends and strangers may wonder why you're glowing for no immediate apparent reason. Proceed with care and joy!

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- (146) Tom Buby (Lymphoma)

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

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

- (161) Doris Sokosh (Breast) and Michal Ginach
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- (189) Doris Sokosh (Breast), Lou Dina (Lymphoma)
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