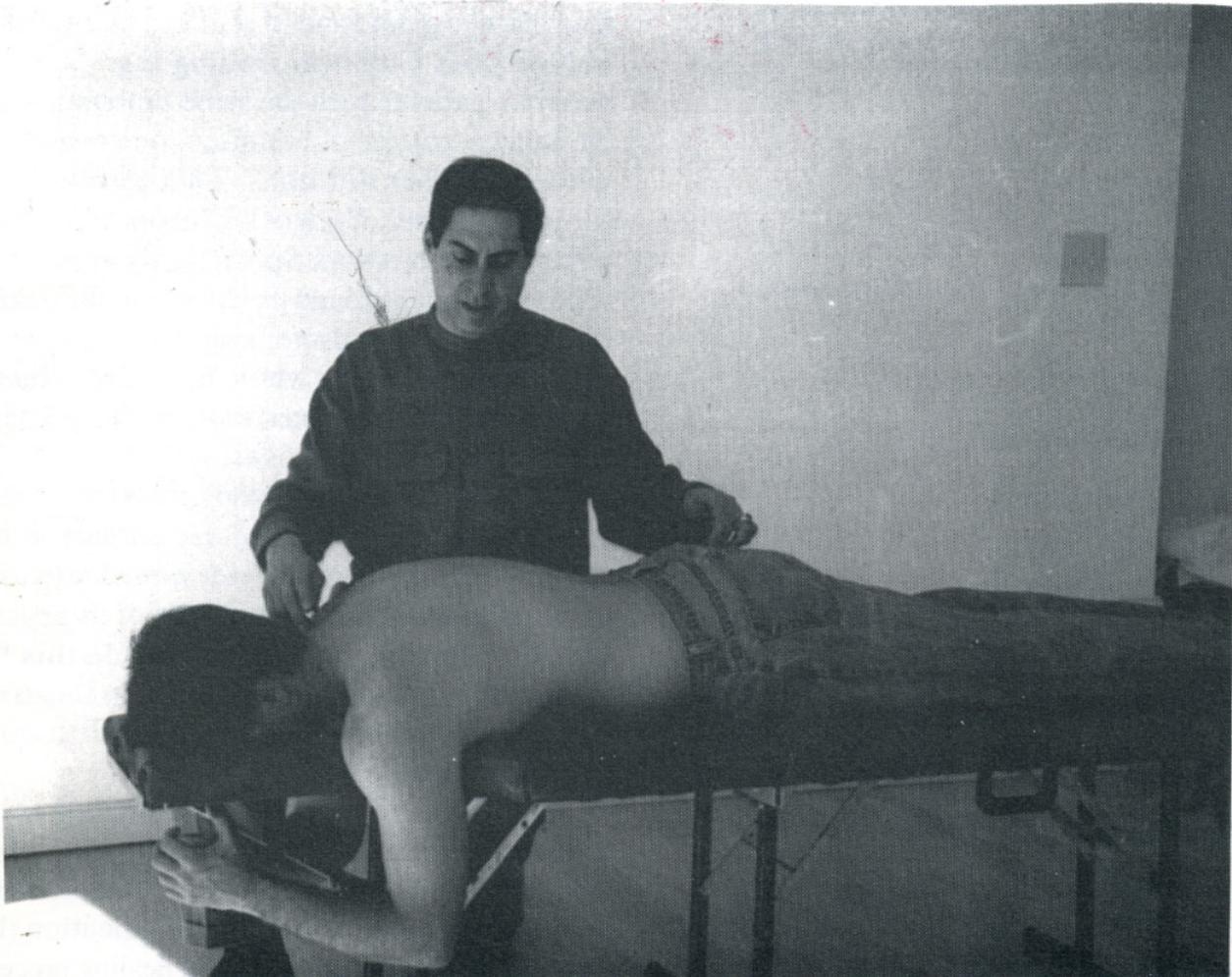


CANCER FORUM

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

Network Spinal Analysis



Dr. Donald Epstein treats a patient with NSA.

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.

The material contained in Cancer Forum is not copyrighted. Our role is to disseminate information as widely as possible; therefore, we encourage the reprinting of articles, but would appreciate credit.

Board of Trustees

- Ruth Sackman, President
- Pat Judson, Vice President
- Martin M. Fall, Treasurer
- Corrine Loreto, Secretary
- Rhoda Koeppel, Counselor
- Nicholas Daflos, Ch. of FACT Safe Water Committee
- Consuelo Reyes, Trustee
- In Memoriam*
- Leon Sackman, Co-founder

National Headquarters

F.A.C.T., LTD.
 Box 1242, Old Chelsea Station
 New York, N.Y. 10113
 Tel.: 212-741-2790
 Ruth Sackman, President

Editor: Ruth Sackman
 Production: Consuelo Reyes
 Proofreader: Irving Wexler

In this Issue

The Network Wave of Healing by Donald M. Epstein, D.C.....	3
On Disease and Wellness by Donald M. Epstein, D.C.....	5
Ruth Sackman's Notebook.....	7
Recipes.....	9
Letters.....	11
Book Review by Consuelo Reyes.....	13
Tape List.....	14
Book List.....	15

Dear Reader,

Most of us are familiar with chiropractic manipulation—that it is designed to relieve the body of spinal misalignments, relax tight muscles, ease nerve tension and correct structural (skeletal) imbalances. These adjustments help the body work more efficiently. Including this type of treatment in a program of natural healing agrees with the whole-body healing concept.

Some years ago, Donald Epstein, a chiropractor then practicing this form of standard manipulation in New York City, was finding that he could treat two patients with the same problem, apply the same adjustment, but often one responded while the other did not. This puzzled him for a long time. Network Chiropractic (now referred to as Network Spinal Analysis or NSA) was born when he found the answer to the puzzle. NSA adds a new dimension to adjustments that encompasses the whole body and releases traumas that may be interfering with the body's natural healing responses.

Although NSA has spread across the country and to many places beyond our borders, it has not yet received enough widespread attention to create general public awareness of its unusual benefits; this is why we have made this the subject of our lead article (page 3) in this issue of *Cancer Forum*. Dr. Epstein's latest book is reviewed on p.13.

We want our readers to be informed about a technique that can be so useful and actually might be the very treatment that can relieve the body of an unrecognized complication that could be handicapping the overall healing process.

Contact FACT for a referral in your area.

To your health,

The Network Wave of Healing

About Network Spinal Analysis

By Donald Epstein, D.C.

Research at the Medical College at the University of California, Irvine demonstrated that patients in Network Care reported significant improvement in Physical Health and symptoms, Emotional/Mental Health and symptoms, Stress, and Life Enjoyment. A unique Wellness Index was developed to assess these categories for overall quality of life. Seventy six percent of the over 2,800 patients **improved in every category**. Although physical symptoms changed most often within the first couple of months, patients reported their overall life enjoyment and quality of life continuing to improve year after year.

During Network Spinal analysis (NSA) care two "healing waves" develop which are unique to Network. One is a breathing wave that releases tension throughout the spine and body and relaxes a person. The other is called a somatopsychic (or body-mind) wave, which is associated with a dolphin type undulation or movement of the spine. These waves are related to a significant increase in wellness and quality of life.

Once people experience these Network "healing" waves, they tend to make healthier choices. Suddenly the exercise, diet, supplements, meditation or prayer that may have been resulting in minimal wellness benefits increased in effectiveness. Saying it differently, people in Network care, who experience these waves often double their perceived wellness. As these "healing waves" progress along a person's spine it revitalizes, energizes, and

helps the body to self correct distortions of alignment and posture. They move "stuck energy" and are a resource of new energy and vitality. Vertebra of the spine spontaneously realign as one of the by products.

NSA helps the person "inside" who is experiencing disease, and must deal with a prognosis, treatment, and symptoms. With care they are better able to develop innate strategies to find tension in their bodies and spontaneously move and breathe to dissipate it. NSA helps the person to use the energy within their spinal tension (and unresolved past and current stressful or traumatic experiences) to fuel the healing process. Network Care helps the internal cues to become so available that people more often act, think, feel and respond in a more productive and healthier fashion. The internal communication systems become clearer to coordinate the body more effectively even during periods of



Donald M. Epstein, D.C.

stress and trauma. People have been shown to make healthier choices and enjoy life more. Also, a wide range of physical complaints such as headaches, stiffness, pain, eczema, menstrual cramps, dizziness and many others have been reported by the Network patients to improve or resolve.

Why is it that we lose our wellness and health?

It seems associated with the way we experience our world. When an event occurs that our brain de-

termines is not safe for us to fully experience, the energy and information of the event is translated into vibration and tension, which is then stored in the body. It is not unlike the after-image of a flashbulb. Our body then walls off the offending energy and tension over time with muscular spasm, spinal distortion, reduced breathing into the area and reduced movement. Much of what many disciplines seek to correct through manipulation, massage, and therapy is often a symptom of this process.

Until it is safe to experience that energy again, and our bodies develop the strategy to do this, and digest the information from the trauma, we cannot really feel whole or well. The state of safety is one which promotes internal awareness and internal "growth".

Our body tenses more easily and our physiology remains set on "defense." In defense we tighten, our blood pressure tends to rise, we feel less emotion and are living our life in reaction to our stress of the moment. Nerves that attach through the spinal cord into the brain connect every cell of the body. Tension in this main cable network creates tension in the body tissues. The brain continues to perceive life defensively, and produces stress chemicals that inhibit the ability to pay attention to the incomplete "energy" or "unfinished business".

Through *gentle* contacts along the neck and lower spine, (where the spinal cord attaches inside the vertebral column), called Network adjustments or entrainments, greater body awareness is achieved. The body moves away from defense and towards growth. The brain becomes aware of the spine, which is a main conduit of consciousness, the coordinator of body function, and a proposed location of the subconscious mind. Our posture, spinal alignment, and tension patterns all reflect our emotional reactions to our perceived world.

Most of us remain in defense throughout our lives, and the higher more evolved brain does not have the opportunity to develop its unique properties and evolve new strategies for experiencing and responding to life.

When at peace, the internal growth "programs" can be switched on because the body does not need

to protect itself from injury. It can then assess if our reactions, adaptations and symptoms are appropriate or not. We can feel more profoundly and use subtle information within to make healthier choices. We can be more compassionate to others, and to ourselves. We can activate "internal software" for experiencing life, changing our course, and for healing. Our brain can pay attention to the body's tension patterns, its spinal alignment, its posture, and its current state.

In order to fix something we must first be able to find it. As our brain is better able to inventory the body, it can better orchestrate healing. This naturally occurs as NSA care progresses and the individual not only becomes aware of spinal tension patterns, vertebral motion and respiration, but also even the energetic motion through the body. Natural outcomes of Network care include this awareness, and even the self-regulation of spinal tension and alignment.

For those people who have had the greatest wounds, or stresses and traumas in life, they may tap stored tension or blocked energy through NSA care, to develop the statistically greatest positive changes in wellness. This is part of the "stress-busting" effect demonstrated in Network Care. I interpret this to suggest that the greater the wound, the greater the potential gift. That is, if new strategies can be developed to access the internal storehouse of energy for healing. This is what appears to happen in NSA care.

The NSA practitioner seeks to promote new strategies for your spine and nervous system so that you can be more effective at being well. The spinal assessments the doctor makes are matched with your personal health and wellness inventory. Allow the practitioner's expertise, and your ability to heal, to join in celebrating the wellness that is available to you . . . even in the presence of disease.

Network Spinal Analysis is currently practiced by doctors of chiropractic trained in NSA. To locate a certified practitioner call the FACT office, (212)-741-2790 or write to FACT at P O Box 1242, Old Chelsea Station, New York, New York 10113.

On Disease and Wellness

By Donald M. Epstein, D.C.

Prior to a talk about my recently released book, *Healing Myths, Healing Magic* (see Book Review, p. 13), a man approached me with a sense of urgency. "Dr. Epstein, I don't know anything about you, but I noticed the title of your book and at this time in my life, I really need some Healing Magic." He requested a few moments of my time before the program. I agreed, and the conversation began. I very vividly recall the encounter, and would like to share the details of our conversation as I remember them.

Peter: I have cancer. I've had it before, and had surgery and radiation treatments and it went away. That was about 3 years ago. I've been fine since then, but now it's back and spreading.

Donald: I understand your distress.

Peter: My oncologist tells me that I need chemotherapy and hormone therapy, which will make me feel awful and may not work. He says that if I had received chemo in the past and not radiation therapy, I might not be in the situation I am in right now. On the other hand, my radiologist tells me that there is no real evidence that the type of cancer I have will respond to chemotherapy.

To complicate my decision, my nutritionist tells me that both treatments will speed my death by depleting my nutritional and immunologic resources. I'm in total conflict, I don't know what to do, and I don't have the time to make the wrong choice.

Donald: It really is tough being caught between professional turf wars. Lets see if we can sort this out. First let me ask you, is the cancer what is making you ill? Or, without the cancer, would you be well?

Peter: I don't understand your question.

Donald: If health is defined as an optimal state of physical, emotional, mental, social and spiritual well-being, not merely the absence of disease or infirmity, my question is, are you physically, emotionally, mentally, socially, and spiritually at your personal optimum providing, of course, that we

take the cancer out of the picture?

Peter: (Laughing) Of course not, but what does that have to do with the cancer?

Donald: Were you told you were terminal?

Peter: I was told that without treatment I would most likely die.

Donald: Well dying doesn't only result from lack of treatment. *The Journal of the American Medical Association* reported that 130,000 people last year died from medical treatment error/drug reactions in hospitals. This is the fourth largest cause of death in America.

They state that this is a very conservative estimate. If outpatient visits are added, then medical error/drug reaction is the third cause of death in America, only exceeding heart disease and cancer. So, the treatment question is not so black and white. If you knew you were dying soon, what would you need to do?

Peter: I would need to get my affairs in order.

Donald: What does that mean?

Peter: It means that I would have to clean up old problems.

Donald: How would you do that?

Peter: I would ask forgiveness from people, and tell some people I love them. I would distribute my money so that I could help some family members. I would need to make many decisions in my last days.

Donald: For what purpose?

Peter: So that I could die in peace.

Donald: Hmmmm.... Is it so you could die in peace, or is it really so that you can live in peace until you die? Remember that you are alive until the moment you are not. To live in peace requires gaining greater wellness in spite of your disease of the moment.

Peter: Are you saying that whether I decide to treat my disease or not, I must take the personal steps associated with being well?

Donald: Yes. People often use disease as a valid reason not to address the big issues or incomplete energy in their lives. Understand, this is not intentional. The disease itself, not the state that lead to the loss of health, becomes the focus of energy.

Do you know anyone who has been concerned about dying for years, and actually outlived several

relatives or spouses?

Peter: Yes

Donald: Does your birth certificate have an expiration date?

Peter: No, of course not.

Donald: Well it's no secret we're all going to die, and no one really know when. Since trying to add years to your life with treatment can kill you, I suggest trying to add life to your years. Do you know the difference between disease and illness?

Peter: I'm not sure.

Donald: A person can have a disease such as heart disease, low back disc disease, or cancer and actually be well and never know he is sick. There are also people who are ill but have no symptoms of disease. A disease may be significant in your life; it may force you to look at things you would not have considered. It may give you permission to do an inventory and make changes in your life that you would never otherwise allow. The more you consider yourself to be terminal, the more pressing it is that you break out of the boxes that have inhibited the person inside you so that you may express yourself.

People who recover from significant illness very often not only make radical changes in what they do in life, but also in the story they have about life, and about what they are entitled to. Their relationships with both themselves and others change, too. They commonly must re-evaluate what is real and what is a waste of energy for them.

Peter: I am confused about illness and wellness? How can I have cancer and still be well?

Donald: People's feelings affect their health. For example, research shows that a person's spinal pain and disability are better predicted by life stresses than by an X-ray or CT scan.

Wellness is that state in which you are relatively invincible, nothing can ruin your day, you feel alive, vital and confident, and experience a high state of well-being. When you experience wellness, your circumstances of the moment do not easily upset your internal state.

In contrast, illness is the state of concern about your mortality, about your health. It is a state in which you feel limited, challenged, and worried. You feel as if something is "wrong".

Therefore, a person can have advanced cardiovascular disease and not feel ill. The same is true with cancer or any other disease. Although linked in many ways, a disease does not determine if a person is ill, and treatment of disease will only rarely produce wellness. Often the more a disease (not the person) is treated, the less wellness a person is likely to experience.

Concerns about mortality, limitation, or just the feeling that something is wrong are not usually caused by disease. You currently are experiencing illness, and also were diagnosed with cancer. Often when one feels ill, one looks for a disease to match the experience of being ill. Although treatment of disease may at times save lives, it rarely results in well-being. However, a greater sense of well-being, the ability to make healthier choices, and better adapt to stress all impact on the disease state. Most disease is attributable to lifestyle, environmental factors, or habits that take their toll over a period of years. Wouldn't it make sense that if the destructive patterns were changed, health would begin to be restored? Treatment of disease does not have to preclude getting well.

Peter: So, if I enjoy life more, forgive others and myself, make better choices, clean up loose ends and deal with stress more effectively, I can be well? That is a lot of change to make. Maybe it's easier to just treat the cancer. Can this Network care that you invented help me with this internal change toward wellness?

Donald: Yes! Network Spinal Analysis (NSA) helps your body to be more whole and to heal. It promotes healthier choices, life enjoyment and new strategies for experiencing yourself and becoming more whole.

Peter: Thank you Dr. Epstein. I understand that regardless of what I do with my cancer, I still need to maximize my healing so that I may live more fully, and in peace for the rest of my life.

+ + + +

To order Dr. Donald Epstein's book, *Healing Myths, Healing Magic*, send check or money order for \$14.00 plus \$2.50 for book rate postage or \$3.00 for first class to: FACT, Box 1242, Old Chelsea Station, New York, N.Y. 10113. See Book List on page 15.

Building Host Resistance

Nearly everyone is worried about becoming a cancer victim. It's better to stop worrying and take steps to build host resistance to the degree possible. It is much more difficult to cure cancer, so why not put out a small amount of effort to try to prevent it. The first step is to determine what not to do—what foods, chemicals and drugs to avoid.

This list is excerpted from an article written by Dr. S. B. Oppenheimer, Professor of Biology at California State University, and appeared in *American Laboratory*, February 1983:

SUSPECTED DIETARY CARCINOGENS

Compound	Suspected Target Organ
Cyclamate	Bladder
Mycotoxins	Liver
Cycasin	Liver
Nitrites, Nitrates	
Nitrosamides	Stomach
Nitrosamines	Gastrointestinal tract, liver, bladder, lung, kidney.

CARCINOGENIC DRUGS

Drugs	Human Cancer associated with heavy use.
Cyclophosphamide	Bladder
Coal tar ointments	Skin, stomach, colorectal
Diethylstilbestrol	Uterus, vagina
Arsenic containing drugs	Skin, lung, liver
Melphalan	Leukemia
Oxymetholone	Liver
Phenytoin	Lymphoreticular
Phenacetin	Kidney
Chloramphenicol	Leukemia

SUSPECTED LIFESTYLE FACTORS ASSOCIATED WITH SPECIFIC CANCERS

Factor	Suspected cancer
High fat and cholesterol intake	Colon, breast, prostate

Ethanol intake	Oral cavity, esophagus, larynx
Smoking	Lung, bladder, larynx, oral cavity, esophagus, kidney

HORMONE-RELATED CANCERS

Cancer	Hormone excess implicated as a cause
Endometrium	Estrogen
Breast	Estrogen and prolactin
Prostate	Testosterone
Ovarian epithelium	Gonadotropins
Testis	Estrogen follicle-stimulating hormone
Thyroid	Thyroid stimulating hormone
Osteosarcoma	Skeletal growth stimulating hormones (pituitary growth hormones, thyroid hormone, androgens, estrogens)

The above list should provide a good guideline of items to avoid. But we need to understand that professional people tend to be overly cautious about making claims unless the information can be substantiated with tons of research papers. Sometimes just plain common sense is also useful in establishing guidelines. I would like to add to Dr. Oppenheimer's list:

Do not use fluoridated water.

Avoid genetically-engineered food.

Avoid as much as possible inorganic produce, (nuts, grains, meat, etc.) that may be loaded with chemical residues.

Avoid household chemicals as much as possible.

Avoid cosmetics, creams and lotions with chemicals that you cannot pronounce.

Avoid anti-perspirants, as they block waste elimination.

Milk is a food for infants. After about the age of 2, the enzyme needed to metabolize milk has waned.

White sugar, white flour, and white rice are de-vitalized foods.

Avoid aluminum cookware.

Now, let us turn toward what a person can do to build host resistance to try to prevent cancer. The food you eat is the primary material needed for producing healthy cells. The whole range of elements for producing healthy cells exists in the food supply. It is not obtainable from a pill, an injectible or some liquid medicine. I have found during my 30 years at FACT that the emphasis on food is difficult to adopt by people who have been conditioned to pills and potions to solve their health problems. The simple fact is that only food builds cells. If the body is not getting the right stuff, it will surely build deficient cells.

Raw vegetables and fruits should be a substantial part of the regimen. Raw foods contain intrinsic factors designed by Nature to maintain health. (Heat alters the food and destroys enzymes needed for efficient metabolism). All creatures have been provided by Nature with the foods necessary for survival. Most animals instinctively know what has been decreed for their health and survival. Man has lost his way. This is not to say that cooked foods are bad but we tend to use too much cooked food which changes the natural composition of the food depriving the body of essential materials needed for cell repair and cell production.

Once the food intake is corrected and providing the body with the necessary elements, the next consideration is metabolizing these wonderful nutrients. If there is a problem with metabolism or absorption of the nutrients, usually a diagnosis using the SMA test can show weaknesses in the endocrine function. Most problems can be alleviated. For example: If the weakness is thyroid, there are natural substances that normalize thyroid function. Or, if the liver needs help: there are liver extracts. Cell therapy can rejuvenate weak organs so that adequate function can be achieved. (Finding a sympathetic and knowledgeable, nutritional doctor would be of tremendous advantage.)

A person's attitude can interfere with normal body function as stress, anxiety and worry skew the digestive secretions. Dr. Hans Selye did extensive research into stress to understand his own cancer problem, which he controlled for ten years until he died of heart failure. He wrote a number of books about stress playing havoc with healthy en-

doctrine function.

A suggestion is not to eat under stress but wait until you can relax. There are some simple techniques that can help the body rest. Try concentrating on breathing, yoga exercises, biofeedback or anything that achieves relaxation for you. (See article on Network Chiropractic on p.3)

The body's four basic requirements are food, air, water and sleep. There is a tendency to ignore the sleep requirement causing sleep deprivation for which the body retains a tally and wants repayment.

We need to understand that the body has great healing capacity. All it needs are the right conditions and consideration in avoiding as many negative challenges as possible that can impinge on our health in the normal course of our daily activities.

* * * * *

The Two Natural Laws for Good Health are:

- a) That every cell of the body is served by the blood which must **nourish, replace worn-out tissue, and carry away the waste products**. The conclusion is: If anything goes wrong with any portion of the anatomy, it is primarily because the material in the blood was not of the quality necessary to nourish, replace worn-out parts and carry away the waste debris.
- b) The doctrine of Biogenesis is that **Life is produced only by Life** and the inevitable conclusion is that Life can be sustained only by Life; that we are a **live Biological animal** and not a dead inert mass of inorganic minerals and dead synthetic vitamins. Hence to produce and sustain live healthy tissue the perfect method is to use **raw natural food** grown by natural fertilization. Ideally, not less than 50% of the body's intake should be raw live foods and *every meal* should contain a portion of those raw live foods.

from *Return to Natural Law*—

The Newsletter of V.E. Irons (Winter 1998).

Recipes



Basic Mayonnaise

- 1 whole organic egg,
- sliver of garlic clove, crushed
- 1/4-1/2 teaspoon mustard powder
- 2 teaspoons lemon juice
- 1 cup extra virgin olive oil, preferably organic

In a small bowl, whisk together egg, garlic, mustard and lemon juice. Beginning a drop at a time, whisk in oil. As it emulsifies, add oil a little faster in a slow steady stream. When mixture is thick, taste and adjust seasoning. Yield: about 1 1/4 cups. Keeps in the refrigerator for 3-4 days.

Variation: Add 3 tablespoons organic heavy cream.

Arugula Mayo

- 1 whole organic egg,
- 1/4-1/2 teaspoon mustard powder
- 1 tablespoon lemon juice
- 1 cup extra virgin olive oil, preferably organic
- About 1 1/2 - 2 cups tightly packed arugula

1. In a small bowl, whisk together egg, mustard powder, lemon juice. Beginning a drop at a time, whisk in oil. As it emulsifies, add oil a little faster in a slow steady stream. When mixture is thick, taste and adjust seasoning.

2. Transfer mixture to a blender or food processor, add arugula and puree. (You may need to add a tablespoon of distilled water to get arugula flowing.) Taste and adjust seasoning before serving. Yield about 1 1/4 cups. Keeps in refrigerator at peak of flavor 2-3 days.

Potato and Fish Salad with Creamy Mayo

- 1 1/4 pounds (about 15) baby-red-skinned potatoes, washed (or other organically-grown potatoes)
- 1/4 red onion, peeled and thinly sliced
- 1 stalk celery, thinly sliced on the diagonal
- About 1 cup poached white-flesh ocean fish, such as cod, halibut, flounder, scrod, haddock.
- Basic Mayonnaise with heavy cream variation

1. Cut potatoes in half. Cook until just tender. Drain. When cool, slice into 1/4 -inch rounds.
2. In a large bowl, combine potatoes, red onion and celery. By hand, break fish into bite-sized pieces. Add to salad.
3. Prepare Basic Mayonnaise with heavy cream whisked in at the end.
4. Fold 1/3 cup mayonnaise into potato mixture. There should be just enough to coat ingredients; add more if necessary. Cover and refrigerate for at least an hour. Adjust seasonings before serving. Yield: 4 servings.

Chicken and Avocado Salad with Lime Mayo

- About 2 3/4 pounds organically-raised chicken
- 8 cloves of whole garlic, plus 1/2 clove garlic, peeled and chopped.

- 1 medium fennel bulb, with leaves
- 2 scallions, thinly sliced
- 1 1/2 avocados
- 3 tablespoons fresh lime juice, or more to taste
- 1 large whole organic egg
- 1/4 - 1/2 teaspoon mustard powder
- 3/4 cup extra virgin olive oil
- 1/4 cup, plus 2 tablespoons, whole plain yogurt

1. In a large soup pot, combine chicken and whole garlic cloves. Cut fennel bulb into 1/4-inch dice, and reserve 1/2 cup; add remainder to pot. Chop fennel leaves, and reserve 2 tablespoons; add remainder to pot. Add just enough distilled water to cover chicken. Bring to a boil, then reduce to a simmer. Cook until chicken is tender, about 25-30 minutes. Transfer chicken to a plate and allow to cool completely. Reserve broth for another use,

skimming off fat when cooled.

2. Remove meat from chicken, discarding skin and bones. Cut meat in 1/2-inch pieces. Place in a large bowl with reserved fennel bulb, reserved fennel leaves and scallions. Peel and cut one avocado into 1/2-inch cubes, and add to bowl. Sprinkle with 1 tablespoon lime juice, and toss gently to mix.

3. Prepare mayonnaise: In a small bowl, whisk together egg, 1 tablespoons lime juice, mustard and chopped garlic. Beginning a drop at a time, whisk in olive oil. As it emulsifies, add oil a little faster in a slow, steady stream. When all oil is incorporated and mixture is thick, mash remaining half of avocado and add to mixture. Add remaining tablespoons lime juice and yogurt, and whisk to blend.

4. Fold 1/3 cup mayonnaise into chicken. There should be just enough mayonnaise to coat ingredients; add more if necessary. Cover and refrigerate for at least an hour before serving. Adjust seasonings. Yield: 4 servings.

Cabbage Salad with Coriander and Cumin Mayonnaise

1 teaspoon coriander seeds
1 teaspoon cumin seeds
3 cups thinly shredded savoy cabbage
2 cups thinly shredded red cabbage
1 large whole organic egg
2 tablespoons lemon juice
2 teaspoons shallot or scallion or onion, minced
1 1/4 cups extra virgin olive oil, preferably organic

1. Grind coriander and cumin seeds together.
2. In a large bowl, combine savoy and red cabbage, and set aside.

3. Prepare mayonnaise: In a small bowl, whisk together egg, lemon juice, shallot or scallion or onion, ground coriander and cumin. Beginning a drop at a time, whisk in oil. As it emulsifies, add oil a little faster, in a slow, steady stream. When mixture is thick, whisk in more lemon juice to taste.

4. Fold 1/3 cup mayonnaise into cabbage. There should be enough to coat cabbage generously; add more if necessary. Cover, and refrigerate for at least an hour. Before serving, adjust seasonings. Yield: 4 servings.

Winter Fennel Slaw with Walnuts

1 cup walnut pieces
3 fennel bulbs, thinly sliced
1 small red onion, peeled and thinly sliced
4 navel oranges, seeds removed, peeled and cut into segments
3/4 cup freshly-squeezed orange juice
1/4 cup lemon juice
1 cup extra virgin olive oil, preferably organic

1. In a large mixing bowl, combine walnut pieces less 1 tablespoon, fennel, red onion, and orange segments. Set aside.

2. In a medium bowl, combine orange and lemon juice. Slowly whisk the oil into the mixture until it is fully incorporated. Pour the liquid over the fennel mixture, toss and refrigerate 1 hour.

3. Transfer the fennel mixture to a serving bowl, top with extra walnuts.

Baked Butternut Squash Soup

2 pound butternut squash
1/2 small onion, peeled and diced
1 clove garlic, peeled and minced
2-2 1/2 cups chicken or vegetable stock
1/2 cup heavy organic cream
chopped red onion for garnish
chervil leaves, fresh dill or parsley, chopped for garnish

1. Preheat oven to 325 degrees. Using a large, heavy knife, split the squash in half and scrape out the seeds and discard. Place the squash halves on a baking sheet and bake until very tender, about 1 hour. Use a spoon to scrape out the flesh, set aside, discarding the skin.

2. In a large pot, put in the stock, onion, and garlic. Bring to a boil, then down to a simmer for 5-10 minutes until onion and garlic are tender. Add squash.

3. Working in batches, purée the soup in a blender or food processor and return it to the pot. Stir in cream and reheat. Garnish with onion and chopped chervil, dill or parsley. Yield: 3-4 hearty servings.

Recipes adapted by Consuelo Reyes

Letters

Dear Mrs. Sackman:

Congratulations on your wonderful website. I hope many more will find their way to FACT and all the information you can supply.

Enclosed is my check for \$50.00. I'm afraid it may be somewhat overdue, but not for lack of appreciation of FACT and all your kind help.

I send you my love and appreciation, L.S.

Dear Mrs. Sackman,

Recently received some information regarding FACT and am thrilled to hear about the organization. My sister just completed a challenging time and has defeated cancer, without the chemo, chelation, etc. Miraculous healing and she's kept a journal which she will be sharing in a short time. I sent her all the information on your organization.

I am interested in not only learning more but helping others to become enlightened. Let me know how I can help.

I'd like to order 12 tapes and 10 back issues of *Cancer Forum*. I am enclosing a check in the amount of \$100 to include \$5 for 10 back issues, 12 tapes as indicated below for \$50, the remainder as a tax-free deductible contribution \$45.

C.M.

Dear Mrs. Sackman:

Just a note of appreciation for the many hours you spend researching and talking to people like me who need your encouragement and expertise. What I love the most about you is the firmness and conviction in your voice which gives me such confidence to go on fighting for the goal of being well. Thank you from my heart. Thank you, too, for sharing some of your own personal experiences.

With much affection and respect, L.M.

To Ruth Sackman:

Congratulations on your efforts and willingness to try to inform as many people as possible about alternative treatments for cancer.

I, too, am interested in telling people about alternative nutritional treatments for cancer and other diseases.

I received the packet of materials you recently mailed me. I would like to have three more separate packets to give one to my doctor who is open-minded and one to each of two friends who have cancer.

Enclosed find my check for \$25.00 for the 3 packets and \$10.00 donation and I would enjoy receiving the *Cancer Forum*.

Thank you, S

Dear Consuelo,

It was lovely meeting you and I enjoyed an excellent vegetarian meal after. Thanks, again, for the Colema Board. And the juicer Ruth gave me is fabulous — what a wonderful gift as I enter a self-healing process!

Blessings and love, Sister M.W.

The juicer was a contribution from John Lysohir, distributor of the Green Power juicer. For those interested in purchasing the machine, he can be reached at 800-797-7336. He discounts it for FACT callers.

Dear Ruth,

The recent *Cancer Forum* is, as usual, wonderful. "Ruth Sackman's Notebook" — all articles as well as the cover quote by Hippocrates. Please renew my membership.

Best Wishes, I.M.

Dear Mrs. Sackman:

We have very much enjoyed your inspiring and informative lectures. It was very kind of you to answer all questions as you did.

You helped us widen our horizon and we are very much obliged to you for letting us have the various reprints which we have duplicated and distributed to our members. We have studied them with great interest and benefit.

We are looking forward to establishing some kind of collaboration with your FACT.

Thank you for coming to lecture and we hope you will accept an invitation in the future.

Sincerely yours, M.F., M.D.

Dear Ruth,

Enclosed is a check for \$25 to cover the cost for the FACT magazine, *Cancer Forum*, for a packet of information about your dietary program, and any additional information you can send me. Please accept the remainder to send information to others who cannot afford to send any money.

I have been battling ovarian cancer since Oct. 1997 and have tried many alternative therapy programs and diets. Any information would be greatly appreciated.

Sincerely, S.K.

To Whom It May Concern:

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

FACT sounds like an organization 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 dos-

age 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 advice. Please send me whatever information you have and put me on the mailing list.

Sincerely, J.M.

Dear Staff Members:

I don't know how up-to-date I am in my membership renewal, but I hope this check of \$25.00 will cover my subscription for another year.

I wish all of you health and long life so we can all benefit from your abundant knowledge.

Sincerely, A.I.

P.S. Enclosed also is the S.O.S. petition included in the *Cancer Forum*.

Ed. Note: Keep sending those petitions!

Dear Madam:

I am interested in receiving a subscription to the *FACT* magazine, *Cancer Forum*. I was recommended to get this from my nutritionist, Gabrielle Rabner. I was diagnosed yesterday with endometrial cancer. I am a 46-year-old pre-menopausal woman. My previous cancer history was cell carcinoma which was removed in December of 1996. I am scurrying to get as much information as possible on what to do with my new diagnosis since my doctor is aiming to schedule my hysterectomy on January 10th, 2000. I hope that I will receive information from you soon.

Thank you for your help.

Sincerely, U.C.

Dear Mrs. Sackman:

Thank you for a very informative magazine. You are truly doing a valuable service regarding alternative medicine and more in the medical field should do "no harm" first.

Sincerely, M.E.L.

Dear Ruth,

Thank you for your letter. It was wonderful to hear from you and what a kind offer! I am honored to think our work is an extension of *FACT*.

I am enclosing the list you sent and the books we already have. Thank you for whatever additives you choose to make.

Our summer programs have been full and transformative. Our gardens yield abundance in spite

of the drought and heat. I hope it has been bearable in your living and work areas. The earth is certainly giving us a message and a warning...

Be well, dear Ruth, and blessings to you and your staff and associates.

Warmly, Sister Miriam Theresa
Sister Miriam Theresa is Director of Genesis Farm, an organic farm and community in Blairstown, NJ.

Dear Ruth,

Words cannot express the gratefulness that I feel that there exists a person that is so concerned about their fellow men. Thank you so much!

Ruth, enclosed is a token (check) of my appreciation and some stamps. Hopefully, you will be able to use them at work.

Please also give my thanks to your staff.

May Jehovah, the God of Israel, watch over you and protect you.

Sincerely, J.S.

Dear Ruth:

I've lost track of where I am in sending you \$. I hope this check will help get me back on track. You're doing wonderful work! Keep it up. We need you.

I am Betty Fowler's sister-in-law; used to live in Evanston, Ill. Love *Cancer Forum*. It is such a god-send.

J.M.

Dear Ruth Sackman,

Greetings and best wishes for good health and happiness.

Thank you most graciously for all your kind and optimistic advice, and your patient endurance and responses to my telephone calls.

I am enclosing a contribution for your charitable works of mercy. May God continue to bless and guide you.

In His holy name,
I remain affectionately, M.E.E

Dear Ruth:

It was so nice talking to you on the phone. I appreciate your input in my grandson's and my daughter's cancer problem. I called Mr. Bo in Lee in Boston and I also visited his clinic. At this writing I'm not getting any positive response from either party to go to alternative therapies. However, I have my faith in God that there will be an intercession to their finally accepting my proposals. Ruth, I can't thank you enough.

Sincerely, S.R.

P.S. Enclosed is my renewal check for your newsletter.

Book Review by Consuelo Reyes

Healing MYTHS, Healing MAGIC—Breaking the spell of old illusions; reclaiming our power to heal by Donald M. Epstein, 2000 (Amber-Allen Publishing, Inc., San Rafael, CA, 199 pps.), \$14.00.

One definition of insanity, notes Donald M. Epstein in *Healing Myths, Healing Magic*, is “doing the same thing we have always done, and expecting a different result.”

For those who dare to identify, this book is for us! Donald Epstein (author of the lead article in this issue of *Cancer Forum*), is the maverick (some say “visionary”) chiropractor who developed Network Spinal Analysis (NSA)—a new level of chiropractic care that employs gentle touch to the upper and lower spine to release tensions throughout the body, thus *enhancing our natural healing capability* and allowing us to respond more fully to life. In this book, the verbal equivalent of NSA treatment, Dr. Epstein explains how the stories or myths we often unconsciously tell ourselves about how our bodies heal can exert powerful control which can help or hinder true healing. Just as NSA releases long-held debilitating physical tensions, he says it is important to question our beliefs and let go of those that may be blocking the healing magic that is our birthright.

To Dr. Epstein “bodymind” is one word. But too often, given our need for order and continuity, we celebrate our rational powers to the neglect of the far more profound intuitive forces of our nature. Dr. Epstein offers a satellite dish analogy:

The bodymind naturally experiences a wide range of vibrational states and their associated biochemistry as the body tissues move through their full range of motion. This is akin to having a satellite dish capable of receiving a huge number of channels or broadcasts. Difficulty arises when we choose certain stations at the expense of others, or when we keep responding to an earlier broadcast even though we have now changed channels. (That is, when our repertoire of response is basically the same regardless of our need for adaptation). It is as though we react with “feeling upset,” when feeling gratitude and love might be a more appropriate response. This occurs because our physiology is tuned to the station “UPSET,” no matter what our attention is focused on.”

When confronted with a symptom, Dr. Epstein suggests we ask ourselves first and foremost not “How can I alleviate my discomfort?” but “How do I feel about how I feel?” Inevitably, at the root of our feelings is an underlying belief which may or may

not be in our best long-term interests. To guide us in the questioning, he presents and debunks four categories of healing myths—Social, Biomedical, Religious and New Age, following up with an affirmative restatement of each issue.

As I read through the many myths, my overriding feeling was “Whew! Good riddance to that one!” Even those more familiar social or biomedical myths are worth pondering because Dr. Epstein's take is always interesting and frequently surprising. I found the New Age myths especially enlightening because, though we like to believe that the Age of Aquarius ushered in a new way of being, in many cases its constructs are just as rigid and non-productive as more conventional patterns of thought. For example:

“I am responsible for creating my reality.” (It is useless to blame ourselves for difficult circumstances we may find ourselves in, but we are responsible for our internal state of mind and emotion over which we have influence.) “Being highly evolved means no longer having negative emotions.” (Thank you! You mean, even the Dalai Lama can have a bad day? Yes: “There is no such thing as ‘negative’ emotions; there is only information and energy that is now made available for me to heal.”) “Profound new awareness is necessary in order to heal.” (What a relief! We are ready at any time to set healing in motion, trusting that new awareness will follow.) “I must understand my feelings to heal.” (What a load off the mind! Acknowledging feelings, not necessarily understanding them, frees up the innate healing power. To withhold permission to heal inhibits the natural ebb and flow of energy.) “Healing involves transcending my past traumas and negative experiences.” (We are programmed to believe that harboring the least bit of anger or bitterness toward another renders us unready to be healed. Forget about it! Forgiveness begins with openness. Let the process begin; when the time is right, these feelings will often spontaneously resolve themselves.)

As someone who has been experiencing the positive effects of NSA treatment for nearly 3 months, I like the parallel process this book sets in motion. I find I'm calmly nudging myself to revisit reactions to ordinary things, slowly casting off baggage that's blocking fresh experience. I'm going to following this pathway and see where it leads, but with a gentle touch which, as Epstein says, is the magic of healing!

Convention Tapes

\$ 5.00 each. 12 tapes for \$50.00
Mail to FACT, Box 1242, Old
Chelsea Station, NY NY 10113.

- Karl O. Aly, M.D.**
(14) Cancer Program at Tallmogarden
- Stanley Bass, D.C.**
(173) Testing Nutrition Theories with Mice
(187) Discovery of the Ultimate Diet
- Edward Berk, Herbalist**
(55) Rebuilding the Immune System
- Peter H. Duesberg, Ph.D.**
(133) The Role of Drugs in AIDS
- Edwin Flatto, M.D.**
(151) Exercise—A Vital Tool for Restoring & Maintaining Health
- Jorge Estrella, M.D.**
(79) Improving Host Resistance With Cellular Therapy
(164) Immune System, Cancer and Cell Therapy
(174) Boosting the Body's Healing Ability
- Charlotte Gerson, Director of Gerson Clinic**
(167) The Gerson Therapy
- Jane Goldberg, Ph.D., Psychoanalyst**
(24) How Stress Alters Normal Body Function
(62) Psychological Immune System
(92) Using Your Emotions for Better or Worse
(114) Who Lives and Why
(143) Emotions - Friend or Foe?
(185) How the Mind Affects the Body
- Martin Goldman, M.D.**
(113) Integrative Approach for Strengthening Host Resistance
(123) Oriental Medicine for Bio-Repair
(168) Oriental Medicine—An Adjunct for Host Defense
- Phillip Incao, M.D.**
(126) Role of Fever in Immune Response
(131) Inflammation—The Natural Enemy of Cancer
(148) How Weakening the Immune System Causes Cancer
(162) Prevention of Cancer Starts in Childhood
- Bernard Jensen, D.C., Ph.D., Nutritionist**
(2) Moving the Whole Body to Health
(27) Tissue Cleansing Through Bowel Management
(77) Helping Host Resistance Naturally
(180) Nutritional Pathway to Health
- Chaim Kass**
(186) Alzium Update
- William D. Kelley, D.D.S.**
(21) Individualized Metabolic Nutrition for the Cancer Patient
- John R. Lee, M.D.**
(64) Connection Between Fluoride Toxicity & Cancer
(83) New Information Regarding the Fluoridation/ CancerLink
(117) Fluoridation /Cancer Link
(163) Progesterone—A Natural Cancer Fighter
(178) Xenobiotics—Endocrine Disturbance
- Duncan McCollester, M.D.**
(169) Autologous Immune Therapy for a Variety of Cancers—Developmental Studies
- Shary Oden**
(171) Workshop: Healing Power of Love, Laughter, and Music
- William H. Philpott, M.D.**
(176) Role of Magnetics in Cancer
- Ribner, Richard, M.D.**
(145) Healing the Mind/Healing the Body
- Leo Roy, M.D., N.D.**
(28) Individualized Nutrition for the Cancer Patient
- (42) Enzymes: Life's Miracle Workers
(68) Immunity & Host Resistance
(94) Individualized Metabolic Programs to Improve Host Resistance
(128) Biochemical Individuality and Biological Repair,
(138) Pro Life - Yours!
(152) A Trip Through Your Inner World
- Ruth Sackman, President of FACT**
(5) Symptoms Associated with the Restoration of Health
(29) Cancer Causes & Prevention
(60) Deciphering the Proliferation of Cancer Therapies
(88) Making Sense Out of the Confusion Surrounding Cancer Information
(129) Concept of Biological Healing
(135) Causes of Cancer and Balancing Body Chemistry
(136) What Are Your Choices?
(144) Comparing Conventional & Alternative Therapies; Healing the Host
(166) Metabolic Approach in Controlling and Preventing Cancer
(172) FACT—An Optimum Resource for Cancer Patients
(175) Caveats on Alternative Health
- William F. Welles, D.C.**
(134) Colon Health to Improve Host Resistance
(150) The Colon—Key to Immune Integrity
- John Yiamouyiannis, Ph.D.**
(12) The Fluoridation Cancer Link
(46) Fluoride & Cancer
- Recovered Cancer Patients, Personal Case Histories**
(6) Michael Whitehill (Thymoma)
(80) Betty Fowler (Skin)
(41) Richard Mott (Lung)
(43) Kay Windes (Breast)
(58) Walter Carter (Pancreatic)
(98) June McKie (Lymphosarcoma)
(99) Bernard Nevens (Colon)
(108) Kay Windes (Breast)
(112) Louise Greenfield (Breast)
(119) Bernard Nevins (Colon)
(125) Louise Greenfield (Breast)
(132) Pat Judson (Colon)
(139) Lou Dina (Lymphoma) & Hy Radin (Spinal)
(146) Tom Buby (Lymphoma)
(147) Doris Sokosh (Breast) and Lou Dina (Lymphoma)
(155) Neta Conant (Breast) and Kay Windes (Breast)
(158) Moshe Myerowitz (Liver)
(159) Doris Sokosh (Breast)
(165) Greg Hagejrtj (Hodgkins)
(170) Lou Dina (Lymphoma)
(179) Greg Hagerty (Hodgkins)
- Panels of Recovered Cancer Patients**
(44) Doris Sokosh (Breast), Daniel Friedkin (Testicular), Ruth Williams (Melanoma)
(67) Jeannie Glickman (Ovarian), Betty Fowler (Skin), Daniel Friedkin (Testicular)
(45) Pat Judson (Colon), Doris Sokosh (Breast)
(72) Hy Radin (Spinal), Doris Sokosh (Breast)
(161) Doris Sokosh (Breast) and Michal Ginach (Breast)
(189) Doris Sokosh (Breast), Lou Dina (Lymphoma) and Daniel Friedkin (Testicular)
(190) qGreg Hagerty (Hodgkins), Barbara McClary (Ovarian) and Michal Ginach (Breast)

Please Order Tapes by Number

BOOKS

Add \$ 2.50 for postage and handling on all book orders. Add \$3.00 for first-class postage. Make checks payable to FACT, Ltd. and mail to FACT, Ltd., Box 1242, Old Chelsea Station, N.Y.C. 10113. FOREIGN ORDERS: USE POSTAL MONEY ORDERS.

Bass, Dr. Stanley: *In Search of the Ultimate Diet* (\$6.00)
Bieler, Dr. Henry: *Food Is Your Best Medicine* (\$5.99)
Brandt, Johanna: *Grape Cure* (\$4.95)
Cranton, Dr. Elmer: *Bypassing Bypass* (\$12.95)
Duesberg, Dr. Peter and Yiamouyiannis, Dr. John: *AIDS* (\$ 15.00)
Epstein, Dr. Donald: *Healing Myths, Healing Magic* (\$14.00)
Flatto, Dr. Edwin: *Cleanse Your Arteries and Save Your Life* (\$8.00)
Gerson, Dr. Max: *A Cancer Therapy, Results of Fifty Cases* (\$19.95)
Greenfield, Louise: *Cancer Overcome by Diet* (\$7.95)
Haight, S.J.: *Censured for Curing Cancer - American Experience of Dr. Max Gerson* (\$8.95)
Hay, Dr. William Howard: *How To Always Be Well* (\$6.95)
Heede, Dr. Karl O.: *Sure Ways to Health and Joy of Life (Waerland Dietary System)* (\$1.00)
Heritage Press: *Composition and Facts About Foods* (\$12.95)
Howell, Dr. Edward: *Enzyme Nutrition* (\$8.95)
Hume, E. Douglas: *Bechamp or Pasteur?* (\$20.00)
Hunsberger, Eydie Mae: *Eydie Mae's Natural Recipes* (\$5.95)
Hunsberger, Eydie Mae: *How I Conquered Cancer Naturally* (\$7.95)
Jensen, Dr. Bernard: *Arthritis, Rheumatism and Osteoporosis, an Effective Program for Correction Through Nutrition* (\$7.00)
Jensen, Dr. Bernard: *Beyond Basic Health* (\$11.95)
Jensen, Dr. Bernard: *Blending Magic* (\$6.00)
Jensen, Dr. Bernard: *Doctor/Patient Handbook* (\$8.00)
Jensen, Dr. Bernard: *Foods That Heal* (\$14.95)
Jensen, Dr. Bernard: *The Greatest Story Ever Told* (\$7.95)
Jensen, Dr. Bernard: *The Healing Power of Chlorophyll* (\$6.50)
Jensen, Dr. Bernard: *A Hunza Trip and Wheel of Health* (\$7.95)
Jensen, Dr. Bernard: *Nature Has a Remedy* (\$12.95)
Jensen, Dr. Bernard: *A New Lifestyle for Health & Happiness* (\$7.00)
Jensen, Dr. Bernard: *Rejuvenation & Regeneration* (\$7.00)
Jensen, Dr. Bernard: *Tissue Cleansing Through Bowel Management* (\$8.00)
Jensen, Dr. Bernard and Dr. Donald Bodeen: *Visions of Health* (\$12.95)
Jensen, Dr. Bernard: *Vital Foods for Total Health* (\$8.00)

Jensen, Dr. Bernard: *What Is Iridology?* (\$ 5.95)
Kelley, Dr. William D.: *One Answer to Cancer* (\$11.95)
Kimmel, Dean: *6 Weeks to a Toxic-Free Body* (\$9.95)
Kime, Dr. Zane: *Sunlight Could Save Your Life* (\$19.95)
Lane, Dr. Sir W. Arbuthnot : *The Prevention of the Diseases Peculiar to Civilization* (\$2.00)
Lauritsen, John: *The AIDS War* (\$20.00)
Lauritsen, John: *Poison By Prescription: The AZT Story* (\$12.00)
Lee, Dr. John: *Natural Progesterone* (\$10.00)
Levine, Barbara H.: *Your Body Believes Every Word You Say* (\$11.95)
Meyerowitz, Steve: *Fasting and Detoxification* (\$10.95)
Owen, Bob: *Roger's Recovery from AIDS* (\$10.00)
Ramos, Dr. Federico O.: *Treatment of Cancer By Means of Cell Therapy* (\$1.00)
Roy, Dr. Leo: *The Liver* (\$4.00)
Sokosh, Doris: *Triumph Over Cancer* (\$10.00)
Stickle, Robert W.: *A Rational Concept of Cancer* (\$3.50)
Stickle, Robert W.: *One Man's Fight to Control Malignancy* (\$3.50)
Tilden, Dr. John H.: *Toxemia Explained* (\$5.50)
Waerland, Are: *Health Is Your Birthright* (\$3.00)
Waldbott, Dr. George L.: *Fluoridation—The Great Dilemma* (\$5.00)
Walker, Dr. N.W.: *Becoming Younger* (\$5.95)
Walker, Dr. N.W.: *Colon Health* (\$5.95)
Walker, Dr. N.W.: *Diet and Salad Suggestions* (\$6s.95)
Walker, Dr. N.W.: *Fresh Vegetable and Fruit Juices* (\$6.95)
Walker, Dr. N.W.: *Vibrant Health* (\$5.95)
Wigmore, Dr. Ann: *Be Your Own Doctor* (\$3.95)
Wigmore, Dr. Ann: *Recipes for Life* (\$9.95)
Wigmore, Dr. Ann: *The Sprouting Book* (\$9.95)
Yiamouyiannis, Dr. John: *Fluoride, The Aging Factor* (\$14.95)

The books on this book list are very carefully selected. The nutrition books are based on *clinic experience*, not theory or laboratory work.

Information Packet \$5.00 (includes 1st class postage)

CANCER FORUM
10 BACK ISSUES \$5.00
20 BACK ISSUES \$10.00

FACT is a non-profit organization. All proceeds from book sales are used by the Foundation for Advancement in Cancer Therapy for your benefit.

Foundation for Advancement in Cancer Therapy, Ltd.
P.O. Box 1242 Old Chelsea Station
New York, NY 10113

Non-Profit Org.
U.S. Postage
PAID
New York, N.Y.
Permit No. 5769

ADDRESS CORRECTION REQUESTED

Visit the
FACT Website!
WWW.FACT-LTD.ORG



- FORWARDING ORDER EXPIRED
- INSUFFICIENT ADDRESS
- MOVED, LEFT NO ADDRESS
- UNCLAIMED REFUSED
- ATTEMPTED, NOT KNOWN
- NO SUCH STREET
- NO SUCH NUMBER
- ROUTE NO. _____ DATE _____
- CARR. INITIALS _____

DR RIMA E LAIBOW S
THE ALEXANDRIA INSTITUTE D
615 BROADWAY
HASTINGS-ON-HUDSON NY 10706

Please notify us if you change your address. Our non-profit mail will be returned to us at a charge of 35c and you will miss copies of *Cancer Forum* until your address is corrected. This mail is not forwarded.

Foundation for Advancement in Cancer Therapy, Ltd., Box 1242, Old Chelsea Station, New York, NY 10113

To help us help you and to support alternative cancer therapies, make your most generous, tax-deductible contribution to FACT. We plan to send receipts only upon request, to ensure more funds for FACT programs. If you do wish a receipt check here.

(please check amount)

- \$1,000
- \$500
- \$100
- \$50
- \$25
- \$10
- Other \$ _____

Please make checks payable to FACT

Name _____ Telephone _____

Address _____ Apt. # _____

City _____ Zip _____

E-mail address _____

A copy of the last annual financial report filed with the New York State Board of Social Welfare may be obtained upon request by writing to: New York State Board of Social Welfare, Office Tower, Empire State Plaza, Albany, NY 12223.