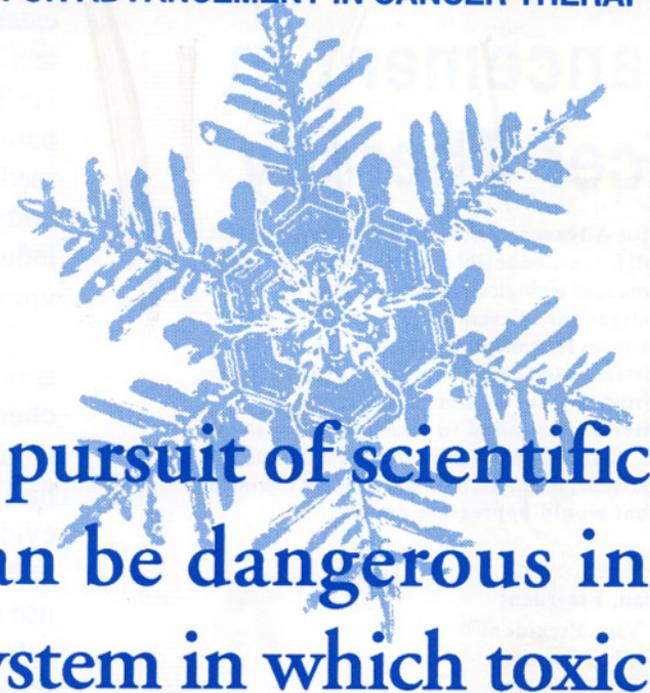


CANCER FORUM

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



“The endless pursuit of scientific knowledge can be dangerous in a regulatory system in which toxic chemicals are deemed innocent until proven guilty.”



— from *Toxic Deception: How the Chemical Industry Manipulates Science, Bends the Law and Endangers Your Health* by Dan Fagin, Marianne Lavelle and the Center for Public Integrity

Foundation for Advancement in Cancer Therapy

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

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Dear Reader,

The Food and Drug Administration (FDA) was established by the government as a consumer protection agency at the urging of Dr. Harvey Wiley. He became concerned about the welfare of his patients because of unpredictable reactions to the medication. Today the agency has evolved into a body that is too concerned with the welfare of the industry which leaves the consumer without an advocate.

There was a mad rush to use chemical medication after World War II because some of the chemicals proved to be miraculous in treating wounded soldiers. Unfortunately, not enough time had elapsed for long-term side effects to become evident, nor was there recognition of the cumulative effect. With the ever increasing growth in the use of man-made chemical medicines, the earlier, safer, herbal medicines seem to have disappeared from the medical pharmacopeia. If the herbals didn't work, at least they did not do long-term harm.

We need to be concerned about food safety even more so than drugs. Do you find yourself overburdened trying to find safe food—no coloring, no preservatives, no flavor enhancers, no stabilizers, no additives? Are you troubled by medication with its adverse effects? It seems timely for us (the consumer) to make a serious attempt to restore the FDA to the agency which Dr. Wiley originally intended so that we can feel protected. If the consumer is protected, automatically, the industry will reap the benefit.

Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." *Take the time to write, call or visit your congressional representative to inform him of your feelings about the FDA's role in your life. He will take your feelings into account as he is there to represent you.*

To your health,



Let's Talk About Health

The following is transcribed from "Let's talk About Health," a WOR-AM radio program which originated in New York City.

Robert Anderson: My guest today is Ruth Sackman, President of FACT, a non-profit organization. She is going to be speaking with us today about how to prevent cancer and, hopefully, how to keep it from recurring. She's highly knowledgeable. So when you call FACT and have questions, they're not out there making money from anybody so I think the highest probability is that they're coming from the heart. I've been to many of their conventions and I've really been dazzled by their knowledge of healing and there are so many worthwhile professionals who are affiliated with this organization.

I always like to have a thought for the day and this thought is as follows: Be an explorer of yourself. I think that there are mountains and valleys and continents within your mind and within yourself to be explored. So many of us in our lifetime find a superficial understanding of ourselves. We have to remember that the self is limitless and that if we find out one aspect of ourselves, do not think that we know ourselves. Understand that you found part of yourself and that your search and exploration can go on deeper and deeper and deeper.

At this point I'd like to welcome Ruth to the show. As we're waiting for our listeners to call in, perhaps you can address the question of how to prevent cancer. It's certainly an idea that so many people are concerned about with a prediction of 1 out of 3 people getting cancer. You'd think with all the publicity and newspaper articles about new things out there, it would seem like the establishment is winning the war, but, as you mentioned on a previous show, in 1960 1 out of 25 were predicted to get cancer. Now with the "War on Cancer," as the orthodox medical establishment labeled it several years ago, according to the statistics, it certainly doesn't seem like that war is being won.

Ruth Sackman: That's well put. What we need to do today is take into account all of the pollution

that we're exposed to. But that's not going to change because our government consumer protection agencies have a "benefit/risk" ratio policy. By that is meant that if there appears to be benefit to many people, a certain amount of risk to others is tolerable. Therefore, the situation we have today of toxic chemicals added to the food supply or used in factory farming or released into air is not likely to change in the near future. So it's up to the individual to exercise some protection for himself.

Cancer is a frightening disease, but you can do many things to build host resistance as a preventive. It's what you take into your system that is helpful, and, of course, good elimination is very important. I'd like to give you some ideas that are more specific instead of generalities. Let's talk about things we ought to avoid and then we can talk about things we need to include.

We need to take into account that there are a lot of carcinogenic substances out there. You've got all sorts of chemicals that go into the food for it to be grown. These substances may make the food look better and yield a larger crop. In addition, regulators rationalize that this will make more food available to more people and at a cheaper price. But these chemicals are cumulative and though they may not hurt you the day you eat one apple with Alar, if you ingest them over a period of time, eventually something is going to show up and no one is going to suspect or even attribute the problem to the fact that you've accumulated too many toxins from the food you ate.

You must also watch out for your water. Too many communities have fluoridated their water. Although there's a controversy about it, there is enough scientific evidence to show there is a fluoride/cancer link. In studies where 10 fluoridated cities were compared to 10 unfluoridated cities, it was found that the cancer incidence in the fluoridated cities was significantly higher statistically than for the comparable unfluoridated areas. You've got the food supply and water supply with all these toxic chemicals or what we call pesticides. You want to

be careful and you can be.

But, of course, beyond trying to avoid toxic substances, it's important to move ahead and try to ingest the kinds of material that are going to fortify the body as much as possible in order to prevent the disease. This is what we like to term, developing *host resistance*. And that's not so very difficult. A dietary change can develop host resistance to cancer. But if you already have cancer and surgically remove the tumor and the doctor says, "We got it all," you would still be wise, and I don't think any doctor would disagree with me, to do whatever you can to increase host resistance by fortifying your body to avoid a recurrence.

Now this might be something you want to write down. You start out by ingesting the right food because that material is going to help the body to produce *healthy cells*. The elements in the food are not going to be available from any medication or from any herbal preparations.

You've got to start with food. This is what Nature intended for the human being to maintain and restore health just as it did

for all animal species. And so we start out with a substantial amount of raw food because raw food is synergistically sound and contains all the elements which the body needs. When you cook it, you alter its natural condition; when you heat it, you destroy the enzymes. Enzymes are destroyed at about 115 degrees or even a little below that. You need those enzymes to metabolize your food competently. Enzymes break down food into its microcomponents and make them available for healthy cell production. I hope that's understood because we tend to think that all we have to do is take vitamins, minerals and supplements to get healthy. We don't realize that none of those things are used by the body until there's enzymatic function.

RA: Yes. I'm a great believer in that. Honey is one of my favorite foods for that reason. Do you know that raw honey has 200 enzymes which are very close to human enzymes? I think that on an earlier broadcast Ruth mentioned that 60% to 70% of our food should be raw so that we get enzymes. I know

that most people go through the day without getting any raw food into their body.

Ruth, you seem to be saying that one of the main causes of cancer today is the pollutants in the food, air and water. I thoroughly agree with you. I remember reading a profound article several years ago in *Science News* magazine which indicated that mankind is getting between 100,000 to 150,000 man-made chemicals into his body. This was the average human being. We are probably the most toxic generation in the history of mankind. What's happening is that the cleansing system is breaking down because we weren't designed by Nature to cope with that many pollutants.

We have Debby on the line. Debby, welcome to the show. How are you today?

Debby: What would be Mrs. Sackman's position on eating meat as well as fish that comes from a lot of polluted waters. We hear a lot about organic meat,

but what about the fish?

RS: It's true that the waters are polluted. But when you can't get organic meat, in order

to create balance when the body requires some flesh protein, you can't leave it out and be successful in the long run in building good host resistance. So you have to put up with fish that might be polluted. But here's the way to handle it. First of all, get fish that doesn't have much fat, because the pollutants settle primarily in the fat. Another thing that one ought to do is not take the same type of fish from the same waters with the same pollutants over and over again, but to vary it. So that if you've collected some pollutants from one type of fish and let's say very little because you've taken away the fat, you're off getting fish from another area. The balanced diet should be potent enough to help the body eliminate whatever pollutants the body does collect.

No matter what we do, let's understand this: we're not going to have 100% purity. We have to depend on the body's ability to eliminate competently and to keep the pollution intake as low as we possibly can. Look, we're alive after eating a lot of these things, so you can see the powerful ability on

the part of the body to maintain life. But what we want to do is cut the pollutants down to a minimum and not burden the body with the struggle.

RA: Good morning Sandy, welcome to our show. Why don't you just set forth your question.

Sandy: First, I would really like your opinion on something. What happened back in September, I noticed that my mother started to get an immune deficiency. She started getting fatigued; she lost weight, and what happened was she went to a doctor who said, "Well, take vitamins. You should be all right." He did a chest x-ray; it was fine. And then she broke out in shingles in February and she went to an alternative doctor and I made her try the vitamins and the doctor said that is very good. But she can't take pills, so he gave her high doses of vitamin C to get rid of the shingles. She ended up with bursitis in her ankles, though. Now she's got great improvement with the vitamins and everything. Then she went for a sonogram. Her lungs again were clear, but she went back to her thyroid doctor to have her thyroid measured and he usually gives a chest x-ray. Now within 2 months a tumor showed up on the outside part of her lung. I would just like to get your opinion on that because this all happened within 2 months. She looks great, she put on weight, she has taken every test and the results are excellent.

RS: What I should have said when I started delivering information about a dietary program was this: that it needs to be done intelligently. If you're going to put good material into the body, you have to know that the body will have to struggle to eliminate the bad material that's been in storage. It goes into a flow stage because all of the things that enter the cells and are eliminated by the cells travel through the body fluids—primarily the bloodstream. Now if you're making a dietary change, you also have to give the body some help in the elimination process. If you don't do that, the stuff circulates in the bloodstream and eventually settles somewhere. The shingles that your mother got, was probably an attempt by the body to eliminate through the skin because the colon or kidneys were overloaded. Vitamin C in high doses is more a

You need those
enzymes to metabolize
your food competently.

medication. It suppresses the shingles, the outlet that the body was trying to use for elimination. Has it been determined that the tumor is malignant?

Sandy: No, tomorrow she goes for the biopsy. There's no symptom, no pain, no coughing. I'm wondering if that's a good sign also?

RS: Well, it might be. Hopefully it might be benign.

I want to complete what I was saying about the preventive program. We're talking about host resistance. Now it's not just taking raw foods. The key word is you've got to have a *balanced diet* which means you've got to have your protein and we know today that many of the vegetarian nutritionists have come to the conclusion that not everyone can be a vegetarian. So don't equate the word vegetarian with health. It doesn't fit. The healthy system is a balanced system. If your body requires meat protein, you need to eat meat protein. Some people can be vegetarians, but, if you're not getting your protein from meat sources because this

is what you as an individual require, there's going to be trouble at some future time.

You also need starch (such as in beans and potatoes) and fatty acid (as in oils, nuts, avocados, etc.), in your diet. We

have found that, I don't know why, but Nature seems to have decided that we need a little fermented food for digestion and intestinal flora. Fermented food would be, for example, the cheeses and yogurt. So we don't want to leave that out. One wonderful food for everybody, of course, is whole grains. Keep in mind something about whole grains: you put a grain into the ground and add water and the little grain produces new life and new seeds. That's power! That's tremendous power. Grains are an excellent source of a wide range of vitamins and minerals.

RA: We have John on line. Welcome to the show.

John: I've been reading about Joanna Budwig of Germany. She's been treating certain types of cancer with flaxseed oil and cottage cheese. Are you familiar with that?

RS: Yes, I am.

John: What's her success ratio with that?

RS: I'd like to lump that question in with a lot of other things that are on the market where people are attributing single ideas as the answer to cancer. It will never happen. The body has to get every single nutrient and correct any breakdown in order to build cells. You can't build a cell because you're taking flaxseed oil or green tea or selenium or high doses of vitamin C or any of the variety of nostrums that are offered by so many sources. As a matter of fact, we should have a program to show you how some of these things can be more harmful than helpful. I'm not saying there's something wrong with flaxseed oil. But to think that flaxseed oil is going to be a cure for cancer is really putting yourself in a difficult situation. Can you understand that?

John: Thank you.

RA: We certainly agree with Ruth on the problems with single nutrients.

RS: Take into account vitamin C for an example, though this, of course, applies to other things: Linus Pauling has said, "Take 30 grams of Vitamin C a day." Now if your body is only going to use about 125 mg. of that, what are you going to do with the rest of it. The body has to get rid of it and that's a burden for the body to have to get rid of the excess vitamin C when it has so many other things it has to houseclean.

RA: That's why you detoxify.

RS: That's right. You don't burden that system of elimination because that's the very system that can maintain health. It's part of immune activity. It needs its vitality to eliminate cancer cells.

RA: Yes, and that's the thing that we talk about here on our show. When you take all of the megavitamins, you have to detoxify. If the body does not need the substances you're taking, then it has to be detoxified just like a drug has to be detoxified from your body.

Well, at this point I'd like to thank Ruth and give the foundation's number.

RS: It's 212-741-2790, from 10-4 weekdays.

RA: And to all of you out there in the listening audience, this has been Robert Anderson and Ruth Sackman, wishing you all good health and hoping you'll live each day as though it were your first day, your last day, your only day.

HYPERBARIC OXYGEN

by Ruth Sackman

I read an article about the resurgence of interest in Hyperbaric Oxygen (HBO) treatments in a 1983 issue of *Medical World News*. This is the year 2000 and it still hasn't generated enough interest in conventional medical circles. I cannot help wondering why some ideas seem to grab immediate interest and others, such as HBO, are resisted even though they are safe and produce some useful results. Although the treatment results are not always consistent, HBO has shown benefit in a number of health conditions. It has shown benefit in senility, carbon monoxide poisoning, gangrene, acute cerebral edema, injuries, compromised skin grafts, air embolism and a variety of other conditions. But if it doesn't work, it also does no harm. It seems to me that it could be a routine procedure in many instances to give patients every advantage of healing modalities that could be beneficial.

The article in *Medical World News* mentioned a randomized, placebo-controlled, double-blind study of 40 patients with advanced multiple sclerosis. Many of the participants benefitted; some did not. Nevertheless, since it is safe, it could be tried and if it helps some patients, those patients have an advantage. For the others, they can move on to try other techniques knowing there was no harm done and perhaps there was some limited benefit.

The article was fairly long, but in essence it stated in a lot of official language that on the one hand it helped in many problem cases. Is there any treatment that has a 100% success rate? There are many harmful medicines that reach the identical conclusions and yet are considered acceptable by medical standards. In this instance, even though there is no harm from HBO, the unreasonable conclusion was that it required additional studies. Why?

This is a typical example of how medical research is bogged down in a format applicable in evaluating harmful drugs that should not be applied to safe therapies. Actually, there is less rigidity in approving and prescribing harmful drugs than the final illogical conclusion about HBO which was to do more studies.

CHLOROPHYLL

by Dave Roderick

Chlorophyll is the green coloring matter that is able to trap the energy of sunlight and make it available for photosynthesis, the food building process of the plant. The green plant is the mainstay of the living world. In every food chain there comes a point where a green plant has been eaten.

In photosynthesis the green plant builds up sugars, starch and so on from carbon dioxide and water using the energy of sunlight. Most of the process takes place in the leaves. The cells possess chlorophyll containing bodies called chloroplasts. It is here that the atoms of carbon dioxide and water are rearranged so that sugars and oxygen are formed after a complex series of chemical reactions have taken place. The energy for part of this chain of reactions comes from sunlight having been trapped by the chlorophyll and then handed on from this to other chemical compounds. Although only a small proportion of the sunlight absorbed by the leaf falls on the chlorophyll, the chlorophyll absorbs most of this light.

The amount of chlorophyll in the leaf does not change as photosynthesis proceeds. It acts as a catalyst, enabling the reaction to proceed, but can be recovered intact after the reaction has taken place.

Though carbon dioxide and water are the basic raw material of photosynthesis, some mineral salts are also necessary. The chlorophyll molecules each contain an atom of magnesium. If magnesium is lacking from a plant's diet, the plant becomes yellow and is unable to form any chlorophyll. Iron is also necessary in small quantities for the formation of chlorophyll, though it is not part of the chlorophyll molecule itself. Lack of iron also causes the green plant to become yellow.

It should come as no surprise that this wonderful green life-giving substance that helps build all of nature can be used to promote healing. According to Dr. Bernard Jensen, "chlorophyll can be used to help improve almost every disease in the human body." He lists the remedial effects of chlorophyll

as follows:

- Builds a high blood count
- Provides iron to organs
- Counteracts toxins eaten
- Improves anemic conditions
- Cleans and deodorizes bowel tissues
- Helps purify the liver
- Aids hepatitis improvement
- Feeds heart tissues iron
- Regulates menstruation
- Aids hemophilia condition
- Improves blood sugar problems (diabetes)
- Aids in asthma improvement
- Increases iron content in milk
- Improves milk production
- Helps sores heal faster
- Eliminates body odors
- Resists bacteria in wounds
- Cleans tooth and gum structures in pyorrhea
- Improves nasal drainage
- Slows nasal drip
- Lessens need for underarm deodorizers
- Eliminates bad breath
- Relieves sore throat
- Makes excellent tooth surgery gargle
- Benefits inflamed tonsils
- Soothes ulcer tissues
- Soothes painful hemorrhoids and piles
- Aids catarrhal discharges
- Revitalizes vascular system in the legs
- Improves varicose veins
- Reduces pain caused by inflammation

Fat soluble chlorophyll is a good source of vitamins A, beta carotene and E. It is especially rich in vitamin K. It contains the essential fatty acids and is a rich source of magnesium. It naturally contains many other nutrients including iron and potassium.

Blood Clotting

As an excellent natural source of vitamin K, chlorophyll can be used where there is a problem in the production of clotting factors or proteins necessary for normal calcification of bone. In oral surgery, hematomas can cause swelling, pain, general discomfort with slow wound healing. Taking chlorophyll prophylactically can prevent this undesirable side effect of surgery. Indeed, in any form of

surgery it would be useful to take chlorophyll both before and after. Vitamin K, as a prothrombin factor and capillary integrity support, is valuable in cardiovascular problems and circulatory problems such as varicose veins and phlebitis. It is useful in any form of hemorrhaging, menstrual bleeding and nosebleeds.

Sex hormone precursors

As a good source of vitamin E complex, chlorophyll can be used to help stimulate production of estrogen in the female and testosterone in the male, restoring hormones into balance.

Mucous membranes

The fat soluble vitamins in particular are important in producing healthy gastrointestinal mucous membranes. Any inflammation along the digestive tract will be helped by the soothing and healing action of chlorophyll. These include problems such as colitis, ulcers, diverticulitis and healing the mucosa after diarrhea.

Pain Control

Chlorophyll has an antagonistic action on guanidine. This is a toxic substance that is released from injured cells causing pain. It can be used directly on burns and wounds to reduce pain. If used before a surgical operation, there will be less need for analgesics, and would also relieve the load on the liver, that would otherwise have to detoxify the additional drugs.

Hemoglobin Formation

The chlorophyll molecule very closely resembles the hemoglobin molecule. While the latter molecule is centered around iron, the former is centered around magnesium. Chlorophyll is considered to be a wonderful blood builder and can be used in cases of anemia. An example of this was the case of a fourth generation vegetarian suffering from pernicious anemia. She refused treatment using liver and beef products. After three months using chlorophyll, her red blood count rose by one million and eventually normalized. She completely regained her health.

A higher blood count means extra red blood cells delivering nutrients and other chemical factors to the tissues. Is it any wonder that chlorophyll has such a reputation as a stimulant for tissue regeneration?

The above list of remedial effects includes many other uses as you would expect from such a versatile product. These include improvement in liver function, detoxification properties and deodorization. Although not listed, it is also a valuable aid in prostate problems.

It is important to note when using fat soluble chlorophyll that if patients have impaired biliary systems then they will not get the full benefits. In these cases, chlorophyll should be used in conjunction with lipotropic factors such as chlorine, inositol and betaine.

Reprinted from *Enzyme Digest*,



“...I suppose it is rather a new, and almost a humbling thought, and certainly one born of this atomic age, that man could be working against himself. In spite of our rather boastful talk about progress, and our pride in the gadgets of civilization, there is, I think, a growing suspicion—indeed, perhaps an uneasy certainty—that we have been sometimes a little too ingenious for our own good. In spite of the truly marvelous inventiveness of the human brain, we are beginning to wonder whether our power to change the face of Nature should not have been tempered with wisdom for our own good, and with a greater sense of responsibility for the welfare of generations to come.”

—Rachel Carson, in early 1963, from one of her last lectures before her death from cancer.



The ground says, “The Great Spirit has placed me here to produce all that grows on me, trees and fruit.” The same way the ground says, “It was from me man was made. The Great Spirit, in placing men on the earth, desired them to take good care of the ground and to do each other no harm...”

—Young Chief, of the Cayuses



No natural phenomenon can be adequately studied in itself alone, but to be understood must be considered as it stands connected with all nature.

—Sir Francis Bacon

PARSLEY

Petroselinum crispum

Therapeutic Effect: Parsley is a diuretic that purifies the blood and accelerates the excretion of toxins. It stimulates appetite and aids digestion and metabolism. The herb can also ease bloating, stomach cramps and nausea, as well as relieve arthritis symptoms. Eaten regularly, it reduces heart rate and lowers blood pressure. To keep your breath fresh, chew on fresh parsley leaves. And for treatment of kidney stones, brew up some parsley tea.

Components

This herb supplies important vitamins and minerals. For instance, just ¼ cup of fresh parsley provides a third of your daily vitamin C requirement. Its high vitamin C and A content also help fight cancer. Parsley actually ranks higher than most vegetables in *histidine*, an amino acid that inhibits tumors. In addition, parsley is an excellent source of potassium—which is important in lowering blood pressure—and folic acid—which may help prevent cardiovascular disease. Finally, it contains some calcium, manganese and iron.

Extra Tip

Parsley contains essential oils; the most important one, *apiole*, is a kidney stimulant. Because these essential oils can stimulate uterine contractions, pregnant women should avoid eating large quantities of it. But, after the baby is born, parsley can help tone the uterus and promote lactation.

Parsley Spread

2 bunches parsley
2 shallots
½ cup heavy cream
1 cup cream cheese
2 tbsp. lemon juice
Salt
White pepper
2 scallions
4 large tomatoes
Cayenne pepper

1. Wash the parsley in cold water and strip the leaves from the stalks. Coarsely chop the parsley. Then, peel and dice the shallots.
2. Mix together the heavy cream, cream cheese, lemon juice, parsley and diced shallots. Season to taste with salt and white pepper.
3. Peel the scallions; cut into thin rings. Dice 2 tomatoes, season with salt and cayenne pepper to taste; mix with the scallions.
4. Cut the remaining 2 tomatoes into ½" slices. Cover them with the parsley spread and top with the tomato-scallion mixture.

Parsley for Osteoporosis

- ◆ To fight against osteoporosis, sometimes high doses of calcium are taken in supplement form. However, this can impair the body's absorption of manganese, which helps build bone. But parsley enhances manganese absorption, particularly when it is eaten with foods containing copper and zinc, such as shellfish and whole grains.

COOKING HINTS

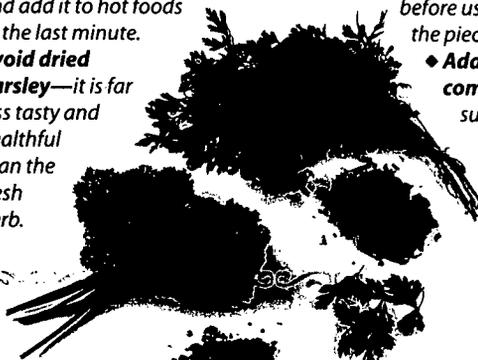
- ◆ Don't cook parsley, because heat destroys its valuable vitamins and minerals. To retain parsley's flavor, chop the herb just before using and add it to hot foods at the last minute.

- ◆ Avoid dried parsley—it is far less tasty and healthful than the fresh herb.

- ◆ Try the flat-leaf variety, also called Italian parsley. It has more nutrients and a better flavor than curly parsley. Chop the herb just before using, then sprinkle the pieces over the dish.

- ◆ Add parsley to complement a dish, such as potatoes, smoked salmon, trout, poultry, pasta and vegetables.

- ◆ Freeze fresh parsley to save preparation time in the kitchen. Wash, dry and chop the parsley leaves, then freeze them in a plastic container or zip-seal plastic bag. You can then remove just the amount you need for each recipe.
- ◆ Keep parsley fresh by sprinkling it with water, wrapping it in paper towels and refrigerating it in a plastic bag. Or, place parsley stems in a glass of water (like a bunch of flowers) and refrigerate.



Reprinted from *The Complete Guide to Natural Healing*,
444 Liberty Avenue, Pittsburgh 15222-1207, 1-800-570-8671

X-ray Safety: Are You Getting More Than the Picture?

By James Wasco, M.D.

In most cases the risk of harm from an individual X-ray is less than the risk involved in not having a needed test. Still, the effects of X-rays are cumulative, so it makes sense to have as few as possible. The following information will help you decide whether an X-ray is in order for a particular problem and also give you some general safety guidelines.

X-ray Checklist

- **Abdominal and Back X-Rays.** To be avoided unless absolutely necessary since the radiation exposure to the sexual organs is several hundred times that of a chest X-ray. Abdominal X-rays are needed only to evaluate unexplained pain, distension or masses. Back X-rays should be done only for severe persistent pain or symptoms that radiate into the extremities.
- **Barium Studies.** The most common of these tests are the upper GI series and the barium enema, which help in evaluating a suspected peptic ulcer, hiatus hernia, colitis, diverticulitis, polyps, tumors and other conditions. Therapy, however, should usually be tried before these tests are ordered. Even if testing is necessary, techniques such as ultrasound and endoscopy, neither of which uses radiation, may be even more valuable.
- **Cat Scan.** Less radiation than a simple X-ray but still should be reserved for serious medical or surgical problems that require quick, accurate diagnosis.
- **Chest X-Ray.** No longer recommended as part of a physical for healthy people and certainly not necessary to evaluate every chest cold. A chest X-ray may be ordered, however, as a screening test before general anesthesia for heavy smokers, and those exposed to certain chemicals or industrial pollutants, as well as to evaluate chest pain, short-

ness of breath and persistent cough.

- **Dental X-Rays.** Necessary for good dental care, but X-rays shouldn't be taken at every visit. Experts suggest a full set of films no more than every three to five years, with a smaller series of bite-wing films in the interim to follow any troublesome problems.
- **Mammography.** The one X-ray screening test for cancer that makes sense, especially because new technology limits radiation exposure. [*Edit. note: We do not agree with routine mammography; the FDA position is not to use routine mammography under the age of 50.*]
- **Skull X-Rays.** One of the most abused and over-used X-rays. They should be done only if the physician thinks there is a significant risk of fracture. For evaluation of confusion, headache, instability and other alterations in behavior, a CAT scan is much more valuable.

Important Precautions

- Never refuse a needed X-ray, but do limit exposure.
- Don't insist on an X-ray if your physician doesn't think it's necessary. Many doctors will give in and order one because they fear legal liability.
- Ask your doctor for an explanation if you don't understand why an X-ray is being ordered. Inquire about the possibility of using an alternative non-radiating technique such as ultrasound.
- Keep a record of every medical and dental X-ray you have, including the date, type of exam and where it was done. This is particularly important if you travel or move frequently. Make this information available to your doctor. Often such information can be used instead of a new X-ray.
- Make sure your doctor knows if you are pregnant, or even if you think you might be. Whenever possible, postpone non-urgent or elective X-rays to the ten days following your period, when pregnancy risk is lowest.
- If you or your children (male or female) are going to have an X-ray of the back, abdomen or anywhere near the genital area, ask if a gonad shield can be used. This is particularly important for anyone who might be getting pregnant in the future.

[Ed. Note: This is because the X-rays affects the seed.]

- When an X-ray is being taken, follow the technicians's advice carefully to avoid the need for retakes.
- Do not have X-rays taken in offices where you suspect the equipment is old or the staff is poorly trained.

When Does an Injury Require an X-ray?

Doctors don't automatically order an X-ray for many injuries these days. But even the most experienced physician cannot always diagnose a broken bone with certainty. As an emergency physician, I treat people with traumatic injuries every day. And I can think of several times I found fractures I wasn't expecting and not found them when I was.

Here is when you should expect an X-ray:

- A limb is deformed or unstable after an injury.
- You have marked pain or swelling that prevents or severely restricts using the injured area.
- There is extensive bleeding or bruising under the skin at the site of the injury.
- A limb becomes cold, blue or numb from the injured area outward toward the tip.
- You have suffered trauma from a motor vehicle or any moving object that strikes with great force or velocity. Blunt objects are particularly dangerous.
- An injury that at first appeared to be minor is still painful 48 hours afterward.
- An injury is accompanied by generalized sweating, pallor, dizziness or excessive thirst. Such symptoms are early signs of shock. Injuries to the thigh, chest, abdomen and pelvis most often fit into this category.

Reprinted from *Woman's Day*. Dr. Wasco is a specialist in emergency medicine in the Boston area.

* * * * *

Technology enables men to gain control over everything except technology. Science is a first-rate piece of furniture for a man's upper chamber, if he has common sense on the ground floor.

—Oliver Wendell Holmes

Dr. Warmbrand's Good Diet

"Sensible eating is one of the best tools we can use in the pursuit of self-preservation. If you eat properly you'll never suffer from a vitamin deficiency. And if you don't eat properly, vitamin supplements won't do the trick...only good nutrition habits will."

BREAKFAST: Any fresh fruit or fresh juice, the quantity depending on how hungry you are; a dish of millet, natural brown or wild rice, buckwheat groats (kasha), or couscous. An alternate might be half an avocado or one banana plus some cottage cheese with tupelo honey. For a beverage, herb tea (sassafras, clover, chamomile, strawberry) is recommended.

LUNCH: If your digestion is good, a raw vegetable salad; if not, have a baked potato or baked yam plus steamed fresh vegetables (no salt or butter). These may be dressed with a little sunflower oil. Conclude with fresh or stewed fruit. An alternate choice would be fresh fruit salad with cottage cheese. Herb tea or vegetable juice is recommended as an accompaniment.

DINNER: A raw vegetable salad and a small portion of lean fish or chicken plus 1 or 2 steamed vegetables (green beans, zucchini, artichokes, okra, kale or other seasonal vegetables, for example). Spinach, however, should be eaten raw. For dessert, seasonal fruit, or a raw or baked apple or pear.

Dr. Warmbrand also recommends a "fast day" once or twice a month in which you have only a healthful vegetable broth made with celery, parsley, carrot, parsnips, okra, celery roots and leeks, plus a little onion plus a little garlic for flavor several times daily.

Another rule he stresses: "Keep your cool...control your emotions. When the body is in optimum condition, the mountains of our problems often become mere mole hills."

Max Warmbrand, now deceased, practiced naturopathy in Connecticut.

Letters

Dear Sir:

We like the work that you are doing and are making a contribution in the amount of \$500.00 to help you continue in your good work for the Jewish community. Perhaps, in the future we may be able to send more money and possibly visit your facility.

Meanwhile we are making this contribution and ask that you acknowledge receipt thereof. It is required by the IRS that a receipt be obtained in order that the donor may take the deduction on the return for the contribution. The receipt should say that no goods or services were received by the donor in return.

Sincerely, Julius Scrop, E.A.
Asher Pelkis Foundation, Inc. 12/31/99

Dear Mrs. Sackman,

Thank you for taking the time to help me understand what a large fruit meal does: "Cleanse!" It all makes sense, and I will take your suggestions to continue with fruit daily rather than weekends only.

My check is enclosed for your magazine and also the Stanley Bass book. J.Y.

Dear Mrs. Sackman:

I am so thrilled to have received *Cancer Forum* in the mail. I never ordered it. It was a complimentary copy. But it came just as I was trying to educate myself about my alternative options. And your article about vegetarianism and cancer really hit home. I will try to start with kosher chicken, as I've been a vegetarian for seven years but now have breast cancer. Enclosed please find some monies to help. And keep me as a member. You are doing a great service.

Thank you! U.M.

Dear Ruth,

Please accept enclosed check with my gratitude for all you and your staff do to help so very many people seeking answers.

It has been very upsetting to me to see all the agencies—that hold the powers—give a pass to the huge food conglomerates. These conglomerates can—without regulations—use processes to genetically modify food. The public is induced to believe that these foods are safe. I wonder what the future years will reveal. I send my wishes for Good Health for all.

Very Sincerely, S.P.

Dear Mrs. Sackman,

After being diagnosed with Stage 3C ovarian cancer (Feb. '95), surgery and ten IV Chemos and a year and half of oral Chemo, I finally learned, thanks to FACT, that there is a better way. Doctors promised me that the cancer would return as soon as I stopped the chemo. I stopped the Chemo

Feb. '97 and went on a very healthy diet (mostly vegetarian and lots of raw), also lots of fresh air and exercise hiking these beautiful western North Carolina mountains. I have never felt better—no sign of cancer.

I try to spread the word to newly diagnosed cancer patients by giving them FACT brochures.

Please send me your packet and ten back *Cancer Forums*. Enclosed is a donation of \$300.00.

Thank you for helping to save my life!

Gratefully yours, M.J.H.

P.S. My dear husband, Lewis, died of lymphoma after four years of unsuccessful chemo. We found the natural way too late. This donation is in memory of him.

Dear Ruth,

I thank you for the time you spent on the phone a week and a half ago, first talking with me and later with "Lucy," a friend of my daughters, and finally with my daughter, Jeanne.

You may recall she was diagnosed with ovarian cancer (CA 125 indicator, orange-size tumor between ovaries). She underwent surgery the following morning, Sat. June 10. In addition to the tumor, they removed lymph nodes and a small section of her colon. She was home in a week in good spirits and this past Mon., June 19, went back to Mass General Hospital for Chemo (by intravenous).

She intends to go natural under the care of her naturopathic doctor.

Enclosed in a check in the amount of \$35 for the donation/enrollment info membership in FACT. This should help get her off to a good start!

I guess I've been a member of FACT for 15 or more years (maybe off and on, I don't recall). I just want you to know we appreciate the pioneering and good work you've been doing spreading and promoting alternatives to the destructive conventional cancer treatments.

Sincerely, J.J.S.

Dear Ruth,

I finally moved out of the apartment on West 28th Street where I'd hung my hat since 1953—my address has already been changed to...

I've been here, my home town, for many years, worked on many projects—the latest described on the other side of this paper.

But my reason for this letter is: I lent my friend the *Cancer Forum*, I think the summer issue with butterflies and an ear of corn. She didn't read it and I can't find it.

I need another—the article that described cancer as, I think, "manure" I need to show it to a lecturer up here.

Incidentally, when Dr. John Lee made a tour of the East Coast several years ago, my friends and I went to Waterbury to hear his lecture. And how I proselytized!

How good it is to find us in the minority, but how good to know some one knows it right and differently. Enclosed check for \$40.

Thank you, A.J.D.

Book Review by Corinne Loreto

***Whole Body Dentistry Discover the Missing Piece to Better Health* by Mark A. Breiner, D.D.S.** (1999, Quantum Health Press, Fairfield, CT, Tel.: 888 -277-1328, pp. 229), \$19.95.

From time to time we have read or heard about the possibility that mercury amalgam fillings are detrimental to health. As if we don't have enough to worry about to remain healthy, now we are faced with the possibility that our amalgam fillings can be contributing to our health problems.

Dr. Breiner in his book, *Whole Body Dentistry*, mentions that when he attended a nutritional seminar led by a Dr. Hal Huggins who presented information about amalgam (silver fillings) and how the mercury in them may cause adverse health effects, he wrote Dr. Huggins off as a quack.

Years later while practicing dentistry, Dr. Breiner filled a cavity of his dental assistant's five year-old daughter with mercury amalgam. The little girl was an active, healthy child who had no history of health problems. Two days after the filling, the little girl had a seizure. Then, Dr. Breiner remembered that years earlier Dr. Huggins spoke of seizures as a possible side effect of mercury amalgam fillings. It then came to Dr. Breiner's mind the articles he read about the "safe" handling of scrap amalgam filling materials in dental practices and the stringent precautions to "protect" the dentist and other office staff.

The incident caused Dr. Breiner to head for the nearest medical library to begin his investigation, aware of the controversy over the safety of amalgam. The American Dental Association (ADA) had been adamant all along that amalgam fillings are quite safe.

It seems that people with strong immune systems are not affected by amalgam fillings or other dental treatments like root canals.

Some of his patients have had their amalgam fillings removed and have experienced relief from their health problems. But, having amalgam fillings removed has to be done by a dentist familiar with the procedure. If he is not, greater harm can be done to the patient.

In the Foreword to his book, Dr. Breiner reproduced letters from grateful patients who, after having their amalgam fillings removed, were restored to good health.

I thought it curious that two of my friends started having serious health problems after undergoing extensive dental work. One lost most of the vision in her eyes. The other, who suffered from manic depression, is exhibiting very bizarre behavior. A coincidence? I really don't know.

If all else fails, it might not be a bad idea to explore the possibility of having tests to determine if amalgam fillings, root canals and other dental fillings could be creating the health problem. Chapter 21 of his book describes Electro-acupuncture technology which is based on the phenomenon that all parts of the body are interrelated and are also energetically linked via meridians. The patient holds a small brass cylinder in one hand. The doctor would then touch the tip of the stylus to a specific acupuncture point. The cylinder would then introduce a minute amount of electrical current, which would travel through the body to reach the stylus, thus forming a complete electrical circuit. Readings would determine if inflammation exists anywhere along the pathway.

The book is quite interesting and educational. I have learned a great deal about amalgam fillings, root canals, and the tests that can be performed to determine if they are creating health problems. It's worth reading.

* * * * *

So with a hundred "modern improvements;" there is an illusion about them; there is not always a positive advance. The devil goes on exacting compound interest to the last for his early share and numerous succeeding investments in them. Our inventions are wont to be pretty toys, which distract our attention from serious things. They are but improved means to an unimproved end.

—Henry David Thoreau
in *Walden*

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(147) Doris Sokosh (Breast) and Lou Dina (Lymphoma)
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