

CANCER FORUM

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



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Cover by Pauline Lee

One Dollar

Foundation for Advancement in Cancer Therapy

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

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Dear Reader,

I'm selective about research studies and I would like to encourage you to do the same. As a society we have been conditioned to accept studies as infallible; unfortunately there are too many areas that beg questioning:

- Who is paying for the study? Do they have a prearranged conclusion that they want to prove?
- Are all the variables included?
- Has enough time been allotted to determine if the conclusion will be hazardous in the future?
- Has the research randomized their subjects or selected them to lean in a predetermined direction?

There are probably other valid questions.

Sometimes the study may have no flaws but the conclusion is inaccurate. Or if there is only a narrow margin of improvement, the information is publicized as though it is dramatic. This happens especially if the company funding the study needs the positive result to promote a product.

I was reading an article published in Dr. John Lee's *Medical Health Letter* about some researchers, who attempted to disprove Dr. Lee's claim that using transdermal progesterone was effective. It was their position that the progesterone could not be absorbed through the skin. The researchers made an elaborate effort to arrange a debate to take place in England and covered Dr. Lee's expenses from California. The prestigious British medical journal, *The Lancet*, published some of the pros and cons of the debate. It turned out that the motive for these doctors to create this elaborate "charade" was to discredit the transdermal method of using progesterone in order to market a *vaginal gel* which they had created.

Caveat emptor (consumer beware)!



Our Environment/Our Health

Pollution Plays Havoc Around the Earth

Bees As Pollution Monitors

In the Puget Sound area near Seattle, 64 beekeepers have been doing double duty. As well as collecting honey, they have been gathering information about the quality of the environment. By keeping track of the survival of bee eggs and larvae, trapping pollen and collecting bees as they return to the hives, the beekeepers have helped researchers develop a profile of exposure estimates to several environmental pollutants: arsenic, cadmium, and fluoride.

Bees are near perfect as environmental monitors, the scientists from the University of Montana and Pacific Northwest Laboratory point out in the journal, *Science*. Bees have a low tolerance to many toxic chemicals, and every product of their activities — pollen, wax, and honey — can be easily contaminated. Furthermore, bees may be contaminated by the air in flight, by the pollen they carry, and by the food they eat.

After measuring the content of the three pollutants in bees and in their products, the research team has produced diagrams similar to topographical maps which indicate degrees of environmental contamination in the Seattle area. The resulting diagrams are similar to maps of the distribution of these pollutants derived from soil samples. Furthermore, mortality among the bees themselves is an alarming indication of poor environmental quality. Over 64 percent of colonies had low viability of offspring, and four in 10 had more than a 75 percent loss of eggs and larvae. The researchers suggest wider use of bees as an early warning system for pollution.

Rain, Rain Go Away

Researchers in Switzerland announced that much of the rain falling on Europe contains such

high levels of pesticides that rainwater would be illegal if it were supplied as drinking water.¹ The European Union has set a drinking water standard of 100 nanograms per litre for any individual pesticide. Stephan Müller at the Swiss Federal Institute for Environmental Science and Technology reported finding one sample of rain containing 4,000 nanograms per litre of 2,4-dinitrophenol, a common pesticide. Müller had previously studied samples of rain from 41 storms over Europe and found the weed-killer Atrazine at levels exceeding 100 nanograms per litre in nine of them.

References:

¹ Pearce, F. and Mackenzie, D., "It's raining pesticides; the water falling from our skies is unfit to drink," *New Scientist*, 3 April 1999, p. 23

Scientists Link Popular Pesticide to Parkinson's

New research using rats suggests that long-term exposure to a widely used pesticide kills brain cells and triggers debilitating physical symptoms associated with Parkinson's disease.

Scientists say the experiment's results strongly indicate what scientists have suspected for several years: that the most common form of Parkinson's disease might result from toxins in the environment.

The study, published in an issue of *Nature Neuroscience*, does not prove that the pesticide, rotenone, used in the test causes Parkinson's in humans. But scientists who reviewed the experiment said the results are powerful and should reinvigorate the search for environmental toxics that may contribute to Parkinson's, the most common neurological disorder after Alzheimer's.

"This is more evidence that a class of compounds may increase the risk of developing Parkinson's," said William Langston, director of the Parkinson's Institute in Sunnyvale, California, who was not involved in the study.

“It is not direct evidence that rotenone causes Parkinson's. The whole puzzle hasn't come together.”

Rotenone is a very common organic product made from extracts of tropical plants. It is used as a garden insecticide to control chewing insects, as a dust on cattle and as a dog and sheep dip, in addition to its use to kill unwanted fish in reservoirs.

People most frequently would be exposed to rotenone by ingesting residue in food or by handling the compound.

More than a million Americans suffer from Parkinson's. Muscle control ebbs as brain cells in a region called the substantia nigra produce less dopamine, a hormone vital to normal nerve function. The illness is marked by small tremors, such as facial tics and shaking hands. Advanced symptoms include a shuffling gait, speech difficulties and muscle weakness.

There is no cure, and current drug and surgical therapies tend to lose effectiveness over time. New therapies involving transplants of stem cells, the body's master cells from which all tissues grow, have been slowed by federal funding restrictions.

In the experiment conducted at Emory University in Atlanta, neurologists implanted tiny pumps in the rats to continuously administer low doses of rotenone through the jugular vein for as long as five weeks.

Examination revealed that large numbers of dopamine-producing cells in the rat's brains had died or were damaged. In addition, the cells showed fibrous protein deposits that closely resemble Lewy bodies, deposits found in brain cells of Parkinson's patients.

— *The Associated Press*

Salmon Farm Polluters

To the Editor:

Re: “Virus Is Killing Thousands of Salmon”
(*New York Times* news article, Sept. 7, 2001):

A crucial part of the Maine salmon industry story is that fish farms have been polluting Maine's

coastal waters for more than a decade in violation of federal environmental law.

Over the years, salmon farms have released into the ocean a toxic chemical used to kill parasites; thousands of tons of concentrated fish waste; blood from slaughtered salmon; excess feed, which contains pigment to artificially color the salmon's flesh pink and can contain ingredients like antibiotics and waste.

Now, you report, the multinational corporations that grow salmon want federal handouts when their fish die of disease. They have it backwards. The corporations should compensate the people of Maine for fouling the environment for so long.

—David A. Nicholas

Reprinted from The New York Times

Reducing the Pesticide Risk

In a perfect world, all the produce we buy would be pesticide-free. In reality, that's not always possible. Beyond buying organic, there are four steps you can take to help protect you and your family from dangerous chemicals.

1. Wash thoroughly. Washing produce can remove at least 29 percent and as much as 98 percent of residues, depending on the type. Because some pesticides are oil-based, washing produce with a mild soap can further reduce the residues.
2. Buy what's in season. Imported produce is often sprayed with pesticides before shipping. If it's October and you buy apples, you're pretty safe, but if you find summer fruits like peaches in February, it's a good bet they're imported.
3. Make sure it's certified. Look for the logo of a local or national certification agency. This seal will ensure that the standards of that organic farming organization were followed.
4. Avoid the most contaminated foods. For instance, strawberries, cherries, peaches, green and red peppers, and spinach are more likely to be contaminated with pesticides than blueberries, oranges, broccoli, and asparagus. Buying organic produce is another way to avoid contaminants

— *from Natural Health*

Ruth Sackman's Notebook

We've been conditioned to believe that when research has been done in an attempt to validate a health concept, the result is right on target and unquestionable. I certainly would hope so, but unfortunately that is not necessarily the case. Some research reports are subsequently negated by other research reports, thus creating confusion. In some instances, the research may be sound but the conclusions are skewed. It may even make a difference who is funding the research. A great deal of funding is supplied by the pharmaceutical and chemical industry. Because their responsibility is to engage in research that will result in a salable product, industry may not serve the public in the most effective way. That is not a criticism; companies are just not charitable institutions.

I tend to be uneasy when people cannot accept the logic of statements but feel if it is not backed up by research, the info is unacceptable. Conversely, people tend unequivocally to accept a research report no matter how weak the evidence is.

What prompted this article was an item that appeared in the *New York Times* on April 23rd, 2002. The title was "Cold Virus May Shrink Tumors." Researchers from Stanford University, the Mayo Clinic and M. D. Anderson Cancer Center, all prestigious institutions, presented their findings at a meeting of the Society of Cardiovascular and Interventional Radiology in Baltimore.

An ordinary modified cold virus was used with gastrointestinal cancer that had spread to the liver. It was delivered to 33 patients via a catheter into an artery that leads to the liver. The interesting result was that it produced a mild flu and caused tumor shrinkage. The researcher's conclusion was that "it appeared to capitalize on the inability of cancer cells to use antibodies to protect themselves against attack."

When one understands the physiology of the body's reaction to the cold virus, perhaps another conclusion may be more accurate. It is not unusual for the body to generate flu-like symptoms whenever the immune system is triggered. It is typical of

the body's attempt to reject any foreign substances. The natural elimination pathways are mainly the colon and kidneys. But if those are overloaded, the body, in its innate wisdom, uses other openings. These are skin and lungs (runny nose, phlegm, coughing, etc.). In this instance, the activated immune system, in its effort to attack the cold virus and reject it, rejected some cancer cells as well.

The injections did not benefit all of the patients. Some of them did not achieve tumor reduction. It's clear to me this was due to the fact that their immune systems were too depleted to respond.

Research based on this same principle has been done before. Tuberculosis germs were used with the same reaction—flu-like symptoms and tumor reduction. But because the results were unpredictable and inconsistent, the technique never became standard protocol. Sometimes the treatment caused the opposite result—tumor growth. This occurred because the depressed immune system, unable to reject the tuberculosis germs, added it to the debris that the body had already accumulated.

Years ago there was a boy, a leukemia patient at the City of Hope, who spontaneously developed a case of mumps and the leukemia was cured. There is logic behind this phenomenon if only the physiology of the action is understood and used effectively.

Based on my years of experience at FACT and my contact with practitioners of natural healing, my reaction to the *New York Times* article was why use the cold virus and inject it through a catheter into an artery to the liver when an immunotherapeutic substance will produce the same flu-like symptoms and trigger the attack on the tumor? We already have available immunotherapeutic substances such as interferon, interleukin and other lymphokines. They usually produce flu-like symptoms. When this happens, instead of encouraging the immune system's attempt to reject cancer cells, the usual response is to use the typical medical protocol—antibiotics which, of course, stop the healing set in motion by the flu-like symptoms.

The good thing about all this is that experiments such as the one with the cold virus hopefully might awaken researchers to new understanding of the physiology of immunotherapy.

F. Y. I.

OVERVIEW OF SYMPTOMS OF A HEALING CRISIS

A healing crisis is a cleansing of toxins out of the body. There can be many cleansing symptoms including:

1. Strings of pus in the urine or bowel movement.
2. Drainage from the nose, eyes, and ears.
3. Sores including rashes and boils may appear on the body, erupt and emit a putrid odor.
4. Skin under breasts may become raw.
5. Worms and/or parasites may be expelled.
6. Fever.
7. Nausea.
8. Flu-like symptoms (muscle and bone aches).
9. Coughs, colds, sore throats...and more!

Usually the first reaction to a healing crisis is to look for a remedy to relieve the symptoms. That's a "no-no" because if you suppress the eliminatory process the toxins can reenter the bloodstream. One needs to "sweep" the body of toxic wastes to achieve wellness.

—from Betty Fowler, metabolic technician for the Health Excel Program

CHOOSING A BREAKFAST

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

...So at breakfast time it is essential for health seekers to see that they cooperate fully with Nature, assisting, not hindering, the work of the body, especially that of the elimination which goes on until eleven or twelve noon, and it is therefore essential to choose a breakfast which requires the minimum of digestive effort and may even assist elimination.

The above paragraphs were called to our attention by Ebba Waerland, Are's wife, because

of their special importance.

—from Health is Your Birthright by Are Waerland

FLAXATIVE

1/4 cup flaxseed

1 cup warm water

1 banana

Soak seed overnight. Blend all ingredients. Has laxative effect.

Edit. Note: A Tufts University expert was asked which are a better choice: flaxseeds or flaxseed oil. He stated that the oil lacks the lignans of the seeds (plant estrogens believed to protect against breast, prostate, testicular, ovarian and other hormone-related cancers), soluble fiber (associated with lower cholesterol), and has limited shelf life (about 6 weeks refrigerated), whereas flaxseeds have a very long shelf life.

SELENIUM

Like all nutritional elements, we should get them from our food, if it is highly nutritious food and does not contain harmful elements.

Among the foods that are high in natural selenium are seafoods of all kinds. This holds true for almost all the other trace minerals. There is probably every mineral on earth in solution in the ocean, and the animals that live there get those into their tissues.

—W. D. Currier, M.D

YOGURT

The organisms in yogurt, lactobacillus bulgaricus (or acidophilus) and streptococcus thermophilicus are such powerful antiseptics that they tend to destroy and overwhelm most harmful bacteria. Recent research shows that many microorganisms which are harmful and dangerous to humans cannot survive where the two yogurt bacteria are present. Among these are the dysentery and diptheria groups, the typhoid and paratyphoid groups and some of the very dangerous salmonella group.

More progressive doctors are prescribing yogurt for patients whose natural flora and fauna of the intestines have been "disorganized," that

is, destroyed by treatment with sulpha drugs or antibiotics.

When yogurt is processed and then allowed to cool off, the two active bacteria become dormant. However, when the yogurt is eaten and reaches body heat, they again become active, giving off small quantities of two gasses. These gasses aerate other food in the stomach, thus allowing the enzymes and digestive juices to penetrate deeply into the foods present and give the digestive aids a much greater surface on which to do their work. The end result is usually a more complete and easier process of digestion.

—*Live! magazine*

THE USE OF CHARCOAL AS A REMEDY

The more severe inflammations of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot water or cold water as will be best to suit the case. (*Ed. note: The choice of hot or cold water should be what is most comfortable for the patient.*)

One of the most beneficial remedies is pulverized charcoal in a bag and used in fomentations. If wet in smartweed tea, boiled it is still better. I have ordered this in cases where the sick were suffering great pain and when it has been confided to me by the physician that he thought it was the last before the close of life. I suggested charcoal, the patient slept, the turning point came and recovery was the result.

“Always study and teach the use of the simplest remedies.”

— *Ellen White*

POTASSIUM

Potassium plays a critical part in letting your muscles contract and expand—the most important of these muscles is the heart. Potassium also plays a part in the function of our nervous system.

Fortunately potassium is so readily available in the foods we eat that most people never experience a deficiency and its common symptoms of muscular weakness or mental confusion.

Good natural sources of potassium are fresh fruits and vegetables, dried apricots, raisins,

bananas, oranges, artichokes, mushrooms, broccoli, potatoes, tomatoes and snap beans.

AVOIDING STOMACH CANCER

Eating raw vegetables appears to be an important factor in avoiding cancer of the stomach. When 160 men and 68 women with gastric cancer were compared with other men and women without cancer or other gastrointestinal disease and matched in terms of age, country of birth, nationality of parents and grandparents, only one substantial difference was found, reported Dr. S. Graham and a team of Buffalo, NY investigators. The healthy people ate far more raw vegetables than did the cancer patients. And low risk of gastric cancer was associated particularly with the eating of raw lettuce, tomatoes, carrots, cole slaw and red cabbage.

— *Cancer: Vol. 30, page 927*

EXERCISE

Exercise is as important to healing as is your food and supplement therapy. For any nutrient or remedy to have a curing effect it must reach the areas or tissues in your body where your problems need help. They can only be carried there by your blood. Blood circulation is activated by muscle contractions and expansions — by exercise.

To not exercise is to vegetate with little circulation and little healing. Exercise and physical activity is 50% of healing. Circulation is as important as diet. All nutrients and supplements can only reach the areas and organs of your body where they are needed, and make healing possible by being transported there by your blood.

Exercise regularly, easily, without forcing. Brisk walks, deep breathing, bicycling, swimming, yoga, jogging, tennis, skiing, rebounder jumping — or be active in your favorite sport.

— *Author Unknown*

Edit. note: If for some reason you are unable to do any of the above exercises, isometrics are an excellent alternative. Send SASE to FACT. Ask for Isometric Exercise information.

THE LYMPHATICS

The following book review was sent to FACT by Marie Winberg of Michigan. The review offers excellent information about the lymphatic system which is not readily available in other publications, though, unfortunately, we cannot support Dr. Lemole's healing diet. Although we do not have the name of the book reviewer, we decided to print it anyway. We think he/she will forgive us.

Dear Mrs. Sackman:

When I read this article, I thought of you. Your magazine is the last word for me. I really appreciate all you have taught me through the last twenty years. I believe what you say.

I had never read anything about the lymph system except that it does absorb bad substances from our bodies. I have never read anything about the lymph system in your *Cancer Forum*. Thought you might be interested in seeing this.

Sincerely and Best Wishes to you, Marie Winberg,

***The Healing Diet—A Total Health Program to Purify Your Lymph System and Reduce the Risk of Heart Disease, Arthritis, and Cancer* by Gerald M. Lemole, M.D. (William Morrow & Co., NY, 2000, 272 pp.), \$ 25.00.**

The title is misleading. The book properly should be called "Loving Your Lymph System." Oh, there's plenty of diet advice and heart-healthy recipes, but the book is essentially a salute to your "lymphatics."

Think of the lymph system as your body's other plumbing system. Like the cardiovascular system, it has pipes and valves and filters (the nodes). But there's twice as much lymph as blood in your body, and twice as many lymph vessels as blood vessels.

What keeps lymphatic fluid moving? There's no dedicated pump like your heart. Instead, the lymphatic fluid is propelled by the muscles in your chest, activated when you breathe.

The lymph system is your body's sewer system; one of its jobs is waste removal. But it also harbors the immunity troops, ready to attack infection and invading viruses. It filters out crud and toxic stuff. And it holds your body's water pressure in balance.

The key to health, Lemole argues, is to keep your lymphatic system open and flowing. That means increasing its drainage capacity or reducing its intake of toxins. He advocates both.

"If you keep your lymphatic system clear," Lemole writes, "you can eliminate 70 percent of the chronic illnesses that are in part the result of that system being clogged."

How? Through exercise, massage, diet, stress reduction and especially deep breathing.

Cardiac villains such as cholesterol and homocysteine are arrested by the lymph patrol, then carried through your chest en route to the liver. Deep breathing speeds the process. Lemole says: "It allows the lymphatic flow to course strongly and evenly, becoming virtually a river of life."

Disease is usually triggered by insult and inflammation, from poisons, radiation, stress. Free flowing lymph can shorten inflammation before it cripples or kills. (Lemole cites a fascinating Swedish study: Braless women were 29 times less likely to get breast cancer. Reason: bras slow the movement of lymph in breast tissue.)

Lemole practices what he preaches. Not only does he eat veggies, he also does deep breathing exercises and revs up his pulse and lymph system by doing jumping jacks on a mini-trampoline (right next to his desk) and walking for about 45 minutes daily.

"It all boils down to balance," he says. "With heart disease, there's no one culprit and no guaranteed preventative." Diet, exercise and stress modification are all important. And so is the spiritual dimension. We need meaning in our lives. Viktor Frankl survived the concentration camp by making suffering his meaning. People who are happiest and healthiest believe there's an existence beyond the self. They have an awareness that: "they ain't the center of the universe. They realize there's something more outside, and they've incorporated that into their daily lives."

Recipes

Mint and Carrot Salad

- 2 cups grated carrot
- 2 tablespoon fresh lemon juice
- 1 teaspoon raw honey or maple syrup
- 1/8 teaspoon mint leaves, minced
- 1/4 cup raw almonds, ground
- 1/4 cup coconut, grated

Mix carrots with lemon juice and honey or maple syrup. Add coconut, almonds and mint and mix thoroughly. Serves 2.

Chicken Salad

- 4 cups cooked organic chicken, cut in 1/2-inch dice
- 1/2 cup minced celery
- 4 green onions, minced
- 1/2 cup coarsely chopped raw walnuts
- 3/4 cup whole plain yogurt
- 3-4 tablespoon minced fresh tarragon
- 2 tablespoon lemon juice
- 1 tablespoon minced fresh parsley
- mixed greens
- ripe tomatoes, sliced

Combine all ingredients except greens and tomatoes in a bowl and mix well. Serve on a bed of greens with tomatoes. Serves 4.

Cabbage/Turnip Salad

- 1 small green cabbage
- 1 medium-sized turnip
- 1/4 cup alfalfa sprouts (opt.)
- 1/2 teaspoon celery seed
- 1/2 cup raisins

- 1/2 cup chopped raw walnuts
- 4-6 tablespoon whole plain yogurt

1. Shred cabbage and turnip. Mix with celery seed, raisins and walnuts.
2. Dress the salad with yogurt. Makes 4 small servings

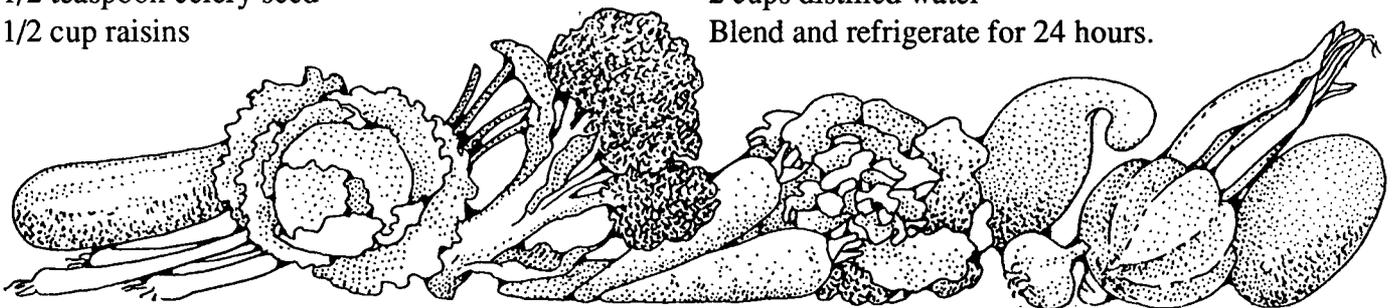
Fig Snack

- 1/2 cup whole raw almonds
- 1 1/2 cups dried figs (calmyrna or black mission)
- 1/8 cup lemon rind (organic) cut into very narrow strips
- 1 medium bay leaf
- 1/2 tablespoon fennel seeds.

1. Put figs in a pot with enough water to cover. Bring to a boil, turn off heat and let sit for about 15 minutes to soften.
 2. While figs are sitting, put bay leaf and fennel seeds in 1 1/2 cups water in another saucepan. Bring to a boil and let simmer about 10 minutes.
 2. Remove figs from the water. Make a slit in the thickest part of each and insert an almond and a piece of lemon rind. Pinch to seal.
 3. Place the figs in a wide-mouth jar (a 1-quart Mason jar is ideal) or crock, and pour in the bay leaf/fennel liquid to just cover figs. (Add more plain water if necessary.) Cover and store in the refrigerator.
- To serve: put several figs in a dish with a dollop of whole yogurt or just grab and enjoy!

Mock Chocolate Milk

- 1/2 cup raw sunflower seeds or sprouts
 - 1/2 - 1 tablespoon carob powder
 - 2 cups distilled water
- Blend and refrigerate for 24 hours.



Letters

Dear Ruth,

Many thanks for your loyal support without which I would have long ago been forced to abandon the pursuit of our joint goal — a better treatment for cancer.

Dr. Slanetz and I (mostly him) have reviewed all of the patients we treated in the 80's. It is very exhilarating to learn that the vaccine does indeed work. I'll send you a copy of the final draft. We cannot possibly envision dropping all of this work.

Again thanks, you are a lifesaver in more ways than one.
Duncan McCollester, M.D.

Dear Mrs. Sackman,

I'm a sixty-five year old man who had a prostate problem in 1996. After religiously adhering to the macrobiotic diet for six months, I called your office. You agreed to speak to me personally, send the FACT literature, and several books on nutrition and juicing. You also agreed to send them immediately, as I was extremely anxious about my condition. You sent them before having the cash in hand. I'm very grateful for your trusting nature and deeply appreciate your personal interest, sincerity and empathy. Having someone to speak to who understood meant a great deal.

I've been a subscriber for several years, so I'm sending \$10.00 to renew. I wish it could be more. Thank you again.

Respectfully, D. M.

Dear Ruth,

I called Anna Maria Skaar for a colonic irrigation on the same day you gave me her name and saw her the following week. She was very pleasant.

Have been wanting to write you to thank you for your time and help on the phone, also to thank you for the time and effort you took to find and send those two back issues of FACT's *Cancer Forum*. Both were much appreciated.

Am also enclosing a check to help continue the important work of FACT.

It was nice to talk with you again. Thanks as always for all your contributions,
J.K.F.

Dear Ruth,

I don't know if I'm the only one, but I received the *Cancer Forum*, Winter 2001, Vol. 17, #7/8 yesterday without any pages at all, just the cover.

I'd greatly appreciate another copy. I do enjoy ev-

ery single copy—there are few enough each year. (I know they do take a lot of work and time.) By the way, it doesn't appear as if there had been any pages originally stapled in the cover.

Truly hope you and yours are fine and all is faring well.
Sincerely, M.L.

Dear Ruth,

Enjoy your *Cancer Forum*. Since so many articles preach what I practice and write about, how about listing my books for sale?

I can help you if interested.

Peace, Bernie Siegel, M.D.

Dear FACT:

I have truly appreciated all the excellent information I have received from your *Cancer Forum* through the years. I try to share it with everyone who will listen.

I have found someone just this morning who would like to see your literature so am asking if you would please send 20 back issues to:

I have enclosed \$10.00 for the 20 issues. Thank you!

Sincerely, M.W.

Dear Ruth,

It's been a long time since we were in touch and a lot has transpired. All very interesting. Information is coming down the pike with the speed of light. Good news for those who have neurological ailments for which until now there was little or no hope.

For folks with "ordinary" illnesses like cancer, etc., the old standbys that you and others before us espoused still work.

Hope you have a good holiday. With best wishes for great health, abundance and fulfillment,

Love, J.H.

Dear Ruth,

Read your tribute to Dr. Jensen in your magazine. I'm very sad he's passed on — but we know that his good works will live on. I took this picture of him and Sylvia, his assistant, in the spring of '91 — 10 years ago. I ended up doing a lot of transcribing his tapes for him for a few weeks — so I finally got to know him. I didn't know he was in a car accident. What a drag. Dr. Jensen's program healed me over 20 years ago — thanks to your sending me there, Ruth — and I continue with it to this day to maintain my good health.

Then, the next week, I received a letter from "friends of Dr. Leo Roy" about his death — what a shock.

Still waiting for some photos of you, Ruth. Starting up a Bed & Breakfast — so maybe you'll come to this beautiful sunshine coast of B.C. for a visit.

Love always, M.J.B.

Dear Ruth Sackman:

Your work is very important to me.

I wish I were able to make a truly significant gift of money. You have our blessings.

Sincerely, C.M.

Dear Ruth,

I am deeply grateful to you for your time, your knowledge and expertise, and, above all, your kindness and patience with me.

As I told you on the phone, I do indeed have the Information Packet and will now peruse every word. I will speak to my daughter and hope to get her on the phone to you as soon as possible.

Once again, thank you with all my heart. With my deepest wishes to all of you at FACT, S.P.

Dear Ruth Sackman and Staff:

Want to wish you people a most healthy, happy and successful 2002. You provide us with wonderful information to keep us in the best of health.

You spoke to my husband and at the time we were told he was fine, having had prostate cancer. But after a CT scan we were then told he had activity in the spine and it was branching out. The doctors don't (not all I imagine or hope) know how to deal with people — they're so used to books and lectures, not humans. They should be in contact with Dr. Bernie Siegel.

Stay as wonderful as you are. A warm, feeling, reaching out, caring lady — I know you have your sadness, losses. I pray for you.

Sincerely, H.S.

Look forward to receiving *Cancer Forum* these many years. Bless you

Dear Mrs. Sackman,

Thank you so very much for paying for the enzymes and Green Life for me. I deeply appreciate your help and the information you are sending me.

Sincerely, M.C.

Ruth,

Thank you for your excellent *Forum*.

I take issue with the information in your recent issue regarding LICE.

Lindane IS NOT safe when used as directed.

This pesticide was banned in the U.S. many years ago as an extremely unsafe poison. It was dangerous even in the trace residues that remained on fruits and vegetables and in homes when used for roaches. When it is used as a shampoo for lice, a MUCH greater amount is absorbed directly through the skin into the bloodstream and in a child's body, due to lower body weight, it is even worse. I suggest that parents use the only non-toxic lice product on the market, which is "Lice Arrest" and may be ordered directly from the manufacturer, Heartland, at 1-888-772-2345 or from their web page at www.lice-arrest.com

I use this product with patients and it works very well. All of the other products mentioned in your recent issue contain toxic chemicals that I would not want on a child's skin.

Keep up the good work.

Sincerely, David Getoff, ND, CCN, CNC

The above letter was quite a surprise. As many of our readers know, we are not ardent supporters of the FDA's approval of chemicals so I realized that the item Dr. Getoff was criticizing must have been misunderstood. Our point was that Lindane is most decidedly NOT safe. I worried, would others also have misunderstood? Well, I think not. This was the only critical letter about that item. Following is the lead-in which Dr. Getoff must have skipped:

"Edit. note: 'FDA Watch' is a follow-up on our last issue (Vol. 17, No. 11/12), which focused on FDA and the fact that far too often this tax-payer supported 'watchdog' agency has not been looking out first and foremost for the public whose safety it is obligated to protect. As always, we urge you to let your Congressional representatives know how you feel."

— Ruth Sackman, Editor

Dear Ruth,

As always, you were so encouraging to me in our phone conversation. Everything just makes so much sense. Nature (God) is so simple, but man confounds everything. If we just put our faith in God and return to his ways we will be healed. We must look to God and not man. Hallelujah! We must stop allowing ourselves to be deceived by those claiming to know so much, but yet little truth.

Enclosed is a \$20.00 check for another year of *Cancer Forum* and put the rest toward FACT. May God bless you and your work. May He guide you and continue to increase your knowledge and wisdom. Praise His holy name.

Sincerely, C.L.

Book Review by Consuelo Reyes

Beating Cancer With Nutrition by Patrick Quillin, Ph.D., R.D., C.N.S., with Noreen Quillin (Nutrition Times Press, Inc., Tulsa, OK, 2001), 347 pps., \$ 24.95.

Nature knows best, but man thinks he knows better!

This is the fundamental problem with Patrick Quillin's well-intentioned, but highly muddled book, *Beating Cancer With Nutrition*. Unfortunately, it's typical of so much of the "alternative cancer" literature that overwhelms us today, leaving the desperately-seeking cancer patient more confused than ever.

Quillin, a Ph.D. in nutrition, licensed dietician, Certified Nutrition Specialist (CNS) with the American College of Nutrition, and writer of 15 popular health books, somehow manages to miss the boat while expressing all the right phrases about trusting Nature and conventional medicine's misguided focus on killing cancer cells rather than addressing the body as a whole.

He says, "All of us get cancer all the time, yet magical ingredients in a whole food diet are there to help the body beat cancer..." Sounds great! But read on and the more like a tangled spider's web his notion of Nature becomes. The backbone of the Quillin program is, as he puts it, "restrained" or "fractionated" chemotherapy and radiation to reduce tumor. These are toxic treatments that harm healthy cells as well as cancer cells and represent the focus on the symptom, just as conventional cancer protocols, rather than correcting the cause of the problem.

Chanting "Food is your best medicine," he proceeds to outline the rest of his plan which consists of "aggressive" nutrition, i.e., a more or less (mostly less) whole foods vegetable-based diet with extensive use of concentrated, factory-processed supplements — recommended by dose as if one size fits all, with no regard for individual needs or sensitivities or product quality (which can include all kinds of binders, preservatives, fillers, colorings, and other unnatural or questionable ingredients). The key virtues of these supplements seem to be any sort of reported anti-cancer activity, especially tumor reduction, and/or "significant protection"

against the damaging effects of aforesaid chemo and radiation.

Despite his poetic trust in Nature, Quillin has accepted the common assumption that because of today's poor soil, pollution, etc., a vast arsenal of single nutrient supplements is a must. Voilà the "kitchen sink" approach: a little poison is okay as long as you throw in a whole lot of "natural" things (i.e., anything remotely derived or synthesized from Nature). Indeed, the bulk of the book is the listings of scores and scores of pills and powders over which he blithely sprinkles phrases like "extremely safe," "virtually no side effects", "according to review of world literature," etc., leaving the reader to figure, what the heck, everything sounds worth a shot! In short, standard disclaimer aside, the book encourages self-medication. Next step: go down to your local health food store and load up on the suggested supplies.

As we have seen at FACT again and again, promiscuous use of supplements can be dangerous! The energy available for healing is a precious thing, particularly for a body already overloaded to the point of cancer. To inundate a system with unnatural or unnecessary material can create imbalances leading to severe problems. *The body is best designed for food*. Absorption of nutrients isolated from their natural setting (i.e., food) is extremely poor. Of course, food grown organically is best, but even nutrients from produce harvested on less perfect soil is more available to the body than in pill form. After all, the human species has survived for millennia in less than ideal conditions. If after careful evaluation, individual deficiencies are discovered, there are high quality food form supplements to be used as indicated for the individual. Balance is the key, but this most basic concept of Nature seems to have eluded the Nature loving author.

"Nature always seems to provide," Quillin observes, yet fancies She makes mistakes which he knows how to fix. He notes that somewhere in the natural course of evolution the human body lost the ability to produce liberal amounts of Vitamin C, so he advises "correcting" this lapse with high dose Vitamin C for cancer or just about any other health problem—again, risking stress on the healing en-

ergy and grave imbalances. The chapter on Food Extracts begins with a wonderful quote by Florence Nightingale about "Nature alone cures..." But clearly the author feels that Nature needs some extra help as he goes on to extol the cleverness of man-devised supplements made from large quantities of "anti-cancer" (or the big buzzwords, "immune booster" or "antioxidants") nutrients removed from foods like cabbage, avocado, garlic—in effect, producing drugs along the lines of reductionist conventional medical practice. Superior to whole food? Nature in her wisdom has provided synergistic elements—many still unknown to science—necessary to metabolize food most efficiently. To leave out a part of the whole inhibits absorption and leads to the theft of elements from other vital areas.

Beyond his misguided reverence for Nature, the author makes many statements which are just plain wrong. He claims Hydrazine Sulfate, a widely touted "alternative" to chemotherapy, is nontoxic. Hydrazine Sulfate is derived from rocket fuel! It is a chemotherapy which starves *healthy cells* as well as cancer cells by blocking glucose metabolism.

He recommends a patented herbal supplement, PC-SPES for prostate cancer, citing the endorsements of "numerous well-respected oncologists." Just recently FDA warned consumers to stop use of this product because it also contains the prescription drug Warfarin, known as Coumadin, a powerful blood thinner.

His recipes chapter is a mixed bag — some okay concoctions, laced with far too many bad ingredients: canola oil (genetically-engineered from rapeseed, containing toxic erucic acid), soy products (inhibit enzyme metabolism), green tea (caffeine, aluminum, toxic selenium, fluoride), Lawry's Salt, Diet Rite, PAM spray oil, protein powder. Natural foods? Other ingredients: fried eggs, fractionated substances such as liquid lecithin (usually from soy), non-fat and low-fat dairy products (whole food?). He sees nothing unnatural about zapping foods in a microwave, but feels he must warn us that sprouts should be eaten sparingly as they may "blunt the immune system." Sprouts are among the most easily digested nutrient-rich foods. Quillin adheres to the rampant misreading that our

immune systems sometimes get carried away and attack us. This, of course, is all backwards: wonderful raw foods like sprouts can stimulate immune response and cause healing symptoms like colds, fever, rashes, etc.— signs of immune vitality, not a body under siege!

The suggestions in books like this may buy some time for cancer patients, but such scatter shot approaches contain too much inferior material, ignore individual differences and requirements and thus, can limit the body's chance for full recovery. These books may celebrate Nature, but they lack the vision and understanding of what Nature and the amazing human body are capable of. Caveat emptor!

* * * * *

People are unreasonable, illogical, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish, ulterior motives.

Do good anyway.

If you are successful, you win false friends and true enemies.

Succeed anyway.

The good you do will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

What you spent years building may be destroyed overnight.

Build anyway.

People really need help but may attack you if you help them.

Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you've got anyway.

— A sign on the wall of Shisu Bhavan, the children's home in Calcutta supported by the works of Mother Teresa.

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