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“Disease is primarily a natural response to an unnatural environment.” —Dr. Royal Lee.

Dear Reader,

Unless you have gone into hibernation in an obscure cave somewhere, no doubt you are aware of the wide range of exotic new diseases that are threatening the human population and which people are desperately trying to avoid. SARS, Lyme disease, monkey pox, West Nile virus, eboli and AIDS are probably the most prominent. Do you ever wonder where they come from? I do. I cannot help but wonder if Nature has produced them or are they man-made? Why wasn't it common for Nature to develop new diseases earlier in the twentieth century, instead of appearing frequently over the last 20 years?

I have a point of view which I feel makes sense in this time of strange, so-called, scientific conclusions. Our bodies are bombarded with tons of chemical poisons which are added to our food, water, air and medicine. Isn't it just possible that when the toxic level from the constant barrage of these poisons reaches a point that the body can no longer control or tolerate, that it manifests one of the new diseases?

If we consider that the chemical revolution didn't start until after World War II, we can possibly assume that is why new diseases were not common in the early part of the 20th century, but rather, after using these chemical poisons forty to fifty years, are now occurring.

If this assumption is correct, the wise direction would be to enhance and maintain strong host resistance by having a balanced diet and avoiding chemical pollutants as much as possible.

To your health,



Recycling Biological Waste— Umbilical Cord Cells May Help Treat Diseases

From CNN Correspondent Christine Negroni

There has been much in the news lately about stem cells as a treatment for many serious conditions such as Parkinson's Disease, diabetes and others. The following report was written in 1995 by CNN correspondent Christine Negroni. One can't help wondering why it takes so long for common sense solutions such as this to reach the public consciousness, while so many dubious—and more toxic—drugs and protocols seem to catch on immediately.

October 13, 1995

NEW YORK (CNN) — Doctors and scientists have long admired the way the placenta and umbilical cord provide a conduit for the human fetus to receive everything it needs until the day a child is born. After birth, however, they are discarded as little more than biological waste.

But new attention is being paid to the umbilical cord as researchers consider whether it can be used to treat a variety of blood diseases and genetic disorders.

Biological trash is on the way to becoming a biological treasure because the blood in the newborn placenta and umbilical cord is special. "There are a very large number of the cells called stem cells in the blood of a child at the time of birth," says Pablo Rubinstein of the New York Blood Center.

Stem cells are treasured because they develop into all the other kinds of blood cells. If it works as expected, stem cells, oriented from the after-birth, could be used instead of bone marrow stem cells to treat patients with life-threatening blood diseases, like leukemia.

"We have to find out whether it lives up to its promise, and that will take up to two to three years," says Dr. Paul McCurry with the National Heart and Lung Blood Association. "If it does live up to its promises, then it will be a big boon."

There are many advantages to getting stem cells from placental blood rather than bone marrow. Bone marrow is hard to match and difficult to obtain. Placental blood, on the other hand, is simple to get and once transplanted is less likely to be rejected by the recipient.

When doctors at New York's Mount Sinai Hospital couldn't find a marrow donor for 15-year-old leukemia patient Azinuid Stroud, they searched through the New York Blood Center's bank that makes placental blood available to the public. But the few community banks are not alone. Several private companies now pitch the same service to expectant parents who want to store their baby's placental blood.

Through sales tapes and childbirth classes, parents are told that for about \$15,000 they can store their child's stem cells in a way to protect them against future disease.

Critics, like ethicist Art Caplan, are not convinced. "I think we're in danger right now of seeing a little too much hype, a little too much aggressive marketing. It's really not where the technique is at yet."

The National Institutes of Health is spending \$24 million to learn more about potential uses of stem cells. But it's clear to those involved that learning more about biology is just the beginning. Commercial and ethical dilemmas must be addressed as well.

STEM CELL BRIEFS

Study Backs Idea that Heart can Repair Itself

Challenging generations of medical lore, researchers have found striking new evidence that the human heart can repair itself. Doctors have long assumed that damage from a heart attack or other ailment is irreversible and that the heart cannot regenerate tissue the way other organs can. But last year a team of American and Italian researchers demonstrated that heart muscle cells multiplied after a heart attack.

And now they have shown that in heart transplant patients, primitive cells from the patient travel to the new heart and grow new muscle and blood vessels. Studying men who received transplanted hearts from women, the researchers discovered male cells in the donated female hearts — cells that could only have come from their own bodies.

“There have been hints from animal studies that the cells could migrate before, but this is the first demonstration in a human that it is actually possible.” said John Fakunding of the National Heart, Lung and Mood Institute. The Institute helped pay for the study, which appears in *The New England Journal of Medicine*.

The researchers found that heart muscle and blood vessels grew rapidly in the new hearts after transplant. They calculated that as much as one-fifth of the donor heart had been rebuilt by the recipient's own cells.

“Clearly this shows that the heart has the ability to regenerate,” said Dr. Roberto Bolli of the University of Louisville, who wrote an accompanying editorial. “It could be a milestone discovery if we learn how to exploit this phenomenon for therapeutic purposes to regenerate heart muscle in patients with heart failure.”

After the heart recipients died, tissue samples were taken from each donor heart and from remnants of the old heart not removed during transplant surgery.

The researchers found evidence of the primitive cells with stem cell characteristics in the remnants of the old hearts, as well as in the donor hearts.

“We have the first strong suggestions that the heart has primitive cells — meaning cardiac stem cells — which could be used in the future to repair

the heart,” said Dr. Piero Anversa, who led the researchers at New York Medical College in Valhalla, N.Y., and the University of Udine and the University of Parma in Italy.

Dr. Anversa said he and his colleagues were working to identify whether a cardiac stem cell existed and whether it could be manipulated to promote heart repair.

Reprinted from the New York Times, January 2, 2002

Severed Spinal Cords Coaxed to Regenerate

ST LOUIS—A transected spinal cord can be induced to regenerate if the gap is filled at the right time with a bridge of peripheral-nerve tissue through which axons can grow, reports a Washington, D.C., neurosurgeon. Dr. Carl C. Kao offers as proof five dogs that regained the ability to walk three months after their cords were irreversibly crushed. Operating a week or two after the injury, the Georgetown University associate professor of surgery and anatomy removed the dead cord tissue, filled the gap with pieces of limb nerve, and coated the cut cord ends with cultured peripheral-nerve cells. The operation could not help long-paralyzed patients, he told the Society of Neuroscience meeting here. But clinical trials on patients with fresh cord injuries may start within a year, if new studies on cats give good results.

—Medical World News 1979

Therapy Feared

Manhattan—Scientists may have found a way to generate unlimited supplies of brain cells for transplanting into Parkinson's disease patients, but the source of those cells—fetuses and animals that could introduce new diseases into humans—is problematic.

New work is focusing on growing brain cells, called neural stem cells, in the lab. Scientists have done it with mice and now are studying how to reproduce the results with human cells to get the cells they need.

In a new study, researchers reported producing brain cells that pump out the chemical dopamine—the kind of cell that is transplanted in Parkinson's disease.

—Daily News, June 29, 1999

RUTH SACKMAN'S NOTEBOOK

Cell therapy is a medical system that uses healthy cell injections to repair organs, nerves and tissues that have degenerated and no longer serve the body's normal function adequately. It has also been used for rejuvenation to maintain youthful energy and appearance. The technique has been available in European clinics for at least 70 years but unavailable in the United States as our FDA (Food and Drug Administration) has never approved its use. It is sad that Americans, except for those able to travel to Europe or other countries, have been deprived of the health benefits of cell therapy.

The work was started in Switzerland when a patient's parathyroids were accidentally injured during a surgical procedure and she desperately needed help to save her life. The hospital was aware of the cell therapy experiments of Dr. Paul Niehans, who lived in Montreux, near the hospital. Niehans was called by the institution to see if he could repair the damaged organs and hopefully save her life. Using a crude system of grinding the animal parathyroid cells, putting them in a syringe, he injected them into the patient. The healthy cells did what it was hoped they would do, repaired the parathyroids and saved her life.

This was the birth of cell therapy in Europe, and many other countries. The United States FDA deemed the therapy ineffective and categorized it as quackery.

Now there is an awakening in the United States of the benefit of **stem cell therapy**, which is an improvement over the organ-specific cell therapy technique used earlier. Stem cells differentiate into any type of cell that the body needs to repair. Advancing stem cell use to the stage of acceptance here in the USA is bogged down in unnecessary controversy because of the mistaken use of embryonic cells which violate the convictions of a number of religious groups. There is absolutely no need to use embryonic cells! Cells could be and should

be derived from the placenta, umbilical cord and cord blood. Even Pope Paul has suggested using the placenta.

What a tragedy is taking place! The placenta, umbilical cord and blood are trashed while patients could reap the benefit of these miracle cells. Every day that approval of stem cell use is delayed, someone will be deprived of treatment that could be lifesaving, especially transplant patients. Before transplants are done for liver, heart or kidney patients, stem cells can be tried to effect a repair. If the cells make the repair, the patient can avoid transplant surgery. And many people are never high enough on the list to ever receive a transplant. These stem cells may save their lives. Spinal cord injury, nerve damage, Parkinson's disease and diabetes are other health problems that have responded to cell therapy.

The FDA needs an overhaul! It has approved drugs, which ultimately are found to be harmful and even deadly, has approved gene therapy even though there has been evidence that the safety factor is questionable. Yet the agency continues to drag its feet in approving stem cell therapy which has little or no risk but can be very beneficial.

In printing articles about cell therapy in *Cancer Forum*, I don't want to leave the impression that cell therapy is considered a cancer cure. Although it is not the cure, it can play a very important role in effecting a recovery. Since FACT is in the forefront of supporting a system of restoring biochemical balance for the cancer patient — a requirement in the body's effort to effect a biorepair to correct normal cell production — cell therapy can be a very competent tool in regenerating organs up to their optimum level of efficiency.

Healthy organs will promote the healing process more quickly than a metabolic program alone by enhancing immunity, normalizing metabolism and improving detoxification. All of which is designed to achieve normal cell production, our ultimate goal.

Perhaps, the answer to this delay, is to put pressure on your representatives in Congress and encourage your doctor to be your ally in requesting a hearing so all the facts can be aired and a solution can be found to resolve this stalemate.

NATURE'S NECTAR

By Mel Tharp

What exactly is honey? Honey is primarily a carbohydrate. It is basically a sweetening or sugar. But what a marvelous sweetener it is!

Unlike white cane sugar, *honey contains plenty of vitamins and minerals*. One hundred grams of honey (five level tablespoons) supplies 55 mgs. of potassium, 6.5 mgs. of phosphorous, 5 mgs. calcium, .55 mgs. iron, 5.5 mgs. sodium, 3 mgs. magnesium, and small amounts of vitamin B1, B2, B6, C, folic acid, niacin, pantothenic acid and copper. The caloric energy of honey is supplemented by these vitamins and minerals that are provided in perfect balance.

These vitamins and minerals plus the trace amounts of protein, enzymes and hormones also contained in honey total approximately 3% of the solids in honey. Honey is roughly 20% water.

The remaining 97% of the solids in honey are simple and complex sugars. This percentage can vary by one or two percent since the percentage of vitamins, minerals, etc., in honey can vary by that much.

Fructose and glucose account for nearly 75% of the simple sugars in honey; with glucose usually being predominate. In addition to simple sugars, there are also twelve complex sugars, such as maltose, in honey. However, these twelve complex sugars make up only 4% of the total sugar content.

Honey has a big advantage over other sugars in that it does not cause the blood sugar to rise to higher levels than can be readily handled by the body. Honey still provides immediate energy because of its glucose, but the fructose is absorbed more slowly, and the complex sugars are absorbed even slower to provide you with lasting energy.

Honey also has fewer calories than sugar. One hundred grams of honey contains 340 calories. The same amount of cane sugar has 385 calories.

"Honey which is left to crystallize without any control from the beekeeper, if absolutely clear of particles of any sort and air bubbles, will not crystallize rapidly, often for many years," according to Ted Hooper in *Guide To Bees and Honey*.

Yet most natural honey, because it has been removed from the honeycomb, will crystallize.

The honey sold in supermarkets will resist crystallization because it has been heated and filtered. Prolonged heating destroys the enzymes in honey, and filtering removes some of the valuable nutrients.

It is best to buy honey clearly labeled "natural and unheated." If it crystallizes, just put the container in a pan of water at about 110° F. until it returns to liquid.

In storing your honey, it is best to have it in airtight containers. Honey is hygroscopic, and if left open will draw moisture from the air. And if for some reason you transfer your honey from its original container, transfer it only to a glass container or honey can. Honey reacts with the iron in many metal containers and forms a black iron tannate which can spoil the honey.

Honey is also excellent to keep in your kitchen as a substitute for sugar.

The best honey to use as an exchange for sugar is a very light-colored honey such as clover honey. Light honeys have little taste other than their natural, delicious sweetness and will not change the taste of your recipe.

Darker honeys, however, add a hint of taste that can be a real plus to some recipes. They are richer in vitamins and minerals. The color of honey is determined by the source of which the nectar comes, although hot weather will sometimes affect the color.

The belief that sage gives honey a sage taste, or that orange blossom honey has an orange taste is a myth. They each have their own unique flavor but they do not take on the pronounced flavor of their source. It is wise to select a light-colored honey for general purpose use.

Here is some important data for use in exchanging sugar for honey in cooking: a cup of honey weighs 12 ounces. One fifth of this is water. This means there are approximately 9 1/2 ounces of honey sugar in each cup of honey; yet a cup of cane sugar weighs just seven ounces. So actually, cup for cup, honey contains more sweetening than white sugar. This means that to get the identical

sweetness, you should use 3/4 cup of honey for each cup of sugar your recipe calls for.

And finally, because there are two ounces of water in 3/4 cup of honey, you should reduce the liquid in your recipe by 1/4 cup for every 3/4 cup of honey used.

Honey also has a place in your medicine cabinet as well as your pantry. As a folk remedy, honey dates back to at least 2,000 B.C.

Honey has been universally hailed as an ointment to heal wounds, sores and skin ulcers, and when mixed with vinegar, it makes a soothing cough syrup.

During wartime in ancient times honey was smeared on wounds as an antiseptic by Greeks, Romans, Egyptians, Assyrian and Chinese, as well as by the Germans in World War One.

From the earliest ages, honey has been employed as a medicine. "In 1970," Jean Carper writes, "a prominent British surgeon surprised colleagues by announcing that he regularly used honey on open wounds after vulvectomy (gynecological cancer surgery). He found that the honey-covered wound healed faster and had less bacterial colonization than wounds treated with ordinary antibiotics."

In 1973 another British doctor reported in a medical journal that honey, applied every two or three days under a dry dressing, promoted the healing of ulcers and severe burns.

Studies in South Africa reveal it is also good for relieving diarrhea caused by bacteria. Volunteers receiving honey-laced fluids recovered 40% faster than those who took fluids containing sugar.

Researchers have also discovered that when honey is metabolized in the body it helps trigger the release of a brain chemical called serotonin. This chemical is known to dull our perception of pain and also induce relaxation and sleep.

Reprinted from Natural Food & Farming

The Rain It Raineth

*The rain it raineth on the just
And also on the unjust fella;
But chiefly on the just, because
The unjust steals the just's umbrella.*

—Lord Bowen

ARE CELL PHONES A HEALTH RISK?

- Italian scientists have raised new health concerns about the safety of using cell phones. Research shows that radio waves from phone handsets make cancerous cells grow more aggressively. When Fiorenzo Marinelli and his colleagues at the National Research Council in Bologna exposed leukemia cells in the laboratory to 48 hours of continuous radio waves, the waves initially killed the cancer cells but then made the surviving tumor cells replicate more rapidly.
- While concluding that there is no evidence that cell phones are a danger to health, a British government inquiry has advised parents to discourage children (whose brains are still developing) from using them excessively.
- An Australian study found that mice exposed to radiation from handsets over a period of 18 months had twice the chance of developing cancers.
- A US study found that learning and short-term memory were impaired after exposure to cell phone radiation.
- Nottingham University in the United Kingdom recently found that when female nematode worms were exposed to radiation from cell phones, they produced more stress hormones, more eggs and grew 10 per cent larger than unexposed worms.
- The World Health Organization has called for more research into the potential health hazards of cell phones and has urged people to limit their use of them.

If you can't live without your cell phone, the following might help your health:

Keep calls as short as possible.

Ensure that the aerial is as far as possible from your head.

Use a hands-free kit.

As a rule, only use your phone when it is showing four to five bars of signal strength.

Avoid handsets with internal antennae, as these tend to expose you to higher levels of radiation. Purchase some form of protective device. There are two basic types: barrier devices that attempt to shield or dissipate the radiation from the phone to the head, and those that claim to boost the body's ability to neutralize the radiation.

From The Ecologist

Pest Protection — But At What Cost?

By Mark L. Winston

Americans use more than one billions pounds of pesticides every year to kill pests in agricultural, urban and forest environments—more than four pounds of toxic chemicals for every man, woman and child living in the United States. The side effects of this strong-arm approach are not trivial. Chronic pesticide exposure among humans has been linked to immune dysfunction and various forms of cancer and birth defects. Monitoring and clean-up of ground water polluted by pesticides costs \$1.8 billion annually in the United States. And a 1993 Cornell University entomologist, suggests that pesticides in the United States kill about 67 million birds and from 6 to 14 million fish each year.

Moreover, the more we try to control pests, the worse the situation becomes. Pests are remarkably hardy and quickly become resistant to chemical agents. For example, while malathion will probably kill most of New York's mosquitoes, there is no doubt that at least some will survive the chemical onslaught. Those mosquitoes with a gene or genes imparting some resistance to malathion could survive and reproduce at a higher rate than other mosquitoes, producing future generations that are increasingly insecticide-tolerant.

What are we to do? We need alternatives and a change in attitude. Many of us are concerned about pesticides in our food, air and water, yet we are quick to grab a can of insecticide to eradicate a harmless ant in our kitchen or some herbicide to nuke a few dandelions on the lawn. About half of pesticide use in the United States is unnecessary because it is directed at cosmetic problems like weeds or the superficial appearance of fruit and vegetables.

To combat real problems, we need to use non-chemical, biologically-based alternatives, which already have been developed. For instance, there are pheromones that disrupt the mating of the boll weevil, an insect that eats cotton plants, as well as para-

sites that can kill fruit-eating flies. Most biologically-based techniques, however, have failed to reach the marketplace for a host of *regulatory, economic and political reasons*. We need to do more to make them available.

But that won't happen unless we change our attitude toward chemical pesticides. We must try to reduce their use by 50 percent over the next 10 years. And that means understanding the difference between a deadly mosquito outbreak and the desire for a better-looking piece of fruit.

Reprinted from New York Times

Mark L. Winston, professor of Biological Sciences at Simon Fraser University in Burnaby, British Columbia, is the author of *Nature Wars: People vs. Pests*.

Common Pesticide Is Changing Frogs' Sex

The best selling pesticide in the US is causing frogs to undergo changes in sex. According to a new study published in *Nature* magazine, atrazine is causing developmental defects in a common Midwestern frog.

The study found that male frogs were feminized by water that contained atrazine at one 0.1 parts per billion. Yet the US Environmental Protection Agency (EPA) allows three parts per billion in drinking water. The US used around 80 million pounds of atrazine in 1999.

— *From The Ecologist*
Edit. note: Atrazine is affecting male sperm in humans as well.

Don't Ask Yourself What The World Needs

Ask yourself what makes
you come alive
And then go and do that

Because what the
world needs

Is people who have come alive.

— *Harold Thurman Whitman*

RECOVERING JOY By Fran Levin, R.N.

I was asked to do a two-hour program on humor at a local hospital. It was to be the first of several programs for the staff in its Wellness Series. The talk was titled "Getting Serious About Being Lighthearted," and was scheduled to begin at 10 AM on September 11, 2001.

The television set was on when I arrived at the hospital's main waiting room at 9:30 that morning showing the images of the World Trade Center. Then I looked around at the others in the waiting room to try to get a grasp of what was happening and saw the sign announcing my program. It took a moment to understand that what I saw was live, and my first thought was how I could possibly go on with the program? The second thought was that we are always called to lift ourselves up in the face of tragedy. That has always been the focus of my work in a hospital setting.

For several years I had worked for an international peace and justice organization and became very aware of the hardships and dangers that people in many parts of the world have to live with all the time. I often found myself speaking about the idea that there is no longer "someplace else;" that we need somehow to grasp that we can no longer find comfort in the idea that whatever is occurring is not happening in our particular geographic location. The events of that morning made it all too clear.

The director of the series escorted me to the conference room. He did not ask me whether I had second thoughts about conducting the class. For that omission I am grateful.

My work as a performer began in 1992 following a trip to Russia with Dr. Patch Adams to clown in children's hospitals, orphanages and reform schools. I then became involved in the clown program at Stamford Hospital in Connecticut. Now I am a storyteller and talk about my clown work as part of my storytelling program. I believe the clown's presence brings light into dark places, and that light brings healing. In a surprise moment, the sight of clowns in outrageous costumes, dancing with each other and the staff, watching someone on staff blow bubbles, generates the laughter that shat-

ters and dispels whatever dark mode is prevalent; shatters the despair and bleakness, and brings light where it is most needed. It seems that, in a sense, it must sneak in, because we are too conditioned to think that when people are suffering it is inappropriate to have a good time.

I call myself a minimalist clown. I come to my talks dressed in standard attire. At a certain point I pose the question: How little does it take to create magic? I answer by putting on a red nose, and by the laughter it provokes, it is clear that the answer is "not much." Contrary to needing to be very skillful, I pride myself that I do not do anything complicated that anyone else cannot do. I say that my job is to put myself out of business and that will happen when everyone taps into their own clown persona; their own sense of what it means to have a light heart.

I gave everyone in the class a red nose, and after relating how I transitioned from a mother, to a nurse, to a clown, I set them loose in the hospital. Their task was to wear the red nose, hand out hug coupons, smile and report back. They shared some lovely stories.

My storytelling program is called "Beyond Your Wildest Dreams." A few months ago, I told an audience at an assisted living residence, where the average age was 90, that my wild dreams have changed over the years. I used to dream about biking across the US or climbing Mt. Everest, but now I dream of people laughing and dancing and singing and taking care of each other. Dreaming is something we can and must do.

I then asked the group to share with each other a dream they could hold and return to in their thought, because if one wants to see a dream happen, it must first be created in thought. We need to dream of the world we want to create for our children and grandchildren.

Now it seems that the thoughts and sentiments I express have taken on a larger life and are no longer the concerns of a specialized audience. In a sense, the world has become one huge hospital. We are all forever changed and all in need of healing.

We need to understand what that means for us and how to find our way to it. I believe we can do that by recognizing what is already true for us.

Without warning, after September 11, many were thrown into the role of caregiver and it is so clear that we know how to do that and do it very well. The stories I have heard tell me that the moments of reaching out to others, giving and sharing ourselves, are our finest moments. Taking care of each other is who we are. It is not something we have to learn to do or think about.

However, there is another aspect of our nature that we need to recover — our capacity for joy. Many celebratory events that had been scheduled for 9/11 and shortly thereafter were cancelled. Comedy shows and comedy hosts were at a loss. Someone who works in the Wall Street area mourned the loss of the lighthearted exchanges he and his co-workers used to engage in, and he fears it is no longer possible. After hearing all these stories, I wondered whether my going on was somehow disrespectful of the enormous tragedy we suffered. Yet, it seemed to be what was needed, and served to show the possibility of lifting ourselves up without denying what had happened. I wonder though how we can now move forward to a new and better understanding of what joy and humor mean. We may have gotten trapped in the mindset I expressed before, that in the face of tragedy or suffering, it is inappropriate to have a good time.

Actually, more than ever, it is not only appropriate, it is essential. Polls have shown how priorities have changed, waking us to the fact that we have not taken the time to focus on what it is that is really important in our lives — our friends, family, those we love and care about. Those relationships are what call us to celebrate. That is joy expressed in its beauty and simplicity.

We are called to celebrate life, the beauty of creation and all the gifts we have been given. The expression of joy, that comes from a heart full of light, will never be inappropriate because it is founded on the truth of our unity and is a quality of our being.

The Bible is full of references to joy and rejoicing. There are no instructions on how to do it, any more than there are instructions on how to love. But

the Bible does speak of joy as an aspect of spirit: “In thy presence, is fullness of joy; let all who put their trust in thee rejoice.” We can allow joy to rest on this foundation and draw from it continual sustenance.

In one way it is more possible to celebrate if we do not see joy as limited by our human personal preferences and dependent on some particular occurrence. Joy can be recognized as independent of our situation. Many people who have suffered unspeakable tragedies have found their way to the understanding that transcends the personal.

There is also much written about laughter and its healing power. Laughter is an expression of joy, and has a benefit that can help us now. Laughter has the power to transform fear and take away its power. Laughter destroys the “somethingness” of fear so that it can fall away without a struggle. We can see fear for what it is and not allow it to take up permanent residence. Laughter can bring us that insight and put us in the place of choice. In that larger perspective we can choose to live hopefully rather than fearfully and allow our innate joyful nature to surface.

And there are many simple, silly ways to stir that up and guard us from taking joy too seriously. It might do us all good to wear red noses from time to time, paint hearts or other symbols on our cheeks, hand out hug coupons, or simply smile. One peace activist claims that smiling is the basis of peace work.

Another current phenomenon is the emergence of Laughing Clubs where people come together and laugh “for no reason.” It is understood that laughing and smiling are part of the human experience. A baby smiles naturally as if there were joy in just being. It appears to be our natural state which we have disowned in the process of growing up.

If we do need a reason to laugh and be joyful, we have been given reason enough. A great tragedy has brought us together. It has allowed us to realize the depth of our caring and the truth of our interdependence. We have the possibility of transforming it further into another realization of what we are: a source of joy for each other and for our world.

Letters

Dear Ruth,

Thank you for continuing to send me *Cancer Forum*. I really appreciate this gift from you. The copies are saved and circulated among the many who over the years contacted me about their cancers and leukemias for advice and opinion.

It pleased me to receive your Vol. 16, No. 11/12 copy about "stem cell" therapy. I was offered and already received stem cells twice by Dr. Tompkins Smith. As usual the USA government has obstructed this therapy here. I was lucky to receive treatment Dec. 6, 1998 in Nassau, Bahamas, and a booster on 13 Feb. 2000 in Matamoros, Mexico.

The indication was my anemia, which since 1996, 1997, always got worse in late fall and winter (when fresh greens out of the garden finished). The 2 injections were a free present to me. The trips were financed, by 1) the reimbursement for the ice storm Jan. 1998 damage to my house by FEMA. I repaired roof leakage and had a new chimney built—money from USA grant, 2) an unexpected gift from some Berlin doctor and psychologist friends.

The substance is embryonic stem cell therapy derived from sheep, to which I had a skin test allergy. It is refined, ultra filtrate containing ultra small particles, no longer whole cells. It is a personalized mix. I believe Dr. Paul Niehans was the inventor, now deceased. Dr. Smith is a true Christian! He has an M.D. in USA and homeopathic training degrees in England. He is licensed and trained, works in Mexico, Bahamas and England. Making the rounds three times a year! The first injection "steadied" my blood values, still at anemic levels. The recent booster is helping me (pink fingernails), lots more energy and hope at almost 76 years. It will take several months to know full results. My hospital doctors are impressed!

I am asking Judie Smith to send you info.

Thanks, Eva Reich, M.D.

Edit. Note: The writer is the daughter of Wilhelm Reich, M.D.

Dear FACT,

On third of July I sent to you by the French Post \$30 for to receive *Cancer Forum* one year more.

I gave your address to two people living in Maryland.

I was very ill. From FACT I bought the books of Norman Walker. Although I shall be 72 next September, I can again pilot at Cholet near Nantes a little airplane alone and take three people.

I thank you very much for your action.

Sincerely, Max R.

Hello Everyone!

Oops, time has slipped by! Enclosed is my yearly check. Thanks for always being there, for I am always thankful for your phone-line helps, the educational *Cancer Forum*, and for the reason that you exist.

Appreciatively, Ruth D.

Dear Ruth,

It's been such a long time since I've been in touch. It's been a very difficult year since my daughter-in-law died (not quite a year yet!) My son is now living with me.

I have tried over and over to get myself back on my program, but haven't been able to stick to it following the fine guidelines that you have so patiently helped me with over the last few years.

I'm not giving up on myself. It just seems like an impossible goal at this moment in my life.

I continue to juice (not twice a day as before), but at least once a day. And the Colema Board is a part of my daily routine. Will continue to strive to be on the right track once again.

Thank you, Ruth, for your support.

Love, Paulette C.

Dear Mrs. Sackman,

There is a beautifully honest and confidence inspiring tone in the voice of the lady to whom I spoke today.

Am glad I called you on the promotion from the "CA Institute" in Washington, D.C.

Because Poland and the Poles have such a very bad press, I want to tell you that my Aunt Anna Mogilnicka was abbess (Superior) of the Convent of the Sisters of the Visitation in Warsaw, Poland during World War II. In the course of the years 1941-44 she was hiding inside her convent an average of 30 Jewish children, brought to her at night. The sisters then — again always at night — smuggled these children out into the countryside. Polish families took these children hiding them as best they could. God blessed these heroic people. My aunt was risking — all the time — her own life and the lives of all the sisters should the Gestapo find even one child in that convent. Also, the families who sheltered a child ran the risk of immediate death — everybody who happened to be in that house. Many, many perished.

Thank you, in anticipation, for the advice you

will kindly send on proper nutrition to help clean my carotid arteries. The fear of a stroke is uppermost in my mind.

Thank you for the great work which you are doing, dear ladies!

Sincerely, Teresa A.

P.S. The historian Sidney Giertych in his book *In Defence of My Country* has a long chapter, "The Jews in Poland." Documented truth.

Dear Mrs. Sackman,

Hope all is well with you and your staff.

Howard is still doing well after his bout with cancer and we thank you so very much for your help and guidance through tough times. At this time he has arthritis in his lower back and would like to order Dr. Jensen's book, *Arthritis, Rheumatism and Osteoporosis*. In fact, I would like 2 books, one for a friend. Also, am sending for a subscription to *Cancer Forum* for this friend, coupon enclosed with her address.

A check is enclosed for the books, *Cancer Forum* and a renewal of our *Cancer Forum*. We always enjoy the wonderful and helpful information they contain.

Thank you again.

Sincerely, Howard & Fay M.

My dear Ruth,

Thank you for talking with me personally and for your excellent advice on chelation.

Please send me the book *Cleanse Your Arteries and Save Your Life* by Dr. Edwin Flatto.

Enclosed is my check for the book and postage and \$30.00 for a small contribution toward your excellent publication and the help you give to cancer patients.

May God protect and be with you always!

Sincerely, Constantina M.

Dear Mrs. Sackman:

It was so nice to talk with you a few weeks ago. My sister had temporary pins put in her wrist. She has a burning pain and regular pain. Hope this isn't a bad a sign. If there is anything else you can think of, you call me and reverse the charges. I don't like to bother you. I know how hard you work.

God Bless you and thank you,

Lorraine C.

Dear Mrs. Sackman:

We recently received a letter indicating that it has been more than a year since we donated to your foundation. While, this is true, our original donation

was \$500 after I lost both parents to cancer five years ago.

Prior to that time, I didn't know anything about your organization. I was looking to donate to an alternative cause and was given your name and address. We found it quite strange that we didn't receive any acknowledgment of this generous donation. It is understandable that you try to save postage by not acknowledging every small check, but perhaps you could have a standard form for larger donations. We never knew if our check was received until we received our bank statement a month later. We still didn't know very much about your organization until we started receiving the *Cancer Forum*.

I think you are doing a great work of spreading word about alternative cancer therapies. I clip and/or copy for friends most of the articles that you print. Keep up the excellent job!

Very truly yours, Kathleen J. den Breejen,
Ednie Flower Bulb, Inc.

Dear Ruth,

Congratulations again on all the valuable work you've done and continue to do! You are amazing!!

We are still perking along — summers in the Berkshires. Marshall just came in, almost shot his age (82) in golf today. He had an 84.

Was it 1974 when they told him he'd never see 70?

Here's a check. I love the magazine.

Take care, Liz H.

P.S. Finally got one of those grandchildren. Our son, Stephen, has a painting of the Ox Bow hanging in the Met. Lots of excitement. Also, a book, *Luminosity — the Paintings of Stephen Hannock*.

To FACT:

Thanks again for your help. I will phone again after next Navarro test. I'm seeing improvement in test results and all symptoms since following Mrs. Sackman's advice.

Pat W.

Ms. Sackman,

Thank you for indicating my subscription had expired. I had no idea.

I have not been able to get to one of your lectures yet. I will be in South Carolina for a few weeks and hopefully I can get to a lecture when I get back.

Keep up your good work. It makes me so sad when I keep telling people (who have cancer) about your foundation and the guidance you offer and they do nothing about it — but I'll continue to pass on the information.

Sincerely, Marie T.

Recipes

Fruit Slaw

Juice of 1/2 lemon
1 small head fennel, trimmed
1 1/2 cup fresh melon (cantaloupe, papaya, honeydew, watermelon, etc.)
Tablespoon or so raw pumpkin seeds or coarsely chopped pecans
1/4 cup fresh cilantro leaves

Dressing:

2 tablespoons fresh lemon juice
1 tablespoons apple juice or cider
1/4 cup cold pressed olive oil

1. Thinly slice fennel and melon. Place slices in a salad bowl and toss with lemon juice.
2. For the dressing: mix lemon and apple juice in a small bowl. Whisk in oil until blended.
3. Drizzle the fennel and melon slices with 1/2 of the dressing and toss to coat. Add seeds or nuts and cilantro and toss once again. Add more dressing if desired.

Coleslaw With Ginger

2 cups shredded cabbage (red or green)
1 cups shredded carrots
1 scallion, trimmed and thinly sliced
1/2 tablespoon grated or minced fresh ginger
1 tablespoon lemon juice
2 tablespoons extra virgin olive oil
Combine all ingredients in a large bowl and serve.

Beet and Raw Cheese Salad

1 medium beet
1 tablespoons extra virgin olive oil, or more if necessary
1 cup or so greens (such as mesclun, arugala, romaine), washed and dried
1 tablespoons lemon juice
1/4 teaspoon minced fresh tarragon or about 1/4 teaspoon dried
1-2 ounces raw milk cheese (available in most

health food stores), shredded or cut in little bits

1. Grate the beet.
2. Arrange the greens on a plate. For dressing: combine olive oil, lemon juice and tarragon, adjusting to taste.
3. Place grated beets on the greens with cheese bits on top or alternate cheese and beets. Drizzle dressing over and serve.

The following dressings work well with basically any raw vegetable salad:

Yogurt/Garlic Dressing

3/4 cup whole plain yogurt
1 1/2 tablespoons fresh lemon juice
1 clove garlic, minced

Combine all ingredients in a blender until smooth. Dressing keeps about 3 days in the refrigerator.

Lemon/Mint Vinaigrette

1/3 cup fresh lemon juice
1-2 teaspoons mustard powder
1/2-1 teaspoon raw honey
1 clove garlic, minced
1/3 cup extra virgin olive oil
1/3 cup chopped fresh mint

Whisk lemon juice, mustard, honey and garlic in a small bowl until blended. Drizzle in oil, whisking until blended. Stir in mint. Adjust seasoning to taste. Keeps refrigerated about 3 days.

Easy Tahini

1 1/2 tablespoon raw tahini (sesame butter)
1 tablespoon fresh lemon juice, or to taste
1 teaspoon or so fresh dillweed or other herb such as thyme or oregano
distilled water

In a bowl blend tahini, lemon juice, dillweed and enough water to produce a smooth, creamy consistency. Keeps refrigerated about 3 days.

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

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

(161) Doris Sokosh (Breast) and Michal Ginach (Breast)

(189) Doris Sokosh (Breast), Lou Dina (Lymphoma) and Daniel Friedkin (Testicular)

(190) Greg Hagerty (Hodgkins), Barbara McClary (Ovarian) and Michal Ginach (Breast)

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