

# CANCER FORUM

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



# 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 treatments for cancer to cancer patients; provides financial assistance; and fights to eliminate carcinogenic substances from the environment.

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Dear Reader,

We, at FACT, are saddened because of the death of our esteemed board member, Martin Fall. He was a founding member of FACT and was instrumental in its growth from a small group of people seeking help for themselves to an organization with international membership.

Marty was a pharmacist who sought help for his young wife, Barbara, who had been diagnosed with breast cancer. She had all the conventional treatment of surgery, radiation and chemotherapy. When all of it failed, in desperation, he sought help by investigating European, Canadian, Mexican and American clinics. Sadly, Barbara died, but in trying to help her, Marty had discovered other therapies that appeared more promising than those available through traditional treatment. He felt an obligation to make his new-found knowledge available to other cancer patients as choices.

Originally, he joined with other cancer patients and other caretakers to found a chapter of the International Association of Cancer Victims and Friends (IACVF), a nonprofit organization. He invested much of his own funds to get started. Subsequently, the group became independent of IACVF and established FACT.

My husband, Leon, and I found the IACVF chapter about a month after its inception. With Leon's help I was able to volunteer to serve full time as Executive Director. Marty was always there for me to depend upon.

Rest in peace, dear friend and passionate advocate for a truly more advanced treatment of cancer.



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# Can the Mind Heal the Body?

*Experts study effect of mental outlook on health*

By Rita Baron-Faust

Bruce Fishkin has cancer — lymphoma to be exact. After almost a year of chemotherapy in 1986, doctors told him the treatment was having no effect. The 51-year-old marketing consultant from Redding, CT, got his affairs in order. Then he read a book that changed his life.

“The premise was that your state of mind contributed to the initiation of the disease by lowering your immune system,” he says. “I’m a pretty conventional guy. But something in that book rang true. And I decided if my mental state had contributed to my getting cancer, then maybe my mind could help strengthen my defenses.”

Like thousands of other cancer patients around the country, Fishkin sought out a “wellness” program hoping to control, if not conquer, his disease. He joined the “E-CAP” (Exceptional Cancer Patient) program in New Haven, run by Dr. Bernie Siegel, author of the best seller *Love, Medicine and Miracles*, and a surgeon at the Yale-New Haven Medical Center. The E-CAP program includes group counseling, meditation and relaxation exercises, and guided imagery, where patients concentrate on positive mental images such as cells fighting off disease or peaceful landscapes.

“I have patients who are alive and well today who should be dead, according to their pathology reports,” Dr. Siegel says. “I don’t say we have cured their disease. But I do believe you can alter the course of disease by helping your brain to send healing chemical messages to receptive sites around the body.”

A new breed of scientists, called “psycho-neuro-immunologists,” is trying to find out if the brain can do that — and how.

Among them is Nicholas Hall, biochemistry professor at the George Washington University School of Medicine. “There is solid evidence that the brain and the immune system do communicate with each other,” says Dr. Hall. “Chemical hormones controlled by the brain have been shown to

influence the activity of key cells involved with disease and disease fighting.”

While there’s no definitive proof yet, Dr. Hall says recent studies have shown links between state of mind and our ability to fight illness or

pain. Among the findings:

- There is a “disease-prone personality.” Researchers at the University of California at Riverside found that people prone to chronic anxiety, tension, pessimism and sadness are also prone to diseases like asthma, peptic ulcers and heart disease.

- The brain may be able to activate our natural defenses against invading cells that can cause cancer. Cancer patients at the Medical Illness Counseling Center in Chevy Chase, MD, increased the activity of “killer T-Cells” using guided imagery.

- The mind can help block unpleasant sensations. Relaxation exercises, coupled with guided imagery, helped patients at the Memorial Sloan-Kettering Cancer Center reduce the nausea caused by chemotherapy and helped reduce pain in other

**“I’m a pretty conventional guy. But something in that book rang true. And I decided if my mental state had contributed to my getting cancer, then maybe my mind could help strengthen my defenses.”**

cancer patients. For children with cancer, behavior therapy — in the form of video games at Sloan-Kettering — has been shown to reduce nausea by distracting them from thinking about the unpleasant effects of chemotherapy. [Edit. note: Although we don't support chemotherapy, we thought it was interesting how a positive mind can be beneficial, even in the case of chemotherapy.]

• Simply learning to relax may make you healthier. In a study at Ohio State University, retirees who performed relaxation exercises increased killer cell activity, boosting their immune systems.

*"We have proven that eliciting the "relaxation response" in the body reduces blood pressure, heart rate and rate of breathing,"* says Dr. Herbert Benson, associate professor of medicine at Harvard Medical School and chief of behavioral medicine at the New England Deaconess Hospital. *"There's nothing mysterious about it. You simply close your eyes, keep repeating a word or phrase, shut out everyday thoughts and your body automatically relaxes. The same thing happens during prayer or hypnosis."*

The mind may be able to trigger other physical responses in the body, says Dr. Benson, author of *Your Maximum Mind*. He cites Buddhist monks in the Himalayas, who were able to generate enough body heat to meditate in subzero temperatures without shivering, frost bite or showing any signs of cold. He believes they did it by using the power of the mind.

Dr. Benson believes that same power could be tapped by sick people wanting to be well and healthy people wanting to stay that way.

Meanwhile, wellness groups continue to win supporters. In addition to Dr. Siegel's E-CAP program is The Wellness Community in Santa

Monica, CA, a non-profit group aimed at helping cancer patients fight the disease. One of its most famous participants was Gilda Radner, diagnosed with ovarian cancer.

A main feature of the Wellness Community and the E-CAP program is group counseling, allowing cancer patients to talk about their fears and experiences, help each other cope — and give each other love and hope.

And for now, while scientists try to prove the mind can heal the body, this may be the best medicine of all.

Bruce fishkin agrees. "The biggest benefit of E-CAP for me has been getting outside of myself and helping other people," he says.

Fishkin also sees a psychic healer, but says he has "no illusions about making my cancer disappear.

"I don't look for miracles. I don't look for cures," he says. "I

do look for increased longevity and a better quality of life. I think those are realistic goals — if you put your mind to it."

Reprinted from the *Daily News*

### Suggested Reading

Benson, Herbert, M.D.: *The Relaxation Response*

Levine, Barbara H.: *Your Body Believes Every Word You Say* (available on the FACT Book List)

Siegel, Bernie S.: *M.D.: Love, Medicine and Miracles*

Siegel, Bernie S., M.D.: *Prescriptions for Living— Inspirational Lessons for a Joyful, Loving Life*



*"It is part of the cure to wish to be cured."*

— Seneca, Roman philosopher

## Cancer Prevention Lifestyle: Psycho-Emotional Factors

By Susan Silberstein, Ph.D.

Evidence is beginning to mount that stress may be the most potent of all carcinogenic factors and that, even more important to our health than what we're eating may be what's eating us. An increasingly substantial body of research has established an undeniable link between mental and emotional states and susceptibility to disease. Scientists working in a fast-growing field newly named psycho-neuroimmunology have been finding that emotional stresses affect nervous system function, hormone levels and immunological responses and wreak havoc on the body's endocrine system.

In studies by Dr. Vernon Riley, a microbiologist at the Seattle Cancer Research Center, only 7 percent of mice protected from environmental stresses developed tumors as compared with 60 percent of mice living in stressful surroundings. Other research has shown, furthermore, that not only stress, but more particularly stress perceived as inevitable and uncontrollable may be a key factor in vulnerability to cancer. In experiments conducted at the University of Pennsylvania by Dr. Madelon Visintainer, only 27 percent of rats exposed to inescapable electric shocks were able to reject implanted tumors, while 63 percent of rats exposed to escapable shock rejected the tumors. These findings are consistent with other evidence that the immune system is suppressed in those who have no sense of personal option to change the negative conditions in their lives. Feelings of passiveness, victimization, hopelessness, helplessness, and lack of control — especially over an extended period of time — appear to be major personality traits of the cancer-prone individual.

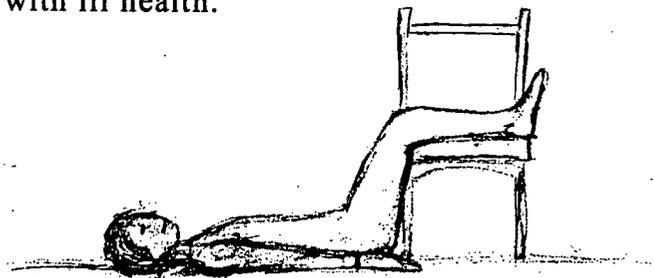
We all have stress to deal with in our lives; whether we choose to allow stress to become distress may be the crucial issue in wellness. Listed below is a summary of various stress

management techniques which you may wish to consider incorporating into your life:

- change of stress-inducing environment (if not permanently, at least temporarily)
- adequate rest
- exercise (isometrics, yoga, walking, swimming, dancing, rebounding)
- biofeedback
- hypnosis
- transcendental meditation, guided imagery, positive visualization
- massage
- laughter and play, creative hobby
- music

### Fletcher Relaxation System

Dr. Daisy Fletcher, an osteopathic physician, created this relaxation technique. She was a very innovative doctor who appreciated the value of relieving the body of tension. She retired from practice at the age of 98 still physically fit. She was my doctor until her retirement and I credit her manipulation for many years, as well as other things in my lifestyle, for my health and longevity after struggling for many years with ill health.



Lie flat on the floor on a carpet or mat. Do not put a pillow under your head. Raise your legs and bring a chair close to your upraised legs, then put your legs over the seat of the chair. Close your eyes and relax.

Nerve ends lie between the vertebrae of the spine. By lying flat, the spinal fluid can flow evenly along the spinal canal and bathe the nerve ends. You can remain in this position for a short time or as long as you are comfortable. No time should be set. Your decision to remain in the relaxed mode should be contingent on the way you feel. This should also be done as often as needed to relieve tension. — Ruth Sackman

## CASE HISTORY:

### RITA ZNAMIROWSKI

In the last *Cancer Forum* you asked for case histories...here it goes.



In November of 1993 I was diagnosed with renal cell carcinoma (kidney cancer) with metastasis to my lungs. I was told at Sloan Kettering that I was terminal and had about 3 months to live. After 5 different doctors told me my case was inoperable, I found a doctor in

Florida who agreed to remove the kidney and start immunotherapy.

At about the same time, a friend, Daniel,\* introduced me to FACT and made some suggestions regarding detoxing, changing my diet, juicing, etc.

Unfortunately, when it came time for my operation, I was dangerously anemic and so surgery had to be postponed. Once again Daniel came through when he suggested I drink beets/carrot juice 3-4 times per day for two weeks. At the end of two weeks, not only was I no longer anemic, but my blood was "healthy" enough that I could donate 2 pints of blood for my own operation.

It has now been 11 years since I received that terrifying diagnosis. At the same time, it has been 11 years since I began religiously following Ruth Sackman's advice. Not only was all this accomplished without any chemotherapy, but my lungs are cancer-free as well. I know this is because I follow a wholistic way of life. When people ask me if going through detox was easy, I have to honestly say, no, it was not. However, I can also tell them that it was certainly a lot easier than going through chemo & radiation treatments.

Without a doubt I know that I was given a second chance and am alive today because of Ruth Sackman and FACT.

Sincerely yours,

Rita Znamirovski, November, 2004

\*Editor's Note: Daniel is a recovered testicular cancer patient.

## SEEDS 4 THOT

**SEEDS 4 THOT:** Blend frozen peaches, apricots or strawberries with an equal quantity of top goat milk (organic buttermilk is a good sub), 3 dates per cup of fruit and a few drops of vanilla or lemon juice. Freeze the fruit in plastic containers with 1 tsp. raw honey per 8 oz., so little sweetening is involved in this dessert, yet it is so DELICIOSO.

**SEEDS 4 THOT:** Get the habit of making a nutritious, delicious, liquid breakfast in a liquefier. It will cut down on the amount of fried food you'll be tempted to eat out. Start with frozen or canned, unsweetened pineapple juice, or the juice concentrates unsweetened. (Dr. Jensen's Concentrated Black Cherry has power). To the juices, add sunflower seeds, sesame seeds, almonds, any of the whole grains you wish, fresh fruits such as berries or bananas or peaches, etc., and optionally, a whole egg, plus raw honey and wheat germ IF FRESH. (Always refrigerate.) Be sure it is appetizing and you relish it. Don't try to use all of the above. Choose the ones you like and alternate them. Be adventurous with your liquefier. Try raw vegetable soups, etc.heated slightly in double boiler.

**SEEDS 4 THOT:** Chocolate is rich in oxalic acid which makes the calcium unavailable. Carob, St. Johns bread, is a close 2nd to flavor and appearance to chocolate, without the side effects. Carob contains 72% carbohydrate. It contains calcium, phosphorus, magnesium, potassium, silicon, iron and many trace minerals. It has a goodly amount of the B vitamins, thiamine, riboflavin and niacin and is 7% protein. It is rich in pectin.

**SEEDS 4 THOT:** A raw cucumber contains an enzyme that helps to digest protein.

**SEEDS 4 THOT:** Alternative applications of castor oil and expressed juice of fresh cranberries has resulted in almost complete disappearance of large, unsightly moles.

From *Organic Consumer Reports*

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# Nerve Cell

## Regeneration

It has long been taught that of all parts of the body, nerve cells are difficult, if not impossible, to regenerate.

After more than two decades of research, independent teams have developed proof that nerve cells can and do regenerate, as do other parts of the body. A particular type of protein, called Nerve Growth Factor (NGF), has made mapping of the human nervous system possible, including its vast network of billions of neurons. How they receive, store and transmit information is better understood, while much more research is needed.

Axons, long nerve extensions, sometimes pictured like a comet's tail, are similar to electrically conducting wires, except that unlike wires, they are cylindrical in structure, and are filled with fluid. In addition to transmitting signals, they also deliver nutrients and essential substances to and from the cell body, providing a service similar to that of the blood stream delivering a cargo of nutrients to cells and carrying away a cargo of wastes, as the blood is detoxified and aerated.

Since nerve cells differentiate into thousands of different types of species, this simple description leaves far more unknown than known. Much more needs to be known about axons, and what enables them to establish connections, called synapses, with other neurons and cells. Through this connection, chemical messengers are sent and received, but little is known about their function.

All animals, including human beings, have three kinds of nerve cells in the peripheral nervous

system; those which transmit impulses to the brain from the sensory receptors; those which energize the skeletal muscles, called motor neurons, and the autonomic neurons which control the circulatory system, including the smooth muscles of the intestines, which are divided into two groups, the sympathetic and parasympathetic.

Emphasis upon importance of spinal alignment relates to the chains of ganglia which run the length of the spinal cord and carry the sensory, and some of the sympathetic neurons. It is in this area where nerve fibers projecting from the sensory and sympathetic ganglia make connections with their specific target organs.

The area of the ganglia, uniquely available for manipulation, served as the primary site for much of the research, and where it was shown that tumors release a chemical factor which greatly stimulated accelerated growth of the sympathetic ganglia and its branching nerve fibers.

An isolated ganglion in a tissue culture was employed to determine whether the Nerve Growth Factor (NGF) was a protein or a nucleic acid.

For this determination, an extract of snake venom, which degrades nucleic acids, was used in minute amounts, resulting in accelerated growth of sarcoma-180 cells, rather than deterring growth. Subsequent research proved that the venom was a protein, and much more potent than that in the sarcoma-180 cells.

Recognizing certain similarities in subaxillary glands of rodents and venom glands of snakes encouraged researchers to follow this clue, proving that NGF from this source was about 10,000 times more active than that purified from mouse sarcoma-180, and 10 times more active than that purified from snake venom. Later, it was shown that lesser amounts of NGF are secreted by a wide variety of normal cells as well as neoplastic (malignant) cells.

**The NGF treated cells sent out fibers, became electrically excitable and stored and released neurotransmitters of the catecholamine group, or biologically active amines, derived from the amino acid, tyrosine.**

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It is obvious that NGF plays a much broader role in living organisms than previously recognized. Protein — from the Greek, meaning of first importance — becomes accentuated in cellular regeneration, now including nerve cells.

After more than two decades of NGF research, it was shown that non-neuronal cells also respond to NGF, and acquire certain properties and characteristics of sympathetic neurons. The NGF treated cells sent out fibers, became electrically excitable and stored and released neurotransmitters of the catecholamine group, or biologically active amines, derived from the amino acid, tyrosine.

When the NGF is withdrawn from the culture medium, the cells retract their fibers, lose their properties of neurons and resume uncontrolled proliferations characteristic of the researched neoplastic cells.

This relationship to possible NGF deficiency may be related to the development of Parkinson's Disease, with continued research offering hope.

Why NGF is manufactured and secreted by the venom glands of snakes and the salivary glands of rodents remains a mystery; in neither case are the glands necessary for survival of the organisms and the sympathetic neurons that depend upon NGF for their survival.

Present evidence that catecholamine-secreting neurons in the brain respond to NGF, causing profuse branching of their nerve fibers, offers hope that a new biological tool will make possible the modulating of the function of the brain circuits which play such an important role in many kinds of physical functions as well as in behavior.

Comment: protein is intimately related to both regeneration and degeneration. In humans, when the digestive system is unable to completely synthesize or hydrolyze protein to amino acids, the end product is highly toxic. Not only has it been related to cancer, and other degenerative conditions, but it is now recognized in premature aging.

Recognizing protein — that which is of first importance — as the primary requirement for

cellular regeneration, why has science been derelict in relating digestion as the first bulwark against disease and degeneration?

Soil regeneration, through adding humus and minerals back to depleted lands, could do much to increase complete protein to foods, including grains. In addition, trace elements, unlocked from the soil through the synergistic service of organic matter, friendly bacteria and earth worms, would again be present in foods.

Protein metabolism depends upon hydrochloric acid (HCL) and digestive enzymes, which in turn are triggered by minerals and food acids. Lack of sufficient HCL after age 40 is accepted as a normal part of the aging process, which may well be directly related to deficiencies of soil minerals and trace minerals, which have declined to as low as 0 in many foods tested.

*What diet causes, diet can cure!*

Reprinted from *Eden Ranch Newsletter*

\* \* \* \* \*

## It's Not Easy

To Apologize  
To Begin Over  
To Admit Error  
To Keep Trying  
To Take Advice  
To Be Unselfish  
To Be Charitable  
To Face A Sneer  
To Avoid Mistakes  
To Be Considerate  
To Endure Success  
To Profit By Mistakes  
To Keep Out Of A Rut  
To Forgive and Forget  
To Think and Then Act  
To Make the Best Of Little  
To Subdue An Unruly Temper  
To Recognize The Silver Lining  
To Shoulder A Deserved Blame

BUT IT ALWAYS PAYS

—*Author Unknown*

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You Ain't What You Usta Be,  
Charlie Brown, *or*

## The Cause of Fatigue

When we are fatigued or ill, we fear everything that seems threatening; we shrink from all that seems hard for us and our efficiency suffers, as does our earning power and zest for life.

When we are functioning up to our normal capacity, then life is all zest, all enjoyment. We are ambitious, eager for action, alert, clear thinking. We make decisions easily and promptly. We are able to reap the rewards of correct living.

There are two types of fatigue: one is physiological, the other pathological. The first is a natural result of exertion — physical or mental. It is nature's warning that we have expended enough energy for now and must rest until the body has eliminated most of the debris created by our activities. On the other hand, pathological fatigue is a disease — much the same as smallpox or tuberculosis are diseases. It does not result from effort that is then relieved through rest. It is with us all the time. Pathological fatigue is created in many cases by the accumulation of the acid end products of digestion and metabolism.

In extreme states of pathological fatigue there is a continual weariness. Even thinking becomes burdensome; and no amount of rest results in relief from this condition.

The diagnostic difference between the two types of fatigue is this: complete rest quickly relieves the sense of fatigue if it is physiological, but it does not if the cause is pathological.

If you always awaken in the morning weary and unrefreshed, then you are probably experiencing abnormal fatigue and should do something about.

Many are familiar with the sensation of mental fatigue and its paralyzing effects, yet fatigue of either brain or physique comes often from a **toxic state of the body**.

When muscular activity breaks down fuels to furnish energy, carbonaceous mate-

rials created through oxidation leave behind an acid ash. This residue must be constantly eliminated from your body if you are to remain healthy. However, if your bloodstream becomes saturated with debris, your body will eventually be unable to discard all of it.

The brain's mental activity must also be supported by oxidative processes, so this too results in the production of acidic debris.

Because of this, it is not difficult to see the connection between food and mental activity. For just as the body is less subject to fatigue if not intoxicated, just so is the brain. Clear thinking depends far more on **the right foods eaten in the right way**.

We do use energy in thinking, but in such relatively small amounts compared to that used for physical activities. A momentary rest from concentrated thinking may be enough to restore the brain to a state of normal activity.

If the tissues are laden with toxicity, little energy can be developed unless the tissues are detoxified of waste.

The body writes in no uncertain language on its exterior the story of its internal conditions. The state of the skin, the appearance of the eyes, the texture of the fingernails, hair, gums and tongue are external signs worth far more in determining internal conditions than many of the findings of the best equipped clinical laboratory.

If the external evidences of internal chaos are plain and unmistakable, it matters nothing that the laboratory findings are negative, as they will be until disease is well on the way.

\* \* \* \* \*

*"There is an accumulating body of medical evidence which suggests that further increases in life spans and better health will come less from dramatic medical discoveries, than what I call "well living." In other words, your future health and length of life will be determined largely by what you and I do for ourselves, not what medicine can do for us."*

—John H. Knowles, M.D., former president of the Rockefeller Foundation

## Water Content in Foods

	% water
<b>FRUITS</b>	
Apple	84
Orange	87
Banana	74
Watermelon	92
Cantaloupe	90
Grapes	81
<b>VEGETABLES (raw unless otherwise specified)</b>	
Tomato,	93
Cucumber	96
Potatoes (mashed)	76
Broccoli	91
Carrot	96
Lettuce	96
Cabbage	90
<b>MEAT, FISH and SEAFOOD</b>	
Shrimp	77
Flounder	73
Chicken breast, no skin	65
Salmon	60
<b>GRAIN</b>	
Rice, cooked	69

The above is printed for your information so you can appreciate the value of juicing. The water content in raw food contains the nutrients more so than the pulp. The pulp serves primarily as roughage.

## Hypothyroidism

Millions of people are unable to lead a fulfilling life-style because they suffer from a debilitating disease: Hypothyroidism. This is a condition resulting from the thyroid's inability to produce enough hormones for it to function properly. These hormones are responsible for helping cells convert oxygen and calories into energy. For this reason, the thyroid is considered the master gland of metabolism. The key hormones produced are triiodothyronine (T3) and thyroxine (T4). Some T3 is produced by the thyroid, but the remainder of the T3 needed by the body is formed from T4 in a process called "T4 to T3 conversion."

When the thyroid is in good condition, it will produce 80% T4 and 20% T3 hormones. The T3

hormone is the more biologically active hormone because it functions at a cellular level and is several times stronger than T4. There are numerous reasons for the body's failure to produce enough thyroid hormone, including the inability to convert T4 to T3.

## Dioxin Linked to Ills

Exposure to even small traces of dioxin, much of it through the food chain, poses wider health risks than had been suspected and may harm the human immune system and fetal development a study has found.

Preliminary results of a study by Environmental Protection Agency (EPA) scientists suggests for the first time that cancer may not be the most troubling health concern posed by dioxin, a chlorine-based toxic compound present in the environment.

Instead, the reassessment suggests, dioxin even at very common levels of exposure through the natural food chain may cause reproductive and developmental problems and suppress human immune systems. The scientists emphasized the conclusions are based largely on animal studies.

*Newsday, May 5, 1994*

## Combating Acute Drug Overdose

Kingston, RI—An ingenious way of neutralizing drugs in an acutely poisoned patient has been created by Dr. Christopher T. Rhodes, professor of pharmacy of the University of Rhode Island. He uses a buffer solution containing drug antibody as a "trap" and puts it into oil droplets suspended in water. Ingested drugs diffuse across the liquid membrane, bind with the antibody buffer, and are kept from being absorbed into the bloodstream. Working with overdosed rats, Dr. Rhodes says his method takes up 90% of the drugs within 50 minutes. The liquid membrane mixture, which he likens to a milkshake, could be given to an unconscious patient by stomach tube, he points out, and is far easier to administer to a frightened child than activated charcoal.

*Medical World News 7/24/78*

# RECIPES

## Gado-Gado Sauce

1/2 cup raw almond butter  
1 tablespoons chopped onion  
1 cloves garlic, pressed  
1/4 tablespoon raw honey  
Juice from 1/2 lemon  
1/2 tablespoon grated ginger root  
1 teaspoon sesame oil (or other cold-pressed oil)  
1/8-1/4 teaspoon cayenne pepper  
1/4 cup distilled water

Place all ingredients in a blender, add enough water to allow blender to run. Blend until thoroughly puréed. It should be the consistency of a smooth, thick soup. Taste and adjust seasonings. Yields 1 cup. Keeps in the refrig 3-4 days.

This is a variation on the highly flavorful Asian Gado-Gado sauce that tastes wonderful slightly warmed and drizzled over almost any vegetable, cooked or raw. On a bed of fresh sprouts (alfalfa, sunflower, buckwheat, etc.) try placing some Gado-Gado over: shredded cabbage, sliced carrots, celery, broccoli, asparagus, spinach, grated beets, cauliflower florets, mushrooms, any kind of squash, greens, grated sweet potato, etc.

## Fresh Tomato Sauce

2 medium tomatoes, peeled and finely chopped  
1 tablespoon cold-pressed olive oil  
1 teaspoon oregano  
sea salt and pepper to taste (optional)

Mix all ingredients in a bowl. Let stand 15 minutes. Drain lightly if too thin. Goes nicely over fish or steamed veggies.

## Avocado Mayo

1 avocado  
1 1/2 tablespoons walnut, almond or other

cold-pressed oil  
1 tablespoons raw honey  
1/2 cup raw pecans  
2-3 tablespoons rejuvelac or water  
1/2 teaspoon apple cider vinegar  
1/2 teaspoon lemon juice  
dash sea salt  
dash fresh grated horseradish (optional)

Grind nuts to a meal in a blender or food processor. Add oil, avocado chunks, honey, cider vinegar, lemon, sea salt, horseradish (opt.) and blend until all is smooth. Adjust seasoning.

Use like hummus — as dip for raw veggies, stuffing for celery sticks, tomatoes or spread on a pita bread or slice of sourdough rye.

## No-Bake Apple Pie

Crust:

1 1/2 cups raw sunflower seeds  
3/4 cup raisins, (soak an hour in distilled water)  
1 tablespoon carob powder

Filling:

5-6 medium sized green apples, peeled and cored  
1/4 - 1/2 cup raw honey or maple syrup  
1 teaspoon ground cinnamon  
juice from 1/2 lemon  
shredded coconut  
dash of cloves (optional)  
1 seasonal fruit (kiwi, banana or other)

1. For the crust: place the sunflower seeds, drained raisins and carob in a food processor. Process until finely ground and mixture sticks together. Press mixture into a 9" pie pan to form the crust.

2. Finely chop the apples. In a bowl, mix chopped apples, cinnamon, lemon juice, honey and dash of cloves.

3. Scoop the mixture into the pie crust, saving any "juice" that remains to drizzle over pie when served. Level the filling with a spatula. Sprinkle coconut flakes on top. Cut seasonal fruit into thin slices and arrange on the coconut flakes in the center of the pie. For best results, refrigerate for 1 hr to allow pie to set.

# LETTERS

Dear Ruth,

Once again we are happy to enclose a check in support of your organization. This year's donation of \$2,400.00 was raised through our Breast Cancer Awareness Campaign.

Your foundation was brought to our attention in 1999 by one of our employees who was researching alternative cancer treatments. Since then we have been happy to donate a portion of the monies we raise through our Breast Cancer Awareness Campaign in support of your organization.

I continue to find your newsletters very valuable and have shared many articles with others. Keep the information coming.

Warm regards, Lisa Bowen, President, Tweezerman

Dear Ruth,

Hope you are well and rested.

Only you, Mrs. Sackman, with your experience, knowledge, goodness, dedication and talents could have written such a needed and clear book like *Rethinking Cancer*.

It is a masterpiece. It is my bedside book and I want to thank you for this labor of love,

Fondly and gratefully, D.D.

Dear FACT Representative,

Please accept our enclosed check to further your fight in cancer. Please add us to your mailing list and make us members of FACT.

We recently (9-03) lost our 6-year-old daughter to (Wilms tumor) cancer. She fought a brave, long 2 year battle, diagnosed 10/01 as stage IV — favorable histology — located in abdomen and lungs. She endured 2 operations (10/01; 7/02), radiation, a stem cell transplant (10-23-02) and 7 round trip airplane flights to St. Jude. The tumor returned to the lungs and was found in her liver.

We are keeping current on any alternatives to conventional treatment to help others,

Sincerely, M.M.

Dear Ruth,

I thoroughly enjoyed reading the book, *Rethinking Cancer*.

This is such a great book. Hopefully, doctors will tune in to these concepts. K.M.

Dear Ruth,

This enclosure is my heartfelt thank you for

your kind patience and help in my medical needs; it's always a pleasure to hear your voice and good advice.

Your knowledge is a gift to the world; God made you His instrument to save His people, who are benefitted by your learning. It is a pleasure to know you.

With my love and prayers, M.E.

Dear Ruth Sackman,

You are a patient, caring, reaching-out, loving lady—kind and compassionate to those who call and need your help.

Met you a number of years ago when you were speaking at Jane Goldberg's.

Also called you and you spoke to my husband. Doctors didn't know what was wrong with him — complained of his left back muscle. Result — he died of bone cancer (an athlete all his life).

And a giver like you. God bless you. I have enjoyed F.A.C.T. for 32 years and share it.

Sincerely, H.S.

Dear Ruth,

I really like this book — I just got it out of the library here. I can't keep your book — I keep giving it to people. Last order I made with Amazon — I didn't get it yet. Any problems there?

Love, B.S.

Dearest Ruth and FACT Family,

I hope everyone is doing well. Even with the painful loss of my dear son I am making every effort to continue what I refer to as "Ruth's" program.

You have been supportive, patient, and kind through all of our family's difficult times, and I thank you once again.

FACT has had an impact on so many lives. Besides my immediate family, some of my friends have made changes in their lives by juicing, eating more of the right foods, even searching for organic fruits and vegetables.

Enclosed is a check to cover the cost of two copies of your book, *Rethinking Cancer*. Please continue to send me the *Cancer Forum*. The balance should be used towards your fine work.

With gratitude and love, P.C.

Dear FACT,

Enclosed \$50.00 check as contribution. I have been to several FACT conventions. They were very helpful in getting information and focus.

Sincerely, J.J.

# Book Review by Consuelo Reyes

***The Organic Food Guide — How to Shop Smarter and Eat Healthier*** by Steve Meyerowitz (The Globe Pequot Press, Guilford, CT, 2004), pp. 88, \$8.95.

When I was just out of college and living on my own, I remember standing in the aisles of one of the typical huge and sterile supermarkets, thinking: a mind is too precious a thing to waste on something as trivial as “What shall I have for dinner?”

Well, you live and learn. Since those days of youthful indignation, one thing that has become increasingly clear to me is that “What shall I have for dinner?” is a highly significant question — one that impacts not only on our health, but on the ecological, economic, social, cultural and geopolitical world we live in. And so, *The Organic Food Guide — How to Shop Smarter and Eat Healthier* by Steve Meyerowitz has arrived not a moment too soon. This is a comprehensive, entertaining and practical book with a well-balanced look at today’s many, often confusing, food choices (e.g., conventional, organic, genetically-modified (GM), all natural, fair trade, etc.), though clearly the author hopes readers will come to believe, as he does, that “voting” organic with our food dollars supports a philosophy of living that is the way to a better future: “Organic farming strives to maintain the integrity of the entire food chain — plants, soil, air, water, animals and people. We are all part of the same ecosystem.”

Mr. Meyerowitz is particularly well-suited to lead us through this gastronomic jungle. In the early 70's he became known as “Sproutman” because his small New York City apartment was always overflowing with homegrown organic veggies, especially sprouts. He had designed his own diet (mostly raw) because for 20 years he'd struggled with chronic asthma and allergic reactions — and the failure of conventional therapies. With his organics, he became symptom-free and in 1980 founded the Sprout House, a school teaching the benefits of “living foods.” Since then he's authored many books on the subject and continues to market sprouts and sprouters worldwide ([www.Sproutman.com](http://www.Sproutman.com)).

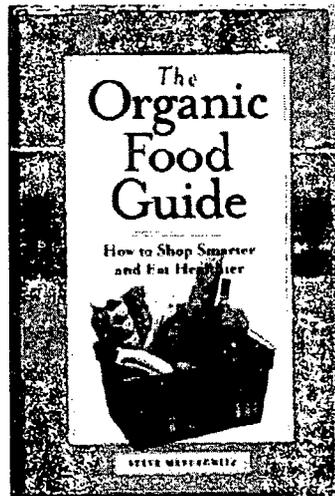
This guide essentially compares the virtues of organic vs. conventionally-grown foods in regard to production methods, environmental and health effects, nutrition, taste, price, etc. There's also much about the booming market for organics which led United States Dept. of Agriculture (USDA) to establish organic rules, including labels to assist the consumer: “100% Organic,” “Organic,” “made with organic.”

While Mr. Meyerowitz finds these wonderfully clear and helpful, my feeling is less rosy. The reality is, one rarely sees “100% organic,” so that trusting shoppers, encountering the more common USDA “Organic” label, may not know that this means a minimum 95% organic. What of the other 5%? Could these be irradiated, fertilized with sewage sludge, genetically-modified?

There's no question that more and more people are seeking out organics and more and more corporate producers are getting into the action. Is this a good or a bad thing? The author seems generally to feel that the more organic sources the merrier, but I wonder about the growing number of multinational companies (McDonald's, Starbucks, Heinz, Dannon, PepsiCo, Pillsbury, Kellogg, General Mills, M & M's, Kraft, to name a few) adding an “organic” line, often buying up small family run organic operations. Will the quality of the old trusted organic brands be maintained? Many small farmers, adhering

to higher organic criteria, cannot afford the extensive USDA certification process. Will these conglomerates squeeze out from the shelves the small producers, giving us fewer choices that meet only the minimum standard? Already, on many shelves, for instance, I see the choice of only one company's organic cream — the long-lasting “ultrapasteurized” — that comes from across the country, instead of a range including the small local farmer's fresh cream that might cost a bit more, but is more natural. Many have suggested that small farmers devise a different word label to reflect their higher organic standards and, thus, give consumers more choice.

Time will tell where it all shakes out. What is indisputable is that we consumers need to be as informed as possible. This small volume is an excellent place to start.



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