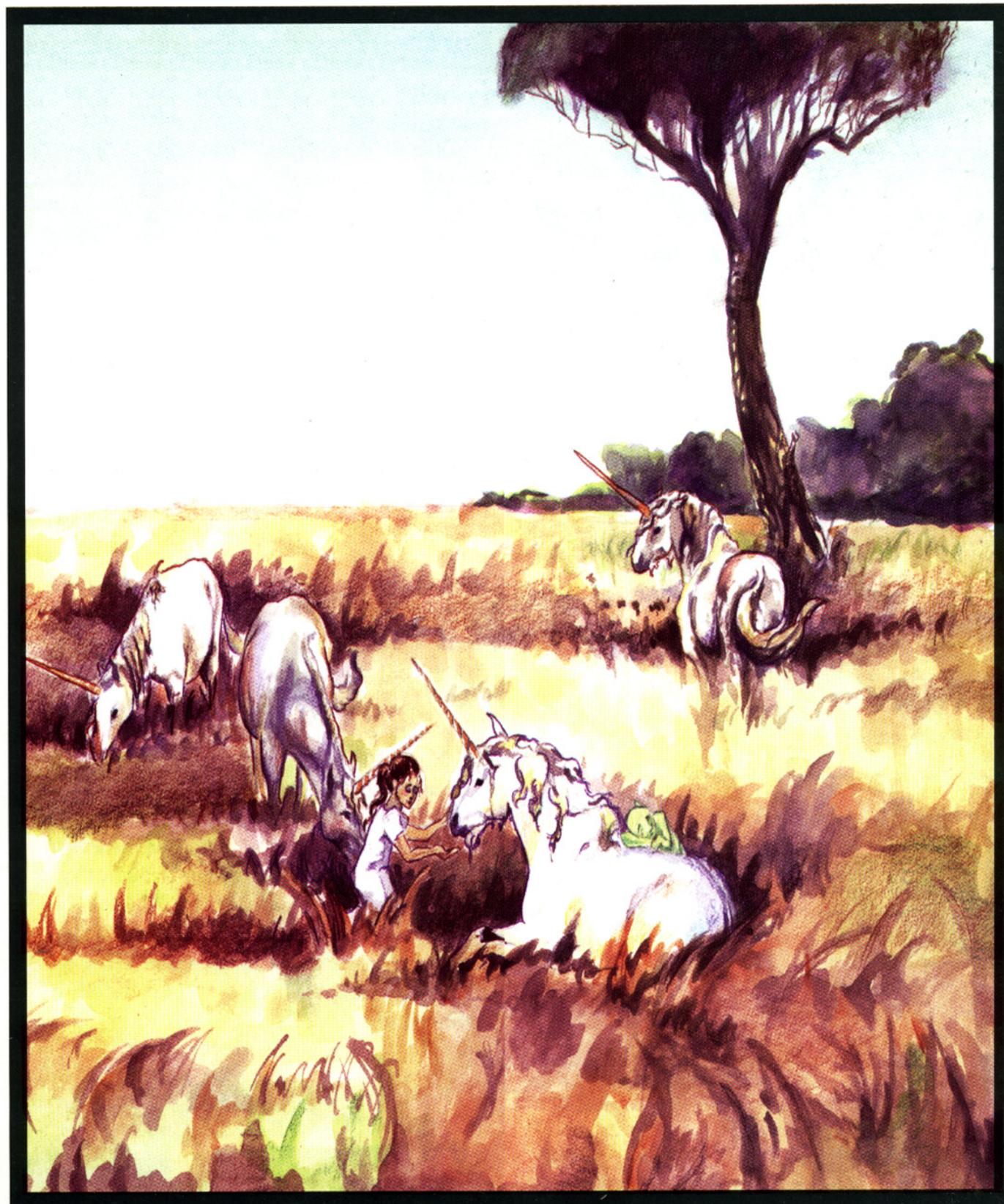


CANCER FORUM

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

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National Headquarters

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

Editor: Ruth Sackman
Production: Consuelo Reyes

In this Issue

How I Learned to Love Alternative Medicine
by James S. Gordon, M.D.....3

The Soy Myth Exposed (excerpts) by Jonathan
V. Wright, M.D.....6

Celery...By Perseverance Out of Weed
by David Gunston.....8

F.Y.I.....9

Letters.....10

Recipes.....11

Standing There; Standing Here by Laura Saul, Ph.D.....12

Information on *Rethinking Cancer* by Ruth Sackman.....13

Tape List.....14

Book List.....15

Dear Reader,

Finally, my book, *Rethinking Cancer*, is now available from the publisher, Square One formerly Avery. In it I have tried to cover as much of my 30 plus years of experience as can possibly be done in limited space. My goal was to give the reader as much information as possible for them to be able to make their own knowledgeable decisions and to help people wade through the swamp of information and misinformation found in health food stores, on the internet, in books, magazines and periodicals. This onslaught is overwhelming both patients and doctors who are now hungry for biologically-sound information. We need to be armed with valid information to avoid errors that can be devastating, especially for the cancer patient.

I have been fortunate to have had some of the most outstanding teachers. Their work ranged from decades of running in-patient clinics to decades of office practices. The years spent in treating patients and seeing positive results validates their final conclusions. The time factor is very often omitted in evaluating success or failure of therapies adopted by most services available today. This is unfortunate as many ideas benefit initially to a limited degree but fail to achieve optimum long-term results after an extended time.

One day, in the *near future*, it is my hope that the health seeker can easily find doctors in their own locales who practice biologically - sound healing. What a relief that will be! Today, many people travel long distances, leaving the comfort of families and at great expense to find a doctor experienced in biotherapies.

Caveat emptor,



How I Learned to Love Alternative Medicine

by James S. Gordon, M.D.
photos: Darryl Estrine

A Harvard Medical School graduate explains how traditional Western medicine can coexist—and thrive—with acupuncture, herbs, hypnosis and other therapies.

My father was a general surgeon. The medicine he practiced seemed marvelous and terrifying to me. In the bright light of his treatment room, gleaming scissors were lined up on white towels; scalpel blades, grainy glass syringes and fierce needles emerged from the steaming sterilizer.

I remember asking, at age three or four, how “instruments” that looked hurtful could also help. The scalpel, he explained, cuts away what doesn’t belong. The needles inject medicine that makes sick people feel better.

The medicine he practiced was based on a view of illness often called the biomedical model. It conceives of illness as a formidable enemy and uses a language of pathology and conflict. The physician is a detached scientist-strategist who rationally and objectively assesses the patient’s symptoms; diagnoses the diseases from which she is suffering; and selects from and applies those therapies—“magic bullets”—that are most likely to subdue the invading bacterial pathogen or rectify the offending abnormality.

Harvard Medical School

By the time I entered Harvard Medical School in 1962, science was probing far deeper levels and more complex pathways of biological causation, and developing even more precise pharmacological treatments. But even as we learned to appreciate the immense power, range and elegance of this medicine, I was feeling uneasy about it. The focus on the pathological processes in our patients, and the search for accurate diagnoses, identifiable causes and precise remedies for their diseases, tended to overwhelm our concern for them as people.

I decided to specialize in psychiatry. There I would be able to focus on what moved and interested me most, the rich complexity of people’s lives and our relationship with one another and the world in which we live. All that changed one morning 22 years ago. I was doing “the plow”—an upside-down yoga posture in which the weight is on the shoulders and the feet are extended over the head, toes touching the floor—when I felt a terrible pain in the lower part of my back. It shot from the slope of my lumbar curve, down to the left, sending fire into

my left buttock and calf and finally into the foot, where pins and needles sprouted. I wanted to stand but couldn’t.

When I turned to the Bethesda Naval Hospital for help, orthopedic surgeons prescribed muscle relaxants and painkillers, two weeks of bed rest and a heating pad, and deferred their final diagnosis. The pain abated when I was still, but it never really left me. A portion of my mind was held hostage. My concentration and my patience were short. I had the sense that the body that had always served me willingly might well betray me.

Two months later, I was desperate. If I took muscle relaxants, I would grow sleepy. If I didn’t, I was in agony. My attention span was short. Ordinarily fairly even-tempered, I lived on the edge of anger, ready to shout at anyone who crossed me. In constant pain, still stiff and bent over, I felt three times my age. The orthopedists were talking, a little gleefully, I thought, of doing a myelogram, an MRI after an injection of dye into my spinal column, and surgery.

Drastic measures

Finally, in desperation, I called Shyam Singha, D.O., in London. I had first heard about him a year before from an old friend in England. Richard, laconic and skeptical, had been unashamedly enthusiastic about this “mad Indian.” Dr. Singha had put him on a grape fast for 60 days and stuck acupuncture needles in him, and Richard, once deaf, had begun to hear. Now at the end of my therapeutic rope, I was reaching out to Singha for help over the telephone.

“Stop the medication,” he said. “Take hot baths with Epsom salts and then cold showers. Eat three pineapples a day for a week and nothing else.” I thought the transatlantic phone had gone bad. He repeated his prescription while I stood with my mouth open.

“Why?”

“It won’t make sense to you.”

“Why?” I demanded.

“Remember what Hippocrates, the father of your medicine, said.”

I could only say, “What?”

"Let food be your medicine and medicine your food."

"Yes, yes. But pineapple?!" I was getting impatient.

"Pineapple has malic acid."

"Yes, I understand that." I was even more impatient.

"Malic acid affects the lung and colon." He was fast losing credibility. "In Chinese medicine the lung and colon are the mother of the kidney and the bladder." The mother? "And the bladder and the kidney are connected to the back."

He was right—it made no sense to me. But I didn't want a myelogram, and I knew I didn't want surgery. Nothing else had worked, and none of my doctors had anything else to offer. Something about Singha, an authority I did not understand, moved me. I decided to do what he said.

After three days, I called Singha in London. "My mouth," I reported, in a pained voice, "is full of sores. I have a 103-degree fever and my back hurts as badly as the day I injured it."

For the sores, he replied, "coat your pineapple with honey. So far as the rest of it goes, it's very good. In Chinese medicine, we have to make a chronic disease acute before it can be healed. We call this a healing crisis." I felt like a character in a comic strip when the light bulb goes on over his head. Just as a depressed person sometimes has to feel rage or experience despair before she can be healed, so, perhaps, physical symptoms need to be heightened before they can be relieved.

When, at the end of seven days, I called Singha, I told him that my back was 80 to 90 percent better. I was, I added, 12 pounds lighter and far clearer in my mind. Neither my back, nor my medical practice, nor indeed my view of the world, has been the same since.

Discovering acupuncture

A year after I recovered from my back problem, Singha came to the United States. Listening to him speak about the ancient laws of Chinese and Indian healing, I could feel his words working and surging in me. The first time he put acupuncture needles in my body, waves of pleasure swept from my feet toward my head. On the same table three days later, without warning, my arms and legs began to shake so hard that the trays of instruments across the room clattered. He looked in on me, impassive, and nodded. "Good, good." Meanwhile my head was vibrating and my teeth were chattering.

"That is what the Chinese call *qi*," Singha explained half an

hour later. "The Indians call it *prana*, Henri Bergson said it was *élan vital*, and Wilhelm Reich, your Western psychoanalyst, named it *orgone energy*. It is the life force. The acupuncturist's job is to move and balance the *qi*. Everything else—bliss, shaking, tears—arises as the being moves toward balance."

A medical odyssey

Singha became my guide through the world of "other medicines." I experimented with using foods therapeutically—garlic and onions for colds, ginger tea for an upset stomach, fasts of lemon juice, cayenne pepper and maple syrup. I began to read about and experiment with the tiny doses of homeopathic remedies—designed to relieve the symptoms that, in large doses, they would cause.

I also started studying Chinese medicine. Soon I began to appreciate how this system always addresses both mind and body and carefully individualizes its treatments. The shape of the pulses at the radial arteries—there are 12 in Chinese medicine, Singha assured me—and even the time of day at which the treatment is given are all taken into account. There is no standard treatment for congestive heart failure or even pneumococcal pneumonia but many different ones, different combinations of herbs and acupuncture points, physical exercise and psychological advice, each designed for that particular person.

I had begun as a psychiatrist, but soon I was treating physical as well as emotional problems and using the other medicines—food, herbs, acupuncture, homeopathy and the manipulative techniques of osteopathy and chiropractic—in combination with what I had learned in medical school.

Merging East and West, mind and body

When someone calls my practice holistic, I agree, but I also nod when asked if I work with alternative medicine or complementary medicine. When the time came for me to create a nonprofit institution, I called it the Center for Mind-Body Medicine. Yes, I say, I primarily use techniques that are other than those I learned in Harvard Medical School, techniques that may work where more conventional practices have fallen short.

I call my center Mind-Body because so much of what we do is concerned with bringing mind and body into harmony.

Your Body's Talking. Are You Listening?

Self-awareness is the beginning of wisdom and the prerequisite for self-care. Once we see what we are doing and thinking and how we are feeling, we can do something about it. Seeing is not really so hard. All you have to do is close your eyes and breathe slowly and deeply for a few minutes, letting thoughts come and go as they will, bringing attention gently back to your breath. After you relax a bit, noticing where your feet rest on the floor and your back touches your chair, you can ask yourself a question. "What is going on?" or "Why am I tense or sick?" will work perfectly well. Then wait for the

answer. Very soon your unconscious, a rich repository of healing wisdom, will respond.

We—and this includes everybody, from the most highly educated to the illiterate—know much of what is good for us, even though we may not yet know that we know. Just assume that something will come—a direct verbal response or a visual image or a joke—and that it will be informative. It happens nine out of 10 times with my patients. It's usually not technical—most people don't have that knowledge available to them—but it can be highly specific. "Your stomach is upset because you're swallowing your anger" or

"Your back keeps bothering you because you're carrying around other people's loads." Then we can ask, "What should I do about it?" Again, almost always, an answer comes.

There are certainly times when our unconscious produces nonsense or reflects our fears or fantasies. Still, in my experience these exercises yield unexpected nuggets of therapeutic wisdom. Don't dismiss the answers you get because they seem unconventional or silly or contrary to what you've always believed. If the "sensible" conventional answers were working, you wouldn't have had to ask the question.

and helping each to transform the other. But what I'm really interested in is helping to create a new *medicine*, a more respectful and responsive health care, a larger synthesis that transcends categories and any attempts to categorize it.

Even though its practice is highly individualized, the new medicine has certain consistent and recognizable features. All of us who practice it take seriously Hippocrates' injunction "First do no harm." We understand and help our patients to understand that each of us is a unique and whole person—a biological, psychological and spiritual being in a total social and ecological environment. We recognize that each of these dimensions of our lives can be both a source of our distress and an arena for relieving it.

The heart of this healing practice is self-care, those approaches that a person undertakes for herself: self-awareness, relaxation, meditation, diet and exercise. Next in line are methods and techniques that usually require professional assistance and stimulate the body's own healing processes—manipulation, massage, acupuncture, hypnosis and homeopathic and herbal prescribing among them. Finally, reserved for special and specially demanding or threatening situations, and for people whose defenses are overwhelmed, are potent pharmacological remedies and powerful surgical interventions.

Those of us who practice this way spend a great deal of time taking a history. We don't, as too many physicians do, touch only lightly on "family history," simply record a patient's job title or ignore her spiritual life. We regard all of these aspects of life as being of fundamental importance. We ask not just what our patient's parents died from or what their health was like but what *they* were like.

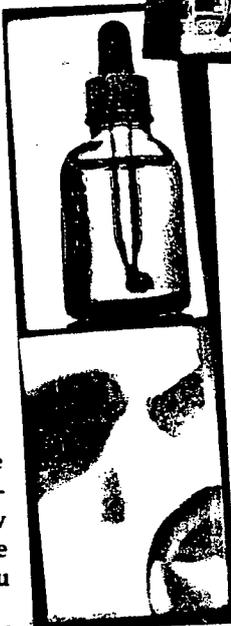
We want to know where and with whom our patients live, whom they love, and what the joys and tensions of those relationships are. We are interested in how they eat and exercise and, especially, in what gives their lives meaning. How do you like your work? What makes it worthwhile to get out of bed in the morning, and why do you think you're here on this planet?

Just because an illness manifests in a physical way does not mean that its origin is or its treatment ought to be exclusively or even predominantly physical. Virtually every chronic illness has a powerful psychological component, and almost always, the work of untangling the fears, resentments and misconceptions that prevent emotional and intellectual change is a necessary precondition for phys-

ical healing. Similarly, emotional problems are often susceptible to nonpharmacological, physical solutions. For example, I have found that physical exercise and meditation techniques carefully individualized for each person's needs are the most effective way of helping people cope with, learn from and go beyond anxiety and depression.



Learning to be a patient listener: "Those of us who practice this way spend a great deal of time taking a history," says Gordon.



The new medicine manifesto

In the future, I hope and expect that we will create a system of medical care based on this comprehensive understanding. We would, of course, use drugs and surgery when necessary, but only when necessary. For the most part, our system would be based on interventions that foster the body's own healing powers and on self-care, with the physician's role being one of teacher rather than treader.

For example, we will insist on manipulation, acupuncture, massage and baths for an injured

back prior to even considering long-term use of anti-inflammatories or surgery. Homeopathy, dietary changes and herbal remedies—not antibiotics, antihistamines or decongestants—will be the initial treatment for such common ailments as sinus and middle-ear infections, diarrhea, hay fever and other allergies. For

asthma, we would no longer routinely prescribe inhalers, bronchodilators and steroids—substances that do combat the inflammation and constriction of the bronchi but create dependence and also do not significantly alter the course of the illness or address its causes. These have their place—but as last resorts, not as primary treatments. Instead, we would preferentially, and wherever possible, begin therapy with acupuncture and herbs, as well as family discussions, self-awareness and relaxation techniques, breathing exercises, dietary and environmental change, and yoga. And we would always work to instill hope, which has proven to have positive biological effects on immunity and healing in our patients.

The medicine of the future will help all of us to understand why we have become ill and will put in our hands most of the tools we need to help ourselves stay well. It will help us see that illness is a part of, and not apart from, life, that

learning to understand and heal ourselves and maintain our health is a great spiritual teacher. ♣

Adapted from *Manifesto for a New Medicine*, by James S. Gordon, M.D. Copyright © 1996 by James S. Gordon, M.D., director of the Center for Mind-Body Medicine in Washington, DC. Reprinted by permission of Addison-Wesley.

THE SOY MYTH EXPOSED (excerpts)

By Jonathan V. Wright, M.D.

Read this BEFORE you eat one more veggie burger, take one more soy supplement, drink one more glass of soy milk.

Dear Health-Conscious Friend:

Nowadays you'll have no problem finding soy products at your local grocery store. Soy milk, soy cheese, soy meat balls, soy infant formula, even soy ice cream line the shelves. And, while 10 short years ago it would hardly have seemed possible, today soy products have nearly achieved mainstream acceptance.

And it's healthy, right?

Actually, the answer is more complicated than you think. And the truth? It might just shock you. Did you know an infant fed soy formula is getting the hormonal equivalent of five birth control pills per day.

Even after rigorous chemical processing, soy contains substances that can possibly cause breast cancer, serious nutritional deficiencies, and even accelerated brain aging!

Two of the FDA's own experts warn that the safety concerns regarding soy are still "largely unanswered."

Is soy protein a kind of Dr. Jekyll and Mr. Hyde?

But like Dr. Jekyll's flip personality, soy has a dark and possibly dangerous side that few people know about.

To start, unlike other legumes, soybeans aren't safe to eat when picked fresh. They're actually toxic. And in laboratory tests in animals, soybeans have been shown to cause everything from cancer to birth defects.

In order to remove the harmful toxins mentioned above, manufacturers must use harsh chemical processing. The beans are subject to acid baths and extreme heat, then they're spray dried to produce a high-protein powder. Next, to improve the taste of the soy powder, artificial flavorings such as MSG, preservatives, sweeteners, emulsifiers and synthetic nutrients are added.

But manufacturers don't stop there...

Carcinogens, called nitrites, are also added to soy products during the spray drying process. These harmful chemicals are found in hot dogs and other fast foods... and they've been known since the dark ages to cause cancer. Plus, after all that...

Despite nearly a 1/2 billion dollars in funding, nobody's figured out how to remove all the toxins from soybeans

That's right. There's not enough money in the world that can make soybeans as safe to eat as black beans.

The problem is, manufacturers can't get rid of all of the soybean's natural toxins. One especially dangerous toxin, called a trypsin inhibitor, can interfere with digestion and could theoretically cause cancer in humans. And, it's been proven to slow the growth of rats in laboratory tests.

The big question still looming for experts is... does it inhibit growth in children?

Scientists can't say for sure yet. But it makes you worry doesn't it? And, as a parent, I imagine you want "both sides" of the soy story, all the available hard facts, before pouring that soy milk onto your kid's cereal!

Postmenopausal women who eat soy may be at greater risk for osteoporosis.

Processed soy powder also contains residual phytic acid; a substance experts know blocks the absorption of calcium, magnesium, zinc, and other essential minerals in the intestinal tract.

In feeding experiments, a soy-based diet requires supplementation with vitamins E, K, D, B¹², and creates significant DEFICIENCIES in copper, iron, zinc, magnesium, and calcium. This revelation is especially important for postmenopausal woman. By eating quantities of soy, you could be putting yourself at risk for serious nutritional deficiencies and osteoporosis. But that's not the only concern for women eating soy...

Researchers have linked soy to an early form of breast cancer

You may have heard that eating soy can protect

you from developing breast cancer. There's research to say that's so! But, to quote a famous commentator: "Here's the rest of the story!"

In one significant study completed in 1996, researchers found that women who ate soy protein had an increased incidence of epithelial hyperplasia, an early form of malignancy. A year later, a chemical found in soy was shown to encourage breast cells to metastasize.

Does that mean soy causes some breast cancers? Well, again, no one can say for sure. But until scientists figure it all out, it's important for women to know about the potentially serious downsides.

And believe it or not, that's not all there is to know about soy...

You can get as much "estrogen" eating soy protein as taking the birth control pill

You may have heard that soy contains beneficial substances called isoflavones.

They're thought to improve symptoms associated with menopause. But isoflavones can also wreak havoc on your hormonal system.

Here's how...

One hundred grams of soy protein daily, the amount recommended by a national soy organization, provides the estrogenic equivalent of taking the birth control pill. If you're having symptoms of menopause, you'll likely reduce them with this hormonal boost from "soy estrogen."

But not so fast. You might be getting more than you bargain for...

In 1991, Japanese researchers found that as little as two teaspoons of soy protein a day caused goiter and hyperthyroidism in some patients. Isoflavones were believed to be the culprit.

Isoflavones are also thought to cause all sorts of problems in infants. In fact, an infant who is fed soy formula is getting the estrogenic equivalent of five birth control pills a day. Some experts believe this excess estrogen can lead to thyroid problems, learning disabilities, and even premature sexual development.

That's a disturbing possibility, considering that nearly 1/2 of all bottle fed babies in the U.S. receive soy formula.

Recent research ties two or more servings a week of tofu with "accelerated brain aging"

One of the most shocking discoveries about soy came to light at the Third International Soy Symposium in 1999. On the last day of the symposium, one researcher presented his three-decade long study of Japanese-Americans living in Hawaii.

It showed a significant statistical relationship between eating two or more servings of tofu a week and "accelerated brain aging."

Individuals who ate this amount of tofu in mid-life had lower cognitive function later in life and a greater incidence of Alzheimer's disease and dementia. Again, researchers believed isoflavones were the offenders.

Many of these findings were confirmed by Dr. Daniel Dorge of the Division of Biochemical Toxicology at the National Center for Toxicological Research, who is one of the nation's top soy researchers and Daniel Sheehan. (Ref. Also "Tru Health" Carotec, Inc. newsletter, Tom Valentine.)

Reprinted from The Pathlighter, published by a Florida chapter of International Association of Cancer Victors and Friends

**Our Queer Language
by Lord Cromer (1841-1917)**

When the English tongue we speak,
Why is "break" not rhymed with "freak"?
Will you tell me why it's true
We say "sew" but likewise "few";
And the maker of a verse
Cannot cap his "horse" with "worse"?
"Beard" sounds not the same as "heard";
"Cord" is different from "word";
Cow is "cow" but low is "low";
"Shoe" is never rhymed with "foe."
Think of "hose" and "dose" and "lose";
"Doll" and "roll" and "home" and "some."
And since "pay" is rhymed with "say."
Why not "paid" with "said," I pray?
We have "blood" and "food" and "good";
"Mould" is not pronounced like "could."
Wherefore "done" but "gone" and "lone"?
Is there any reason known?
And, in short, it seems to me,
Sounds and letters disagree.

Celery ... By Perseverance Out of Weed

by David Gunston

By perseverance out of weed: that might well be the pedigree of that eminently useful and healing vegetable, celery. For this food can trace its ancestry back over several centuries of human improvement to the ordinary, yellowish-green weed known as wild celery, widespread in many wet places near the sea.

Native throughout Europe, wild celery must always have attracted attention by its pungent, distinctive celery smell, and there is some evidence that in earlier times it was eaten in rural parts of England under the name of smallage. However, we owe it to the diligence of Italian gardeners and plant-breeders of the seventeenth century that today we eat not a drab, white-flowered marsh weed with deeply-furrowed, acrid-tasting stalks, but modern celery with its "mild, sweetish, aromatic" but still distinctive taste. By long years of careful breeding, selection and blanching, the Italians produced a prolific vegetable with whitish stalks and a unique and flavorsome crispness.

These qualities alone have endeared celery as a salad plant throughout the temperate world, but we now know that here taste has always been a good guide to health-giving properties. For centuries celery has been appreciated as an excellent antidote to rheumatism and allied aches and pains: only comparatively recently have we proved this scientifically to be true.

Celery is in fact one of the most highly alkaline of all natural foodstuffs, and a remarkably powerful solvent of those three harmful acids, oxalic, uric and butyric, which, when present in crystal form in the tissue of the body, cause most rheumatic complaints. In addition, it is very good in many cases of nerve disorders, acting as a helpful tonic. Even in perfect health, the alkalinity of celery usefully aids the body in its natural

elimination of carbon dioxide from the system.

Although there are green and red forms of celery, it is the white-blanched type (or increasingly, now, the self-blanching varieties) that are most widely eaten, and it is interesting to note that whereas raw celery is universally taken in almost all European countries, elsewhere the vegetable is preferred cooked and served hot with meat.

Certainly the vitamin content of celery, often overlooked in favor of its mineral alkalinity, is much reduced by cooking, and both by prolonged soaking in cold water, as is often done to produce the attractive-looking little curled strips.

Apart from the traditional fresh vegetable content of vitamin C, which is useful but not high, celery also acts as a very valuable source of vitamin B. The green leaves are also very rich in vitamin A, but this does not occur in the blanched stalks. For this reason alone, the green tops of celery, and the green part of the stalks, should never be wasted, and if not eaten raw in salads (as they should be) can always be added to stocks and soups. In fact, stewed on their own, celery leaves make the very best and certainly the most nourishing vegetable bouillon as a basis for both soups and sauces. Indeed, with the exception of the soiled roots, no parts of the celery plant should be thrown away, for the dried seeds are an ancient but efficacious remedy for neuritis and rheumatism. Our ancestors used to dote on celery seed tea for these and similar complaints.

Celery is exceptionally rich in sodium, containing far more of the vital mineral element than any other vegetable, even more than twice as much as watercress. It is also very rich in calcium, and provides the body with useful amounts of potassium, magnesium and phosphorus, plus a little iron. It is furthermore a good source of the blood-cleansing mineral sulphur, and is not without a useful modicum of vitamin E. Incidentally, the potential alkaline balance of both the leaves and stalks of celery is about the same, and equally high.

Few vegetables should figure more regularly

in season than celery; preferably raw. Many people prefer celery as an accompaniment to bread and cheese, and it is generally agreed that the sticks taste better if they have had at least one frost on them. Nutritionally, of course, the frost adds nothing; the real reason is probably that after frost the stems are crisper and therefore seem to be of an improved flavor.

But there are many other ways in which celery may be useful added to our menus. In winter, especially, it should always be used as the basis for salads, with chopped apples, orange segments, and nuts (ideally walnuts), and always as a complement to watercress. If short stems have curled naturally, as they sometimes do, these can be attractively filled with various cheese or nut mixtures, or savory fillings. In warm weather, chopped celery added to a Mediterranean-style salad of lettuce, asparagus and pimentos completes a most refreshing dish.

For many folk, the naturally refreshing and toothsome qualities of sharp, crisp celery are lost when it is cooked, even the lightest braising. Whilst this is perhaps a little prejudiced, obviously celery should never be boiled overlong, if only to retain its beneficial salts. Perhaps the best way to cook this vegetable is (a) to retain at least some of the green leaves, and (b) to simmer it briefly and very gently in a good chicken, or (preferably) veal stock. Prepared thus, it can make a pleasant winter standby when greenstuffs are hard to come by. Celeriac can be similarly treated.

The other form of cooked celery is of course celery soup. There is much support for the view that a good celery soup is the most health-giving of all thick soups, especially if it is made with a good veal or chicken stock and contains a solid proportion of the vegetable after fine straining — not just a few lumps.

Celery's long tradition as a remedial and health-promoting food, backed by modern scientific knowledge, provides every support for its regular appearance on enlightened tables.

Reprinted from Natural Food & Farming.

How Sound Is Ultrasound?

The use of ultrasound screening during pregnancy has increased dramatically in recent years. But a panel at the National Institutes of Health (NIH) warns that the device should not be used routinely. The panel concluded that although there are valid medical reasons to use ultrasound, such as detecting fetal irregularities, it should not be used "solely to satisfy the family's desire to know the sex or to view the fetus." The NIH found no evidence that ultrasound harms human fetuses but said that in tests on laboratory animals, ultrasound had caused impaired immune response, cell damage and, in a minority of cases, death.

— Anne H. Oman, freelance reporter
printed in *Family Circle*

Irradiation Double-Speak

Food companies can now seek federal approval to avoid using the word "irradiation" on food labels, and instead use language such as "cold pasteurization" according to the U.S. Food and Drug Administration (FDA). And now the door to euphemisms is wide open, why not replace "radiation" with "warm, glowing sensation."

—*The Ecologist*

Pesticide Facts

"...malathion and pyrethroids don't kill just mosquitoes; they kill all insects, including important pollinators like bees and butterflies, and all the worms and bugs needed to feed migrating birds. Both also kill fish, and pyrethroids can kill birds."

—Anne Raver in the *New York Times*

What is the Nutritive Value of Pistachios?

U.S.D.A. research shows that pistachios are highly nutritious, second to none in the nut world. They are an excellent source of good quality protein—they contain all the essential amino acids. They rank number one among all vegetables and nuts in potassium and iron content. They rank second in phosphorus and calcium content. They contain no cholesterol and are low in saturated fats. An ounce of shelled nuts contains 168.42 calories.

Letters

Dear Mrs. Sackman,

I apologize for taking so long to send this check off to you. Thank you for your advice of the past when my husband had cancer. This check is in his memory.

Thanks, too, for your recent advice and comfort to me as I progress with positive results in my breast cancer challenge. I look forward to being cancer-free and helping others in the future. I look forward to meeting you in May.

Thanks again for the help of the organization.

Best Regards, A.J.

P.S. I so look forward to reading *Cancer Forum*!

Dear People at FACT:

I find in my distress that I inadvertently let my subscription to *Cancer Forum* expire. Would it be possible to start my new subscription with the Summer 2002 issue? I do not like to miss any issues.

I really do value the information in all of your forums. I have been subscribing for the last twenty years.

I appreciated finding the article that I sent to you — published in the Spring 2002 issue, about Dr. Gerald M. Lemole's information on the lymphatic system. I was glad you found it worthy information and printed it.

Sincerely and with much appreciation to you all and especially to Ruth Sackman, M. E. W.

Dear FACT,

I continue to love the magazine and have the greatest respect for your great endeavors! R.W.

Ruth dear,

Thank you many times for talking with me today and for putting an Info-packet into the mail for me. I will study it carefully when it arrives and do my best to work with my grandniece as I did 30 years ago.

Kathy is 39 now. She was 5 when she had surgery for the brain tumor. Age 7 when we took her to Dr. Kelley in Texas.

Please add my name to your membership list.
With appreciation, G.A.

Dear Mrs. Sackman,

I spoke with you over the phone this morning in reference to getting another copy of *Cancer Forum*,

Vol. 18, No. 1/2. I've been getting this for many years and it keeps getting better. This one is especially interesting.

I told you I'd send you the money first and then you could send the publication. I want to give it to an interested friend. Thank you.

Sincerely, R.D.

Ruth Sackman,

Again, I want to express my appreciation for your advice in 1989!

I'm doing quite well at 86 years old! R.R.

Dear Ruth,

Thank you so much for your newsletter and our subsequent conversation. Your work is truly admirable. I cannot tell you how good it feels to someone who is ill to have support for choosing to live one's life in dignity. I do not know what lies ahead for me but I do know about today and my own path of discovering the causes of suffering for myself and of so many others.

Sincerely, S.W.

Dear Mrs. Sackman:

Enclosed is a check for \$100.00 to cover the cost of subscriptions for two of my friends and please accept the remainder as a gift.

I always look forward to receiving your magazine. It has been a wonderful source of learning for me and to those I share it with.

Thank you so much, J.S.

Dear Ruth,

You always reach out a caring hand to help those in need. Thanks for being available for all.

I'm here thirty years and sending you my check ever since. You tried to help my husband, but the doctors were negligent, plus not talking to us, and slow.

Too late...

Wish you and your competent staff a healthy, wonderful New Year.

Sincerely, H.S.

Dear Mrs. Sackman,

Thank you for all the wonderful work you do! I especially appreciate that yours is the Voice of Truth among so much disinformation being disseminated these days.

Keep up the good work!

Best regards, M.C.

Recipes

Mock Liver Paté

- 1/2 pound mushrooms
- 1 small onion, sliced
- 3 tablespoons cold-pressed extra virgin olive oil
- 1 cup raw organic walnuts
- few dashes dulse flakes
- 1 tablespoon distilled water

Steam onions and mushrooms until soft. Place mushrooms and onion with the other ingredients in a food processor and blend until smooth. Serve as a spread on a sandwich or celery sticks or as a dip with raw veggies.

Cranberry "Ketchup"

- 2 cups fresh cranberries
- 1/2 cup finely chopped red onion
- 1 cup apple cider
- 1/4 cup apple cider vinegar
- 2-3 tablespoons raw honey
- 1 tablespoon fresh orange juice
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cardamon

Place the cranberries, onion and cider in a medium-size saucepan over medium heat. Bring to a boil. Reduce the heat and simmer until the cranberries are soft, about 15 minutes. Transfer the mixture to a food processor, add remaining ingredients and process until smooth. Let cool, then store tightly covered in the refrigerator. Yield: One and one-quarter cups.

Rice Salad Italiano

- 3 cups cooked brown rice, still hot from cooking
- 2 tablespoons cold-pressed extra virgin olive oil
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon dried rosemary leaves
- 1/2 teaspoon dried oregano leaves

- 1 small zucchini, julienned
- 1 medium tomato, chopped
- 2 tablespoons coarsely grated raw whole milk cheese, e.g., goat cheese or cheddar.

Place rice in a large bowl. Combine oil, lemon juice, garlic, rosemary, and oregano in a small jar with a lid. Shake well and pour over rice. Toss lightly. Cover and let cool. Stir in remaining ingredients and serve. Serves 6.

Mashed Tomato Potatoes

- 3 medium organic potatoes (about 1 pound), unpeeled, cut into 2-inch pieces
- 1 garlic clove, peeled and minced
- 1/4 cup distilled water from cooking potatoes
- 1/8 cup (1/4 stick) unsalted butter
- 1/4 cup chopped flat-leaf parsley
- 2 scallions, trimmed and chopped
- 1/4 cup grated raw whole milk cheese
- 4 medium tomatoes (about 1 pound), chopped

Place potatoes in a saucepan, cover with distilled water. Bring to a boil, then cover the pot and simmer 15-20 minutes until a fork easily pierces a potato. Drain the potatoes — reserving the cooking water — and mash with a fork until smooth. Transfer the potatoes to a large bowl, blend in garlic, 1/4 cup cooking water, butter, parsley, scallions and cheese. Gently fold in the tomatoes and serve. Yields 4 servings.

Rice Apple Bake

- 2 cups cooked brown rice
- 6 large cooking apples, peeled and sliced
- 1 tablespoon lemon juice
- 1/4 cup maple syrup or honey
- 1/2 teaspoon cinnamon
- 1/2 cup chopped nuts - walnuts or pecans

Stir all ingredients together and pour into a 9" x 13" pan, greased with a little oil or butter. Bake at 350° F. for 30 minutes or until golden brown and bubbly. Serve with a little yogurt or cream on top. Makes 6 hearty servings.

STANDING THERE

Standing there, topless, pinioned,
The clear plastic vise of technology
Keeps me from bolting.
I look down at my breast to see
My tortured flesh and groan at the
Pain, mostly in my mind.
For this moment, frozen in time
As I am frozen in place, is the moment
I have secretly known forever.

Sitting there, waiting to hear
All is well, get dressed.
Go home, see you next year.
Keep up the good work, foil death.
Live healthy, eat salads, sleep well.
My professional friend returns and
Says we must do it over, bigger, better.
Doctor needs a second look. And
I die sitting there before I get up.

Standing there again, although
I want to sink to my knees and pray.
More humming, less said, only
To stand still. I die in place
But am held upright by my breast.
The flesh is pancaked, a plump slide.
If I wrench away, will it tear? Is this how
I will part with it? My scream is silent.
Is there an end to this moment?

White-coated, she comes in, no hello.
Words she pronounces tell me I have
A problem. She cannot help, only God
And a surgeon, good luck, call him. God?
No, the surgeon. Standing there, I die and
Put my clothes on as time/life divides into
Before Today and From Now On -
If there is one, that is. I nod and write a check.
The moment has just begun.

— Laura Saul, 1993

STANDING HERE

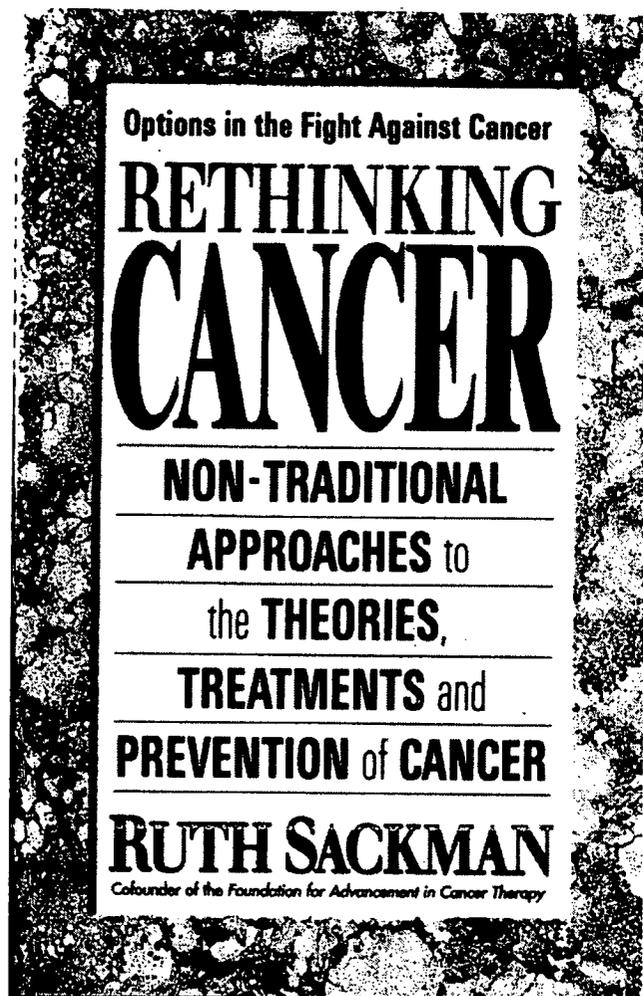
Standing here, rooted in life,
I am more knowing, awakened,
Healed, a learner, mentor, helper,
Guide to the places I've been and
Know about well and only too well.
Now I nod to those who counted me out,
The naysayers who turned their faces, but
Not before they sprinkled fuel on my fire
To prove them wrong — and to live.

Sitting here, invoking cherished faces,
Names amassed these years, and places
All woven into the fabric of natural science
And health, I breathe in my good fortune.
From Now On became this, a cocoon
Of comfort, learning, and healing laughter,
All parts of The Script.
Would a soothsayer have seen all this?
Would it have mattered?

Being here, I review once more the
Play, with its angels and guides
The supporting cast that cosseted
And inspired and soothed, scene after scene
Of the great drama as it played out and plays on.
In the audience, on stage, in the wings,
I make my appearance. Is it really so
That I am The Author? Such a notion!
How delicious.
Applause, please.

--Laura Saul, April 23, 2003

Laura Saul, Ph.D., was diagnosed with breast cancer in 1993. Unlike other family members who had taken conventional treatment and not survived, she followed the Health Excel metabolic program under the guidance of Betty Fowler. Today, she is a healthy, active psychotherapist and intuitive healer with a practice which includes many patients going through the healing process.



For over thirty years, the Foundation for Advancement in Cancer Therapy (FACT) has acted as a consumer advocacy group, educating cancer patients about alternative therapies and their rights as patients. Although traditional medical groups and government agencies have often ignored or disregarded the groundbreaking work of many alternative medical researchers. FACT has provided these pioneers with a platform to be heard. The foundation's intention has never been to discredit conventional medicine, but rather to evaluate the alternative therapies, and then make the information available. In this way, cancer patients and their families can make informed, responsible decisions regarding treatment options.

Alternative medicine has made headway into the realm of traditional medical services, but there still remains a major gap in the distribution of information on nontoxic treatments. To meet this challenge, Ruth Sackman, the cofounder and President of FACT, has written *Rethinking Cancer* to answer the many questions still facing today's growing number of cancer patients. *Rethinking Cancer* supplies pertinent information on a wide variety of topics, including the major role of nutrition in health, how to repair the body's biological breakdown, and ways to control one's own psychological influences on health. It provides

valid research drawn from around the world, and offers specific advice on dealing with the disease for the patient and doctor.

Rethinking Cancer is a valuable resource from a trusted organization. It provides important information at a time when that information may be crucial.

Table of Contents

Introduction

1. Toward an Understanding of Health and Disease
 2. Cancer: The Total Person Approach
 3. Repairing the Biological Breakdown
 4. The Symptoms Associated with Biorepair
 5. Balanced Nutrition for Better Health
 6. Detoxification: Prerequisite for Repair
 7. Some Psychological Considerations
 8. Some Physical Considerations
9. Metabolic Programs and Adjunctive Therapies
10. Case Histories
11. Q and A Conclusion Bibliography

Index

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Karl O. Aly, M.D.

- (14) Cancer Program at Tallmogarden

Stanley Bass, D.C.

- (173) Testing Nutrition Theories with Mice
(187) Discovery of the Ultimate Diet

Edward Berk, Herbalist

- (55) Rebuilding the Immune System

Peter H. Duesberg, Ph.D.

- (133) The Role of Drugs in AIDS

Jorge Estrella, M.D.

- (79) Improving Host Resistance With Cellular Therapy

- (164) Immune System, Cancer and Cell Therapy
(174) Boosting the Body's Healing Ability

Edwin Flatto, M.D.

- (151) Exercise—A Vital Tool for Restoring & Maintaining Health

Betty Fowler, Recovered Cancer Patient

- (124) The Health Excel Program

Charlotte Gerson, Director of Gerson Clinic

- (167) The Gerson Therapy

Jane Goldberg, Ph.D., Psychoanalyst

- (24) How Stress Alters Normal Body Function
(62) Psychological Immune System
(92) Using Your Emotions for Better or Worse
(114) Who Lives and Why
(143) Emotions - Friend or Foe?
(185) How the Mind Affects the Body

Martin Goldman, M.D.

- (113) Integrative Approach for Strengthening Host Resistance

- (123) Oriental Medicine for Bio-Repair
(168) Oriental Medicine—An Adjunct for Host Defense

Phillip Incao, M.D.

- (126) Role of Fever in Immune Response
(131) Inflammation—The Natural Enemy of Cancer
(162) Prevention of Cancer Starts in Childhood

Bernard Jensen, D.C., Ph.D., Nutritionist

- (2) Moving the Whole Body to Health
(27) Tissue Cleansing Through Bowel Management
(77) Helping Host Resistance Naturally
(180) Nutritional Pathway to Health

Chaim Kass

- (186) Alzium Update

William D. Kelley, D.D.S.

- (21) Individualized Metabolic Nutrition for the Cancer Patient

John R. Lee, M.D.

- (64) Connection Between Fluoride Toxicity & Cancer
(83) New Information Regarding the Fluoridation/ CancerLink
(117) Fluoridation /Cancer Link
(163) Progesterone—A Natural Cancer Fighter
(178) Xenobiotics—Endocrine Disturbance

Duncan McCollester, M.D.

- (169) Autologous Immune Therapy for a Variety of Cancers—Developmental Studies

Shary Oden

- (171) Workshop: Healing Power of Love, Laughter, and Music

William H. Philpott, M.D.

- (176) Role of Magnetics in Cancer

Ribner, Richard, M.D.

- (145) Healing the Mind/Healing the Body

Leo Roy, M.D., N.D.

- (42) Enzymes: Life's Miracle Workers

- (68) Immunity & Host Resistance

- (94) Individualized Metabolic Programs to Improve Host Resistance

- (128) Biochemical Individuality and Biological Repair,

- (138) Pro Life - Yours!

- (152) A Trip Through Your Inner World

Ruth Sackman, President of FACT

- (5) Symptoms Associated with the Restoration of Health

- (60) Deciphering the Proliferation of Cancer Therapies

- (88) Making Sense Out of the Confusion Surrounding Cancer Information

- (129) Concept of Biological Healing

- (135) Causes of Cancer and Balancing Body Chemistry

- (136) What Are Your Choices?

- (144) Comparing Conventional & Alternative Therapies; Healing the Host

- (166) Metabolic Approach in Controlling and Preventing Cancer

- (172) FACT—An Optimum Resource for Cancer Patients

- (175) Caveats on Alternative Health

William F. Welles, D.C.

- (134) Colon Health to Improve Host Resistance

- (150) The Colon—Key to Immune Integrity

John Yiamouyiannis, Ph.D.

- (12) The Fluoridation Cancer Link

- (46) Fluoride & Cancer

Recovered Cancer Patients, Personal Case Histories

- (6) Michael Whitehill (Thymoma)

- (80) Betty Fowler (Skin)

- (41) Richard Mott (Lung)

- (43) Kay Windes (Breast)

- (58) Walter Carter (Pancreatic)

- (98) June McKie (Lymphosarcoma)

- (99) Bernard Nevens (Colon)

- (108) Kay Windes (Breast)

- (112) Louise Greenfield (Breast)

- (119) Bernard Nevins (Colon)

- (125) Louise Greenfield (Breast)

- (132) Pat Judson (Colon)

- (139) Lou Dina (Lymphoma) & Hy Radin (Spinal)

- (146) Tom Buby (Lymphoma)

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

- (155) Neta Conant (Breast) and Kay Windes (Breast)

- (158) Moshe Myerowitz (Liver)

- (159) Doris Sokosh (Breast)

- (165) Greg Hagerty (Hodgkins)

- (170) Lou Dina (Lymphoma)

Panels of Recovered Cancer Patients

- (44) Doris Sokosh (Breast), Daniel Friedkin (Testicular), Ruth Williams (Melanoma)

- (67) Jeannie Glickman (Ovarian), Betty Fowler (Skin), Daniel Friedkin (Testicular)

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

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

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

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

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

- (191) Betty Fowler (skin) Michal Ginach (Breast)

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