

Ruth Sackman

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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Dear Reader,

Now that my book, *Rethinking Cancer*, has been launched, I would appreciate getting feedback from readers to see if I have accomplished what I set out to do.

You may ask what was that? I have tried to present FACT's cancer philosophy which differs from most of the material available in health magazines, the internet, books written by nutritionists, doctors and the medical viewpoint.

There is so much confusion about the term "alternative" as though everything labelled alternative is automatically safe and beneficial. It should be understood that anything can be called alternative as long as it has not been sanctioned by the medical authorities. Yet some of the so-called alternatives are toxic and similar to chemotherapy, or focus solely on tumor destruction instead of biorepair.

I also have tried to help the reader understand the physiology of what causes cancer and the direction one needs to take to restore normal control as FACT has determined during our decades of investigating cancer treatments and helping cancer patients restore their health.

I attempted to spell out clearly our health philosophy and inform the readers so that they would be able to discriminate and make their own sound decisions and choose the system that would be most suitable for their personality and their problem. In other words, I hoped the book would help the reader to be an enlightened consumer.

Simultaneously, I hoped doctors would adopt the concepts spelled out in the book so as to be available for patients looking for guidance from experienced professional resources. This is the kind of partnership, I believe, produces optimum results.

To your good health,

INDISPENSABLE SLEEP

By A. Vogel

Woe betide us, if we lose it!

Indispensable it is, indeed, for it helps us to remain in health and regain it when we have lost it. Many thinking men, famous scientists among them, have occupied themselves with the problem of sleep, yet it has yielded few of its wondrous secrets, just as many other things in nature have so far refused to yield to the probing hands and minds of men.

If some urgent work keeps us at the desk till far into the night for several days running, exhaustion which prevents us from keeping up the pace will soon overtake us. Yet, a good sleep, even if it is a short one, will again invigorate our mental faculties. What is sleep? Its wonders are a constant incitement for us, to try and learn more about them.

Sleep is like a good friend or mother, in whose arms our daily difficulties are forgotten and smoothed away. It is like a healing presence that envelopes us, giving new strength to our hearts and minds. Some cells relax, others are recharged like the elements of a battery which is connected to the circuit overnight so that it can again give light and power. Other cells again utilize the temporary cessation of conscious activity to clean and clear up the clutter of the day gone by so that everything can spring into action as soon as our eyes open once more. Without this daily regeneration of our bodies and minds, life could not go on, and no one may sin against this irrefutable law of nature without paying the appropriate penalty.

Many an ill would never have overtaken us if we had always assured ourselves of sufficient sleep. Everything we do in an overtired or exhausted condition, is done badly, and depletes the body still further. Compared with what the same amount of energy would have accomplished if the body had been rested and ready for work, we accomplish little. Tiredness drags depression in its wake, makes us feel unable to cope with life's burden, and this mental state irresistibly reproduces an equivalent physical state in our organism: the endocrine glands and the nervous system pick up the negative

impulses originating in the mind and pass them on to the organs till we finally find the whole system "tuned in" to the negative vibrations of the mind. The healthy tiredness that comes from work we have enjoyed in the open air and which exhilarates us mentally cannot be compared with the exhaustion that stems from long hours at the desk and lack of sleep. This kind of tiredness nags away at our very soul, will not let the mind function properly and invariably leads to a depression that descends upon us like a black cloud. This kind of tiredness is dangerous. It is the germ of many a fatal illness, the cause of innumerable nervous breakdowns, broken marriages, crimes and lives painfully cut short. It is also the cause of sleeplessness, the curse of modern man.

The Fight Against Insomnia

To enforce sleep by means of pills and potions is, of course, quite wrong, and only leads to further harm. To persuade priceless possession to return to us, we must change our way of life: the last meal of the day should be taken as early as possible and should consist of easily digested foods. Also, we must forget the busy world and rid ourselves of the excitements of the day gone by, and to this end, a walk down a peaceful country lane, inhaling the pure air and giving attention to the flowers by the wayside, the hum of bees, the chirp of birds — in short, all the little "big" things we were so far removed from during the day — will settle our thoughts and direct them away from the sleep-preventing fears, worries and business considerations we brought home with us. Of course, the beauty and stillness of a country lane is not always at our disposal and we might have to make do with a quiet side street in town, or the park, or a good book at the fireside. Whatever the solution, it will be more satisfactory — even if less convenient — than having recourse to artificial sleep-promotion by chemical means. It will only throw us into a deep, dreamless stupor, into morbid unconsciousness, rather than peaceful slumber, and the awakening will be

rude: where is the vigor, the feeling of new life you expect from a "deep and dreamless" sleep? And the longer you take these drugs, the harder you will find it to induce natural sleep. Drugless sleeping aids are a different proposition altogether; they strengthen and calm the nerves and bring back the sleep naturally. Passiflora, Aven sativa or the well-known "Sleep-well Drops" taken in orange blossom tea sweetened with honey, will be found to do just that.

The "Organ Clock"

It is a more or less established fact that the irregular awakening from sleep at a certain hour is due to the dysfunction of a certain organ. The Chinese have always been masters in diagnosing such dysfunctions and the bulk of the knowledge we have on this subject has come from them although many doctors and nurses, etc., with good powers of observation, have long known that chronic awakening between 1 and 3 a.m. had to be interpreted as arising from the dysfunction of the liver. The Chinese, however, knew that to be a fact more than 1000 years ago and, according to them, it is during this period that the liver is at the peak of its activity. Every hospital nurse will confirm, that gallstone colics occur predominantly between 11 P.M. and 1 A.M., which fits in with the "organ clock" of the Chinese, which shows that the production of gall reaches its maximum just during this period. We are also told and have been able to verify this ourselves — that the specific organ remedy displays its greatest effect, when it is given during the organ time. Other organs have also their set periods, during which they reach the height of their function. When the sleep is thus interrupted by any one organ, we shall remember that this is the opportunity for a therapeutic counterattack and take the remedy applicable to the organ voicing its grumbles! When we have satisfied these, it will no doubt, let us once again enjoy an undisturbed night, the value of which will by now be clear to everybody.

The art of medicine consists of amusing the patient while Nature cures the disease.

—Voltaire

Desiderata

CHORUS:

*You are a child of the universe
No less than the trees and the stars
You have a right to be here.
And whether or not it is clear to you,
No doubt the universe is unfolding as it should.*

*Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible without surrender be on good terms
with all persons. Speak your truth quietly and
clearly; and listen to others, even the dull
and ignorant; they too have their story.
Avoid loud and aggressive persons, they are
vexations to the spirit. If you compare yourself
with others, you may become vain and bitter;
for always there will be greater and lesser persons than
yourself.*

CHORUS

*Enjoy your achievements as well as your plans.
Keep interested in your own career, however
humble; it is a real possession
in the changing fortunes of time.
Exercise caution in your business affairs;
for the world is full of trickery. But let this not
blind you to what virtue there is; many persons
strive for high ideals; and everywhere life is full
of heroism. Be yourself. Especially, do not feign
affection. Neither be cynical about love; for in the
face of all aridity and disenchantment it is as perennial
as the grass. Take kindly the counsel of
the years. Nurture strength of spirit to shield you
in sudden misfortune. But do not distress yourself
with imaginings. Many fears are born of fatigue
and loneliness. Beyond a wholesome discipline,
be gentle with yourself.*

CHORUS

*You are a child of the universe, no less than the trees
and the stars;
you have a right to be here. And whether or not it is
clear to you, no doubt the universe is unfolding as it
should.*

CHORUS

*Therefore be at peace with God, whatever you
conceive Him to be and, whatever your labors and
aspirations in the noisy confusion of life, keep peace
with your soul. With all its sham, drudgery and
broken dreams, it is still a beautiful world.
Be careful. Strive to be Happy.*

—Max Ehremann

FDA Issues Alert on Popular Supplement

People who have liver problems or take drugs whose side effects can harm the liver should ask a doctor before using the popular herbal supplement kava, because it may be linked to serious liver injury, the Food and Drug Administration says.

The agency has not concluded that kava, or its use with another supplement or a medication, is truly to blame for the liver problems that have come to officials' attention, mainly from overseas.

But the seriousness of those cases, and other countries' actions, led the agency to decide to issue an alert to consumers and health care professionals while the officials look for answers.

Kava is promoted as a product that can relieve anxiety, stress and insomnia. The agency began investigating it after a previously healthy 45-year-old American woman used it and suddenly required a liver transplant. European health officials have reported 24 similar cases of liver toxicity, four requiring transplants.

As a result, Canada has urged consumers not to take kava until the safety question is settled, sales have been halted in Switzerland and France and suspended in Britain, and Germany is acting to classify kava as a prescription drug.

Kava users, the FDA said, should consult a doctor if they experience any possible symptoms of liver disease, among them jaundice, or yellowing of the skin or eyes; brown urine; nausea or vomiting; light-colored stool; unusual fatigue or weakness; stomach or abdominal pain; or loss of appetite.

Kava is sold under a variety of names, including ava, awa, intoxicating pepper, kew, Piper methysticum, rauschpfeffer, sakau, tonga, wurzelstock and yangona.

[Edit. note: kava kava acts as a narcotic.]

Poisoned Salmon

SCOTLAND — Farmed salmon has been labelled the “most contaminated food on the supermarket shelves.” Bruce Sandison, who chairs the newly formed Salmon Farm Protest Group, said: “I am greatly concerned by the failure of supermarkets

to warn customers that some farmed salmon might contain life-threatening levels of dioxins, DDT residues and other harmful substances.” A new report on pesticide contamination, published in October by the Scottish government's Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment, listed all the “worst-case occurrences of pesticide residues” in food sampled by scientists between 1997 and 2001. **Salmon was the only food in which every sample from a batch tested in 1997 contained three pesticides: DDT, dieldrin and hexachlorobenzene.**

Millions of salmon, fed and reared in cages at the 350 fish farms around Scotland's coastline, are sold throughout the UK. Virtually all fresh salmon sold in British supermarkets is farmed. For more information visit: www.salmonfarmmonitor.org

How Apples Still Keep the M.D. Away

Two scientists, Dr. M.A. El Nakeeb and Dr. R.T. Yousef of Alexandria University, Egypt, have come up with observations that support the old “apple a day” bromide. They say that one of apple's major ingredients — an agent called pectin — is a powerful enemy of bacteria like Salmonella, Shigella and Proteus that are associated with stomach ailments. In running some test-tube studies, the researchers found that concentrations of only 1% pectin were able to wipe out nine intestine-swelling, diarrhea-causing bacteria — 90% in 15 minutes, and almost all in two hours.

Will They Ever Learn?

Feeding naturally vegetarian cows a diet of ground up animal remains sparked mad cow disease. Now, U.S. government-funded scientists are using undigested proteins from cattle manure to manufacture cattle feed. One goal of the plan is to “recycle” the 160 tons of animal manure produced annually from America's factory farms. —from Good Medicine, Winter 2002 [Edit. note: This system might produce another mad cow epidemic or worse.]

How To Slow Down the Degenerative Process

by H. Ray Evers, M.D.

Do you realize that each day you live you are one day nearer death?

This is not a pleasant thought perhaps, but it is definitely true for all of us.

Please understand that I have no panacea for all the causes of the degenerative process, neither do I claim to have a Ponce de Leon's "fountain of youth." However, I do proclaim that during the past 47 years of my active general practice of medicine, I have definitely developed a natural method for slowing down the degenerative process. My method is explained in the following seven steps.

1. Diet — you must be forever conscious of the fact that you are what you eat, drink, breathe, think and come into contact with the environment. Therefore, you should be careful of what enters your body. The Bible tells us that our bodies are temples, and a temple is a holy place. If you are going to desecrate and destroy your body, you need only expect to have a diseased body. Remember, junk foods (hot dogs, hamburgers, fried foods, alcohol, tobacco, non-distilled water, other non-advised foods) produce junky bodies!

Your diet should consist of as much organically grown food as possible, foods free of chemical fertilizers, sprays, pesticides, herbicides, and pollutants in general. You should eat no refined carbohydrates at all (white sugar or white flour). The foods you eat should be as fresh as possible. At least half of your food should be eaten raw and include a wide variety. Avoid overeating; chew your foods well; and avoid using your liquids to wash down your food.

2. Exercise — The next important step to slow the degenerative process is to have an adequate exercise program such as exercising on the trampoline, walking, swimming, yoga, isometrics, etc. There are many forms of exercise you can utilize for good health. Why exercise? Simply because

when you exercise your body, you are metabolizing (burning up) carbohydrates which break down and go through the lactic acid cycle, it being a chelating agent. So when you exercise, you're actually "self-chelating" (self-cleaning the arteries). It is therefore important that you exercise on a regular basis. There is an old saying that "if you don't use it, you lose it." Also, another saying my father taught me as a farm boy was, "it's better to wear out than to rust out." So exercise regularly, gradually building up to an adequate program.

[Ed. note: I feel this next item #3 on chelation needs an explanation so that the reader can evaluate

Your diet should consist of as much organically grown food as possible, foods free of chemical fertilizers, sprays, pesticides, herbicides, and pollutants in general.

it in perspective. Dr. Evers specialized in Chelation Therapy, the intravenous administration of a chelating agent such as EDTA to remove plaque from the arterial wall. He

was a pioneer in chelation therapy at his hospital in Andalusia, Alabama. It was his support for this therapy which finally made doctors and patients aware of its benefits. It is understandable that he would suggest using it on a regular basis which may not be indicated for everyone.]

3. Chelation— Take chelation on a regular basis to keep your blood vessels open so as to provide an adequate blood supply to all the organs and tissues of the body. Just as a car will not run down the highway if the gas line between the carburetor and gas tank is filled with trash, neither can your body function normally with the arteries stopped up and the blood not flowing adequately. Thus, chelation cleans out the arteries of your body which carry the blood from the heart to all the organs and tissues of your body. Just as the Mississippi River must be dredged so that the channel will be kept open for the ocean-going vessels, it is that important to keep

our arteries open. It is a perpetual process of keeping the vessels open so that we can slow down the degenerative process, and keep the blood flowing, carrying the nutrients in our bloodstream to rebuild and restore the body for its normal ability to function. If we clean the arteries, then keep them clean with diet and exercise, then we can expect our circulation to remain in a fairly normal, stable condition. Otherwise, it will regress and we will have arteriosclerosis (hardening of the arteries), and our symptoms will again recur and we will find ourselves back where we were previously.

4. Body Balance — We must keep the correct balance in our bodies. In fact, the most important word in my medical vocabulary is **balance**. One way to determine balance in our

body is to have a hair test to keep a check on the trace minerals in the body. These need to be balanced in the right ratio of minerals one to another, as well as the right ratio of the monovalent to the divalent atoms of the bloodstream. We ought to have the correct acid-base balance (pH). The bloodstream ought to be alkaline while the urine, saliva and digestive juices ought to be on the acid side; therefore, if we find it different, we may experience trouble. We should have acid-base balance, electrolyte balance (sodium and potassium), calcium phosphate balance, protein balance, calcium magnesium balance, as well as many other balances in the body, if we are to live and function normally. We might compare this balance in the body to the tires on your automobile. If the tires are out of balance, the tread wears out and they have to be replaced or recapped, which is not very satisfactory for those driving the car. It is easier for us to try keeping them in balance than to try repairing them when they get out of balance.

The hair test also tells about any toxic metals in the body. One way they can be removed is by chelation. A good example of this is Alzheimer's disease which, in most patients, shows an excessive amount of aluminum in their bodies as shown in

their hair tests.

5. Distilled Water — You should drink distilled water to remove all chlorides, fluorides, and contaminants because they cause arteriosclerosis. In fact, the statistics of the Federal Government tell us that 60 percent of all deaths in America are caused by cardiovascular disease, and that three out of every five people whom you know will die from cardiovascular problems — not a very pleasant thought, but true. Circulation is important and must be taken care of. Personally, if the blood supply to

my brain at 73 years of age were the same as it was at age 30, I would have a 30-year-old functioning brain and body as a whole. So we must again keep that blood supply and nutrition adequate in order to replace the diseased tissue

of the body. It must be a continuing process.

6. Stress — You must reduce stress in your life. Very likely your first reaction is that it cannot be done, or how can it be done? It seems impossible in this stressful age in which we live. Stress is admittedly one of our greatest causes of cardiovascular diseases, as well as many other chronic degenerative diseases. Medically, we know the mind controls the body (psychosomatic origin — mind over body). Practically every disease has some degree of psychosomatic origin — guilt, fear, anger, hatred, jealousy. All of us experience stress and we must learn how to deal with it or suffer the consequences. Many books have been written on the subject of stress, but I would like to suggest that having a proper relationship with Nature and with your fellowman will do more than all the books written to develop peace of mind, which helps to alleviate the stress one experiences. Meditation, yoga and biofeedback are useful means of reducing stress.

7. Last, but not least, if you truly want to slow down the degenerative process, you should live according to Nature's blueprint for life. This can be done by taking Nature as a partner wherever you go.

Reprinted from Natural Food & Farming

Ruth Sackman's Notebook

Liver and Congestion

The heart is considered by medical standards the most important organ of the body because if it stops beating, we die. But the liver is the real workhorse. It has about 300 tasks to take care of and when it is working properly it does them most efficiently. Nearly every human ailment relates directly or indirectly to the health of the liver.

Three of its most important and essential tasks are cleansing the bloodstream, providing a host of digestive secretions to metabolize our food and, last but not least, it is the primary healing organ. "The first thing a patient should do is find out all about how the body heals and what tool it uses to do the healing and what can be done to get this great tool back into peak condition," writes Dr. Leo Roy in his book, *Your Liver, Laboratory of Living*.

Dr. Max Gerson also considered the liver the most crucial organ of the body and the breakdown of liver function as the cause of all cancers as well as other degenerative diseases. Therefore, the emphasis of his program was to relieve the liver of the burden of metabolizing fats and simultaneously emphasizing using liver support techniques to restore normal liver function.

Nature in its effort to reach its goal of restoring and maintaining health, which is its natural function, has been generous in providing herbs and foods to maintain and repair the liver and in Nature's typical wisdom made it a reparable organ. If surgery is done on the liver, Nature's tendency is to restore the damaged liver back to normal. This is Nature's typical wisdom.

Thomas E. Durst, a nutritionist, claims that some of the symptoms of poor liver function may be restless sleep, nausea, painful joints, edema, headaches, itching, chills, heartburn, poor digestion, dark spots on the face, diabetes,

anemia, etc. I don't think there is anything he doesn't attribute to poor liver function. He may be right but, we should not assume that if we have one of the above symptoms, it is a definite indicator of a liver problem. The symptoms can be attributed to many other health problems as well. This can be checked easily with a liver function test.

If I provide information about the complications that arise in our health due to a breakdown, then it is incumbent upon me to also present methods for alleviating the problems. Here are a few of the tools that can be used to strengthen and maintain good liver function:

Carrot juice is one of those wonderful foods that tends to cleanse, nourish, restore and maintain good liver function. No doubt that is why all biorepair programs include carrot juice. It contains a wide range of nutrients.

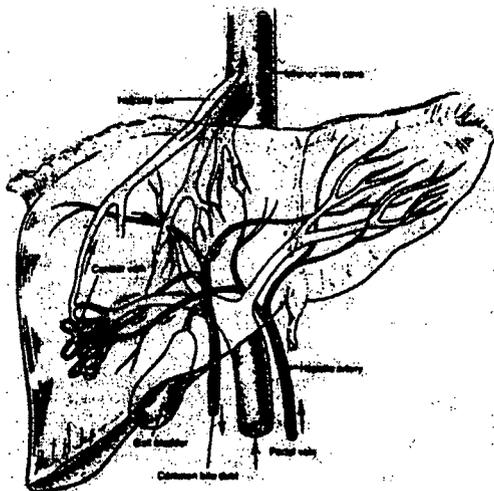
The juice usually causes yellowing of skin, not because of the yellow color of the carrot but, because it causes bile flow in the cleansing process.

Dandelion is considered a nuisance, a lowly weed, and discarded when it would be more beneficial if it were added to salads to help maintain good liver function.

Barberry, an herbal, is especially complimentary to liver function. It stimulates blood cleansing and bile flow. Bile flow helps to relieve a congested and sluggish liver of toxins that accumulate from the blood cleansing process.

Dr. Max Gerson used coffee enemas around the clock for his patients, for the express purpose of stimulating bile flow. The caffeine in the coffee was the stimulant. Brewing the coffee and instilling it into the colon is a tedious and time consuming job. Barberry will accomplish the same service in a much easier and more comfortable way.

Barberry must be considered a medicinal herb and used accordingly. It should not become a part of our daily routine but used periodically when there is a need for cleansing.



Learning from Mistakes

For years I have been troubled about patients who are doing well on a metabolic program designed via one of our FACT resources but then suddenly, decides to adopt an unknown system without any substantial proof of its success. I felt that we were providing quality information in *Cancer Forum* to help patients understand their programs in depth, and help them become **informed medical consumers**.

I certainly felt that I had failed in achieving that goal as so many patients were much too ready to adopt new and untried ways that they discovered on the internet, at diet expos, in books or magazine articles. I was puzzled as to how to handle the problem. I wrote a number of articles warning of the hazards, especially, of trusting the internet. Very little of it was effective. I am going to try a new approach by printing case histories of patients who made disastrous mistakes. Perhaps, more might be learned from the mistakes patients made than was learned from the more successful case histories.

A doctor, whom I had known for a long time and whom we shall call Bill Roberts (not his real name), called to say he was diagnosed with chronic leukemia. Chronic leukemia usually is a long term ailment, therefore, there is less cause for concern than if it was diagnosed as acute leukemia. Dr. Roberts knew this. Unfortunately, leukemia patients suffer from fatigue which makes them want more immediate help. Bill and I talked the situation over and he agreed to start a biorepair program. He did this for quite awhile but was unable to bring his white blood count down, although it did not go up.

Since he was not making better progress, we talked at length again to see why and I discovered he had three dental implants. I suspected that his white blood count was rising as his immune system was attempting to reject the implants as foreign substances, but could not as implants are screwed into the jaw bone. I suggested their removal but Bill rejected that as unrelated to the leukemia. He continued to maintain the elevated blood count but was not concerned as the blood count was not rising.

Finally, because he seemed not to be making any progress, he decided to talk to his dentist who

discouraged him from removing the implants but agreed to the removal of one implant because the patient was insistent. Bill's blood count came down but not back to normal. It was now obvious that the dental implants were responsible for the physiological problem. The dentist was again persuaded to remove another implant but felt that removal of the last one would create the need for an extensive amount of additional dental work. He convinced the patient to leave the last one intact.

Needless to say, although the count went down, it did not go back to normal but remained stable.

One day, I received a call from Bill; he told me he was taking a nontoxic drug and was feeling much better. His energy had improved and he felt he had finally found a remedy that was working for him. He invited me to a meeting he had arranged at his office to present this new system. The people who had presented the product at the diet expo event, where Dr. Roberts first learned about the medication, would be available. He wanted me to know about his discovery. Of course, I feel obligated to learn all about any new medication so I attended the meeting.

After listening to all the information and the glowing claims, I realized that the conclusions that Bill and the group were so enthusiastic about were too premature. Bill looked well. His complexion was no longer pallid and he felt more energetic. Nevertheless, I gave him my opinion that there was nothing about the material that could correct the cause of the leukemia, nor did I know from the answers to my questions if it was biologically safe. He asked me to postpone a judgement and wait to see the final outcome with him and the patients who were on the program. Of course, I agreed.

Well, I did not have to wait too long (about a month) when I received a call from Bill. "You were right Ruth," he said, "I have just been diagnosed with a lung tumor." With my understanding of the physiology of the body, I can assume that the stuff must have depressed his immune system and no doubt affected his liver which made him vulnerable to the lung tumor. Nothing he tried after that was able to reverse the damage or delay the tumor growth. Sadly, he died!

Breast Cancer Research —Tumor Markers Identified in Pioneering Breath Testing Pilot Study

In a recent publication in *The Breast Journal* (Vol. 9, Number 3: March, 2003, pages 184-191: Blackwell Publishing, Inc.), Dr. Michael Phillips details the results of a three year study involving 304 women in a clinical appraisal of volatile exhaled organic compounds (VOCs) in breath. The paper is entitled, "Volatile Markers of Breast Cancer in the Breath." Alkane hydrocarbons and methylalkanes are produced all the time by natural lipid peroxidation of polyunsaturated fatty acids in various body membranes. The amounts of these VOCs are measured in picomolar concentrations, parts per trillion, not in the blood, but in the exhaled breath. Women with breast cancer exhale different quantities of these VOCs compared to women without breast cancer. It's called oxidative stress. Specific methylalkanes have been isolated and identified in what Dr. Phillips calls, the BMAC profile (breath methylated alkane contour). "A breath test for markers of oxidative stress accurately identified women with breast cancer, with a negative predictive value superior to a screening mammogram. This breath test could potentially be employed as a primary screen for breast cancer." Dr. Phillips points out that this test has not been approved for clinical use by the FDA and should be considered experimental until these findings have been verified in larger studies.

Commentary by Thom Day

What is so exciting about this clinical research? It is the first non-intrusive screening test for not only breast cancer but other hard tumor classifications as well. Checking your BMAC every six months or so with the Phillips Breath Test will go a long way in laying the foundation for low-hassle diagnostic procedures and cancer prevention programs that actually work. Copies of this paper can be downloaded from: www.menssanaresearch.com.

From *Newsletter of the Day Cancer Research Foundation, Inc.*

Whole Yogurt Reduces Blood Cholesterol

Whole yogurt, a high cholesterol food, may actually reduce the amount of cholesterol in the blood and available to clog the arteries.

Accidental findings of a study made with the Masai tribe in Africa indicate that some substance in yogurt may be capable of lowering the amount of cholesterol the body produces. The African study led to an experiment with adult Americans at Vanderbilt University which substantiated that large amounts of yogurt in the diet reduces the cholesterol level in the blood.

The African study was conducted by Dr. George V. Mann, associate professor of Biochemistry and Medicine at Vanderbilt. It was originally intended to explore the effects surfactants, a widely used class of food additive, have upon blood cholesterol levels.

Surfactants make oil or water more mixable and are commonly used in this country in such commercially produced foods as mayonnaise, ice cream, chocolate and baked goods, as well as in detergents.

Dr. Mann chose for the study a group of Masai tribesmen, a primitive nomadic people he has studied intensively for the last decade because they are usually resistant to heart disease despite a milk-and-meat diet heavily laden with animal fats and cholesterol.

Dr. Mann found that blood cholesterol levels rose when surfactants were added to the diets of animals in experiments. He suspects that the yogurt bacteria produce a substance, probably a small fatty acid, that blocks cholesterol production in the liver. He is now testing various fractions of yogurt to isolate the precise substance that has this effect.

But whatever the results of his study, Dr. Mann emphasized that diet was certainly not the only factor that protected the Masai from heart disease. The average Masai walks up to 25 miles a day.

—*Caveat Emptor*

Recipes

Avocado Spread

- 1 cup fresh alfalfa sprouts
- 1/4 cup grated carrot
- 1 tablespoon chopped green pepper
- 1 cup mashed avocado
- 1 cup button mushrooms, chopped
- 2 tablespoons lime juice
- 1/2 diced tomato

In a small bowl, combine alfalfa sprouts, grated carrot, pepper and avocado pulp. Sprinkle lime over mushrooms and add to mixture. Stir in tomato. Place in celery stalks or serve as a dip for hors' d'oeuvres.

White Bean and Tomato Salad

- 1 cup dried white beans (cannellini or navy beans)
- 2-3 diced plum tomatoes
- 1/4 cup finely diced red onion
- 1 teaspoon minced fresh thyme leaves (or 1/2 teaspoon dried)
- 2 tablespoons fresh lemon juice
- 1 tablespoon or so extra virgin cold-pressed olive oil
- a bunch of romaine lettuce leaves

1. Soak beans overnight in 4 cups distilled water. In the morning put the swelled beans and water in a pot, adding just enough water to cover, if necessary. Bring to a boil, then simmer until tender (about an hour). Drain off the liquid and let beans cool several minutes.
2. Place beans in a bowl and fold in remaining ingredients. Serve warm on a bed of lettuce.

Cumin-Essence Barley

- 1 1/4 cup pearl barley
- 2 cups chopped onions
- 2 tablespoons cumin seed
- 4 cups vegetable or chicken stock
- 3/4 cup sliced scallions
- 3/4 cup chopped fresh parsley

- 1/3 cup raw walnuts, chopped
- 3 tablespoons black or golden raisins

1. In a 2 quart pot mix together barley, onions, cumin and broth. Bring to a boil, lower to a simmer and let cook until barley is tender.
 2. Remove from heat and stir in scallions, parsley, walnuts and raisins.
- Cover and let stand 15 minutes. Goes nicely with lamb or beef. Makes 4-6 servings.

Fudge

- 2 cups soaked unroasted cashews
- 1 cup pitted dates
- 1 cup raisins
- 2 heaping tablespoons carob powder
- 1/2 cup fresh pineapple juice or orange juice
- 1/2 cup distilled water
- 1 cup flaxseed meal
- 1 cup raw walnuts, coarsely chopped

Drain cashews and put in blender or processor with dates, raisins, carob, juice and water. Whiz to thick paste. Stir in flaxseed meal, water and walnuts. Press onto ungreased brownie pan and freeze for 2 hours. Cut into squares and store in the freezer. MMM!!

Date Rolls

- 1/2 cup dates, chopped
- 1/2 cup raisins
- about 1/2 cup sesame seeds, ground
- unsweetened, grated coconut

1. Soak, in enough distilled water to cover, for at least a few hours: 1/2 cup chopped dates and 1/2 cup raisins
2. In a bowl blend all (including soaking water) with enough ground sesame seed to form a crust-like consistency. Add a little more water or sesame meal to adjust if necessary.
3. Flatten out the "dough" on a wooden cutting board. Cut out squares. Sprinkle with unsweetened, grated coconut and roll up. Store in the refrigerator for about a week or freezer for long term.

Letters

Dear Ruth,

Thank you so much for the valuable information you have given me. It's taken some time to digest it all, but I'm finding it very useful.

FACT is an incredible resource.

Sincerely, L.M.

P.S. And I thank you, Ruth, for your caring and your wisdom. It touches me deeply. C.M.

Dear Friends,

Greetings and blessings to you. Thank you for your constant great work and help to many.

This summer I attended two of the seminars and enjoyed them very much.

I have recovered from a year of terrible headaches (not painful, but giving bad feelings.) Evidently some medication was helpful and a disciplined diet.

I have been diagnosed with CLL (chronic lymphocytic leukemia) in the very beginning stages. My Dad lived 18 years with a blood disorder without treatment.

Of course, I always enjoy your magazine. A check is enclosed as a token of thanks.

Sincerely, R.W.

P.S. I have a radio program. Info enclosed.

Dear Ruth,

I cannot thank you enough for giving me your precious time and wonderful advice.

I am positive that I would not be in such good health and look and feel the way I do, if you hadn't.

Sincerely, B.K.

Dear Ruth,

Thank you for refreshing me this morning about Beschamp and Pasteur and for being so generous with your knowledge and time. Because of it I am in a better place and able to help myself and others more.

Best wishes to you all in the New Year.

Sincerely, I.M.

Dear Mrs. Sackman,

Just a note to say hi and hope you are well.

Howard is still doing very well and is enjoying life, thanks to all your help. We also enjoy all the issues of the *Cancer Forum* and have shared many with friends and relatives. I would like to have a subscription sent to my friend in Connecticut and am enclosing her address and a contribution.

Again, thank you for all your help and patience with us and for all the wonderful information over the years.

Please give our regards to Consuelo.

Sincerely, F. M.

Dear Ruth,

I'm making this contribution to FACT with heartfelt appreciation.

Thank you for your time in answering all my questions and being so supportive where I needed it.

Sincerely, P.C.

Dear FACT, in particular, Ruth Sackman!

Thank you for your help so far. You are wonderful! I will be in touch after an appointment with the surgeon next week, about getting the clips out.

Please send a receipt for the \$25 U.S. as the Canadian Income Tax, etc. people need to have a receipt on your letterhead or something journal, so that I can use it for a donation.

Enclosed is an addressed envelope — sorry I don't have any U.S. stamps.

Yours sincerely, M.R.

Dear Ruth Sackman,

Thanks for letting me pick up the book. I had tried twice to obtain it through Barnes & Noble to no avail.

If you have a mailing list for events, newsletters, etc., I would greatly appreciate being placed on it!

P.A.

Dear Ruth,

I found it very, very interesting to talk to you this morning. You're doing such a fine service to humanity.

I take the trouble to tell people about the diet soda, rapeseed oil [*sic* canola oil], soybeans as food, cell phones, etc., but many times the reaction is negative. People don't, in many cases, want to change. I guess ignorance is still bliss.

I'm enclosing a check for \$20.00. Hope to hear from you soon.

Sincerely, J.D.

Dear FACT,

I enjoy and appreciate your informative *Cancer Forum* publication.

Please continue to send me future editions. Enclosed is a contribution of \$10.00. Thank you.

Yours truly, G.C.

Book Review by Consuelo Reyes

***The Promise of Sleep* by William C. Dement, M.D., Ph.D., and Christopher Vaughan** (Dell Publishing, New York, 1999), 556 pp. \$14.95.

What is the single most underrated, misunderstood and frequently cannibalized aspect of our health? You guessed it — sleep!

According to Dr. Dement, founder and director of Stanford University Sleep Research Center and author of *The Promise of Sleep*: “We are not healthy unless our sleep is healthy.” Sleep, he intones, is one of the triumvirate of good health, along with balanced nutrition and physical fitness. Therefore, no matter how perfect a diet or well-buffed a body, if sleep is not in order, health is out of order. It's like a jazz combo where one instrument is constantly playing out of tune — it ruins the music!

The worst sleep disorder of all, according to the author, is ignorance. Most people are chronically fatigued and don't even know it because they're so used to artificial stimulation from caffeine, nicotine, TV, and all the rest that mess with brain chemicals and confuse our body clocks. We walk around gloomy, irritable, volatile and think it's normal.

This is a thick book with some very vital information mixed in with a lot of repetition and perhaps unnecessary

technical detail. And there are points that are at odds with the kind of biologically-sound program supported by FACT. For instance, the author, a conventionally-trained doctor, frowns on sleep folk remedies, favoring insomnia or antidepressant drugs or factory-made supplements like melatonin. Still, as one reforming “cannibalizer” of sleep, I came away with an invaluable wake-up call — take seriously a good night's sleep! A few keys points:

- Sleep debt is cumulative! A little debt is okay, but, if week after week hours are missed and not made up, a huge toll is taken on the body; the quality and longevity of life can be severely compromised.
- Drowsiness is a classic sign that you're sleep-deprived.
- Do not underrate napping — a most effective tool for coping with a sleep crisis. Just a 45-minute nap improves alertness for 6 hours afterwards.

Beyond all the facts and practical suggestions, I think I most appreciated Dr. Dement's reminder that, hey, sleep is fun, one of the great pleasures of life (just look at a snoozing baby). Without it we cannot experience the great joy and exhilaration of being awake. Why not reclaim this birthright? Imagine a world where everyone is alert and cheerful instead of sleep-deprived and running on empty. What a nice world that would be.



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