

CANCER FORUM

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



Foundation for Advancement in Cancer Therapy

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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.

Caveat emptor,



Ruth Sackman

Bacteria

That Strengthen The Immune System

By Richard N. Podell, M.D.

"Doctor, how can I strengthen my immune system?"

As a practicing physician and nutritionist, I hear that question at least three times a day. The good news is we can strengthen the immune system's resistance to infection by taking supplements of *Lactobacillus acidophilus* or *Bifidobacterium bifidum*, two breeds of "friendly" bacteria that normally live in the human gastrointestinal (G.I.) tract.

Lactobacillus attaches itself mainly in the upper G.I. tract (small intestine); *bifidobacterium* resides mainly in the lower G.I. tract (large intestine). Research shows that these friendly bacteria strengthen the ability of the immune cells surrounding the G.I. tract to defend the body against toxins, bacteria and allergens. It is thought that the G.I. tract's immune cells, a type of lymphocyte, in turn signal immune cells elsewhere in the body to increase or decrease activity.

Researchers from the departments of immunology and biochemistry at the University of Paris tested the effect of oral supplements of friendly bacteria on the ability of white blood cells to attack and destroy hostile microorganisms.

In one study, 28 healthy adult human volunteers took one of three fermented milk supplements: those with no friendly bacteria added, those with *L. acidophilus* or those with *B. bifidum*. The supplementation amounted to a daily dose of 70 billion colony-forming units (cfu) of *L. acidophilus* or 10 billion cfu of *B. bifidum*.

Scientists examined volunteers' blood samples after three weeks and checked the phagocytic activity of each person's white blood cells by gauging the cells' ability to attack and ingest *E. Coli*, a bacteria with moderately high potential for causing disease.

The percentage of white blood cells that were able to attack and "eat up" *E. Coli* doubled in

volunteers taking either *L. acidophilus* or *B. Bifidum* — an increase from 40 percent to 80 percent. Even better, six weeks after stopping the bacteria supplements phagocytic activity was still much higher than at the start of the study, although it had fallen off from its peak during supplementation. With fermented milk alone there was no increase in phagocytic ability.

The native bacteria living within the G.I. tract play an important role in protecting us from intestinal infections caused by "unfriendly" gut organisms such as candida (*Candida albicans*) or the diarrhea-causing bacteria *Clostridium difficile*. This may be caused by crowding the undesirable organisms out of their potential biological niche.

Whole Body Protection

The current study breaks new ground because it shows that *lactobacillus* and *bifidobacterium* supplements caused sustained immunological protection — both stimulated immune cells that were outside the G.I. tract, i.e. white cells in the blood.

Bacteria-containing supplements, called probiotics, are only one of many natural substances being studied for their ability to improve our overall resistance to infection. *Echinacea* (*Echinacea angustifolia* or *purpurea*), aloe (*Aloe vera*), garlic (*Allium sativum*), silymarin (from milk thistle, *Silybum mariEanum*) and cow's milk whey also improve the body's natural resistance to infection. Probiotics are especially intriguing because of growing evidence that connects bacterial action within the G.I. tract to a number of body processes.

It is estimated there are more bacteria in the gut than cells in the body or stars in the sky. In addition to their immune system effects, gut bacteria manufacture vitamins, detoxify environmental chemicals and metabolize hormones and other substances. Unfriendly organisms in the G.I. tract, however, not only can cause infection but can produce toxic products including a host of carcinogens.

Beta glucuronidase, for example, is an enzyme produced by certain unfriendly gut bacteria. High levels of beta glucuronidase disrupt the

body's ability to detoxify both natural hormones and environmental chemicals. People who have high levels of beta glucuronidase in their stool may be at increased risk for breast and colon cancer. .

Can we reduce our exposure to beta glucuronidase? Taking probiotic supplements increases the proportion of lactobacillus and bifidobacterium in the G.I. tract, which thereby decreases the number of beta-glucuronidase-producing bacteria. A diet that reduces red meat and emphasizes plenty of vegetables and fruits, whole grains and fermented milk products containing live organisms also promotes a healthy population of friendly bacteria.

Reprinted from *Health & Nutrition Breakthrough* February 1998

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The Seven Levels of Healing: Celebrating Life and Spirit on the Journey Through Cancer

– Jeremy Geffen, M.D.

Jeremy Geffen's Seven Levels of Healing program embraces all the dimensions of who you are as a patient and as a human being, and promotes healing and transformation at the deepest level of the body, mind, heart, and spirit. Here is a description of the Seven Levels from his book, *The Journey Through Cancer: An Oncologist's Seven-Level Program for Healing and Transforming the Whole Person*. www.jeremygeffen.com.

Level one: Education and Information provides basic knowledge and information about cancer and current treatment options. This empowers patients to actively participate in and obtain the

greatest possible benefit from their care.

Level Two: Connection With Others explores the importance of finding support and connecting with others on the journey through cancer.

Level Three: The Body as Garden invites patients and family members to regard the human body as a sacred and wondrously complex garden rather than a machine. This level also explores the benefits of nutrition, exercise, massage, and the full spectrum of other complementary and alternative approaches to healing..

Level Four: Emotional Healing enters the inner realm of the human heart, and explores the transformative process of releasing fear, pain and anger, and the healing power of self-love, forgiveness, and acceptance of all parts of one's self.

Level Five: The Nature of Mind looks carefully at how our entire experience of life— including life with cancer — is profoundly influenced by our thoughts, beliefs, and the meanings we give to events. It also shows how we can escape the tyranny of the mind and move forward consciously

Level Six: Life Assessment explores the aspirations, goals, and purposes of our lives. What are we really living for? What do we want to accomplish, experience, and share with others while we are alive, regardless of how long that might be?

Level Seven: The Nature of Spirit embraces the spiritual aspects of the healing process, as well as the universal, non-physical dimension of our being that exists beyond time and space, illness and health, and even beyond birth and death. complications.

BONE HEALTH AND OSTEOPOROSIS

By Clinton L. Greenstone, M.D.

The bones are dense, highly active tissues comprised of special protein fibers called collagen that become mineralized, primarily with calcium and phosphorus. Their surfaces are constantly being built up and broken down through the process of bone remodeling. Osteoclasts are bone cells that eat away old tired bone and pave the way for osteoblasts to lay down new healthy bone. Beyond that provided by simple material density, strength is added to bones through cross-bridging in their microscopic architecture.

Peak bone mass is reached in woman by age 30-35 and in men between ages 40-45. After this time, breakdown exceeds bone growth and build-up. Bone loss is a normal process that takes place with aging and is not a disease.

Osteoporosis is characterized by weak, undermineralized, and therefore frail bone that is at risk for spontaneous or fragility fracture (low impact). Even though postmenopausal women over age 60 have decreased bone density, only a small fraction of them actually experience fractures. A 50 year old woman has a 15 percent chance of developing a hip fracture by the age of 85.¹ Most of my patients are surprised to hear how low the risk is, given the media hype about osteoporosis, with accompanying bombardment of advertising for drugs that supposedly treat it. Osteoporosis is rare in men.

The most common tests for osteoporosis are DEXA or Bone Mineral Density (BMD) scans. Actually, these tests alone don't predict fracture rates or show true bone strength in the overwhelming majority of patients. Instead, they are predictive of fractures only in people who have already had fragility fractures, and who have low bone density test scores.² The tests are commonly conducted because administering them to large populations is relatively inexpensive. BMD is only one of many risk factors predicting fractures. Age, history of a previous fracture after age 40 and a maternal history of hip fracture are all independently more predictive than BMD.

Furthermore BMD measures only bone den-

sity not bone strength. In a recent article in our premiere medical journal, *The New England Journal of Medicine*, experts studying osteoporosis showed that while, over time, a natural process of bone loss does take place, the strength of bone actually improves through increases in bone diameter. Changes in bone configuration and dynamics allow it to stay strong, accounting for relatively low hip fracture risks in the setting of low BMD.⁴

Some medications, particularly those in the bisphosphonate class, readily improve bone density within two years. Beyond two years, while bisphosphonates do not yield further BMD increases, they do poison the osteoclasts, allowing osteoblasts to lay down new bone on top of old, weak bone that would otherwise have been removed. Recent studies have suggested that even though there are slight decreases (1-5%) in fracture rates with bisphosphonates early on, after five or six years the fracture rates increase because the bone formed while on these medications is actually weaker.⁵

The safety of many of these medications beyond five years is relatively unknown. Furthermore, the specific dynamics of the most commonly prescribed medication for bone loss causes it to stay in the body for many years. So if it turns out not to be safe, it will be difficult to purge such medication from your system. If a person already has a fragility fracture and low BMD, it is not unreasonable for a doctor to prescribe bisphosphonates⁶—but taking them longer than two years is not wise.

There are many natural approaches to preventing bone loss, increasing bone strength, and decreasing fracture rates, falls and complications from osteoporosis. Diet plays an important role. Our bodies function best in a slightly alkaline environment, with a blood pH (a measure of acid and base balance) of 7.4. Our enzymes and internal cellular activities function best in this environment. The majority of foods we ingest, however, are acidic. Along with our kidneys, our bones provide a means of buffering the acid foods and keeping the blood in the basic pH range. To perform this buffering process, our bones lose calcium and

therefore density. Furthermore, diets high in animal protein are quite acidic and cause calcium to be leached from our bones. Our diets may also be somewhat deficient in appropriate mineralizing substances found in plants, in particular root-based and green, leafy vegetables.

The process of bone remodeling goes on constantly. Weight-bearing exercises are the best way to stress the bones and stimulate the osteoblast/osteoclast activity that lays down new, healthy, strong bone. Weight-bearing exercise also strengthens the supportive muscles that help us with coordination and with maintaining the strength and balance needed to prevent the frailty and falls that lead to osteoporosis-related fractures and their often debilitating complications. Weight-bearing activities have been proven to be more effective than medications at reducing fracture rates and falls.⁷

Other natural therapies include anthroposophical remedies such as Calcon AM and PM, which promote healthy bone formation, calcium absorption and appropriate delivery of the calcium to bone. Appropriate calcium delivery also minimizes calcium entrance to other structures, such as our coronary arteries, where it is unwanted. The fatty sclerotic/hardening process of atherosclerosis is partly driven by inappropriate calcium deposition. Remember, heart disease is the no.1 killer of post menopausal women.

Hormone replacement therapy medications have been commonly recommended for treating osteoporosis. The U. S. Food and Drug Administration, however, actually pulled its recommendation and approval for the use of hormone replacement therapy in the treatment of osteoporosis in 2001. The reason: increasing evidence that the slight benefit in lowered fracture rates is significantly offset by heightened risks of developing stroke, heart attack and leg bloodclots. These blood clots often migrate to the lungs with dire consequences.

It is imperative that everyone, but especially young women, become informed about these bone health issues so that they may be encouraged to take up weight-bearing exercise, and increase their consumption of whole foods and the higher plant protein-rich diets. These practices can help

prevent osteoporosis, frailty and osteoporosis related complication. We also need to support older women with their greater osteoporosis risk through similar appropriate recommendations, plus other natural approaches that support bone health and bone strength.

Finally, we must not allow ourselves to be misled by recommendations for BMD measurements before age 60 or 65.⁸ They are designed to push us towards medications that show only minimal benefit, while adding significant risks and cost. It should be pointed out, also, that there are other medications and specific medical conditions that can adversely affect bone health. Ask a health care provider familiar with your health status for relevant individualized information.

Clinton L. Greenstone, M.D. received his medical degree from Yale University. He is currently a Clinical Assistant Professor of Medicine at the University of Michigan.

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28 Answers You Need Before Saying "Yes" To Surgery

By Lawrence Galton

**By asking the right questions, you or those you love
will get first-rate medical care**

1. Unless it's an emergency, be sure to get a second expert opinion. Most health insurers will pay for a second opinion, and many will now pay for a third consultation if the first two doctors offer conflicting advice.

2. Good sources for referrals: your county medical society, a local medical school or state hospital, and friends who have already undergone the procedure.

3. Avoid repeating X-rays and other diagnostic tests by asking the first-opinion doctor to forward your medical records to the physician(s) you select for further consultations.

4. Determine whether there is a nonsurgical alternative to your operation. Can you be helped with medications, special diet or by other means without resorting to surgery?

5. Question the surgeon about the consequences, if any, should you decide not to have the operation or delay it to some future date.

6. Ask about any risks and/or complications that may accompany the procedure. Any competent surgeon will discuss these factors with you.

7. Ask to be told exactly what will occur during the operation. It's reasonable to request that answers be rephrased if something isn't clear.

8. Ask which hospital (or hospitals) the surgeon is affiliated with. Will you feel comfortable there? Is it convenient to your home?

9. Ask the surgeon if he or she will perform the operation personally, or if it will be done by a resident-in-training under the surgeon's supervision. Then ask yourself how you feel about that.

10. Ask if the surgeon will follow your case after the operation. Will you be turned over to an associate afterward? If so, is that acceptable to you?

11. Find out what type of anesthetic you are likely to have. Then ask if the anesthesiologist can visit you before the operation to answer any questions you may have.

12. If you cannot be anesthetized for medical reasons or do not tolerate chemical anesthesia well, check out a new but growing alternative: hypnosis, or hypnosis in conjunction with anesthesia. In the hands of a trained technician, hypnosis is also useful for relieving anxiety and alleviating pain.

13. Consider that hospitals are often short of staff over weekends and during major holiday periods. If your surgery is elective, can you schedule around this?

14. Be sure to find out all of the fees that are involved. Are post-surgery follow-up visits included?

15. Find out if the operation can be done on an outpatient basis or as same day surgery. It may be possible to have any necessary tests performed the day before, check into the hospital or ambulatory care center on the day of surgery, then go home later the same day.

16. Ask about donating your own blood in advance of the procedure. Should you need a transfusion, the remote but possible complications that can arise from donor blood (hepatitis, for example) can be avoided.

17. Take as much time as you need to read and understand the forms you are asked to sign at the hospital admitting office. And don't allow anyone to intimidate you if you have questions or need more time.

POSTOPERATIVE AIDS

18. Ask your doctor when he or she expects to be "making rounds" or visiting you in the hospital. Then be prepared: write down any questions, problems or concerns that you wish to discuss.

19. Ask if you will be restricted in any way once you are discharged from the hospital. How long before you can return to your regular activities, household duties, job or volunteer work?

20. Find out in advance of the surgery whether you'll need to arrange for someone to help you

A RESPONSE TO THE MAKERS OF TYLENOL; AN IMPORTANT SAFETY MESSAGE TO CONSUMERS

Recently you may have seen advertisements in newspapers and on TV across the country from the makers of Tylenol, McNeil-PCC, about use of Tylenol by consumers of alcohol. The ad stated that "when used as directed, it [Tylenol] is the safest type of pain reliever you can buy."

My name is Antonio Benedi. I took Tylenol as directed and lost my liver. I came within hours of death and was saved only by an emergency liver transplant. Later, I won a lawsuit against the McNeil company. The verdict in my favor was recently affirmed by the United States Court of Appeals for the Fourth Circuit, which stated:

"We find that Benedi introduced sufficient evidence from which a reasonable jury could find that McNeil acted with reckless indifference to the health of its consumers."

I am paying for this advertisement from the proceeds of my case against the Tylenol manufacturer to bring to the public's attention some of the facts not included in the recent advertisements from the makers of Tylenol.

I took the recommended dosage of Tylenol to treat the flu—2 tablets 4 times a day over a weekend. Before that, I was accustomed to drinking 2-3 glasses of wine on most nights with dinner. I did not drink alcohol while I was taking the Tylenol. Several days later I was rushed to the hospital in a coma with complete liver failure. A liver transplant saved my life.

The new Tylenol advertisement says "if you're an occasional or moderate consumer of alcohol you can continue to use Tylenol with confidence." I strongly disagree. The nationally renowned liver experts who testified at my trial also disagree.

We proved in a court of law that the makers of Tylenol had known for more than a decade about the danger of devastating liver injury caused by Tylenol in people who regularly drink alcohol. Liver disease experts had asked the company for many years to warn the public about the risk. Tylenol ignored the plea. We showed at the trial a memorandum dated 1986 by the makers of Tylenol instructing their sales personnel not to discuss this risk with doctors on their sales routes. This is the same company that advertises Tylenol as "the one doctors recommend most."

All pain relievers have risks. I wanted you, the American public, to know about the specific risk of Tylenol to the liver because it can happen when you are following the directions on the bottle, like I did, and it can turn your life upside down. I think this serious danger to the liver should be mentioned on the Tylenol bottle. Because it isn't, and because the recent Tylenol ads haven't mentioned it, I wanted you to know directly about my experience.

Antonio Benedi
New York Times
March 20, 1996

Historic Uses of Nature's Herbs

ALFALFA - pituitary gland, arthritis, high nutritive value, alkalizes body, detoxifies body and liver.

BARBERRY - liver stimulant, typhoid, jaundice, improves appetite.

BAYBERRY - Has been used for congestion in the nose and sinuses. It is extremely good for all female organs.

BEE POLLEN - Energy food and allergies.

BLACK COHOSH - Female estrogen, menstrual cramps, high blood pressure, spinal meningitis, poisonous bites, relieves childbirth pain at delivery.

BLACK WALNUT - Cleanses parasites, TB, expels tape worms, diarrhea.

BLESSED THISTLE - Strengthens the heart and lungs, takes oxygen to the brain.

BLUE COHOSH - Regulates menstrual flow, makes childbirth easy, whooping cough, bronchial mucus, palpitations, high blood pressure and spasms.

BUCKTHORN - Rheumatism, gout, dropsy, skin disease.

BURDOCK - Blood purifier, diuretic.

CACTUS - Has been used for arthritis.

CAPSICUM - Catalyst for all herbs, stops internal bleeding, circulation, Use as a stimulant also for healing.

CASCARA SAGRADA - Chronic constipation, gall stones, increases secretion of bile.

CATNIP - Convulsions in children, sleep aid, soothing to nerves, insanity.

CHAMOMILE - Nerves, toothaches, helps to stop smoking, alcohol, muscle pain.

CHAPARRAL - Cleanser, arthritis, blood purifier, acne and boils.

CHICKWEED - Bronchial cleansers

COMFREY ROOT - Blood cleanser, ulcers, stomach, kidneys, bowel.

CORNSILK - Kidney and bladder problems, prostate gland for painful urination.

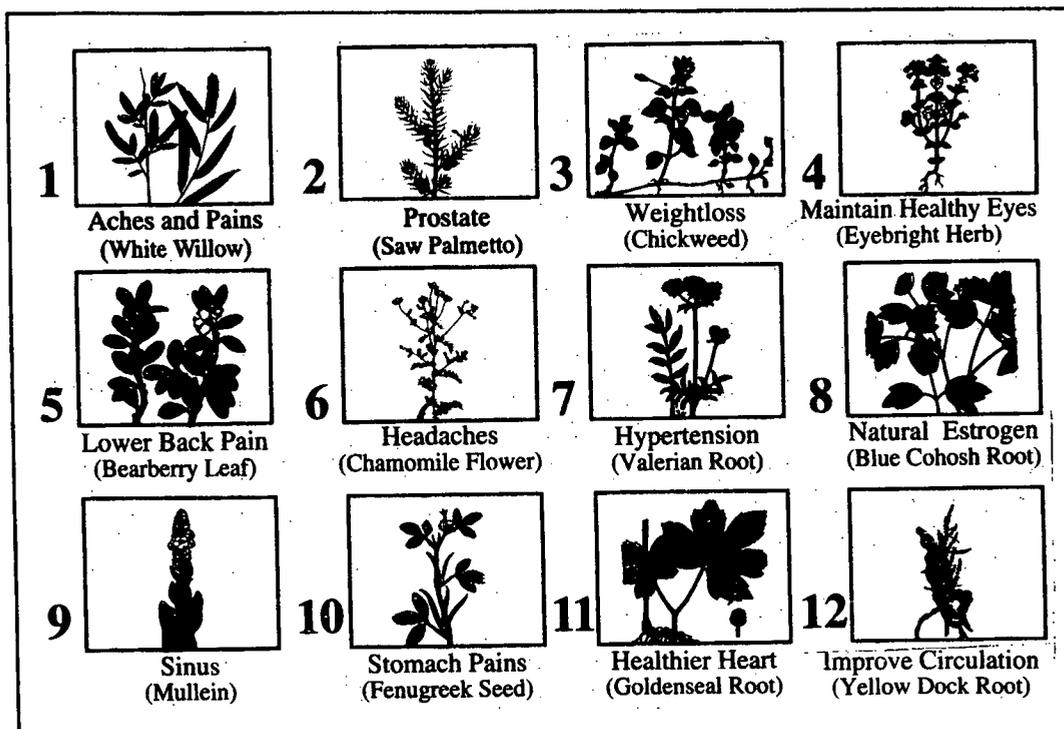
DAMIANA - Sexual impotency, reproductive organs, loss of nerves, energy to limbs.

DANDELION - Diuretic, kidney and bladder, iron anemia, gout, high in calcium and other minerals.

DONG QUAI - Has been used to treat female problems, including menopause and hot flashes.

EYEBRIGHT - Aids the vision, the uppermost parts of the throat as far as the windpipe.

FENNEL - Has been used to eliminate colic in babies, helps kill appetite, aids in digestion when uric acid is the problem.



FENUGREEK - Healing, fevers, lubricates the intestines, useful for the eyes.

GARLIC - Has been used to emulsify cholesterol and loosen it from the arterial walls. Effective in arresting intestinal putrefaction and infection.

GINGER - Stimulates circulation (pelvic area, gas, indigestion, paralysis of the tongue.)

GINSENG - Male hormone, longevity, prostate, stomach problems.

GOLDEN SEAL - Antibiotic, acts as insulin, cleanser, morning sickness, cure-all type herb.

GOTU KOLA - Mental troubles, blood pressure, energy, depression, longevity, strengthens the heart, memory and brain, nervous breakdown.

HAWTHORNE - Has been used to dilate the coronary blood vessels in a mild way and restore the heart muscle wall.

HOPS -Insomnia, restlessness, shock, decreases the desire for alcohol.

HORSETAIL - Has been used as a diuretic, heavy in silica, helps with kidney stones.

JUNIPER BERRIES - Has been used for kidney or bladder problems relating to pancreas and adrenal glands. Works well for dropsy and leucorrhea.

KELP - Thyroid, arteries, nails, hair falling out, cleanses radiation from body.

LICORICE ROOT - Natural cortisone, hypoglycemia, adrenal glands, stress, voice, colds.

MARSHMALLOW - Has been used to bathe sore and inflamed eyes, bladder and kidney problems.

MULLEIN - Has been used for breathing problems, hay fever, pain killer, glandular swelling.

MYRRH GUM - Has been used as an antiseptic, healing, also used for halitosis (bad breath).

PAPAYA MINT - Has great enzyme action for digestion of foods, fats, starches and carbohydrates as well as protein. Gas or sour stomach.

PARSLEY - Known to be high in vitamin B and potassium, also contains a substance in which tumorous cells cannot multiply.

PASSION FLOWER - Sedative, menopause, headache, neuralgia, hysteria, high blood pressure caused by mental problems.

PEACH BARK - Bladder, uterine troubles, jaundice, inflammation of the abdomen.

PSYLLIUM - Excellent colon cleanser, creates bulk, anti-intoxication.

RED CLOVER - Blood purifier, relaxes the nerves and entire system.

RED RASPBERRY - Dysentery, diarrhea, strengthens uterine walls prior to giving birth.

REDMOND CLAY - Minerals, cleanses worms from intestinal tract, skin disorders, acne.

ROSEHIPS - Has been used as an infection fighter, also used as a stress herb.

SAFFLOWERS - Natural hydrochloric acid (utilizes sugar of fruits and oils), skin disease, neutralizes uric acid, gout, hypo and hyperglycemia.

SAGE - Used to prevent night sweats, expels worms in children and adults, stops bleeding of wounds and cleans old ulcers and sores.

SARSAPARILLA - Male hormone, rheumatism, gout, psoriasis, antidote for poison.

SAW PALMETTO BERRIES - Has been used for alcoholism, asthma, bladder, colds, bronchitis, diabetes, frigidity, glands, prostate. Has helped underweight people to gain weight.

SCULLCAP - Nerve tonic, rabies, hysteria, migraines, strengthens heart.

SLIPPERY ELM - Inflamed mucus membranes of the stomach, bowels, kidneys.

THYME - Suppressed menstruation, nerves, colic, gas.

UVA URSI - Diabetes, kidneys, hemorrhoids, spleen, liver, pancreas, gonorrhea.

VALERIAN ROOT - Nervous disorders, headache, muscle twitching, spasms, promotes sleep.

WHITE OAK BARK - Use in douches and enemas, varicose veins, loose teeth, bladder, goiter, gallstones, kidney stones, fever and sores.

WOOD BETONY - Indigestion, stomach cramps, worms, jaundice, parkinson's disease.

YARROW - Used in diarrhea, has soothing and healing action on mucus membranes.

YELLOW DOCK - Blood purifier, cleanser, acne, high in iron, tones entire system.

YUCCA - Has been used for rheumatoid and osteoid forms of arthritis.

H. V. Life Force Center, Hank Varhely, P O Box 393,
Highland, NY 12528 914-339-5371

The above information was extracted from the following sources:

Is Any Sick Among You? (LaDean Griffin)

Herbal Remedies II (Stan Malstrom)

No Side Effects (LaDean Griffin) *Herbally Yours*
(Penny C. Royal)

Readers may be interested in knowing that there is now a *PDR (Physicians Desk Reference) for Herbal Medicines*. The volume is \$ 54.95 plus \$7.95 shipping and handling from Medical Economics Company at 1-888-859-8053.

Book Review

By Corinne Loreto

Food is Your Best Medicine

A doctor discusses the use of proper food instead of drugs to prevent and cure disease.

By Henry G. Bieler, M.D.

Dr. Bieler became aware early in his practice of medicine, as an overworked young doctor, when his own health broke down, that he had to give up the use of drugs and rely solely on food as his medicine. In the introduction to his book, Dr. Bieler states that new "miracle" drugs are introduced with fanfare. Later revealed as lethal in character, to be silently discarded for new and more powerful drugs, which allegedly cure all the ills to which the flesh is heir.

He discarded drugs partly because he began to re-examine an old, old medical truism — that nature does the real healing, utilizing the natural defenses of the body. He realized that improper foods cause disease and proper foods cure disease.

Dr. Bieler became familiar with the methods used in curing patients by the great healers of the world — Dr. Tilden, Sir William Arbuthnot Lane, Thomas Sydenham, Hermann Boerhaave, Hippocrates, and a host of others. He concluded that "germs" are not the cause of disease but toxemia. He treated toxic patients by having them go on a cleansing fast — eating a vegetable broth, diluted fruit juices and resting. One of his patients had a tumor on her ovaries the size of a grapefruit. She was put on a string bean and zucchini soup diet. Eventually her tumor shrank and she avoided having a hysterectomy. That patient was the actress Gloria Swanson.

Dr. Bieler quotes Dr. Oliver Wendell Holmes who said: "I firmly believe if the whole materia medica as now used could be sunk to the bottom of the sea, it would be all the better for mankind — and all the worse for the fishes."

Chapter 4 begins with a quotation by William Harvey, M.D. "Only by understanding the wisdom of the body shall we attain that mastery of disease

and pain which shall enable us to relieve the burden of mankind."

Dr. Bieler says: "Nature made man a generally perfect machine. But man, through ignorance, fear and greed has thrown a monkey wrench into that machine. Health is simple, few have it. Why?"

"Because we do not give nature an opportunity to reveal her story. I hope to make you aware of these secrets of nature as you become convinced that food not drugs, is your best medicine.

Then Dr. Bieler goes on to describe the foods which he used to restore his patients to complete health. It was frightening to read of the terrible side effects some patients experienced when given antibiotics. One patient became completely blind after being given several shots of penicillin. The penicillin caused the pituitary gland to swell in her head, put pressure on her optic nerve, causing her to become blind. All this patient was suffering from was a cold which if treated with rest and fasting with fruit juices would have run its course and she would not have lost her vision.

Dr. Bieler's knowledge of how the human body works is really amazing. By looking at a patient he could determine the patient's body type: pituitary, thyroid or adrenal and each patient had to be treated according to his major body type. Where does one find a doctor like Dr. Bieler? If a patient's liver was toxic, a diet was prescribed to alleviate the liver's toxicity. The liver is the detoxifier of the body. Weak kidneys cause toxins to get into the bloodstream and cause high blood pressure. A diet to strengthen the kidneys was prescribed to restore the patient to health without the use of drugs.

Reading *Food Is Your Best Medicine* will make you aware that taking drugs is not the cure for most diseases. A good diet, fasting when required, and rest will restore the patient to complete well being. Diseases for which there is no known cure, have been cured by Dr. Bieler. Dr. Bieler tried to retire from medical practice as he aged, but his services were in such great demand that he had to return to practicing medicine.

This is a wonderful book to read and become aware of how poor eating habits can really destroy one's health. So forget the french fries and other health destroying foods and start eating lots of fresh fruits and vegetables.

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Topic: The Mind Body Link
- 3) Ruth Sackman: President of FACT and Author of *Rethinking Cancer*-Understanding Cell Therapy
- 4) Confused About Health & Nutrition?
- 5) Doris Sokosh: A Breast Cancer Patient's Dramatic Recovery
- 6) Philip Incao, M.D.: Inflammation, Nature's Healer
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- 8) Martin Goldman, M.D.: Treating the Host
- 9) Ronnie Cummins: Executive Director of the Organic Consumers Association (OCA)
- 10) Ruth Sackman: Immunity, The Body's Housekeeper
- 11) Ruth Sackman: Internal Cleansing
- 12) Pat Judson: A Colon Cancer Patient's case History
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- 14) Ruth Sackman: Let's Clean Up Our Act
- 15) Paulette Cobain: Recovered Cancer Patient-Selecting a Cancer Therapy
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(158) Moshe Myerowitz (Liver)

(159) Doris Sokosh (Breast)

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(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)

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