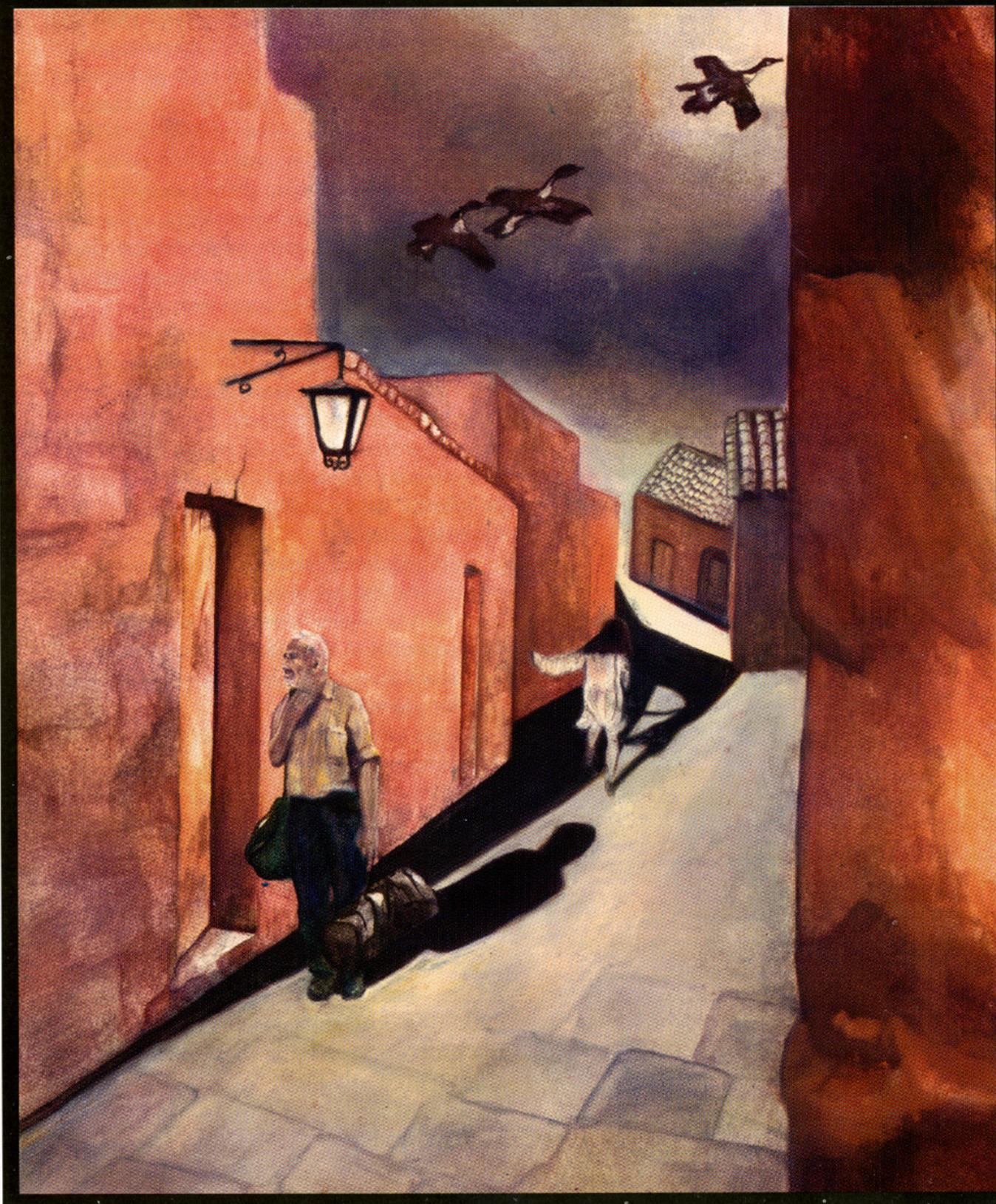


CANCER FORUM

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



Foundation for Advancement in Cancer Therapy

Foundation for Advancement in Cancer Therapy, Ltd. is a non-profit, tax-deductible organization. It supports and encourages biological cancer research, nutritional science investigations; disseminates information about non-toxic treatments for cancer to cancer patients; provides financial assistance; and fights to eliminate carcinogenic substances from the environment.

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National Headquarters

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

Editor: Ruth Sackman
Production: Consuelo Reyes
Technical Director: James Oakar

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Dear Reader,

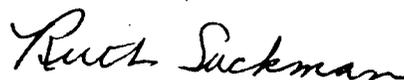
I have been suspicious of the Food and Drug Administration's ability or willingness to protect the consumer's health which is its government assignment. It has approved Vioxx, a cause of heart death, Paxil, a cause of suicide, HRT, a cause of breast cancer, and I could go on and on. It has approved toxic chemicals used in our food supply to give it more shelf life, coloring to make food more attractive, pesticides that mimic hormones, and so many things that are inimical to the well-being of the consumer.

The latest item set for approval is cloned meat. Cloning has not been without problems. Some of the cloned animals were born with deformities or other health problems. Some consumers may agree with FDA, some may not. For those who do not want to eat cloned meat, it should be labeled, but typically, the FDA says it will not order labeling.

FDA should be compelled to respond to the consumer's feelings about cloned meat. If you want FDA to require labeling, be sure to let your representative in Washington know your view. He cannot act on your behalf unless he is aware of what you want.

I want to urge you to contact Organic Consumers Association (OCA) on the internet. I urge you to subscribe to this dynamic organization. They will keep you informed about any action your government agencies are planning related to your food or drug supply and empower you to act as a group to be sure that your government agencies work in your health interest. A joint effort will have the impact needed to counteract the vested interests that lobby Congress to fulfill their special interests. It is time for the consumer's interest to be given more consideration. It is up to you.

To Your Health,



Ruth Sackman

Reflected Symptom of Abnormal Metabolism

By Dr. Max Gerson, M.D.
(1880-1959)

"I see in Gerson one of the most eminent geniuses in medical history."

Dr. Albert Schweitzer, M.D.

In my article, "*No Cancer in Normal Metabolism*," it is explained that cancer is not a problem of allergies, nor of a virus and other unknown infections; it is not one of some special intermedial metabolic or carcinogenic substances, but it is caused by an accumulation of numerous poisons and malnutrition factors.

Our modern nutrition of denatured, processed, dead foods is gradually deteriorating the whole metabolism (that means: the biological procedures in the whole intestinal tract and body, from intake to output of our nutrition).

Damaged Liver

It is generally known that, in cancer patients, the chronically damaged liver is a common factor. In cancer, the sick liver does not function sufficiently to help the therapeutical endeavor in two essential points: first, to purify the blood; and second, to reactivate the oxidizing enzymes.

I found that these are the two most important parts of the liver function, necessary for the treatment of the cancer patient. My lecture in Los Angeles showed how these two vital parts of liver function can be revitalized and maintained active by the so-called combined dietary regime, treating the whole body — contrary to the accepted orthodox cancer treatment which concentrates on the local symptoms only.

All explanations and theoretical conclusions are derived from clinically favorable results, mostly on patients after the orthodox treatment had failed or such types which were inoperable from the beginning.

Nutrition and Soil

Our nutrition starts with the soil. Man will

be forever dependent on the iron laws of nature because the soil produces all his nutrition, as our body is adapted through millions of generations to this natural food. When man disturbs the biological balance there, dire consequences fall on him.

Here are two examples:

(1) Some Midwestern U.S. States show ugly deserts where rich and abundant crops of cotton grew a hundred years ago. Man replanted it — continuously — without giving anything back till the topsoil became thinner and the crops poorer. Finally the robbed soil degenerated into a dust bowl.

(2) Rice is the main food staple of Asiatic peoples. When civilization came and polished it to look white and prettier, important minerals and vitamins were removed and thus a disease was caused, called Beriberi.

In addition to damage to the soil, the food is refined, canned, bottled, powdered, frozen, color added, poisoned by sprays, etc., until finally it becomes a mass of dead, unnatural, partly poisoned substances. A body fed in such a way loses the harmony and cooperation of the cells, finally its natural defense, immunity and healing power.

Comprehensive Survey

That is the reason why our surgeons observe what the statistics show: "A comprehensive survey of cancer statistics reveals an increase in incidence, morbidity and mortality in spite of improved X-ray techniques, increasingly extensive operative procedures, and education regarding early detection. It appears that the problem of the so-called hopeless case will remain large for some time to come" Quoted from the *Journal of the American Medical Association*, (Vol. 162, No. 8 of October 20, 1956) from an article by Dr. Bateman.

Where there is no civilization there is no cancer (the Hunzas, Ethiopian people, etc.). Where civilization starts to change the nutrition, cancer develops. (see the report of Dr. Albert Schweitzer, *Briefe aus Lambarene*, October 1954, pages 18-19).

Conviction

It is my conviction that no cancer can develop in a body with normal metabolism. This is the basic fact for the cancer therapy where the liver plays the

essential part. The liver is affected to the highest degree by the artificial, chemical food transformation, as it is the filter for the entire digestive apparatus. It is a storage place and, besides, it transforms the components of our foodstuffs.

It composes the ingredients for the hormones, activates and reactivates the vitamins and enzymes (there are about 600 different enzymes), thus regulating and protecting the most vital process of our life. In addition to these functions, the liver is the most important organ for our detoxification.

But it is a peculiarity of the damaged liver not to cause any specific pain and symptoms for a long time, sometimes not even for years. And, when the symptoms appear, they are generally unspecific and non-characteristic for a beginning cancer.

Treating Symptoms

Diagnosis is only possible when the localized symptoms, namely the cancer growths, appear. Orthodox medicine is treating these symptoms only. This is apparent by the ever increasing percentage of recurrences after the growths are cut out. The real underlying cause is neglected.

No wonder many leading surgeons at the end of their careers come to the conclusion that surgery is not the answer to this problem. The same conviction was claimed by the radium and X-ray authorities, who even sent a warning from the *International Congress in Rome to the American Medical Association* that every X-ray treatment shortens the life of the patient. (*See New York Times, June 13, 1956...* "to reduce use of X-rays to the lowest limit consistent with medical necessity.")

In more than 25 years of cancer work, I found that the basis of all treatments for chronic diseases — including cancer—is an extensive detoxification of the whole body, with the help of the liver. There is little doubt that hepatic insufficiency is a "concomitant phenomenon with cancer," and many evidences have been described that tumor-bearing patients have changes in the enzymatic pattern and components of the liver and the blood, as well as other changes. I, however, do not regard the changes in the liver as concomitant but as *underlying cause*.

My cancer treatment is able to restore the

necessary enzymes — especially the oxidizing enzymes — so badly deteriorated and reduced in cancer patients. This is the final aim in cancer, but to a lesser degree also in other degenerative diseases. Every endeavor to apply the oxidizing enzymes directly failed — and had to fail — because these enzymes could not function under the deranged and altered conditions present in the cells of the cancer body.

Great Power

It is important to know that these enzymes travel together with positively-charged minerals of the potassium group but cannot easily penetrate the malignancies, which are highly negatively charged and therefore have a great power to reject all substances that may change or destroy them. The other specific medication to refill the deficiencies — such as hormones, vitamins, minerals, alone or in combination — failed also. And I even observed that the cancer patients were damaged with some hormones as the malignancies started to regrow. The same happened with most of the vitamins, except vitamin C, niacin and B-12.

After these explanations, the theory may now be outlined as follows: cancer cannot develop in a normal body but only in a poisoned one where the damaged liver is no longer capable to detoxify the body and to reactivate the oxidizing enzymes.

Abnormal Cells

Some abnormal cells — previously damaged in various ways and not functioning properly, or embryonic cells or immature remnant cells — can only be kept subdued and harmless as long as potassium, iodine and oxidizing enzymes are functioning sufficiently. Without this, and some other normal conditions, these cells are forced to go over to fermentation from normal oxidation, in order to save their existence. The surrounding tissue and the whole body have no longer the power to suppress such abnormal, quick growing malignancies.

Therapy's Task

Therapy has the task to detoxify the body and to restore the metabolism and function of the liver as quickly and intensively as possible; time is an important factor in fast growing malignancies. To

reactivate the liver which is damaged partly by poisons and partly by cancer metastases, and to start it functioning again — castor oil by mouth and by enema is administered or milk of magnesia by mouth, besides frequent coffee enemas which, in far advanced cases are given every four hours, day and night, for the first two or three weeks.

The absorbed caffeine from the coffee enema travel through the portal veins directly to the liver, and there opens the bile ducts, stimulates the bile flow, which contains the toxins and poisons, and eliminates them.

Diet Outlined

The liver cells are continually aided by liver injections, plus vitamins B-12 and by freshly prepared juices, bringing into the system important minerals “in the right composition” with active vitamins and living enzymes of daily doses of 5 glasses of green leaf juice; and 1 glass of orange juice.

With additional potassium doses, oxidizing enzymes and greater iodine supply, the blood regains the normal capacity to kill pathological cancer cells, and absorb them.

The diet should consist, if possible, of organically grown fruits and vegetables and is, from the beginning, salt-less to the highest degree, excluding sodium-rich substances, preferring potassium-rich foodstuffs. It intends to support about 75 percent of the food as living substance and 25 percent is cooked in a natural way.

In general, the basis for therapy in degenerative, chronic diseases — including cancer — is to restore the healing power in a natural way. The practice of the treatment, the medication and the various reactions cannot be explained here. But I repeat: all are for the purpose of re-establishing the conditions under which the oxidizing enzymes can function again.

Natural Balance

The treatment tries to reinstate the natural, normal, biological balance of the body as far as this is possible in the sometimes far damaged various organs. A restored metabolism helps simultaneously to build up the natural defense, immunity, and healing power of the body.

The improvement of the metabolism and the

liver condition reflects itself immediately — often in days — in visible disappearance of cancers growing on the surface; and this is the best proof of the correctness of this treatment — even in far advanced, given up cases. It is deceiving, however, to regard the disappearance of symptoms as a cure.

To remove the underlying cause and accomplish the cure of cancer means the reestablishment of the whole metabolism, especially of the liver.

This article was written by Dr. Max Gerson for the Foundation for Cancer Treatment, It was reprinted from The Journal of Alternative Therapies.

Every chronic disease is a crisis of toxemia; which means that toxins have accumulated in the blood above the toleration point, and the crisis, the so-called disease — call it cold, flu, pneumonia, headache, or typhoid fever — is a vicarious elimination. Drugs, feeding, fear, and keeping at work prevent elimination. A cold is driven into chronic catarrh, flu may be forced to take on an infected state, pneumonia may end fatally if secretions are checked by drugs.

— from *Toxemin Explained* by J. H. Tilden, M.D.

Today germs are not the principal enemy. Our chief medical adversary is what I consider a disturbance of the inner balance of the constituents of our tissues, which are built from and maintained by accessory chemicals in the air we breathe, the water we drink and the food we eat.

— Tom D. Spies, M.D. — printed in JAMA, 6/7/58 p 75

Illness can be viewed as a signal that we are in need of rebalancing. The body simply needs to do some internal housekeeping. If one responds correctly to the problem by eliminating its cause then one can recover in far better shape than before the problem arose. — Ann Wigmore

The Thymus: Master Gland

The immune system is one of the most complex and fascinating systems of the human body. Controlling its various components is the thymus — the master gland of the immune system. The thymus is composed of two soft, pinkish-gray lobes lying just below the thyroid gland and above the heart. To a large extent, the health of the thymus determines the health of the immune system.

Functions of the thymus

The thymus produces T-lymphocytes, white blood cells that control *cell-mediated immunity* — immune mechanisms not controlled or mediated by antibodies. Cell-mediated immunity protects against the development of allergies and helps the body resist infection from mold-like bacteria, yeast, fungi, parasites, and viruses.

The thymus also releases several hormones such as thymosin, thymopoietin, and serum thymic factor, which regulate many immune functions. Low levels of these hormones in the blood are linked with depressed immunity and an increased susceptibility to infection. Typically, thymic hormone levels are low in the elderly and individuals exposed to undue stress.

Lymphocytes and T-cell ratios

The thymus coordinates the activity and ratios of the different white blood cells. In particular, it plays a crucial role in the manufacture of T cells.

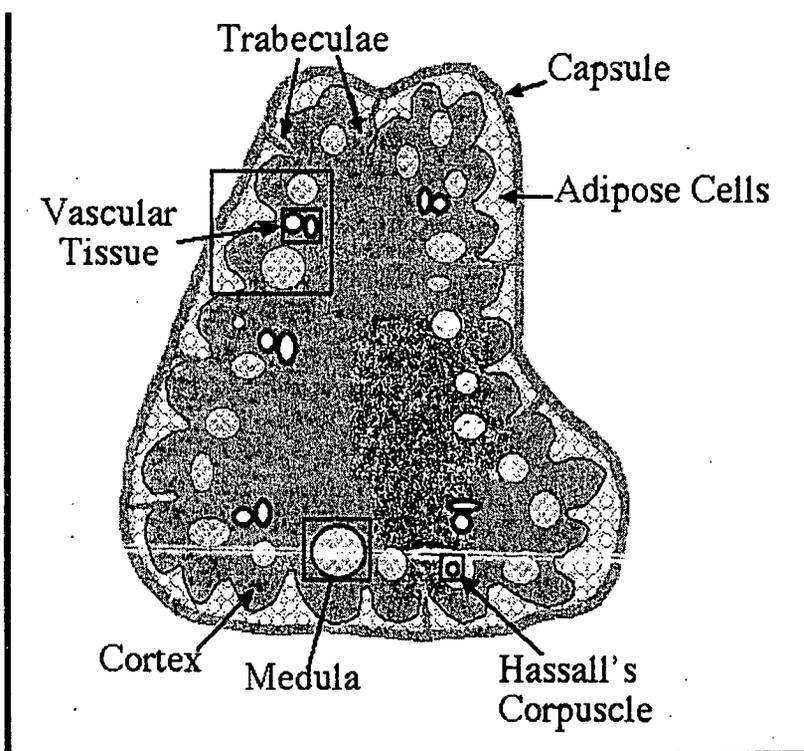
T cells are the major components of cell-mediated immunity. There are different types of T cells, including *helper T cells*, which help

other white blood cells to function, *suppressor T cells*, which inhibit white blood cell functions; and *cytotoxic T cells*, which attack and destroy foreign tissues and viruses.

The body must maintain a proper ratio of helper T cells to suppressor T cells. An altered T cell ratio usually reflects disturbed thymus function.

Supporting thymic activity

Just like other parts of the body, the thymus requires certain nutrients to do its work.



Glandular extracts.:

For almost as long as historic records have been kept, glandulars have been valued for their natural benefits. Liver, for example, is an excellent source of heme iron, vitamin B12, and folic acid. Today, supplements containing glandular extracts are available, including extracts of the thymus gland.

Clinical data shows that high-quality thymus preparations — especially those concentrated and standardized for their polypeptide content — can provide exceptional nutritional benefits.

More Prescription Drugs As We Get Older?

By Dr. Bruce West

It has been shown that the healthiest and longest-living Americans are Senior Citizens who take little or no prescription drugs. This is not just a statement made by folks who believe in alternative therapies. It is from a study quoted in the prestigious *Journal of the American Medical Association* which was done at Harvard Medical School. The study confirms what observant, knowledgeable researchers and doctors have maintained for years about drugs: that too many physicians are recommending that patients take powerful medicines about which we know little, to fight diseases about which we know even less, into their bodies about which we know next to nothing. The startling proof that prescription drugs are maiming and killing our older citizens by the thousands came from the above-mentioned study, and here are some of the main points. Many Americans over 65 were given drugs that are never appropriate to be prescribed for Senior Citizens.

- At least twenty such drugs that should never be prescribed for those over 65, under any circumstances, are **routinely and repeatedly** prescribed.
- Doctors need to be alerted in a major way about their prescribing of dangerous drugs that are ineffective and should not have been prescribed at all, and about safe alternatives.
- Drugs are causing ten million or more people into fainting spells, dizziness, balance problems, severe falls, memory loss, addictions, ulcers, heart attacks, and more.
- The study on seniors was done on many thousands of people, none of whom were in nursing homes. There is no doubt that those in most nursing homes fare much worse!
- When some of today's leading medical doctors, who really care, had read the report, they were quoted as follows:
 - "This is but the tip of the iceberg."
 - "I see this every day."
 - "The study should serve as a wake-up call to America's doctors."
 - "If a patient loses memory or loses balance,

their doctor assumes it's due to old age."

- Older patients themselves are used to shrugging off the side effects of powerful drugs, attributing them to the effect of old age.
- This study grossly underestimates the problem. The reason this is true is that only the most dangerous 20 drugs were even considered in the study. Not taken into account were interactions of drugs, drugs taken for too long, drugs given at the wrong dose, and human mistakes (patients taking the wrong pills, by mistake). If these were taken into account, fully half of all older patients would probably be suffering from drug or iatrogenic (doctor-induced) disease.
- In the study, no one considered what drugs might not be given if alternative health care methods were instituted. The fact that close to 99% of all medical doctors are totally unaware of any therapies except drugs, radiation, and surgery is sad.
- * It's a sad but true fact of life that medical doctors simply can't keep up on all the latest information about all the drugs they prescribe. They shouldn't imply or outright state that their decisions about the prescription drugs **you** take are to be completely accepted? And they shouldn't lead the patients to believe that the doctor is to be implicitly trusted in all matters concerning prescriptions.

. It is wise indeed if the patient assumes responsibility for his/her own health. If you haven't already, now is the time to take responsibility for your own health care. A life with a minimal amount of prescription drugs, or none at all, is something I hope you will truly consider. It is a viable alternative. And one thing is sure: many medical doctors are totally resistant to change, and many will not even read this Harvard study. Many will continue prescribing as usual, with pharmaceutical companies continuing to make profits off the suffering from side effects that you or other patients may experience. Be sure to keep these facts in mind when travelling down your health care road. It's much better to travel the safe road first. Reserve the dangerous path of drugs and surgery as last resorts. I firmly believe that your travels through life will be much healthier and happier for it.

Sorry to say, politics and money are behind all this medical hoopla. Whether or not it is in the forefront of your MD's mind, this fact remains: Drug companies profit from your suffering as well as from your health. If you doubt this plays any role in the decisions your doctor arrives at regarding your health care, consider the following. This important, revealing Harvard Medical School study was conducted back in 1987; it was not published until 1994, fully seven years later! Do you wonder why?

Dear Mrs. Sackman:

Just thought I would write and possibly give you some food for thought in what worked for me. I have or had non Hodgkin's lymphoma and now seem to have none.

It started with a node under my left ear. A couple of oncologists put their heads together and came up with "lets radiate it off and see what develops." It did disappear but four or five months later came back with a bigger one in my arm pit. Then they say, "Lets just watch it for a while."

I'm one of those who believes in natural things so I really got on board with the right stuff and cut out what's not good. Maybe 10 months later I developed two large nodes on the side of my groin and one under the other ear. Fun! Going back to the doctors, they just said wait and see. So I finally said, "There has to be better way than this." There was.

I read an article by a Dr. West in California who seems to have a wonderful cure rate with most diseases.

He uses only one company. There are many different supplements. The company has been in business for 80 years now. They are all natural things from their own farms and labs. Dr. West told me what he uses for cancer and I started taking these. They are extremely dense, potent supplements. (Let's don't call them a cancer cure but call them a tremendous immune booster which is what it's all about anyway.)

You have to purchase them through a doctor MD, chiropractor, naturepath or the like. You would be hard pressed to find an MD that believes

in this stuff. The oncologist who treated me is supposed to be "the scientific mind" in the business. He cured Lance Armstrong of his testicular cancer. Last time I went to him he took a look at the nodes in my groin etc. and said we'll just wait. I told him I was going to try these supplements and all he said was, "That Sh__ is garbage. That's when I decided to start using them.

About four weeks later my nodes all disappeared and I AIN'T GOIN BACK. Been feeling fine ever since. The product is made by Standard Process Labs. They have a tremendous line of products. I also developed some angina and had an angiogram and the doc said small veins in my ticker are plugged up. He prescribed a statin and high blood pressure medicine. I asked him why the statins and blood pressure medicine when both are normal or below. All he said was, if I don't take them I'll have a heart attack.

I don't like taking prescription drugs so I didn't. Got hold of Dr. West again and he said leave them alone and told me to get some different products from Standard Process. That's all he uses in his practice. I did and now no more angina or anything else and can exercise to my heart's content. Vigorously. So whatever its worth to you, Mrs. Sackman.

God Bless you always. I believe in your system.

Dave Saalfeld, Major USAF Ret

Editors note: This was an interesting letter calling my attention to information about Standard Process Labs. We, at FACT, have been aware of Standard Process Labs for the 35 years of our existence.

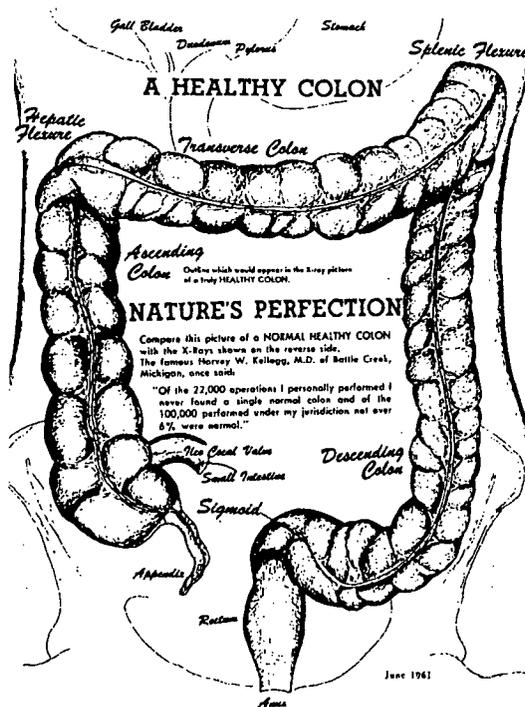
The company was started by Dr. Royal Lee when he learned of the benefits of high quality natural supplements to help improve the health of people. The company still maintains the high standard he started. 80 years ago.

He was a pioneer in the field of glandulars, which is considered oral cellular therapy. Cell Therapy is the forerunner of stem cells. The difference between cell therapy and stem cells is that cell therapy is organ specific, whereas, stem cells supply the whole range of organ cells

Colon Irrigation (Colonics)

By Joyce Gerber

Good health is as much a function of how we eliminate from our bodies as what we actually take in. Yet \$350 million in annual laxative sales indicate that elimination is a problem for many people. At least five million Americans suffer from colitis, ileitis and diverticulitis, and 200,000 each year have a colostomy. Cancer of the colon is second only to heart disease as the most common cause of death in the U.S. This need not be so.



The colon is a tube approximately five feet long and 2-1/2 inches in diameter. A healthy colon has uniform size and tone. It extends from the cecum, where it joins the small intestine, up and across the abdominal cavity and down the left side of the body. The sigmoid is located between the descending colon and the rectum.

The colon completes the digestive process. It absorbs minerals, nutrients and excess water from the digested residue of food we have eaten, and discharges toxins and waste materials from the body. When the colon is clean and healthy, we experience a feeling of well-being. When it is

congested with stagnant wastes, poisons back up into the system and pollute the inner environment. This is called autointoxication — literally, “self-poisoning.”

All of the body's tissues are affected by autointoxication. If the poisons back up into the nervous system, we feel irritable and depressed.

We feel weak if they back up to the heart, bloated if they reach the stomach, and our breath is foul if they reach the lungs. If the toxins back up to the skin (another organ of elimination), it becomes sallow and wrinkled. And if they back up to the glands, we feel tired, lacking enthusiasm and sex drive, and look old beyond our years. Autointoxication can be a causative factor in numerous serious diseases. The colon, being the largest perpetrator of disease of any organ in the body, is said to be the initiator of 80% of all critical illnesses.

Improper diet, insufficient exercise, stress, overeating and ignoring the “call of nature” can all lead to bowel problems. You can see how unhealthy a colon can become in a lifetime of toxic, unnatural habits. One common sign — dense, sticky bowel movements — indicates an excess of mucus in the system. This is usually the product of mucus-producing foods such as meat, dairy products and flour. When they are expelled, they leave behind a glue-like coating on the wall of the colon, which accumulates, layer by layer, into a hard rubbery crust. The body cannot eliminate the layers of hardened mucus on its own. They are often carried for the duration of the person's life, as a toxic burden.

When a person is constipated, the walls of the colon are often encrusted with this accumulated fecal matter. The inner circumference of the colon is reduced, rather like a water pipe blocked by mineral deposits. Since the encrusted feces form a barrier, the colon is unable to absorb and eliminate properly. Wastes from the blood stream, which should normally be drawn in through the colon wall, are reabsorbed by the body — along with other toxins resulting from the fermentation and putrefaction of incompletely digested food. Intestinal stasis occurs when the muscular

contractions known as peristalsis can no longer sweep the hardened feces along the digestive canal. The opposite effect is diarrhea, which occurs when the body reacts to encrusted fecal matter by stepping up the frequency of peristaltic wave action.

Colonic irrigation is an internal bath that helps cleanse the colon of poisons, gas and accumulated fecal matter. There is no discomfort, no internal pressure — just a steady gentle flow in and out, stimulating the colon to recover its natural shape, tone and peristaltic wave action.

A person receiving a colonic lies on a table below the temperature-controlled input tank. A sterilized speculum is gently inserted in the rectum. Water flows in the colon via a small water tube and out through a different tube called the evacuation tube, carrying with it excess, impacted feces and mucus. As the water flows out of the colon, the practitioner gently massages the abdomen to help release its contents. It is possible to see this expelled waste matter when it passes through a special viewing window in the tube. The person is well covered, and his/her privacy is respected during the procedure. The process takes from 30 to 45 minutes.

A series of colonics is sometimes necessary to dislodge hardened waste. Colonic irrigation is most effective when employed in combination with exercise and a proper diet of fresh fruits, vegetables. Certain intestinal cleansing products are suggested to help loosen and dissolve accumulated fecal matter.

Once the colon is clean, it is advisable to have a colonic every one to two months to maintain environment. A good time is at the change of seasons, when diet and exercise patterns often change. It is important to have a colonic before, during and after a fast to hasten the removal of toxic waste.

By cleansing the colon of impacted and putrefactive fecal matter, colonics offer relief from a variety of disturbances. Fatigue, gas, headaches, irritability, skin problems, cold hands and feet, lethargy are among the problems people have found relieved by colon cleansing. Constipation, of course, is another, as well as chronic diarrhea.

With colonic irrigation, your sense of well-being is often dramatically improved. You feel lighter, more energetic. The body can again take nourishment from food and defend itself against disease. Natural peristalsis, tone and regularity are restored and many serious diseases may be averted through this gentle, sterile, scientific technique. Colonic irrigation is a key factor in the restoration of the radiant health we all can have.

INDICATIONS FOR COLON IRRIGATION

The indications for a cleansing technique in colonic therapy are stated by the late Dr. Cora Smith King as follows: Impactions and threatened obstructions of the large bowel, chronic or acute toxemia from absorption of putrefactive products, diarrhea, which is frequently Nature's effort, though ineffectual, to remove fecal masses or other static material: preparation for surgery to prevent postoperative gas pains; from decomposition of retained material; postoperative clearing on the fourth or fifth day after surgery to remove hardened feces and gas; amoebiasis, chilomastix, trichinosis, giardia and other parasitic infections. As indications for a corrective technique, the following conditions may be considered: constipation, spastic and atonic, where the object is, by a series of short, stimulative treatments, to reestablish a normal degree of physiological peristalsis; preparation for fever therapy where absorption of toxins from retained alternate hot and cold rectal irrigation is a most efficient measure in the relief of chronic inflammations of the pelvic organs. It is also one of the most effective means of combating chronic constipation. — G.K. Abbott: *Elements of Hydrotherapy for Nurses* p 258

The newborn is rarely constipated, but part of his training in the early years of life requires that he learn to control defecation, and this control is effected by inhibiting the natural defecation reflexes. Clinical experience shows that if one fails to allow defecation to occur when the defecation reflexes are excited, the reflexes themselves become aggressively less strong over a period of time. — Arthur C. Guyton, *Basic Human Physiology* p532 1971

Dirt Does A Body Good, Health Pros Say

By Corky Siemaszko

Cleanliness may be next to godliness, but Americans are taking a good thing too far.

That's the verdict from health experts who say that we've all become obsessively clean — putting anti-bacterial potions on everything from toothbrush handles to hospital walls.

In fact, they say, a dose of dirt would do us good.

All that scrubbing and sponging could be weakening our immune systems, killing helpful germs and spurring the growth of mutant strains of superbacteria.

"If you're bacteria, you're not just going to sit down and give up," Tufts University geneticist Stuart Levy said at a conference on new infectious diseases. "You're going to develop new forms."

The problem, as Levy sees it, is that Americans are too obsessed about staying clean.

In the past, kids built strong immune systems by getting dirty, and parents relied on old-fashioned soap and water, Levy said.

Now, we coat everything from floss to factory walls with anti-bacterial potions. Last year consumers spent \$400 million on anti-bacterial soaps alone.

"It's a craze," Levy said. "The public is just gobbling it up. There was a bandwagon, and it got bigger and bigger and bigger."

Kathy Young, executive director of the Alliance for Prudent Use of Antibiotics, said Americans' newfound consciousness has become a cleaning compulsion, with consumers looking for stronger and stronger products to eradicate pesky germs.

"People are looking for quick answers, fast solutions, a pill for every ill," Young said.

New Yorkers seem to be less obsessed with this cleanliness craze than the rest of America, though.

Researchers who staked out the stalls at Penn Station found that 60% of the people who used the

bathrooms washed their hands afterward.

A much greater percentage of people using public bathrooms in Atlanta, Chicago, New Orleans and San Francisco were spotted reaching for the soap.

Not surprisingly, the companies that make anti-bacterial products disagree with the notion that you can never be too clean.

"If you look at the way we live today versus the way we might have lived 50 years ago, personal hygiene has been a major contributor to our country's improved health," said Kelly Anchrum, a spokeswoman for Procter & Gamble.

Also, Anchrum said, there's no hard evidence that anti-bacterial products are helping to create stronger bacteria.

I suppose it is rather a new, and almost a humbling thought, and certainly one born of this atomic age, that man could be working against himself. In spite of our rather boastful talk about progress, and our pride in the gadgets of civilization, there is, I think, a growing suspicion — indeed, perhaps an uneasy certainty — that we have been sometimes a little too ingenious for our own good, in spite of the truly marvelous inventiveness of the human brain, we are beginning to wonder whether our power to change the face of nature should not have been tempered with wisdom for our own good, and with a greater sense of responsibility for the welfare of generations to come.

—Rachel Carson, early 1963. One of her last lectures before her death from cancer

Dr. J. Harvey Kellogg proved by experiments that "An ordinary pig knows more about diet than the most learned college professor." If one breaks away from one's special box to seek the wide world of knowledge, and thinks to find a way under the tutorage of experts, one soon finds oneself in a Sudanese dust storm. So finely fragmented is the knowledge, one loses sight of the real world."

Book Review

By Corinne Loreto

The American Experience of Dr. Max Gerson

“Censured for Curing Cancer”

By S. J. Haught

In a perfect world, Dr. Gerson would have received the Nobel Prize in Medicine for curing cancer, lupus and tuberculosis. Instead, he was repeatedly hounded by criticism.

Mr. Haught, the author, thought that he was going to expose a medical “quack”. Instead, as he diligently researched the subject, he discovered that Dr. Gerson was curing incurable diseases. Patients who were given up as hopeless by conventional doctors turned to Dr. Gerson who in many cases achieved miraculous cures.

There is a passage on Page 36 which I found so compelling that I am going to quote it:

“When one man is wrong and the world is right, there’s little to fear. He can be ignored, he can be ridiculed, he can be rendered impotent in a number of ways. And you and I are content that we are on the winning side.

“But let the one man be right and the world wrong — then how can you deny the uneasiness within you? Can you still feel secure? Can you still feel you’re on the winning side?”

Chapter 8 tells of Dr. Gerson’s appearance before a Senate Subcommittee in 1946. It was the first time in history that the Senate had honored a physician in this way. The Senate wanted to pass a bill to put together the world’s outstanding medical experts in a supreme endeavor to discover a means of curing and preventing cancer.

Dr. Gerson presented case after case of cured “incurable” cancer patients; but unfortunately a strong medical lobby defeated the passage of the bill.

Upon Dr. Gerson’s death in March of 1959, Mrs. Gerson received a beautiful letter of condolence from Dr. Albert Schweitzer, whose wife Dr. Gerson cured of tuberculosis. He was grateful

his wife, the mother of a small child, was cured by Dr. Gerson.

Dr. Gerson’s treatment consisted of detoxifying the patient. This was done by giving the patient freshly pressed juices, fresh fruits and vegetables, and coffee enemas to detoxify the liver. No alcoholic beverages were allowed, no canned foods.

Mr. Haught said there were no special cancer hospitals doing this highly specialized work in biology and biochemistry to any appreciable degree, though they should be encouraged to do this fundamental work in close relation to their carrying out the well-known and often not too successful routine treatment of cancer by surgery and radiation

He goes on to say, “The history of medicine is filled with tragic errors which allow such a long time to elapse between the time of discovery of a basic principle and the actual medical application of the discovery for the good of mankind.”

Dr. Gerson’s work did not die with him. The Gerson Institute still carries on his work at a hospital in Tijuana, Mexico. Some doctors are using the therapy. Others, who believe in it, do not care to take the professional risks involved in using it in their practice. Many pressures can be brought to bear on them to dissuade them—especially if they work in a hospital. They seem to have forgotten the Hippocratic oath: “First Do No Harm.”

Chemotherapy, as many of my colleagues in cancer research and treatment have learned, cures seem to happen more in press releases than in patients. The more cures the press releases claim, the more money cancer organizations raise.

Survival rates are improving not so much because of better treatment as because of earlier diagnosis, which simply starts the five-year clock sooner”

—Hayden Bush, M.D., Director of London Regional Cancer Center in Canada, a facility of the Ontario Government’s Cancer Treatment and Research Foundation.

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