

CANCER FORUM

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



Foundation for Advancement in Cancer Therapy

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

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Dear Reader,

In the last issue of Cancer Forum, we reprinted, an article from the *Pathlighter*, the official publication of the Florida Chapter of Cancer Victims and Friends (IACVF), about prostate cancer by Dr. Robert Rowen. Dr. Rowen called FACT and asked us to clarify the article. I thought it would be more accurate if he wrote the clarification himself and he agreed. Here it is:

Please let your readers know that the article you published in Vol.21 No. 5/6 authored by me was originally published in my newsletter, Second Opinion. Its contact information is 800-728-2288 and Website www.secondopinionnewsletter.com.

With thanks,

Robert J. Rowen, M.D.

Without prejudice to the generality of the contents herein. This message is not meant nor intended to diagnose, treat or otherwise mitigate any health related condition. This message does not attach any legal liability onto the originator thereof.

For every negative there is usually a positive. Now you have Dr. Rowen's telephone number and his Website.

Thank you Dr. Rowen.

I also received a letter from Dr. Bernie Siegel about my hospital experience in which he suggested, that if one is contemplating a hospital stay, to be sure to read his book, *Help Me To Heal*, to know what to expect from hospital personnel and to be sure that hospital personnel know what you expect. As a surgeon, I believe he is well qualified to provide competent directions and warnings so that we can benefit from our sojourn, not make errors and guard against the hospital staff making errors. hazardous to our wellbeing.

To Your Health



Herbal Medicine: The Wonders of Garlic

By Dr. Richard Schulze

After 20 years of clinical practice, students often ask me if I could only have one herb to treat patients, what would it be. I never hesitate — garlic. The reason is simple, this one herb can do so many things from healing raging infections and combating life threatening diseases to healing tonsillitis and lowering cholesterol levels. This herb grows all over the world, and I have used it successfully in clinics from India to my clinic in California. This one herb literally has hundreds of healing uses; no one should be without it.

Garlic's powerful history

Garlic, known botanically as *allium sativum*, is certainly one of nature's miracle plants. It has been worshipped since the beginning of recorded history for its ability to heal and strengthen the body. The ancient Egyptians fed it to the slave laborers who built the great pyramids. It was known 6,000 years ago to increase strength and endurance and heal disease. The Greek Spartan warriors and later the Roman legions consumed garlic in copious amounts. Much of their strength, endurance and ability to resist disease was attributed to their garlic consumption.

Hippocrates, the so-called father of modern medicine, was actually an herbalist and natural healer. He used garlic to treat many diseases and specifically cancer.

As recently as World War I and II, the British government used garlic in the battlefield hospitals. It was so effective that the British government asked its people to grow it in their backyards as part of their war effort. It is credited with saving tens of thousands of lives. It was used in various preparations to disinfect and heal battle wounds, including just chopped raw and spread on moss and strapped to bullet and shrapnel wounds. Many older army doctors I have talked with in Great Britain say it worked better than any of the modern sulphur powders and antibiotics that were later introduced as battlefield wound treatment. They told me it was used internally to successfully treat typhoid fever and dysentery.

Garlic is prescribed by medical doctors out-

side of the U.S. for many diseases especially hypertension (high blood pressure), high cholesterol and cancer. It is a broad spectrum antibiotic, antiviral agent and fungicide.

Garlic is famous for its healing power with heart disease.

Heart disease is the #1 cause of death in the United States today. This year almost 1 million people will die — that's about 2 people a minute. 99% of all these deaths are caused by cholesterol and saturated fat blocking the coronary arteries. Attention was first put on garlic as a cardiac remedy when researchers noticed that in countries that had high garlic consumption, the incidence of heart disease was much lower than average; and in many countries even nonexistent.

Garlic has been found to lower serum cholesterol and triglyceride levels and reduce the build-up of atherosclerotic plaque in our arteries. It does this partly by increasing our blood levels of high density lipo-proteins (HDL's). These lipo-proteins clear out blood of excess cholesterol and fat. Garlic also lowers our low density lipoproteins (LDL's) which deposit fat into the blood and contributes to arterial plaque.

Medical researchers have also found substances in garlic that inhibit platelet aggregation, the process that causes your blood to clot. This is just another way that garlic can reduce your risk of heart attack.

High blood pressure is a worldwide disease and in every study garlic has been proven conclusively to reduce hypertension. Because of its powerful effect on blood pressure, the Japanese Food and Drug Administration has approved garlic and now it is an official drug listed in the Japanese Pharmacopoeia.

If you are looking for a safe and effective remedy for heart disease, garlic is a great choice. Whether you have high blood pressure, high cholesterol and triglycerides, arterial plaque or clotting, garlic is for you. Anyone with a history of heart attack, heart disease or stroke should be on a daily dose of raw garlic for the rest of their life.

Garlic has proven to be an effective cancer therapy, too.

The National Cancer Institute has reported that cancer incidence worldwide is lowest in the countries where garlic consumption is highest — France, Spain and Italy. In the few isolated rural areas of the world where there is NO incidence of cancer, the garlic consumption was also the highest reported.

Garlic has been shown to help our white blood cells defend us against cancer and also to increase our ability to destroy tumors. When the properties of garlic are present in the bloodstream, many aspects of our immunity are enhanced. Garlic has also been found to stimulate interferon production, enhance natural killer cells, stop tumor growth and reduce the associated pain of cancer.

Colorectal cancer is on the rise. In the United States and many other areas of the world, it is one of the most common cancers among men and women together as a group. According to the Merck Manual, every American if they live long enough will have diverticulosis due to constipation. These herniations cause infections, irritations and can lead to cancer. Garlic has been found in double blind studies to reduce the incidence of colorectal cancer.

Garlic has also been reported to reduce stomach cancer. In one medical university study, garlic was shown to reduce stomach cancer 10 times more effectively than the non-garlic-eating group.

Garlic with its over 80 different sulphur compounds is a free radical scavenger. This is just another way that garlic will protect you from cancer and suppress toxin and chemical induced cancer.

Garlic is a powerful antibiotic.

Garlic juice diluted 1 part in 125,000 has been found to inhibit the growth of bacteria. In fact, in other tests, just the odor of garlic was used to destroy bacteria, so you could actually be healing your friends by eating garlic and then breathing on them. Garlic destroys both gram positive and gram negative bacteria making it a broad spectrum antibiotic. Garlic's use as an antibacterial agent in Russia is so esteemed it has been nicknamed "Russian penicillin."

Pharmaceutical antibiotics are nonselective in

their destruction of bacteria in your body—they just destroy all. This creates many problems because our body has millions of friendly bacteria that are required for proper digestion and other metabolic functions. This is why many people after a course of antibiotic therapy have digestive problems, constipation, and yeast and fungal overgrowth infections. Our bodies also become immune to these antibiotics and over time create dangerous resistant strains of bacteria. Numerous magazines, newspapers and television shows in America have covered this issue in the last few years.

It seems as though we are now paying the price for indiscriminate antibiotic usage. There is a whole new group of bacteria, like flesh-eating bacteria, for which antibiotics are now useless.

Garlic has amazed scientists by being selective in its bacteria destruction, killing bacteria that is harmful to our body, while actually enhancing our friendly bacteria and improving our intestinal flora and digestion.

Garlic destroys many types of bacteria including streptococcus, staphylococcus, typhoid, diphtheria, cholera, bacterial dysentery (traveler's diarrhea), tuberculosis, tetanus, rheumatic bacteria — even the bacteria that causes leprosy and many others.

Garlic is a powerful antiviral and antifungal agent as well.

Some say that the reason you don't catch colds when you eat garlic is because no one will come close enough to you to spread their germs. This may be true, but it is also because garlic is a powerful antiviral agent. Many feel it's the cure for the common cold.

Garlic also keeps the white blood cells (your immune cells) from sticking together, too. One of the ways that viruses spread through your body is by passing from one white blood cell to another. Scientific studies show that if your white blood cells are sticking together or abnormally close to each other that this will assist the virus in spreading and growing. This is especially true with the HIV virus.

Garlic's antifungal ability is second to none. In the laboratory it has proved to be more potent than known antifungal drugs. Garlic will regulate the

overgrowth of candida albicans.

The truth about garlic supplements.

Over the last 30 years I have seen every garlic supplement touted to the public with claims of "better than fresh garlic," "more concentrated" and the new "standardized." This doesn't make any sense. How could any pill that is made from garlic actually be better than what is fresh and natural? The only thing better and more potent about their garlic products is their advertising.

How much raw garlic can you use?

If you want to see some medicinal benefit from garlic, you must take at least three cloves of raw garlic a day.

Three cloves of raw garlic a day, chewed or chopped up and added to food is not a killer dose and will clean your body out in many ways as already discussed. If you have a very sensitive gastrointestinal system, start with half a clove and work your way up.

I received a letter from an 83 year old lady last year. She had a viral lung infection that was killing her. She had it for 9 months. The medical doctors and all of their antibiotics, antivirals and other drugs had not helped her, and she had been told she would die. She read one of my articles on garlic and decided she had nothing to lose. She consumed cloves of raw garlic a day and in three days her killer viral lung infection was gone!

If you don't like the smell of garlic, try a cover-up

Over the years, the only successful way I have found to use garlic and not offend your co-workers and loved ones is to cover it up. My patients and I have tried all of the products that you swallow — parsley tablets, everything, but we still stank. Finally, I just tried to cover it up with a few drops of peppermint oil in the mouth, and it worked great. In the health food store you can usually find some peppermint oil, tee tree oil or natural breath fresheners that will do the trick.

Reprinted from To Your Health! Jan/Feb 1999

Dr. Schulze has a Clinical Herbal Pharmacy in California where all of his formulae are available through mail order. Call toll-free at 877-TEACH-ME (877-832-2463).

FIGHT BACK!

It's time for those of us who resent the U S Department of Agriculture's (USDA) interference in the health movement by corrupting the meaning of the term "organic" to take action. It is nearly impossible to find truly organic food even in the health food stores. The new standard for organic is 100% organic and I find very little available. If we don't take steps to stop USDA, the agency is prepared to continue the pollution of our food supply by allowing more pesticides to be added to those that are already polluting the food. And the supply will still be labeled "organic." A government agency's role is to protect the consumer. Since USDA is the villain instead of the protector of organic consumer's rights, we have to ask our congresspersons for help.

Write or telephone your representative to let him/her know how USDA's decision is harming your health especially if you are a cancer patient on a biorepair program and require pure organic food. Your congressperson cannot help you unless he/she knows what the problem is. They do pay attention to their mail and telephone calls.

For those of you who have access to the internet, you should subscribe to Organic Consumers Association. This is a caring, dedicated, dynamic organization that watches the action of our government agencies, food suppliers and growers and keeps its subscribers up to date and, organizes action as a united group. Taking action simultaneously as a group is what gives us power to influence our representatives in Congress. Organic Consumers Association (OCA) is a nonprofit organization. There is no charge to subscribe but they do depend on contributions. Because it is important to enroll as many subscribers (numbers count) as possible to have clout, they do not charge a fee.

You can access their website by dialing organicconsumers.org.

TREATING VIRUSES WITH FEVER

By Richard A. Hansen M.D.

Over the past decade several health and preventive medical centers have used fever therapy in the treatment of chronic viruses. Infectious Mononucleosis is a disease associated with a virus. Some cases become chronic and seem to produce a state of a lack of energy, aches and pains, recurrent lymph node enlargement, and reduced immunity. Previously called Chronic Mono, this syndrome now is recognized as associated with the Epstein Barr Virus. And this syndrome lends itself well to treatment using hyperthermia. At the Polar Spring Health Institute we do not elevate the body temperature to those extremely high or dangerous ranges. One hundred three to one hundred four degrees F is sufficient elevation of fever to produce an antiviral response. We in fact have seen lymph node swelling go down, both in Chronic EB Syndrome and certain types of lymphoma. Treatments are given on a 3-5 days a week basis for an initial series of two weeks. In other words, ten to fourteen treatments are needed to gain the initial response in a chronic, long-standing infection. In combination with an active exercise program, adequate rest, and the cessation of toxic treatments such as tobacco, alcohol, and psychoactive drug dependencies, a diet of natural foods with emphasis on those nutrients particularly designed to enhance the immune system. We Have seen many patients over the last five years improve in their response, their energies and in some cases almost dramatically receive a "new lease on life."

It is our view at Poland Spring that the selective use of fever therapy has a definite role in the treatment of Chronic Epstein Barr Syndrome, recently renamed Chronic Fatigue and Immune

Dysfunction Syndrome, and other viral conditions such as Herpes Zoster (shingles), some of the autoimmune diseases such as active rheumatoid arthritis, polymyositis, and especially lupus. In treating lymphoma, Hodgkin's Disease, some chronic leukemias, and Sarcoidosis fever therapy may well prove to be a prime therapy, particularly for those patients who have chosen to use this modality first in preference to chemotherapy or other toxic experimental drugs.

As our experience broadens and the literature increases in scientific understanding, we will share further what can be done for these challenging and fascinating cases of chronic, disabling, and life threatening illnesses.

BACILLUS

Come Bacillus Let us wander.
Wander ever hand in hand.
Down that capillary yonder
Down thru yonder shady gland.

Countless cousins will not miss us
Happy in their own disease!!!
Tripping thru the tender tissues
We will work what ills we please.

Does the wanderlust pass you?
I'll indulge it, Dearest Germ.
We shall go to reagents
Bless you

Camping in the juiciest muscle
Bathing in a quiet vein.
Dogging viscious White Corpuscles
Summering at Aces la Brain.

Come Bacillus, my infestation grows too
potent to suppress
Quick, here comes your Anti-Toxin
Play with me, and Tell Me Yes.

—Daisy Fletcher, D.O.

Implanting Friendly Lactobacteria in the Colon

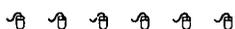
To implant friendly lactobacteria in the colon, you need to drink about 1 and 1/2 cups daily of cultured vegetable juice. Here is how to make it. Fill a Blender with chopped green or white cabbage. Add enough distilled water until it is 2/3rds full. Blend at high speed, with cover on blender, for two minutes. Pour mixture into a bowl and cover with Saran wrap or other cellophane wrap. Leave at room temperature for 3 days.

After 3 days, you may run the mixture through a strainer and remove the pulp. Place the juice in a bottle and refrigerate it until it is used up. It is best to use it up within two weeks. Drink 1/2 cup of this solution diluted with an equal part of water 2 or 3 times each day. Each serving contains several billion friendly lactobacteria.

The lactic acid in the cultured cabbage juice will purify the entire G.I. tract and kill fungi, some strains of parasites and other pathogens.

You should drink this mixture until your stools float in the toilet bowl and are odor-free. At this point, you should also have yellow urine, which indicates that implanted lactobacteria are producing B vitamins. However, if you are taking B vitamin supplements, this test may not be accurate as B vitamins will turn your urine yellow whether or not lactobacteria are implanted in the colon. If you stop the B vitamins for 3 days and your urine is still a strong yellow color you may lower your dosage of cultured cabbage juice to one serving each day or discontinue its use until it is needed again. We have had letters from several people thanking us for this recipe. They have all reported very good results.

How to make your second batch. Just add 1/2 cup of the first batch to your second and it will be ready in just 24 hours. This process may be repeated as long as you need this product.



British biochemists note that surplus protein accelerates calcium loss. Bones, muscles, teeth, and even nerves may be affected.

Oxalic acid is another culprit in calcium mal-absorption. Found in vegetables instinctively disliked by children, such as spinach, oxalic acid joins the calcium to produce calcium oxalate, a precursor of kidney stones.

Dr. T. L. Nichols Speaks for the Modern Natural Hygienist

T. L. Nichols, M.D. – A Natural Hygienist with the highest code of ethics. He not only preached morality in living but was uncompromising in his practice of it. He lived in Buffalo for a few years and there suffered persecution in 1837 to the extent of serving four months imprisonment.

“I write, not to get consultations, but to prevent their necessity; not to attract patients, but to keep them away; and to enable them to get health without any further care.”

“Every man who purifies and invigorates his own life, does something for the world. Every woman who lives in the conditions of health, and avoids the causes of disease, helps the race; and if such persons combine their purified and invigorated lives in healthy offspring, they do a noble work for the redemption of universal humanity.”

WRITTEN IN 1776 . . .

“Unless we put Medical Freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship. To restrict the art of healing to one class of men and deny equal privileges to others will constitute the “Bastille” of medical science. All such laws are un-American and despotic. They are fragments of monarchy and have no place in a republic. The Constitution of this Republic should make special provision for Medical Freedom as well as for Religious Freedom.”

— *Dr. Jonathan Rush, 1776*
(One of the original signatories
of the Declaration of Independence)

Chemicals That Mimic Hormones Spark Alarm and Debate

by Gina Kolata

In a warning supported by allies who include Robert Redford and Vice President Al Gore, some environmentalists are asserting that humans and wildlife are facing a new and serious threat from synthetic chemicals.

These chemicals, they say, mimic natural hormones like estrogen and even in minute quantities can disrupt vital processes like fertility and fetal development. The so-called endocrine-disrupting chemicals are widespread in earth; and water and, the environmentalists warn, may be wreaking many; insidious forms of damage, like a decline in men's sperm counts, an epidemic of breast and prostate cancer, and fetal effects that emerge later as reduced intelligence, hyperactivity and violent behavior.

But issues like declining sperm counts are a matter of heated dispute among experts.

The case against the endocrine-disrupting chemicals is made in a book, *Our Stolen Future*, written by Dr. Theo Colborn, a senior scientist at the World Wildlife Fund; Dianne Dumanoski, a reporter for the Boston *Globe*, and Dr. John Peterson Myers, director of the W. Alton Jones Foundation, an environmental group. The book is being heavily promoted by its publisher, Dutton of New York, and has received considerable attention.

But its message is controversial. Although some biologists agree that there is reason for concern about these chemicals; especially to certain populations of fish and birds, many others say there is no factual basis for the book's alarms, several of which have been refuted by careful studies.

The book comes with an endorsement by
Vice President Albert Gore

Most of us consider relaxation a luxury rather than a necessity. But new research indicates that relaxation has a direct positive influence on your health.

Studies on the health benefits of vacations and meditation — two paths to relaxation — found that men at risk for heart disease benefitted greatly from “taking a break.”

Researchers at State University of New York at Oswego studied 12,000 men at high risk for heart disease, and found that those who took vacations had a lower death rate than those who did not.

Likewise, studies of people with high blood pressure who engaged in meditation also showed positive results. One study conducted 10 years ago found that meditation, combined with diet and exercise, produced significant improvements in health among participants.

More recently, a study reported in the journal, *Stroke*, found that meditation alone reduced the incidence of arteriosclerosis (hardening of the arteries) in participants who practiced transcendental meditation for 20 minutes twice a day.

Taking a relaxation break may very well prolong your life, but it also improves the quality of your life right now by helping you focus on the moment. Other recommended relaxation techniques include:

BREATHING. When you're tense, stop and take a few deep breaths, counting to six as you inhale and to eight as you exhale completely. As you breathe, close your eyes and sit or stand tall, with your shoulders relaxed.

EXERCISE. It may seem contradictory, but physical exertion has a very relaxing effect: You release tension, promote circulation and deep breathing, and devote time to yourself.

MUSCLE RELAXATION/MASSAGE. Take a moment to concentrate on specific muscle groups — legs, torso, arms, shoulders and neck. As you isolate each group, slowly relax your muscles and breathe deeply.

Massage takes this relaxation strategy one step further, as touch is a powerful way to release muscle tension. Enlist a partner and trade quick shoulder rubs to de-stress and recharge.

You don't need space to lie down to make this work. Just sit in a chair with a low back (below shoulder height) and have your friend stand behind you. Gently massage the shoulder, upper back and neck area, focusing on the muscles that feel tense.

Preferences vary regarding pressure, so give feedback. Then trade places. You'll feel calmer and more relaxed as you jump back into your routine.

Reprinted from the Daily News

YOGURT FOR GOOD HEALTH

by Peggy Crump

Yogurt, even though it's been around for a long time, used to be considered a fad food in this country. But, happily, it has now assumed its rightful place in our diets and on our refrigerator shelves.

Yogurt has been around so long, in fact, that mention of it is found in early Arabic writings on medicine. It's widely known and eaten in many areas of the world and has been consumed for centuries in Europe, Asia, Africa and South America. The peoples of the Balkans and the Near East who eat yogurt several times a day, either plain or in cooking, claim that their consumption of yogurt is responsible for their hardiness and longevity. When we take a look at the health benefits yogurt provides, it's easy to see why they make this claim.

Nutritionally, yogurt is a good source of calcium and complete protein and it's low in calories. It's also easy to digest. Because yogurt is largely digested during its culturing process, it's much easier to digest than plain milk. And it's often tolerated by people who cannot tolerate milk. But its chief nutritional benefit may well be its effect on our intestinal bacteria.

To maintain good health, the bacteria, or flora, in the intestinal tract must be kept in proper balance. Yogurt helps keep it in proper balance.

Part of the reason that the bacterial balance in the intestine is vitally important to health is this: the typical American diet, with its heavy emphasis on refined foods and its lack of whole grains, is often lacking in the essential B vitamins. With certain bacteria present in the intestine, bacteria which yogurt provides, apparently all the B vitamins and vitamin K as well, can be synthesized

in the intestine. An encouraging note is that a study done some years ago by Dr. H. Seneca of the College of Physicians and Surgeons of Columbia University showed that when yogurt is eaten over a long period of time, no bacteria other than those found in yogurt are present in the stools.

Some of the nutrients necessary to maintain health are needed more by some parts of the body than others. This does not appear to be the case with the B vitamins. The B vitamins appear to be evenly distributed — and needed — throughout the body.

Maintaining the proper bacteria in the intestine is important anytime, but it becomes even more of a concern when we take antibiotics. Oral antibiotics destroy the friendly intestinal bacteria. As a result, the production of the B vitamins and vitamin K are inhibited. Also the fungus *monilia albicans* may develop. This fungus can cause ulcers in the colon, severe itching around the anus and yeast infections in the vagina. However, these problems appear to be prevented if we consume generous amounts of yogurt.

There are other ways besides keeping intestinal bacteria properly balanced that yogurt benefits the digestive system. One of the problems it helps get rid of is indigestion. One New Mexico physician remarked that when a patient comes to him complaining of indigestion, he tells the patient to eat a cup of yogurt a day and then come back in a week if they still have the problem. The yogurt works so well on indigestion that many of the patients do not have to come back.

Constipation and diarrhea both often respond well to yogurt. Some people who have "tried everything" to get rid of constipation have finally succeeded in getting rid of it when they started eating yogurt.

As for diarrhea, yogurt has been used as a treatment for this complaint for years and years. Molly Niv, M.D., Walter Levy, M.D. and Nathan M. Greenstein, M.D. reported in *Clinical Pediatrics* on an experiment they conducted with children who had been hospitalized with severe diarrhea. They divided the children into two

groups. To one group they fed yogurt, a little less than half a cup, three times a day. To the other group, they gave an antidiarrheal drug. Within three days, more of the children in the yogurt group than in the drug group had recovered from their diarrhea. Some parents found that only one day on the yogurt is required to eliminate the problem.

Another benefit of yogurt to the digestive system and one that some people may not think of in connection with it, is pleasant breath. Yogurt helps destroy putrefactive bacteria in the intestine and, in the process, helps sweeten the breath.

The digestive system is not all that responds favorably to yogurt, though. It's helpful, too, with cholesterol, yeast infections, gout, allergies, anemia and skin problems.

Yogurt helps reduce the cholesterol level in the blood, even when the yogurt is made from whole milk. George V. Mann, M.D., Ph.D., from the department of biochemistry at Vanderbilt University School of Medicine observed this effect in a study of the diet of Masai, a primitive tribe in Africa.

The cholesterol level of the Masai tribesmen is low to start with. But when they ate large quantities of yogurt, and even though some of them gained weight, their cholesterol levels went down. This is remarkable not only because of the effect the yogurt seemed to have on the cholesterol levels, but also because a gain in weight generally means a raising, not a lowering, of the cholesterol level...

Yogurt helps with gout, too. Under normal conditions, much of the uric acid produced by the body passes into the intestine. It is utilized there by the bacteria present. But how much uric acid the intestines can handle depends on the bacteria there. If the proper bacteria are not present, or if they are not present in sufficient quantity, then the uric acid cannot be handled as it should be, and the level of it in the blood increases immediately. Yogurt helps prevent this problem by maintaining the necessary balance of bacteria in the intestine.

As far as allergies are concerned, yogurt can sometimes help with some of those, too. For instance, some adults who are allergic to milk and other dairy products find they can still tolerate yogurt without a problem which means they still have a good dietary source of calcium.

Some types of anemia can be aided by yogurt, too. For example, patients who have diverticulosis sometimes develop anemia. The intestines of these patients can form loops which stimulate diverticula. The bacteria that grow in these loops appear to grab the folic acid from food. For this type of anemia to be corrected, the putrefactive bacteria in these loops have to be killed. Yogurt in generous amounts will destroy this bacteria and, if there is plenty of folic acid in the diet, this form of anemia should be corrected.

Iron deficiency anemia can also be helped by yogurt. When we eat iron rich foods, we must have hydrochloric acid in the stomach for the iron in our food to pass through the intestinal wall. It appears that many patients with this type of anemia don't have enough hydrochloric acid present in the stomach. Therefore, foods which contain acid — and yogurt is an excellent one — can provide the acid needed for iron absorption.

Yogurt is used as an ointment, too. When applied directly to the wounded area, it can help relieve minor burns. The yogurt may need to be applied several times a day because the heat in the burn may dry it out. But the relief can be almost immediate.

Oral antibiotics sometimes cause a dry, scaly, itching eczema when they destroy intestinal bacteria and the body is deprived of the B vitamin biotin. Again, because yogurt brings intestinal bacteria back to normal, it helps with this type of rash.

Yogurt is an old remedy for cold sores, too. Morton Malkin, D.D.S. an oral and maxillo-facial surgeon in Brooklyn, New York, prescribes yogurt for all his patients who have them. The way yogurt works is that the friendly bacteria in the yogurt crowd out the herpes bacteria in cold

sores when the yogurt is applied to them and the sores disappear. Just as for treating yeast infections, though, the yogurt you use must contain the acidophilus bacteria.

Canker sores are helped by yogurt, also. For instance, when the sores are brought on by allergies to certain foods, these foods can in some patients still be eaten without the sores developing if yogurt is eaten, too. As you might expect by now, it is again the acidophilus bacteria that is most useful. Sometimes the relief this type of yogurt can bring is almost immediate. In some patients the canker sores disappear in a matter of only a few days.

One patient who had given up eating tomatoes because he broke out in canker sores from them every time, found that he could eat tomatoes again if he ate yogurt, too. But if he ate tomatoes and skipped the yogurt, he developed the canker sores again.

What exactly is yogurt now that we have seen some of the health benefits it can provide? It is a semisolid milk product which is made by adding certain bacterial cultures to the milk. It has the consistency of custard. When a yogurt culture is added to warm milk and the milk is kept warm and undisturbed for a period of five hours or more, we have yogurt.

Yogurt is available commercially, and it is easy to make at home. Many yogurt connoisseurs prefer making their own. Homemade yogurt is less tart than the commercial kinds. The longer yogurt is kept warm, the more tart it will be. If you stop the culturing process at the end of five hours when the mixture has reached a custard-like consistency, and immediately put it in the refrigerator, it will keep its milky flavor. Another plus for homemade yogurt is that as well as being flavorful and easy, it also costs less than the commercial variety.

To make homemade yogurt you need whole milk... plus yogurt culture. The culture can be either plain commercial yogurt or from yogurt starter which you can purchase at a health food store. The creamiest yogurt is made from whole

milk.

To make one quart of yogurt, scald one quart of milk. Remove from heat and allow to cool to 110°F. If the milk is 125°F. or higher, the yogurt culture will be killed. If the temperature is 90°F. or lower, the culture will become dormant.

Stir the yogurt starter or two to three tablespoons of the plain yogurt into two or three tablespoons of the warm milk in a small bowl or cup until blended. Stir in a little more milk until blended. Then stir in the rest of the one quart of milk. Pour the mixture into a yogurt maker or clean glass bowl and keep at a temperature between 105°F. and 120°F., undisturbed, for at least five hours. At the end of the incubation time, refrigerate.

A yogurt maker may be easier for some to use, but before you invest in one, you may want to try making yogurt in your oven first.

Yogurt can be used in many kinds of dishes. It's extremely versatile in cooking and can be used in just about every category of food imaginable. It's excellent in dips, spreads, sauces, salad dressings, cold soups, cold drinks, casseroles, breads and other baked goods, beverages, shakes, vegetable dishes and also in desserts, especially frozen ones. It's also good mixed with flavorings such as honey, fruit juice and fresh fruits and enhanced, if you like, by extracts such as vanilla, orange, lemon or almond. Coconut and other nuts also make flavorful additions to yogurt.

In cooking, yogurt can be substituted for sour cream in almost any recipe, and it should be handled the same way as sour cream because it separates if it's allowed to boil. Boiling won't affect the flavor, but it does affect the appearance. A plus to using yogurt in place of sour cream is that yogurt has far fewer calories and better nutritional value.

Yogurt is not only good for us, providing a great many health benefits, but it's easy to fit into the diet, too. And considering all that good it can do us, it's well worth the little bit of effort required.

RUTH SACKKMAN'S NOTEBOOK

BIOREPAIR

FACT emphasizes a different concept of cancer from the medical community and it also differs with many of the cancer alternatives. The medical community focuses on killing cancer cells and so do many of the alternative therapies. If the medical concept's focus has failed to produce a cure in the orthodox arena, why can it be expected to do better in the alternative area?

A true alternative is one that focuses on making a complete biorepair to the system that is malfunctioning, ergo, causing the production of abnormal cells. That is the focus of FACT! That is what FACT emphasizes and supports. Until a repair is effected, thus correcting the cause, cancer is more likely to recur than not.

If cancer patients are willing to change their thinking from the medical concept of killing cancer cells to a biorepair system, then FACT is the right resource for them. If deemphasizing killing cancer cells is worrisome for the patient because it is not the medical model that they are accustomed to — and they are unwilling or unable to adopt the biorepair concept — then possibly it might be futile to put forth the effort to use an alternative biorepair system.

Many cancer patients have called FACT for guidance or referrals but have been unable to adopt the biorepair concept. They often attempt to combine conventional and alternative concepts. Unfortunately, the traditional system is destructive which handicaps the biorepair system which is attempting to restore.

THE WISDOM OF THE BODY

By far, the most important requirement to enable someone to restore one's health and maintain it is to understand physiology (body function). Lack of this understanding makes the individual vulnerable to all sorts of foolish and

serious mistakes. With understanding physiology, one is capable of knowing what to do, when to do and how to do.

From my experience it seems obvious that the medical establishment and most of the people doing health research have not had adequate training in physiology. Consequently, too many evaluations of research projects or physical reactions are skewed. Just to provide a simple example: when we develop a cough, runny nose, phlegm, diarrhea or similar symptoms, a sign that natural elimination is taking place, the usual medical treatment is to prescribe an antibiotic or other medicine to depress the symptoms. If it was understood that the body had a need periodically to eliminate unnecessary material that builds up in our systems, that this was the wisdom of the body functioning normally, the usual procedure would be to cooperate with the body's effort to clean out accumulated waste, thus maintaining a cleaner and healthier internal environment.

The medical community, instead of this logical reaction does the opposite of what the body requires, because of the fear of germs and fear that something more serious might develop. They cannot take the responsibility of not treating the symptom if the patient seeks professional help. In time this suppression, and it is a suppression, the body gives up the fight and stores the waste which can develop into a degenerative disease or other health problems. The body, in its wisdom, constantly fights for survival! It tolerates mistakes because of this built-in characteristic.

SYMPTOMS

If it can be shown that a particular treatment tends to remove or to abate the symptoms of a particular disease, it does not necessarily mean that the treatment is sound, because the removal of symptoms and the "curing" of the disease by certain methods may leave the patient in a fundamentally worse condition than before.

Jocelyn C. B. Proby, M.A.

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