

CANCER FORUM

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

SMILE FOR YOU

Smiling is infectious; you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin
When he smiled I realized I'd passed it on to him.
I thought about that smile then I realized its worth,
A single smile, just like mine could travel round the earth.
So, if you feel a smile begin, don't leave it undetected
Let's start an epidemic quick, and get the world infected!

Keep the smile going by sending this on to a friend.
Everyone needs a smile!!!



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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Enjoy a Good Laugh

DOCTOR'S OPINIONS OF UNIVERSAL HEALTH CARE

When a panel of doctors was asked their opinion on the proposed Universal Health Care program, here's what they had to say.

The allergists voted to scratch it, and the Dermatologists advised not to make any rash moves.

The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve, and Obstetricians felt they were all laboring under a misconception.

The Ophthalmologists considered the idea shortsighted, the Pathologists yelled "Over my dead body," while the Pediatricians said, "Oh, Grow up!"

The Psychiatrists thought the whole idea was madness, the Radiologists could see right through it, and the Surgeons decided to wash their hands of the whole thing.

The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter."

The Podiatrists thought it was a step forward, but the Urologists felt the scheme wouldn't hold water.

The Anesthesiologists thought the whole idea was a gas, and the Cardiologists didn't have the heart to say no.

In the end, the Proctologists left the decision up to some a,,hole in the Administration.

Emailed to FACT by Betsy Staller, a long-time member. Thank you.

Good Luck and Good Health


Ruth Sackman

INFRARED SAUNA THERAPY FOR CANCER

By Lawrence Wilson, M.D

The infrared lamp sauna combines more than one dozen therapeutic methods to fight cancer including:

1. Inhibiting the Sympathetic Nervous System Relaxes and Heals the Body. The sympathetic branch of the autonomic nervous system in our bodies activates the brain, muscles, thyroid and adrenal glands in response to stress.

However, it strongly inhibits digestion, the immune response and eliminative organ function as well. Cancer patients desperately need more immune, digestive and eliminative activity.

Saunas have the ability to powerfully reduce the activity of the sympathetic system.

William Donald Kelley, DDS, shortly before he recently passed on, endorsed the use of only the near infrared sauna for the cancer patients.

Saunas powerfully inhibit the sympathetic system in several ways:

*Heating the body greatly slows normal heat production, a sympathetic activity. (See Guyton, A., *Textbook of Medical Physiology*, 6th ed, p. 892). Saunas draw blood from the center to the periphery of the body to dissipate the heat. This also opposes an important sympathetic nervous activity, which is to draw blood to the central part of the body as a protection against attack.

Saunas cause the body to eliminate toxic substances of many kinds that irritate the tissues, keeping the body in a sympathetic state. These toxins include most pesticides, hundreds of other toxic chemicals and a number of extremely toxic metals as well, such as mercury.

2. Hyperthermia Damages and Even Kills Cancer Tissue. Hyperthermia is a well-known method of disabling weaker and more heat-sensitive cancers. While saunas are not nearly as potent as hyperthermia at 106-108 degrees F., infrared saunas can heat the body a few degrees, causing a fever. This is a much gentler method, much slower, but safer method and easier to tolerate and control.

Infrared lamp saunas are much better for this

purpose than traditional saunas because near infrared saunas penetrate the skin and heat the tissues several inches inside the body. Also, the lights can be directed right at the cancer, which cannot be done with any other sauna, including far infrared or traditional types of saunas. This is another powerful advantage of the near infrared lamp sauna.

3. Improving Circulation Powerfully Removes Dead Cancer Tissue and Greatly Supports Nutrition and Oxygenation of the Body. Cancer often grows in tissues with poor circulation. This is unfortunately a cause of cancer all by itself. Saunas powerfully shunt the blood from the internal organs to the periphery of the body in an attempt to get rid of the heat. They also increase circulation to the lungs, improving oxygenation. This combination has a powerful stimulating effect on circulation. This can be an incalculable benefit for cancer patients, many of whom cannot or should not exercise much, and is particularly good for older patients as well for this same reason.

4. Decongesting The Liver And Other Internal Organs. Congestion of the liver, kidneys and other internal organs inhibits the detoxification of all toxic substances in our bodies. This is a very critical problem for cancer patients. For this reason, Dr. Max Gerson, MD, recommended coffee enemas, juices and other methods to assist liver and colon elimination.

Sauna therapy with near infrared, in particular, assists detoxification of these organs in two ways. We have already mentioned improved circulation to the entire body.

However, even more important is that saunas move blood away from the center of the body toward the extremities to get rid of the heat. This helps decongest the internal organs in a wonderful way. This is a key to their proper use as well. The sauna must be used several times daily for the best results, unless the patient cannot tolerate it well, then one session daily is okay. This is one reason we want patients to have their own inexpensive sauna unit at home.

5. Near and Far Infrared Rays Are Healthful For Most Everyone in Correct Amounts. Infrared is a fascinating subject that is attracting more attention due to its health benefits. The army uses

infrared on wounded soldiers, according to a recent news story. Veterinarians use it on animals post-surgery, and infrared clothing and heating pads are now on the market.

According to Japanese research, infrared may also enhance oxygen production within the cells (Jap J Inflammation, November 1996, 16(6):9).

Infrared has numerous other benefits that are too numerous to mention here. See the references for more details.

6. Enhancing Oxygenation Is Lifesaving.

Although mentioned above, this deserves its own paragraph. Oxygen therapies are one promising new area of low-toxicity cancer therapy research. However, the near infrared sauna easily improves oxygenation of the body. It is also much less costly and has fewer risks associated with it in most cases.

7. Normalizing Enzyme Systems Can Save a Life.

This point deserves an entire book. Our bodies must have the proper temperature to function correctly. However, Max Gerson, MD, and other cancer researchers found that many cancer patients suffer from low glandular activity that causes a low body temperature. Eighty percent or more of cancer patients have low thyroid activity, for example: The sauna, by raising the body temperature several degrees in a short period of time, helps remove this critical problem, even if the correction is short-lived.

Over time, the body will eliminate the toxins that are causing the low thyroid activity or low adrenal activity in many cases. In the meantime, repeated sauna use can correct the condition enough to give the body an added advantage against the cancer.

There are many added benefits to heating the body, of course, but this one needs more research and will be found to be a very basic one.

8. Saunas Help Balance the pH. Saunas can help balance both acid and excessively alkaline body chemistry. Some of the reasons have been touched upon, such as improved circulation and far better elimination of toxins. Another reason was briefly mentioned. The infrared, particularly near infrared sauna, helps correct a sluggish metabolic rate, which can cause both acidic and alkaline imbalances.

Improving oxygenation does far more than just

nourish the cells. It also eliminates dead cancer tissue, which otherwise is an added acidic burden to the patient. These and other reasons beyond the scope of this article also help to balance the body pH.

The sauna is a safe method of balancing the pH, unlike many methods used today. A doctor who knew all about this was Max Gerson, MD, who used fresh raw vegetable and fruit juices for this purpose. This used to work perfectly. In our experience, however, many patients do not tolerate juices as well today. This may be due to the fact that their mineral content may be lower or the sugar content may be higher and they are quite "yin" today.

Saunas, by contrast, are a hot or "yang" therapy that seems to balance the body, while at the same time getting rid of the acidic wastes and nourishing the cells with oxygen and more blood flow.

9. Eliminating Secondary Infections Is Another Great Benefit.

Heating the body a few degrees is like having a fever, a well-known way the body rallies against infections. Improving the circulation and oxygenation can also help to kill many microorganisms.

Balancing the pH, improving the nutrition of the cells and inhibiting the sympathetic system are other powerful infection-fighting methods used in sauna therapy. In fact, the sauna will save anyone from a toxic condition due to infection better than some antibiotics or other methods, either medical or natural ones.

For the greatest effect, including the maximum heating of the body, we suggest that all heat lamps be on one wall of the sauna. This is a common mistake that patients, who are building their own sauna, often make. We encourage anyone to view the free plans for your sauna at our web site, www.drlwilson.com.

10. Genetic Effects Are Also Possible With Saunas. Genetics is the rage today in cancer therapy circles. However, many forget that toxins block genetic expression.

Saunas can help restore and maintain your DNA in the following ways, among many others.

It can help remove radioactive particles. These are usually bound to minerals in the body.

It helps remove hundreds or even thousands

of DNA damaging toxic chemicals.

*The sauna's heat may disable or kill weaker cells that have mutated due to radiation poisoning that everyone has today. Otherwise, these cells would reproduce, causing even more mutated cells to be present in the body. These cells more easily can become cancerous.

*By the mechanisms described above, sauna therapy enhances the absorption and utilization of many nutrients needed for proper genetic expression.

11. Heat Shock Proteins Can be Produced in Saunas. Heat shock proteins are a discovery of the past 30 or 40 years (Kukreja, 2000 Verlag 1991). These interesting substances are produced naturally by the body when it is subjected to stressors, among them heat.

Heat shock proteins can actually renature or repair cell structures, thus regenerating the cells. They are being studied in cancer research as they have been found to be potent immune system boosters.

Near infrared sauna therapy may be a simple, cost-effective and safe way to induce natural production of heat shock proteins (HSPs).

"When HSPs encounter tumor fragments, they pack them up for processing by the immune system's defensive macrophage cells, setting in motion a chain of events that results in the recognition of the tumor. The body's cytotoxic T-lymphocytes (also known as killer T-cells) then attack the cancer cells that produced the material sponged up by the HSPs. The tumor is thus killed even without the ability to recognize individual epitopes (surface characteristics of cancer cells that allow the immune system to identify it as dangerous). This natural process has been used successfully in vaccination of mice and rats with experimental tumors." (see Heat Shock Proteins: New Avenues to Cancer Vaccines).

12. Color Therapy is Helpful, too. Color therapy is greatly underrated. Red, yellow and orange light, produced by an infrared lamp sauna, nourishes the lower centers or chakras. This is where our organs of digestion and elimination are located, such as liver, kidneys, and large intestine (Dinshaw, 2005). In fact, one can add colored light to any sauna.

13. Saunas Help the Mental State. Maintaining a positive attitude is very important for cancer patients.

Many people report that sauna therapy feels good, is relaxing and leaves them refreshed. Some report that the quiet and privacy of the sauna is like a gift to themselves that they cherish.

Inside a sauna, one can easily shut out the cares of the day. One can meditate or pray easily, without interruptions or even thoughts of the outside world intruding. This simple benefit of temporary peace and solitude is not a feature of so many costly, complicated cancer cures used by modern medicine. The peacefulness of a sauna can have many benefits, such as helping the cancer patients see themselves and their situation clearly and constructively.

Cautions With Saunas: Children under five years old must be closely supervised or should not use saunas. This is more because they are small and do not sweat as well than for any other reason.

Those over 65 should also be supervised more closely, although we have no reports of problems when the sauna is used in an intelligent and rational manner. A friend or partner should be present, however, whenever someone ill is using a sauna for the best protection against any unforeseen event.

References:

1. Sauna Therapy by L. Wilson, LD Wilson Consultants, Inc. 2003.

Dr. Lawrence Wilson has a medical degree, but preferred to work for the past 29 years as an unlicensed nutrition consultant. He does not diagnose, prescribe for or treat any disease or condition.

[Editor's note] *Although Dr. Wilson discusses the merits of saunas, it is important to know he has developed a portable near infrared sauna so that patients can have saunas at home. He will also provide instructions for the do-it-yourselfers who feel capable of constructing the sauna themselves.*

Dr. Wilson can be reached at 928-445-7690 or Larry@drwilson.com

BOOK REVIEW

By Doris I. Rapp, M.D.

SAUNA THERAPY FOR DETOXIFICATION AND HEALING BY LAWRENCE WILSON, MD

Sauna therapy is re-emerging as a safe and effective way to detoxify and heal the body. It increases the circulation, removes toxic substances of all kinds and can help heal many health conditions. These range from viral and other infections to arthritis, heart disease, cancer and much more. As the body heals many mental and emotional conditions also improve.

This book is designed for health practitioners and laymen alike. Dr. Wilson has 25 years of experience with detoxification and natural healing as a nutrition consultant with a medical degree. In this book, he introduces the infrared lamp sauna, with its deeper penetration and cooler operating temperature. He also discusses important detoxification information, sauna protocols, cautions and provides many testimonials pending more formal studies of sauna therapy. He also provides simple plans to build your own infrared lamp sauna.

Sauna Therapy is a book everyone should own. Dr. Wilson explains why we all need to rid our bodies of toxins to correct or prevent damage to our health and to heal our bodies.

This book, however, goes far beyond the detoxification benefits of a sauna. Every possible aspect of sauna utilization is discussed succinctly and clearly. All the pros, cons and comparisons are there. Read it and get well!

I truly believe everyone would improve their health if they used this form of therapy on a regular and frequent basis.

Doris J. Rapp, MD, author of *Our Toxic World, A Wake Up Call*.

ITEMS OF INTEREST

FACT doesn't usually present commercial items but I think there are times when we have an obligation to keep our members informed. There are three items that should be of interest to you.

1. **A Portable Near Infrared Sauna** which is in this issue of *Cancer Forum*. I expect this item will serve as a constant detoxifier. Because it can raise body temperature to the fever level, I am hoping that it will also serve to eliminate cancer cells as part of the detoxification. It is scientifically known that hyperthermia (fever) destroys cancer cells.

2. **StemEnhance** is another item that I feel you should be aware of. It claims to duplicate stem cells in an oral form. I've gotten enough feed-back from people who have benefitted from StemEnhance to present the information to our readers. You can get additional information from Pat Judson. Her telephone number is: 313-278-6707

3. **C TONICS** is a natural shampoo and conditioner. One of our long time members, a naturopath, has developed a line of shampoos and conditioners that are cleansers and tonics. They have many different formulas for different needs—to restore, nourish and recondition hair. It is my understanding that Whole Foods would carry the line. If you cannot find C TONICS in the store, contact M. Craig & Associates/Jennifer Craig at 212-410-0842.

ORGANIC SEEDS FOR THOT from *ORGANIC CONSUMERS REPORTS*

STRANGELY ENOUGH, all of the knowledge of the anti-diabetic effect of brewer's yeast that has accumulated due to research of biologists, pharmacists and medical research seems to have gotten lost in this chemical age. Yet, the sum total indicates that the brewer's yeast cell (unheated) forms a natural substitute for those substances that make it possible for the hypoactive pancreas to reactivate hormone production.

SEEDS 4 THOT: Alternate applications of Castor oil and expressed juice of fresh cranberries has resulted in the almost complete disappearance of large, unsightly moles. Reprinted From *Kitchen Medicines*.

Charlie Chan say: Beware of theory; like dew on eye glasses, can obscure facts.

Group Urges Program to Promote Use of Umbilical Cord Blood

By REED ABELSON

Congress's main medical advisory group called for a new federal program to oversee and promote the use of umbilical cord blood, a natural byproduct of healthy childbirths, for medical treatment.

Collected with the donor mother's permission, stem cells from umbilical cords represent a promising therapy for the thousands of people with leukemia, lymphoma and other diseases who cannot currently undergo bone-marrow transplants because they cannot find the right match. About 600 cord-blood transplants were performed in this country last year.

But broader use of the technique has been impeded by a limited supply of donor blood and doctors' difficulties in finding compatible blood types among the 50,000 or so units now scattered among about 20 cord-blood banks around the country.

"This emerging field of therapy needs a coordinated center," said Kristine M. Gebbie, an associate professor of nursing at Columbia University, who was the chairwoman of the committee that examined the issue for the Congressional advisory group, the Institute of Medicine.

While some banks allow parents to store the blood privately for their own families' use, experts see the need for a much larger public supply of cord-blood units. Congress allocated \$10 million last year toward this cord-blood effort, and another \$10 million should follow this year.

In its report recommending how the effort takes place, the institute concluded that at least 100,000 more units were needed, especially to help provide matches for ethnic and racial minorities. Because the collection and preparation of the blood is so expensive, about \$1,100 per unit, many of the banks do not have enough money for

the effort. The institute also concluded that much more needed to be done to track the results of the transplants so doctors and patients would have better information about how to proceed.

Because a turf war and dueling visions between the two major players in the field have delayed the spending of the federal money already approved, Congress asked the institute to study the matter last year. It would be up to the federal Health Resources and Services Administration to act upon those recommendations. Calls to the agency yesterday were not returned.

One of the field's competing players is the National Marrow Donor Program, a nonprofit group in Minneapolis that oversees the main registry of blood and marrow donors, which wants to expand its authority. Its rival, the New York Blood Center, a nonprofit blood bank, wants the government to finance the blood banks directly.

The Institute decided that neither group's proposed approach was exactly the right one.

CHUCKLE FOR THE DAY

Remember old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet, and gas in their stomach.

I have become a little older since I saw you last, and a few changes have come into my life since then. Frankly, I have become quite a frivolous old gal. I am seeing five gentlemen every day.

As soon as I wake up, Will Power helps me to get out of bed. Then I see John. Then Charlie Horse comes along, and when he is here he takes a lot of time and attention. When he leaves Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a lift!

P.S. The preacher came to call the other day. He said at my age I should be thinking about the hereafter. I told him, Oh, I do all the time. No matter where I am, in the parlor, upstairs, in the kitchen or down in the basement, I ask myself, what am I after?

Herbal Extracts:

I have formulated some vitamin preparations, but from purely natural ingredients, fresh fruit extracts and not artificially brought to a highly concentrated content. For I've found that it is the gentle stimulation that in herbal medicine exerts great power, activating the body's own defense mechanisms; whereas strong stimulation, including high doses of vitamins, tends to do more harm than good. Anonymous

Doctors Who Battle Their Own Cancer:

Dr. Richard J. Browning "I Retired at 49 and Got Cancer at 50." discovered the same basic truths I did when waging a successful fight against my own cancer. First, it is no different from any other disease in that host resistance is the ultimate requirement for survival. Accepting recommended medical therapy, diet and vitamins, sufficient rest, daily exercise, as well as prayer and the replacing of negative stress with positive thinking, all contribute to strengthening that resistance.

A diagnosis of cancer shouldn't be received as a death sentence, but as a renaissance of one's life. The earth's beauties, once taken for granted, become newly appreciated. Each day is seen as a new opportunity for accomplishment and the cancer patient experiences a respect for the true greatness that the gift of life represents.

John J. Fisher, M.D.
Jacksonville, Fla.

Low-Fat Dairy Products Linked to Increased Infertility Risk:

A new study found low-fat dairy product consumption is linked to an increased risk of infertility. A total of 18,555 premenopausal women from the Nurses' Health Study II who attempted a pregnancy or became pregnant between 1991 and 1999 were evaluated for the association between dairy products and infertility. Women who consumed two or more servings per day of low-fat dairy products had 1.85 times the risk for infertility. While total dairy product intake was not associated with an increased risk of infertility, the

majority of fat in dairy products is saturated fat, which is linked to increased cholesterol, insulin resistance, overweight and obesity, and other health problems.

Chavarro JE, Rich-Edwards JW, Rosner B, Willet WC. A prospective study of dairy foods intake and anovulatory infertility. *Hum Reprod* 2007 22(5) 222(5):1340-1347.

PARALYSIS BY ANALYSIS

U.S. Hit by Epidemic of Medical Diagnosis

In a recent New York Times essay, "What's Making us Sick is an Epidemic of Diagnosis," Dr. H. Gilbert Welch candidly concludes that "for most Americans, the **biggest health threat** ... is our health-care system. Not just because of medical error. The larger problem is an epidemic of diagnoses. "Americans live longer than ever," he observes, yet more of us are told we are sick."

One driver is medicalization of everyday life, in which sensations previously considered part of life now are considered symptoms of disease. Even children are subject to lifetime labels at any sign of mild, intermittent or transient symptoms. "Exactly what are we doing to our children when 40 percent of summer campers are on one or more chronic prescription medications?" he queries.

Another driver is the quest to find the disease early. New technologies allow doctors to "look really hard for things to be wrong, so that "it's possible to give a diagnosis to just about everybody." Changing rules constantly expand what constitutes disease as acceptable baseline thresholds drop.

Overdiagnosis carries penalties. For those labeled "at risk" or with pre disease, but destined to remain healthy, treatment can only cause harm. Potential harms from new therapies can take years to emerge. "Doctors need to remember the value of reassuring people that they are not sick," avers Welch. It's past time the National Institutes of Health redirected researchers bent on discovering a new disease to the goal of reducing—not increasing—the need for medical services.

Reprinted from *Natural Awakenings* of Fairfield County.

THE CAYENNE CURE

By Megan Babitt

Move the black pepper aside. Cayenne's got a lot more flavor—and does more for your health than you might imagine. Malcolm Taw, M.D., assistant clinical professor at the UCLA Center for East-West Medicine, says research shows cayenne helps lower blood pressure. Capsaicin—the main extract of cayenne pepper—releases neurotransmitters in the body that help the vascular system expand, allowing blood to flow more easily. These neurotransmitters also initiate diuresis (the process by which the body excretes salt), which also lowers blood pressure.

Eases pain. From twinges in your lower back to chronic arthritis, capsaicin lowers levels of substance P in the body, the neurotransmitter that signals pain.

Prevent illness. There are five major flavors in our diet: sweet, salty, bitter, sour and spicy. "Since Americans get way more sweet and salty foods than any others, adding spice helps balance things out," says Taw. "This balance can improve circulation, help with digestion, and detoxify the body—all of which can help prevent disease."

Add a teaspoon of cayenne pepper to soups, stews and casseroles. Can't handle the heat? Take a tincture, which is easier for the body to absorb than capsules. As for the areas where you feel pain, apply a topical cream containing between .025 and .075 percent capsaicin. Just be sure to check with your doctor before using, since cayenne can have potential drug interactions with blood thinners, H2 blockers, and ACE inhibitors.

Reprinted from *Natural Solutions* March 2008.

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Health is so necessary to all the duties as well as the pleasures of life, that the crime of squandering it is equal to the folly.

—Dr. Samuel Johnson
I love to think of Nature as an unlimited broadcasting station, through which God speaks to us every hour, if we only will tune in.

— George Washington Carver

THE HAND'S EARLY- WARNING SYSTEM

Anemia. Shows in very pale hands.

Arthritis. A swelling of the knuckles at the base of the fingers indicates rheumatoid arthritis. Osteoarthritis causes the joints nearest the fingertips to swell.

Diabetes. In one out of four sufferers, the muscles between the thumb and the index finger shrink long before the usual symptoms of diabetes occur.

Heart Disease. Bluish discoloration can indicate heart or circulatory problems. Clubbing (the fingertips become thick and swollen) is another heart symptom though, this condition can be a normal family trait. Nodules or little scars often appear on the left palm just below the little finger and ring finger after a heart attack. They can also follow a silent heart attack that can occur without a person realizing it.

High Blood Pressure. Can cause ruddy palms. (Also an indicator of gout, rheumatoid arthritis and diabetes).

Insomnia. Produces cold clammy hands.

Shock. When a normally warm pale hand suddenly becomes cold and bluish, this is a sign of impending shock, and it is a symptom that shows even before changes in the pulse rate or blood pressure indicates the condition.

Stress. There are three signs that will show you are particularly prone to stress: (a) a spider's web of fine lines all over the palm shows you are high strung. (b) a long, narrow palm with tapering fingers and long narrow nails, indicates someone who gets upset easily (c) a highly developed heel of the hand, opposite the thumb shows a pile-up of unconscious tensions.

Thyroid Trouble. If the thyroid gland is overactive, the skin will be smooth, satin-like and warm. In cases of an underactive thyroid, the skin is doughy, dry and coarse. Thin brittle nails also indicate underactive thyroid.

Tremors. According to the type, hand tremors can indicate a variety of problems, from Parkinson disease, liver disease, carbon monoxide poisoning, to just plain "nerves."

Letters

Hello,

I found your name on the Internet. I would be most grateful if you could forward information to me about FACT. I appreciate the fact that you do indeed exist and would be grateful, indeed am, that there is possibly a hope for cancer patients. L A

Dear Ruth,

Just returned from the most exciting convention in L.A. in my lifetime. I always thought nothing could compare to your conventions but this one did. So many M.Ds coming into the company that it frightens me as we all know the FDA is around doing their thing.

Thought you might like to try our new product and also read the magazine.

I talked with people from all over the world. I spoke of your group and you many times over the weekend.

Love and Best wishes, Pat

Dear Mrs. Sackman:

Thanks to you and your wonderful organization, I am making significant progress against my disease using the Gerson therapy. It turns out that Dr. Stilling's Whole Life Center is the only facility approved and certified by Charlotte Gerson. We have already been able to demonstrate that my tumor is smaller.

This is just the beginning of course but thanks to you I am on my way. You have my deepest appreciation for your help. Thank you.
Sincerely, R. B.

Dear Ruth,

I love talking to you. I learn every time I talk to you. I called the doctor's office and they will send me my report.

I am enclosing my check for my membership. Excuse me for this oversight.

Keep well. I love you.

Love and blessings, Mollie 07

Dear Mrs. Sackman,

Thank you so much for kindly offering your excellent advice to take oculotrophin for my eye. I am juicing, trying to eat well, etc.

It has been difficult recently with the emergency eye surgery, then my mother-in-law's heart surgery. Now my father-in-law is in ICU. I shall keep faith and be reassured by superb, friendly resources like you. Enclosed is \$15 - \$10 for renewal of my FACT subscription and \$5 contribution, the most I can donate right now. You are a godsend and thank goodness for your good heart to help others. You are making a great difference in people's lives.

Bless you, M. C.

Dear Ruth,

Enclosed please find a check for \$500 from my IRA distribution to be used for a special project for FACT.

I have been a member of FACT since after my husband's death from cancer in 1985. I have learned many useful lessons from your publication *Cancer Forum*.

I would like my donation to be anonymous.

Sincerely, H.V.

FACT

Enclosed is my contribution to FACT with much appreciation.

Over the years I have had the opportunity to refer your organization to several grateful people. I do it again and again. S. M B.

Dear Mrs. Sackman,

Please find enclosed a check to cover the \$5.00 fee for the information packet containing the diet, etc.

Also, I have enclosed an additional \$50.00 donation for the FACT organization. Thank you so much for your help and information.

Sincerely, D.M.

RUTH SACKMAN'S NOTEBOOK

THERMOS-COOKED CEREAL

This recipe has been printed previously in *Cancer Forum*. It is a very valuable food item. Because it is being neglected I feel it needs an in-depth explanation. Seeds have enormous energy and life. Just think what happens when you put a seed in the ground and just water it. It produces a new plant that grows to maturity and produces new seeds. That is real power! Because it reproduces, it has balanced hormones that are all natural. I have had two experiences with patients who had hormonal problems that the seeds corrected. One miscarried repeatedly. After adding the cereal to her diet she carried to term. She now has two grown daughters. Another was a young man who could not impregnate his wife. The doctor recommended surgery which sadly did not correct the problem. Soon after using the thermos-cooked cereal, his wife conceived and they have since had other children.

The most wholesome way to prepare foods is to preserve all of the natural elements to the degree possible. Using low heat to prepare the cereal, a thermos for example, avoids destruction of the enzymes and saves other precious elements. All that is necessary is a wide-mouth thermos and whole grains, such as rye, barley, wheatberries, corn, millet, buckwheat, brown rice, oats, etc. Rye, barley, oats and buckwheat do not need to be ground before the thermos-cooking process, but the others will not soften adequately if not ground beforehand. The grains can be used singly or combined for different tastes. It is interesting to experiment to achieve various flavors.

There are other ways to heat the cereal and maintain the low heat. Some people have put the cereal over a pilot light either on top of the stove or in the oven if it has a pilot light.

To prepare the cereal, put 3 tablespoons of the whole grain in the thermos and add one cup of hot water for the average portion. If more or less food is desired, use a ratio of 1/3 cup of water to 1 tablespoon of cereal. Let stand overnight or for about 8 hours. Because of the low heat, there will be no destruction of enzymatic function. The result will be equivalent to a prepared cereal without the loss of its nutritional value. Some people prefer to use the cereal in its whole form as it comes from the thermos. Others prefer to put it in a blender for a consistency closer to what they have become accustomed to. If the cereal needs to be rewarmed, put it in a bowl and warm it over hot water. (This is similar to using a double boiler except that a pot and a bowl are used.) Do not overheat!

Since salt is to be avoided by the cancer patient, other seasonings need to be employed. Try flavoring with raw honey, or soaked dates, or raisins, or other dried fruits. Bananas and/or other fresh fruits can be added. Honey can be used as a sweetener, or maple syrup if that is preferable. A little light cream can be added. Make sure that you prepare it so that it is enjoyable and you look forward to eating it.

RECIPES

Pesto

2 bunches basil (about 8 ounces), washed and dried

leaves only

1/2 clove garlic, peeled and germ removed [?]

1 tsp. pine nuts

1 tsp. finely grated Parmesan cheese

1/2 cup extra-virgin olive oil

Put all ingredients in a food processor and blend until smooth. Transfer to a bowl, cover, pressing a piece of plastic wrap against the surface and set aside until needed. The pesto can be made a day ahead and kept tightly covered in the refrigerator.

Stir and bring to room temperature before serving over steamed vegetables, salad, etc. [ad-Eli Zabar NY]

Cabbage Salad Bowl

1/2 head cabbage, red or green

2 small onions

1 cup whole plain yogurt

1/2 cup minced onion tops

1/2 teaspoon rosemary

2 tablespoons lemon juice

Shred cabbage, add thinly slice onions, rosemary. Combine yogurt and lemon juice and add to other ingredients. Toss well before serving. Serves 2

Fruit Pudding

2 bananas

1 mango, skinned, stoned and sliced

10 fresh strawberries

2 pitted dates, (optional, depending on your sweet tooth)

few dashes nutmeg (opt.)

Cut up dates. Put everything in a food processor and blend until it looks like a pudding! If you like, serve with a dash of nutmeg atop each serving. Makes about 4 servings.

Sweet Beet Soup?

1 beet

3 fresh strawberries

1 tomato

2 cups distilled water

5 spring onions

2 dollops whole plain yogurt

1. Slice beet, strawberries and tomato. Place in a blender with distilled water and onions. Puree. Swirl in a dollop of whole plain yogurt. Serves 2.

Red Bean Bing-Bang

The Chinese name for this legume is hungdou, but natural food stores and Oriental groceries in the U.S. sell it by its Japanese name — adzuki.

1 cup adzuki beans

5 cups water

1/2 cup brown sugar (or maple syrup)

1. Soak beans overnight in water. Place beans and soaking water in a pot, cover and simmer until beans are soft enough to crush easily between the fingers (about an hour or so).

2. Remove beans from heat and add sugar.

3. When cool, liquify beans and any remaining water in a blender or food processor. Pour mixture into molds, add sticks and freeze for 6 hours. [Or simply serve unfrozen as a pudding.] Makes 8 two-ounce servings.

From *Vegetarian Times*, July 1989

Italian Soup (No Cooking Required!)

1 avocado

4 fresh tomatoes

a handful of fresh basil

2-3 tbsp. cold-pressed olive oil

Blend all ingredients until smooth. If the soup is too thick, add another fresh tomato or so and re-blend. Makes 2 servings.

Hazel Nut Milk

1 cup raw almonds, soaked overnight

1 cup raw hazel nuts, soaked overnight

4 cups distilled water

raw honey to taste

1/2 vanilla bean (seeds only)

Blend everything until smooth. Serves 4.

Hummus

Put in Blender:

2 cup cooked chickpeas

1/2 cup tahini

juice of 1 lemon

few cloves fresh garlic

dash cayenne

1/4 cup olive oil

small bunch fresh parsley

Blend until very smooth and serve with chopped parsley garnish.

Tahini Dressing (from Ellen Rixford)

Put in blender:

2 heaping tablespoons raw tahini

2 medium organic carrots, chopped

1/2 large onion, chopped

1-2 cloves garlic

few sprigs fresh parsley

1-2 tablespoons maple syrup (or raw honey)

1/2 cup olive oil

1/2 cup lemon juice or cider vinegar

a few tablespoons to taste Bragg Aminos (opt.)

few sprigs fresh parsley (opt.)

Blend until smooth.

This recipe makes a fairly large amount which will keep in the refrigerator for 2-3 days.

Sunflower Seed Cheese

Blend 1/2 cup sunflower seeds with 1 cup

rejuvelac until a smooth creamy consistency

Let sit a warm place for 4 to 8 hours.

Let your taste decide when to stop fermentation by putting it in the refrigerator. If desired mix with cinnamon or nutmeg to taste.

Green Sauce

Blend, starting with a little distilled water or rejuvelac, just to cover blades, 2 celery stalks, 1 avocado, 2 thick slices of cabbage, 2 sweet bell peppers with seeds and cores, 5 green onions, your favorite seasoning such as curry, garlic, cayenne

Raspberry Crush

In a blender, combine 1 cup frozen organic raspberries with 1/2 cup strong-tasting juice such as blue-berry or cherry cider. Toss in a couple of pitted dates for sweetness and blend until smooth

Cauliflower Apple Puree

1 1/2 pounds cauliflower, trimmed and cut into large chunks. .

1-2 tablespoons unsalted unpasteurized butter

1. Steam cauliflower pieces until very tender.

Reserve steaming water.

2. Peel and core apple. Cut into slices.

3. Put cauliflower and apple in a blender or food processor. Add butter to taste if desired. Blend until very smooth, adding a little steaming water if necessary

Mock Chicken Loaf

Grind in meat grinder

2 cups lentil sprouts,

1 cup scraped corn.

Mix with 1/2 cup celery diced,

1/4 cup finely chopped green onion,

1 cup sunflower seed cheese,

2 tsps brewers yeast,

2 tsps dulse, dash of tamari.

Form loaf. Refrigerate for a few hours for the flavors to blend.

Cold Avocado Soup with Dulse

2 1/2 cups distilled water

1 medium-large onion, chopped

1 clove garlic

assorted chunks of vegetables, like carrot,

rutabaga, potato, sweet potato, celery, parsnip

(about 4 cups loosely packed

1 avocado, in chunks

several pieces dried dulse leaves torn into 1 inch or so pieces.

Opt. : bits of leftover chicken or fish

Fresh dill for garnish

slice of lemon

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