

# RETHINKING CANCER

## **New Documentary Provides a Rare Look Into the Therapeutic Journeys of Five Patients Who Overcame Serious Illness with Non-Toxic Therapies That “Empower The Body To Heal Itself”**

**Illustrates Bio-Repair Methods Championed Over Nearly 40 Years by Ruth Sackman, Layperson Medical Warrior Behind FACT, the Foundation for Advancement in Cancer Therapy**

NEW YORK, November 12, 2009 – Each year, according to the American Cancer Society, another 1.5 million Americans will be diagnosed with cancer and over 500,000 will succumb to the disease. While mainstream medicine continues to prescribe conventional protocols like chemotherapy and radiation that can harm the body as they destroy cancer cells, there is another school of thought that has quietly achieved many successes over the last nearly four decades with safe, nutrition- and detoxification-based methods that help the body to heal itself.

*Rethinking Cancer* is a provocative new documentary that presents a compelling look into the therapeutic and psychological journeys of five men and women who chose to use non-toxic, biological therapies to overcome serious illness. Four of the patients featured in this educational film had been diagnosed with cancer; two of these were designated terminal. The fifth used these methods to overcome a severe case of Lyme Disease, which was resistant to powerful antibiotics prescribed by both his family doctor and a specialist. All of the patients profiled have been disease-free from 15 – 37 years. They are representative of a large pool of well-documented, long-term survivors who sought guidance from the Foundation for Advancement in Cancer Therapy (FACT) and its then president, the late Ruth Sackman.

Since 1971, until her death at age 93 in December 2008, Sackman was one of the behind-the-scenes giants in the battle against cancer. A woman with no formal medical training, she fearlessly rallied to the cause of many others after losing her own daughter to acute leukemia treated with conventional therapies. Sackman began her work at a time when “alternative cancer therapy” was a high risk endeavor – one where doctors who treated patients with alternative concepts and citizens who aided or abetted them were sometimes prosecuted and jailed. It was also an era when the idea that nutrition could have anything to do with cancer was denounced as “quackery” by the medical orthodoxy.

This High-Definition, 56-minute film is designed to introduce the public and the medical community-at-large to a very logical, comprehensive concept of healing, the primary tools of which are balanced nutrition and detoxification systems, which have been successfully employed by many patients over decades. This bio-repair approach can support and enhance the natural healing capacity of the body to overcome disease, without the use of toxic chemicals or radiation. The film also serves as a testament to the work of the tireless and tenacious Ruth Sackman, whose non-profit group FACT became an invaluable “information grapevine” connecting often

desperate patients and families with educational materials and referrals to practitioners who could guide them in energizing their body's own remarkable healing powers.

*Rethinking Cancer* is introduced by Philip Incao, M.D., an Anthroposophic Medicine practitioner with over 40 years experience who became aware of FACT and bio-repair when his wife was battling breast cancer in 1981. Following the dramatic stories of the five patients, Dr. Incao speaks with Sheryl Leventhal, M.D., a former New York Oncologist who recently left the specialty to practice Functional Medicine. In the documentary, she relates a sentiment growing within the medical community: her frustration in dealing with patients at the critical end-phase of disease, rather than working with them earlier on prevention with nutritional and detoxification methods and other lifestyle changes.

The film concludes with an impassioned coda from Sackman herself. In this interview filmed one year before her death, the ill but still feisty patients' advocate, who believed passionately that health is our birthright, lays out her wishes for the future of cancer treatment – where every medical facility in the country would provide information and professional guidance on *all* treatment options, including the biological, non-toxic approach to cancer and other chronic conditions.

The heart and soul of *Rethinking Cancer* lies in the case studies rendered in dramatic interviews with five patients who were aided in their respective disease battles by FACT. In these, they discuss the deep sense of the approach, the physical and mental changes that occurred during and after treatment and why the choice was right for them, but possibly not right for others. The case studies include:

- **Rita Znamirowski – Renal Cell Carcinoma** – Like many who have come to benefit from FACT's knowledge, this Holocaust survivor was faced with a "death sentence" when her cancer was detected in November 1993. Her New York doctor refused to operate to remove her kidney, saying she was "Stage 4" and should, essentially, go home and die, an event he estimated would transpire within 2 months. *Rethinking Cancer* tells how a friend's son who beat prostate cancer with the help of FACT guided Rita through a year and one half treatment of nutrition and detoxification which not only overcame her cancer but her life-long anemia. ***This Monsey, New York resident has continued to follow the plan and has remained cancer-free for over 15 years;***
- **Lou Dina – Bone and Lymph Cancer** – In the early 1970s, mechanical engineer and classical guitarist Lou Dina was diagnosed with bone cancer in his wrist, which had also spread to his lymphatic system. Following conventional doctor's orders, Dina received radiation and one treatment of chemo before his "methodical engineer's mind" led him to seek out possible alternatives. This led him to FACT and the nutrition, body cleansing and pancreatic enzyme supplement plan created by Dr. William Kelley, a dentist who had cured himself of pancreatic cancer. In time, Dina's wrist recovered and he was again able to play classical guitar. He also became a strong patients' advocate by appearing at FACT conventions and authoring a book on his own healing experience. ***Now living in Birmingham, Alabama, Dina has been cancer-free for over 30 years;***
- **Michal Ginach – Breast Cancer** – Israel-born Michal received her diagnosis in December 1982, during a period when she was undergoing fertility treatments. At the urging of her doctor, Ginach underwent a mastectomy, which was to be followed by radiation and chemotherapy. Not wanting to have a poor quality of life often generated by

this traditional post-op protocol, Michal opted at a friend's suggestion to contact FACT and follow its bio-repair plan. As with many patients who benefited from FACT's counsel, Michal was impressed by the "deep sense" of the approach, "that the body has the wisdom to heal itself and all I need to do is help it." ***Now a practicing psychotherapist and mother of two residing in Riverdale, NY, Ginach has been cancer-free for over 25 years;***

- **David Walant – Lyme Disease** – The experience of Ridgefield, CT resident Walant demonstrates how bio-repair is a system applicable to almost any disease. When Walant was diagnosed with Lyme Disease in 1989, he first followed the recommendation of his family physician and took a course of a standard antibiotic, only to have his symptoms return when he stopped taking the drug. Another more powerful drug, Rosefin, was then prescribed by a specialist at Yale Medical Center. When the symptoms returned for a second time, the specialist recommended a double dose of the antibiotic he was assured would "100% kill the disease" the first time. By this juncture, Walant had been alerted to FACT, and although he wasn't a cancer patient, Sackman listened to and matter-of-factly advised Walant of a potential system to follow, including detoxification, vitamins, juices and herbal supplements. "As I got to the second day, 80% of my symptoms had totally left... I learned over time, if your body is given the right materials, the right food, the right mindset, it actually heals itself;"
- **Doris Sokosh – Breast Cancer** – New Canaan, CT resident Doris Sokosh is one of the oldest FACT success stories. First diagnosed with cancer in 1971, she underwent radical surgery to remove her breast and uterus. When her weight dropped to under 90 lbs, her doctor told her husband she was "Stage 4," there was nothing more that could be done and effectively sent her home to die. Her husband then found out about the just-formed FACT and began a last chance hope to nourish his wife, who at this point could barely move or speak, with apple, carrot and celery juices and even a rectal implant of yogurt, along with detoxification. Over the course of weeks, Sokosh began to show signs of recovery; with eyes so clear a friend commented "they are white like a baby's." When she regained her strength, Sokosh began to create her own food recipes based on the plan which are contained in a self-published tome which is swiftly making its way around the bio-repair grapevine, *Triumph Over Cancer Cookbook*. ***Today, still vital in her late 70s, Sokosh has been cancer-free for 37 years.***

"*Rethinking Cancer* is a chronicle of a long-running, ever-expanding movement in healing, a chance to share vital information about the safe, non-toxic approach to the treatment of cancer and other serious diseases with the broadest possible audience of the public and practitioners alike," states Consuelo Reyes, the Executive Producer of the documentary. "It brings into sharp focus important issues rarely addressed by conventional medicine – the root cause of serious disease, the inherent toxicity of prevailing treatments, food as medicine, the importance of detoxification and the subtle role of the mind in the healing process. The five patients' stories also illustrate another very important message: that the success of the bio-repair approach depends greatly on the understanding and personal responsibility of the patient towards their treatment."

"The people whose lives were touched by Ruth thought it was important for there to be a permanent record of her four decades of work," continues Reyes. "Ruth's greatest hope was that people would learn to trust their body's innate healing capacity and take charge by making the necessary lifestyle changes to maintain health or combat disease. She firmly believed that an understanding of the wisdom of the body would stem the epidemic of cancer, which is currently

impacting the lives of some 10 million Americans. We hope this film, and the riveting case studies that represent the experiences of so many cancer survivors, will help speed up this progress.”

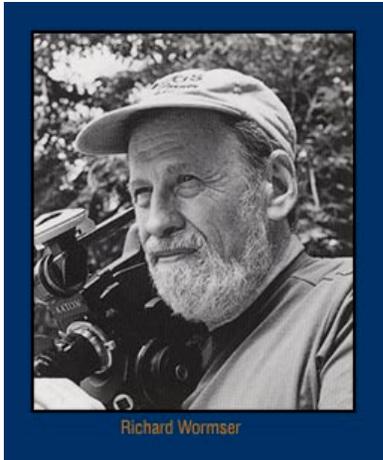
*Rethinking Cancer* was written, directed and edited by **Richard Wormser**. Wormser has produced, directed and/or written over 100 documentary programs and films, including the Peabody Award-winning four-part PBS series, *The Rise and Fall of Jim Crow*, and the Emmy-Nominated PBS documentary, *Delta Dreams*. Other production credits include **Consuelo Reyes, Executive Producer; Linda Goldberg, Producer; James Oakar, Producer/Composer** and **Tom Hurwitz, Director of Photography**.

For more information on this documentary including clips, please visit:

[www.rethinkingcancer.org](http://www.rethinkingcancer.org).

For screeners, photos and interviews contact: Sal Cataldi or Kaitlin Lindsey at Cataldi PR, 212-244-9797, [sal@cataldipr.com](mailto:sal@cataldipr.com) or [kaitlin@cataldipr.com](mailto:kaitlin@cataldipr.com)

**Biography:**  
**Richard Wormser**  
**Writer, Director and Editor of “Rethinking Cancer”**



Richard Wormser has written, produced and/or directed over one hundred documentary films and programs for television, foundations, educational institutions and government.

Wormser was also the originator, series producer, co-director/writer of a four-part television series, *The Rise and Fall of Jim Crow*, the story of the African American struggle for freedom during the era of segregation 1880-1954. The series received national acclaim and won the prestigious Peabody Award for excellence in television programming, three national Emmy nominations, the International Documentary Association Best Series award, Cine Gold Eagle and the Chris Award. Several reviewers picked *The Rise and Fall of Jim Crow* as one of the ten best television programs of 2002. He has also written, produced and/or directed over 50 programs for television, and educational institutions, which have received numerous awards. Wormser has recently completed the Emmy nominated PBS documentary *Delta Dreams*, the story of a dying community in the Arkansas Delta struggling to get back on its feet. He also produced, wrote, and directed *Hubert's World*, a film about an extraordinary mentally and physically disabled man determined to live a normal life.

Wormser has recently received research and development grants for *The Road To Civil War*, a three-part PBS television series on America during the ante-bellum years (1789-1861). He is also completing *The Road to Removal* for the Winthrop Rockefeller Foundation on the forced Cherokee removal from Arkansas and the South in the 1820s and 1830s, and finishing production on *Lives in the Balance*, a documentary that followed four, very bright, at-risk school children through middle school. With Gilles Carter, Wormser is writing and co-producing *Independence: The Native American Struggle for Freedom during the American Revolution*.

Wormser has also written and directed *The Elaine Riot: Tragedy and Triumph and Farmville: An American Story*. Other television credits include: *Islam's West* (WNET); *The Global Workshop* (WNET); *Lifers: Learn the Truth at the Expense of Our Sorrow* (Coronet/MTI); *The Fighting Ministers* (PBS); *Death for a Juvenile?* (MacNeil-Lehrer Newshour); *The Other Side of Victory* (NEH/PBS); *Up From The Ashes*, (3-2-1 Contact), *Joseph* (HBO); *Landscapes of Hope* (PBS), *Sesame Street* (WNET); *Other People, Other Places*, (ABC); *The Ultimate Machine* (WNET). His projects has received major funding from the National Endowment for the Humanities, the Corporation for Public Broadcasting, the Winthrop Rockefeller Foundation, the John D. and Catherine T. MacArthur Foundation, Native American Public Telecommunications, the National Endowment for the Arts, the Writers' Guild of America, PBS and the Amax Foundation.

Wormser is also an award-winning author and photographer of young adult non-fiction. Among his published works are included: *To the Young Filmmaker*, *Wandering*, *The History of Hoboes and Tramps in America*, *Growing Up in the Great Depression*; *Lifers: Learn the Truth at the Expense of Our Sorrow*; *Allen Pinkerton: America's Private Eye* and *American Islam*. His books have won numerous prizes including the Carter G. Woodson Honor Book award. He has also written *The Rise and Fall of Jim Crow*, the companion book to the PBS series.

He teaches at the University of New Haven, the New School University in New York City. He has taught at the University of Bridgeport, and has been a guest lecturer at NYU, SUNY Albany and the University of Arkansas at Fayetteville. He presently resides in New Haven, Connecticut.

## **Bio-Repair Patients Featured In the New Documentary *RETHINKING CANCER***



**Rita Znamirsky – Renal Cell Carcinoma** – Like many who have come to benefit from FACT’s knowledge and grassroots network, this Holocaust survivor was faced with a “death sentence” when her cancer was detected in November 1993. Her New York doctor refused to operate to remove her kidney, saying she was “Stage Four” and should simply go home and die, an event he estimated would transpire within 2 months. At the advice of her husband’s cousin, a kidney specialist in Florida, she flew south intending to immediately have the surgery. When the operation was postponed due to her life-long anemia, Rita reluctantly took the advice of a friend’s son, Daniel Friedkin, who had overcome prostate cancer with help from FACT, and began a diet of vegetable juices, whole fresh foods and periodic detoxification. Within two weeks, blood tests showed that Rita was no longer anemic, a condition which she had suffered with her entire life. Importantly, she also had enough blood to donate for her surgery. After the surgery, Rita still had cancer, but continued the dietary prescriptions provided by Friedkin and Ruth Sackman, in lieu of a proposed course of Immunotherapy, with the approval of her forward-thinking physician. Over the course of the year and one half she followed the plan set forth by Friedkin, the number of cancerous nodes gradually decreased in size and number, then disappeared altogether. ***This Monsey, New York resident has continued to follow the FACT plan of nutrition and detoxification and has been cancer-free for over 15 years;***



**Lou Dina – Bone and Lymph Cancer** – In the early 1970s, mechanical engineer and classical guitarist Lou Dina was diagnosed with bone cancer in his wrist which had also spread to his lymphatic system. Following conventional doctor’s orders, Dina received traditional radiation and one treatment of chemo before his “methodical engineer’s mind” led him to seek out possible alternatives. His detailed search eventually led him to a FACT convention, where he was more impressed by the stories of recovered patients than the opinions put forth by his doctor. The convention led him to the nutrition, body

cleansing and pancreatic enzyme supplement plan created by Dr. William Kelley, a dentist who had cured himself of pancreatic cancer. When Dina brought up the possibility of following this protocol to his oncologist, they entered into an hours' long debate about the merits and minuses, ending with the doctor's confession that he had lost his mother and sister to the disease. With FACT founder Ruth Sackman's personal guidance, Dina chose to follow the Kelley program. Within a couple of months, he took tests which showed a decrease in cancer activity. Within time, Dina's wrist recovered and he began to again play classical guitar and be a strong patient advocate, by appearing at FACT conventions and authoring a book on his own healing experience. ***Now living in Birmingham, Alabama, Dina has been cancer-free for over 30 years;***



**Michal Ginach – Breast Cancer** – Israel-born Michal received her diagnosis in December 1982, during a period when she was seeing doctors often while undergoing fertility treatments. At the urging of her doctor, Ginach underwent a mastectomy which was to be followed by radiation and chemotherapy. When Ginach balked at the prospect, her Sloan-Kettering oncologist said she would have a less than 15% chance of recovery without treatment. Not wanting to have a poor quality of life from the side effects of treatment, if this was indeed to be the end of her life, Michal opted at a survivor friend's suggestion to contact Ruth Sackman and FACT. Already regretting the mastectomy and dreading the prospect of the side effects of radiation and chemo, Ginach decided to take control of her treatment and follow the bio-repair plan. As with many patients who benefited from FACT's counsel, Michal was impressed by the "deep sense" of the approach, "that the body has the wisdom to heal itself and all I need to do is help it." Less than six months after she began the bio-repair program, Ginach became pregnant and gave birth to the first of her two daughters on the one year anniversary of her diagnosis. ***Now a practicing psychotherapist residing in Riverdale, NY, this mother of three has been cancer-free for over 25 years;***



**David Walant – Lyme Disease** – The experience of Ridgefield, CT resident Walant demonstrates how bio-repair is a system applicable to any kind of disease. When Walant was diagnosed with Lyme Disease in 1989, a time when the disease wasn't widely known, he followed the recommendation of his family physician by taking a course of standard antibiotics. After finishing the course, Walant's symptoms returned, which led his family doctor to send him to a specialist at Yale Medical Center. The specialist put him on a powerful new antibiotic called Rosefin, which he assured him "would completely kill off the disease." Once again, after the treatment was concluded, the symptoms returned. The specialist's new recommendation? To double the dose. By this time, Walant had been alerted to FACT by a friend in New York and decided to give Ruth Sackman a call. Although he wasn't a cancer patient, Sackman listened to and matter-of-factly advised Walant of a potential system to follow, including detoxification, vitamins, juice fast and herbal supplements. Sackman also patiently talked Walant through his "healing crisis," symptoms of fever, sweating and skin flushing that occurred as his body worked to rid itself of toxins. "As I got to the second day, 80% of my symptoms had totally left... I learned over time, if your body is given the right material, and the right material in the right food, the right mindset, it actually heals itself." ***Walant has been free of Lyme Disease for 20 years;***



**Doris Sokosh – Breast Cancer** – New Canaan, CT resident Doris Sokosh is one of the oldest FACT success stories. First diagnosed with cancer in 1971, she underwent radical surgery to remove her breast and uterus. When her weight dropped to under 90 lbs, her doctor told her husband she was terminal, there was nothing more that could be done and effectively sent her home to die. Her husband then found out about the just-formed FACT and began a last chance hope to nourish his wife, who at this point could barely move or speak, with apple, carrot and celery juice and even a rectal implant of yogurt, along with detoxification. Over the course of weeks, Sokosh began to show signs of

recovery; with eyes so clear a friend commented “they are white like a baby’s.” When she regained her strength, Sokosh began to create her own food recipes based on the FACT program which are contained in a self-published tome which is swiftly making its way around the bio-repair grapevine, Triumph Over Cancer Cookbook. ***Today, still vital in her late 70s, Sokosh has been cancer-free for 37 years.***

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## **Basic Facts about the Non-Toxic, Bio-Repair Approach**

*The therapies advocated by the Foundation for Advancement in Cancer Therapy (FACT) are an aggregate of many biologically sound metabolic and adjunctive advances made over the past 100 years by clinicians around the world. Included are practices put forth in The Gerson Therapy, The Kelley Metabolic Program, The Waerland System, The Wigmore Program, the groundbreaking dietary regime of Dr. Norman Walker, considered the “Dean of America’s Natural Health Movement” and others. Additional supplementary procedures that can boost the body’s healing capabilities advanced by FACT include Immunotherapy, Whole-Body Hyperthermia, Cellular and Stem Cell Therapy and botanicals, such as Hoxsey Herbal Therapy.*

*It is important to note that every treatment program needs to be customized and entered into with on-going supervision by a competent medical advisor. The advisor needs to be a continuing part of the process to supervise matters such as baseline and subsequent blood tests and to see a patient through the inevitable “healing crisis,” which occurs when the re-nourished body works to eliminate stored toxins.*

*Following are facts about the principles of bio-repair culled from Ruth Sackman’s book, Rethinking Cancer: Non-Traditional Approaches to the Theories, Treatments and Prevention of Cancer (Square One Publishers).*

- ***A Different Approach to Cancer:*** Conventional medicine holds that the tumor itself is, in effect, the disease and that cancer can be efficiently controlled by directing the therapy towards destroying the malignancy. The major focus of the traditional approach is tumor destruction, accomplished by a combination of treatments such as radiation and chemotherapy, which kill cancer cells but can harm healthy cells as well. FACT, on the other hand, sees cancer as a systematic malfunction, a result of a breakdown in the balance of body chemistry which can only be corrected and controlled with whole body focused biological repair. Given the proper support and a better lifestyle, the body’s own ability to repair itself could prevent cancer in the vast majority of cases;
- ***A Biologically-Sound Nutritional Regime:*** A comprehensive bio-repair program begins with the proper supply of nutrients, primarily from the food supply. The rebuilding blocks begin with raw, organic vegetables and fruits, which is taken in forms such as carrot, beet and celery juices as well as vegetable soups and salads. High quality proteins are the body’s major cell-building materials and should be uncontaminated by chemical additives, hormones or antibiotics. The diet includes vegetable proteins available from nuts, sprouts, legumes and avocados and animal proteins from minimally processed, organic meats, fish, poached or soft-boiled eggs, fermented foods like whole yogurt and raw cheese, homemade nut cheese and sauerkraut. Grains are also a rich source of vital, nutrients and are consumed in whole, unprocessed, uncooked forms of rye, brown rice, barley, millet and more. An excellent method of preparing these pioneered by the Waerland Clinic and advocated by FACT is the “thermos cooking process.” Spouts such as alfalfa

and radish are one of the finest sources of vitamins, minerals and enzymes, as is glucose, in forms such as unprocessed raw honey and maple syrup. Select vitamin supplements can also play a role in the rebuilding process;

- ***Detoxification:*** All of us, without exception, are exposed to toxins from the day we are born, in food additives, drugs, household chemicals, cosmetics, x-ray exposure and a host of environmental pollutants. The World Health Organization estimates that more than 85% of cancers are environmentally produced, the product of such exposure. To utilize biological therapies to reverse illness, it is imperative to assist the body in the removal of toxins to restore the immune system, which is known to play an active role in preventing and fighting cancer. The FACT advocated protocol works to restore and strengthen function of the colon, kidney and liver, the prime organs of toxic elimination via the use of colonics, roughage and other detoxification procedures. The largest and most overlooked organ of elimination, the skin, is also cared for with body brushing and warm baths in Epsom salts. Also included are techniques to optimize function of the lungs and lymphatic system as well as fasting, such as the Water and Juice Fast.;
- ***Psychological Healing:*** There is no doubt that a patient's psychological attitude plays a profound role in the recovery program. The FACT approach advocates a host of techniques to establish the psychological framework to support healing, including stress management, meditation, biofeedback along with counseling to optimize the patient-family/caregiver relationship;
- ***Physical Considerations:*** The goal is to strengthen host resistance. Attention must be paid to normalize, as much as possible, all of the systems of the body – endocrine, circulatory, lymphatic, nerve, etc. – as well as to correct hormonal imbalances. The physical state of the body plays a great role in facilitating the healing process. Practitioners who are involved with biological therapies are aware that a misaligned spine can greatly impede bio-repair, as various organs and systems such as bowel movements, circulation and the endocrine system are signaled into activity by means of the nerve network and the autonomic nerve system. Misalignment of the Temporomandibular Joint (TMJ) of the jaw joint can create a host of impairments, from low back pains to tinnitus. But it is theorized it can also block signals from the spinal column that impact vital organs and bodily functions, so realignment is often a part of a comprehensive bio-repair program. Physical exercise, breathing exercises, light therapy and proper rest are also considerations in the implementation of an effective bio-repair protocol;
- ***Adjunctive Therapies:*** Over the years, FACT has had considerable experience with cancer patients who have utilized a number of supplementary procedures and substances to help battle disease and restore and strengthen their immune system. These include Immunotherapy, Whole-Body Hyperthermia (Fever Therapy), Cellular and Stem Cell Therapy and Botanicals, such as Hoxsey Herbal Therapy and Essiac, an old herbal formula discovered by Canadian nurse Rene Caisse

which includes four primary herbs (slippery elm inner bark, burdock root, sheep sorrel and Indian rhubarb root) which can aid in rebalancing the body chemistry and in the elimination of toxins.

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## **About FACT, The Foundation for Advancement in Cancer Therapy**

Founded in 1971, The Foundation for Advancement in Cancer Therapy (FACT) is a federally approved 501(c)(3) non-profit educational organization that supports non-toxic, biologically sound approaches to cancer prevention and treatment.

Ruth Sackman was co-founder and president of FACT until her death in December 2008 at age 93. She established the foundation after watching helplessly as her daughter, Arlene, diagnosed with acute leukemia in 1970, suffered through chemotherapy, becoming progressively weaker until succumbing to the disease. Ruth felt there had to be a better way to treat the disease and literally traveled around the world and back through a century of clinical history to find it.

Over nearly 40 years, FACT helped hundreds of cancer patients in the U.S. and worldwide return to healthy lives. Just as importantly, FACT advocates worked tirelessly to educate thousands more about prevention and treatment of chronic disease. FACT's yardstick for success was always long-term recovery. Patients had to be at least 10 years cancer-free before their success stories were shared with the public at FACT Conventions and through the publication's long-running publication, *Cancer Forum*.

FACT's goal is to educate physicians and patients about a different concept of cancer and chronic degenerative conditions: whether dealing with breast cancer, lymphoma, Lyme disease — it is a systemic disease. Tumors or abnormal cells are symptoms of a biochemical imbalance in the body, and that imbalance can be corrected with a well-designed, individualized metabolic program. A non-toxic, biologically sound program, focusing on the whole body and not just the tumor, can provide all the materials and conditions necessary to produce healthy cells and restore well being.

There is no magic bullet, no miracle drug or botanical that heals. The primary tools for a comprehensive, metabolic approach are 1) a balanced diet of whole, unprocessed, preferably organic foods and 2) detoxification. Attention must also be paid to optimum function of all the body organs and glands, as well as skeletal integrity, hormonal balance, stress management, etc. FACT's long experience has shown that for those comfortable with this concept and willing to make the necessary lifestyle changes, the ability of the body to heal can be truly amazing.

FACT's guiding principles and the case studies of patients who followed the organization's protocol can be found in Ruth Sackman's book, [Rethinking Cancer: Non-Traditional Approaches to the Theories, Treatments and Prevention of Cancer](#) (Square One Publishers). Sackman also authored [Detoxification: A Sensible Method of Maintaining Optimum Health](#) (Foundation for Advancement in Cancer Therapy).

The new educational documentary, *Rethinking Cancer*, will serve as a permanent record of FACT's nearly 40 years experience helping patients cope with cancer and other serious diseases via non-toxic, biologically sound approaches. The intention of the film's creators is to share this knowledge with a worldwide audience – through screenings at

film festivals, conventions and on television stations – so that people will be able to make their treatment decisions based on an understanding of all viable medical options.

For more information of this documentary including clips, please visit:

[www.rethinkingcancer.org](http://www.rethinkingcancer.org).

## **Biography**

### **Ruth Sackman**

#### **Founder of the Foundation for Advancement in Cancer Therapy (FACT)**



For 37 years, until her death in December 2008, Ruth Sackman served as President and Co-Founder of the Foundation for Advancement in Cancer Therapy (FACT), a non-profit, educational organization that works to inform cancer patients, caregivers and doctors worldwide about non-toxic, non-invasive health restoration techniques and therapies.

Sackman was raised in Wappingers Falls in upstate New York, where she became inspired to follow her Austrian immigrant parents into the garment trade as a seamstress. Together with her husband Leon, Sackman would ultimately achieve success as a designer, selling her fashions to upscale Manhattan retailers including Saks Fifth Avenue. With the success of the venture and expansion of the company, Ruth was able to leave the 9-to-5 world and fully dedicate herself to raising her two children. Ever ambitious and social, Sackman would also become involved in her community in Washington Heights, serving as President of the PTA and, later, her neighborhood Democratic Club.

In 1969, Ruth's life abruptly changed when her artist/fashion designer daughter, Arlene, was diagnosed with acute leukemia. Even with Ruth's fulltime dedication, Arlene died in 1970, after undergoing traditional chemotherapy. The loss led Ruth on a quest to find another, better way to treat cancer. Her travels took her through Europe, Mexico and to California, where she learned a wealth of information about non-toxic, nutritional and detoxification approaches that could treat not only cancer but other serious diseases as well.

In 1971, Ruth and her husband Leon began working to disseminate this knowledge by co-founding FACT from their home base in Greenwich Village, New York. Her position at the helm of the organization afforded Ruth with the unique opportunity to hear feedback from literally thousands of cancer patients worldwide over the years, as they experienced the multitude of treatments available in both the conventional as well as non-conventional cancer areas. This gave her a vast, and perhaps unprecedented, understanding of the efficacy of these many therapies.

Ruth personally investigated and consulted with literally hundreds of practitioners and medical clinics around the globe. She also not only hosted a call-in health program on

nationally syndicated WBAI-FM, but she was a frequent guest on many radio and TV broadcasts throughout the country. For many years, she served as Editor-in-Chief of *Cancer Forum*, FACT's unique quarterly magazine about biological healing, and presided at the FACT Annual Cancer/Nutrition Convention, the highlight of the foundation's yearly events. FACT's guiding principles and the case studies of patients who followed the organization's protocol can be found in two books she authored: Rethinking Cancer: Non-Traditional Approaches to the Theories, Treatments and Prevention of Cancer (Square One Publishers) and Detoxification: A Sensible Method of Maintaining Optimum Health (Foundation for Advancement in Cancer Therapy).

## **Biography:** **Dr. Sheryl Leventhal**

A former New York Oncologist who is now practicing the “food as medicine” centric field of Functional Medicine, Dr. Sheryl Leventhal provides a thought provoking conclusion to the new documentary, *Rethinking Cancer*.

Dr. Leventhal received her undergraduate degree in biochemistry from Cornell University and graduated from NYU Medical School in 1986. She completed a traditional Internal Medicine residency at Temple University Hospital, followed by a combined fellowship in Hematology and Oncology at New York’s Montefiore Medical Center. From 1992 – 2005, Dr. Leventhal practiced Adult Hematology/Oncology in Rockland County, New York, at both Nyack and Good Samaritan Hospitals. For nine years during this period, she also served as an Adjunct Clinical Professor in Hematology/Oncology at Columbia Presbyterian.

During the time she was practicing and teaching, Dr. Leventhal became increasingly dissatisfied with her field, both with the lack of time allocated for direct patient care and in treating cancer at its critical end phase. Through several clinical trials she directed, Dr. Leventhal found her interest in biochemistry and nutrition renewed, which stimulated her to explore a career path geared towards cancer prevention and wellness. In 2002, she learned about the burgeoning field of Functional Medicine, which explores the link between environmental and chemical toxins and disease, with an emphasis also on how nutrition can bring the immune system back to a state where the body can heal itself. Dr. Leventhal left Hematology/Oncology in 2005, then “retrained” at the Institute of Functional Medicine (IFM), a 25-year old organization that emphasizes a science-based approach to finding and preventing the root causes of disease.

In April 2008, she opened Hudson Valley Functional Medicine in Valley Cottage, in Rockland County, New York. Together with her partners, Dr. Leventhal offers a personalized approach to the core clinical imbalances that lead to disease, utilizing an expanded traditional history and physical exam and laboratory evaluation, when needed. Diet and lifestyle modification are always incorporated first and supplements are often added to complete the care. More information can be found at <http://www.hudsonvalleyfunctionalmedicine.org/>

In the documentary *Rethinking Cancer*, Dr. Leventhal provides an understanding of the transformation she underwent as a medical professional in her approach to cancer and other serious diseases, one that puts an accent on preventing the root causes and treatment with safe, non-toxic nutrition and detoxification methods.

## **James Oakar**

### **Producer/Soundtrack Composer of *Rethinking Cancer***

With extensive experience as a multimedia producer and music composer, James served as Producer and Soundtrack Composer for the new documentary *Rethinking Cancer*.

Oakar has worked on several national feature films, television and multimedia projects taking on a variety of roles including composer, music director, producer, guitarist and actor. His television credits include several PBS documentaries including *Destination America*, *RFK*, *The Jewish Americans* and, most recently, *J. Robert Oppenheimer*. His music can be heard on episodes of *CBS Sports Highlights*, *Jane Pauley Show*, *Montel Williams Show*, *America's Most Wanted*, and *Crossing Over*. Mr. Oakar has performed and/or acted on several feature films and television programs, such as ABC's *All My Children*, as well as feature films *Kincardine* and *Seven Miles Alone*.

Mr. Oakar has produced several projects for radio and television including Pete Seeger's Clearwater Music Festival, Mothers Against Drunk Driving as well as F.A.C.T.'s *Health Forum* radio show. Mr. Oakar is a graduate of The Cleveland Institute of Music and New York University.

Mr. Oakar was introduced to both the late Ruth Sackman and Consuelo Reyes in 2001 and soon became a F.A.C.T volunteer. He has served as the Foundation's multimedia producer, and was named to the Board of Trustees in 2004. He has served as F.A.C.T. Vice President since Ruth's death in 2008.

**Biography**  
**Consuelo Reyes**  
**Executive Producer, *Rethinking Cancer***

Consuelo Reyes, Executive Producer of the new documentary *Rethinking Cancer*, received a B.A. degree Cum Laude in Russian Literature and Language from Barnard College in 1969, including a semester at Leningrad University in 1968.

Reyes had planned a career in the Diplomatic Corp, but the *sturm and drang* of the '60s intervened. Soon after starting classes in Broadcast Journalism at Stanford University, Consuelo left to become a reporter/interviewer at the fledgling radio station KQED-FM in San Francisco, now an NPR member station. While at KQED, Reyes covered the intensifying anti-war and counter-culture movements, including the burgeoning trend toward natural foods and healing. After several years, her increasing interest in health led Reyes to leave radio and resume her lifelong love of sports – tennis, in particular, training and teaching professionally in Austria and Florida. Through this experience, Reyes became fascinated with finding new ways to achieve optimum athletic performance through a more natural lifestyle, though she was often frustrated with the deluge of conflicting information about how to achieve this.

In late 1987 a close friend received a diagnosis of breast cancer and was determined to avoid conventional treatment. Consuelo devoured everything she could find about alternative ways of healing the disease (these were pre-Google days, so it wasn't easy). In a book called *Cancer Survivors* by Judith Glassman, she was attracted to a mention of The Foundation for Advancement in Cancer Therapy (FACT) and its nutrition-based approach. Reyes contacted FACT president Ruth Sackman, whose strong, gravel voice and logical, down-to-earth advice sounded highly intriguing to the natural health seeker. In early 1988, the two met and bonded almost immediately.

To Consuelo, FACT was the embodiment of her '60s ideals – undertaking innovative and challenging work towards an important cause. She became Ruth's assistant for the next 20 years and, in 1997, was named to FACT's Board of Trustees.

Since Ruth's death in 2008, Reyes has served as President of FACT and as a chief facilitator of the creation of *Rethinking Cancer*, a new documentary designed to broadly disseminate information about the FACT championed bio-repair approach to the prevention and treatment of cancer and other serious diseases.

**Biography:**  
**Dr. Philip Incao**



A long-time advocate of the bio-repair approach championed by the Foundation for Advancement in Cancer Therapy (FACT), Dr. Philip Incao serves to introduce and conduct a revealing Q&A on alternative cancer treatments in the new documentary, *Rethinking Cancer*.

Dr. Incao received his B.A. degree Magna Cum Laude from Wesleyan University, then his M.D. from Albert Einstein College of Medicine in 1966. From 1968 he served as a medical officer in the U.S. Navy and was honorably discharged in 1970 with the rank of lieutenant commander. Dissatisfied with the limitations of modern medicine, Dr. Incao spent two years in Europe in the early 1970's studying Anthroposophic Medicine, which combines the insights of the perennial spiritual wisdom with the rational method of modern science. He then became one of the first practitioners of this specialty in the U.S.

Dr. Incao managed a busy family practice in upstate New York in a Waldorf School and biodynamic farming community for 23 years. In 1996, he moved to Denver to help the growth of Anthroposophic Medicine in the West. There, he founded and practiced at the Gilpin Street Holistic Center in Denver until August 2006, when he moved to Crestone, Colorado where he continues to practice part-time and also write and lecture.

His special interest is learning how to apply Rudolf Steiner's invaluable and profound insights into the human being in practical healing. Dr. Incao has been studying children's health, the immune system, infections and vaccinations since 1970, and has given many lectures and written numerous articles on these topics. Dr. Incao wrote two chapters and the concluding summary of the book, [The Vaccination Dilemma](#), edited by Christine Murphy and published by Steiner Books.

Dr. Incao's article on vaccinations and the immune system, "Supporting Children's Health" in the September 1997 issue of *Alternative Medicine Digest*, generated much interest and was reprinted in Asia, Norway, Canada and Australia.

His special interest in alternative cancer treatment came about when his wife was diagnosed with the disease in 1981, setting him on a search that led to FACT founder Ruth Sackman. Since 1990, Dr. Incao has been a featured speaker at many of FACT's annual conferences on the topic of inflammation and cancer. He also authored the forward to Ruth Sackman's book Rethinking Cancer: Non-Traditional Approaches to the Theories, Treatments and Prevention of Cancer (Square One Publishers). Dr. Incao hopes to have his latest book, Tending the Flame: Toward a Medicine of the Human Spirit, ready for publication by Steiner Books later this year.