

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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Special thanks to long-time FACT member, Hranoosh Barclay, for her portrait of Ruth (front cover), painted from photos taken in summer 2008.

Ruth Sackman

September 16, 1915 - December 20, 2008

I had the great privilege of working closely with Ruth for over 20 years. She was a giant, though it was always a shock to me, when we stood up next to each other, how physically diminutive she was (5'1" to my nearly 6'). She was "The General" at the Annual FACT conventions, unabashedly bound to contradict any of the speakers if necessary, or toss out an exhibitor who was hawking a product she didn't approve of. She had a single-mindedness, a pure dedication that could make collaboration on peripheral things difficult at times, but it was this unwavering conviction that enabled her to accomplish so much, so fearlessly. When her daughter suffered through chemotherapy and died in 1970, "alternative cancer therapy" was dangerous territory. Doctors were harrassed, even jailed; citizens who abetted such "quackery" were on guard. Determined to find a better way, Ruth first joined a group called International Association of Cancer Victims & Friends. When the idea of an open phone came up, others demurred, but Ruth volunteered on the spot to give her home number, because, as she told me, "I'd lost my daughter. What worse could they possibly do to me?" (She co-founded FACT the next year, 1971.)

Straight-talk, no frills. Ruth always told me she didn't think she'd live all that long because before FACT she'd been the sickly one in the family — bad diet, a smoker, an ulcer, exhaustion, etc. Changing lifestyle, she enjoyed far better health in her later years, never ceasing to be astonished at the amazing healing capacity of the body. She lived what she taught, always first giving her body a chance. In her last few months at age 93, after a heart attack in September, she refused pretty much all drugs and treatment, demanding to see if her body could heal. She was ready to go whichever way it took her.

Now FACT enters a new phase. The documentary film, "Rethinking Cancer" that Ruth worked on so passionately should be completed later this year to be shown as far and wide as possible. We're also setting up a training program for doctors, under the direction of Philip Incao, M.D., and a new website (rethinkingcancer.org) where the film will be available on DVD, along with extensive information. We will remain a non-profit, tax-deductible organization, but must vacate our NYC offices so, regrettably, this may be our last *Cancer Forum*.

Rest assured, we will keep all of you, our dear, loyal readers, informed about developments. We thank you for your generous and, hopefully, continued support. We know you join us in celebrating Ruth in all her singular glory, as we keep her legacy very much alive. Stay tuned.....

To your health,
Consuelo Reyes, FACT Trustee

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To Ruth, With Love

Dearest Friends, FACT,

I miss talking to Ruth Sackman, she sure was "one of a kind." She had an answer for all of us. She helped me to get out of my problems. Doctors gave up on me, not her.

I knew her 35 years. What a great person and the organization, also. We all loved her so much for her knowledge, love, her concern for everyone, especially so giving of her time, not out for money, but real concern to help.

It's hard to think she is not here to talk to but is resting after all her hard work.

— Doris Sokosh, Connecticut (Doris is featured in FACT's upcoming documentary "Rethinking Cancer.")

Healer, friend, most trusted informant, Ruth was referred to me by Dr. Randolph Meltzer, chiropractor at Integral Yoga Institute in 1989. I wanted to eliminate fear that I had cancer and Dr. Meltzer said, "Doctors call Ruth for advice." The Navarro Test, as an accurate tumor marker, was her recommendation. It changed my life — a double whammy because 1) the positive result for cancer, and 2) knowing Ruth's ethics and her complete belief in the test. Now I was in total fear!

She gave me no sympathy: "It is great that you know and we have a solution." She sent me the beginners packet of the program. Always about tough love, Ruth gave me her precious time, really listened to my complaints and succinctly offered a reasonable course of action. "Now get down to business and let me know what happens."

Ruth was the master of straight talk. When I fell short, which was often, she criticized me, it hurt, but I knew it was coming from the right place.

Once I reminded her of a smile poem I had heard from her years ago. She put the poem on the cover of the magazine. Then she put a funny email I had sent her on the inside cover, giving me credit! I was 10 feet tall to be credited in her magazine. Her comment: "Don't be so concerned about approval of others, get your own approval first" — once again, a point well made.

She had such unshakable belief in her work (so reassuring). About a year ago, I referred someone to her to take the Navarro Test and that person called it a scam right to Ruth's

face (via phone). Ruth's reply — "You don't have to take it" — so matter of fact, so Unshakable Molly Brown!

Ruth, my model human being, my hero, I miss your physical presence and you will always be in my heart!!

— Betsy Staller, Hawaii

To my sweet Grandmother,

A sad loss to my life. Some found you difficult. I saw you differently.

I understood you so clearly, the pain is so intense right now, but somehow I know you are watching over me and will guide me to make the right decisions. I hear you talking to me everyday in everything I do.

You were my mentor and I will miss you deeply. You were a strong woman and I was so proud of you for what you believed in and all that you accomplished in your life. I will take your strength with me everyday and move forward to become more like you. You told me to never give up, to keep moving forward to try to accomplish my dreams. I admired you so very much. All my love will be in my heart for you. Everyday, I will say Hello to you.

Please be at peace now, my sweet Grandmother. I will be strong because of your love. Goodbye for now, but we will meet again someday up in Heaven

All my Love to you, my Sweet Grandmother.

Hugs & Kisses forever,

— Lisa Sackman, New Jersey

I met Ruth Sackman in early 1970 when my dear friend, Elena, was diagnosed with breast cancer. Elena was a devout Catholic and she confided to the Mother Superior of her church that she had cancer. The Mother Superior told Elena that she'd had two nuns in her convent who died horrific deaths from cancer treated with conventional therapies. She told Elena, if there is another way, find it! This is what led Elena to Ruth Sackman and what was then known as International Association of Cancer Victims & Friends. (*Edit Note: FACT was established in 1971.*) With Ruth's guidance Elena lived free of pain for many years.

As a victim of egregious medical malpractice, I was returned to perfect health by a doctor recommended by Ruth,



a Dr. Harry Sackren. All I had to do was detoxify my body from all the toxic drugs I'd been given over a 13-year period.

With the death of Ruth Sackman, members of FACT all feel a great loss. Ruth devoted so much of her life to helping people overcome "incurable" diseases. The world will be a sadder place without her. She will always be remembered with great love and admiration.

— Corinne Loreto, New York, Secretary, FACT Board of Trustees,

O Ruth, you are so missed! You were my teacher, my personal mentor. Thanks to your directive I am alive 15 years after doctors gave me only 3 months to live. Your knowledge of the wholistic approach to life was immeasurable and priceless. You were always a call away when I had a problem or a worry and you always helped me. While your books will be helpful, you will be missed. Rest in peace, my "walking encyclopedia of Wholistic Medicine."

— Rita Znamirovski, Florida (Rita is featured in our documentary "Rethinking Cancer.")

There are some things one wishes would last forever — love, youth and great teachers. One great teacher in particular, Ruth Sackman, is one who I hoped would always be there.

I met Ruth through my art teacher and friend, Sarah Reader, back in the early seventies when I was suffering with symptoms which hindered my everyday life. After many years of seeing medical doctors with no relief except for the superficial masking of symptoms through drugs, my eyes, mind and heart were opened by meeting Ruth, who offered her time and knowledge freely.

I studied the Information Packet put out by her organization, FACT, as well as her magazine, *Cancer Forum*. It was clear to me that Ruth Sackman had something concrete and deep to offer. Her philosophy and sincere wish to help others resonated with me and I began the journey of healing. This path to healing was far from easy and though I have no "proof," I truly feel that my life and health through detoxification and supportive nutrition has allowed me to avoid a serious and debilitating illness.



Dear Ruth, I will miss your wisdom, compassion, humor and truth.

— Sharon Azar, New York

Ruth Sackman was one of the most courageous, determined, and helpful people I have ever known. As a result of her daughter's untimely death from leukemia, Ruth devoted the rest of her life to researching, synthesizing, and presenting to the public a truly workable system for recovering from cancer. She found and accessed the work of many innovative and crusading clinicians, and, from their work, developed a simple, sensible program which anyone could follow and which saved the lives of countless people, and made life much better for multitudes more. Ruth was the prime force behind FACT's program, which focused on recovering from illness without the use of the highly toxic and dangerous systems being pushed on patients by the medical and pharmaceutical industries. It is a system that was cheap and fairly easy to implement, requiring essentially the exchange of bad habits for good ones. It combines a nutritional program with methodologies for detoxification, both essential for recovery — fundamentals which were implemented gently, gradually, without subjecting one to the shocks produced by too rapid an alteration in the internal landscape. Not only did her system work reliably in reversing cancer, it also worked in reversing many other ailments, and in maintaining lifelong wellness.

I went on this program over 30 years ago, going from semi-invalid to an active productive, self-employed artist, able to tolerate immense amounts of stress, killer deadlines, and the uncertain life of a person who makes a living in the arts. Not only was my physical condition improved, my mental state became far more calm and peaceful, focused, and bright.

We owe Ruth Sackman a great debt. We wish her happiness and peace in her spiritual life.

— Ellen Rixford,
New York

I thank Ruth deeply for her continuous support in helping me maintain my health the natural way. Her knowledge was unbelievable! As far as I am concerned, there will never be anyone who could take her place. I will miss her deeply. Thanks to all of you who have worked along with

Mrs. Sackman at FACT.

— Norma Forcellina, Connecticut

I first met Ruth Sackman in March 2006, after three years of researching nutritional medicine. Ruth was the answer to my prayers, the embodiment of everything I believed about nutritional therapies for debilitating diseases, and a huge inspiration in my continuing work to enable clinical trials for such therapies. Her dedication and commitment to the development of FACT and to healing were superhuman, and her depth and breadth of knowledge outstanding and possibly unmatched. The last time I saw Ruth in September 2009, I jogged beside her while she drove her red scooter at top speed to the local Greenwich Village park, where we sat on a bench and talked for hours, and later drank exotic fresh fruit juices at the organic juice bar. I miss my mentor and friend sorely, but her work will continue to inspire and guide me as I open a chapter of FACT in the UK. Thank you, Ruth, for teaching me so much.

— Joanna Hill, England

I met Ruth in October, 1978 at a FACT convention. At the time, I was suffering from bone and lymph cancer and was scared, sick and directionless. I was disillusioned with my conventional therapy and had been sitting on the fence for some time, trying to decide how to proceed. By good fortune, I discovered FACT in September, 1978, and as luck would have it, there was a FACT convention being held in Detroit the following month, 30 minutes drive from my home. The convention brought together hundreds of hopeful cancer patients, doctors, nutritionists, researchers, and perhaps most important of all, long-time, recovered cancer patients. By the conclusion of this conference, I knew the direction I would take, and I had the confidence and resources to resolutely move forward. Thus began my recovery and a 30-year collaboration and friendship with Ruth Sackman.

Along with others in her organization and network, I received expert, caring attention. Ruth led me every step of the way, and we spoke frequently on the phone. Regardless of what I wanted to talk about, her first question was always, "How are you feeling, what are you doing?" She ALWAYS monitored my progress and wanted to know

the details of my program. She was tireless, relentless and deeply committed to finding proven methods of healing from the inside out, and to continually refining and improving those methods. Her first principle was "Do No Harm." She was slow to accept unproven methods, waiting to see if they were effective in the long run. She was a focal point, a hub in the wheel, so to speak, where numerous natural and scientific disciplines, and scared cancer patients met. She brought these influences together, and her dogged determination, persistence and integrity saved my life and the lives of countless others.

Our collaboration developed into a loving friendship over the next 30 years. We spoke at least 3 or 4 times each year, and I referred many patients to her for guidance. I spoke at numerous FACT conventions, now as a long-term, recovered cancer patient instead of

the scared victim of a dreaded disease. I cannot remember ever calling her, for whatever reason, without her commanding the conversation and moving it to a brief interrogation as to how I was feeling. She was tunnel visioned in this regard, but that doggedness is what enabled her to separate the useful from the ineffective, and build an organization and programs that succeeded. She simply would not be moved off purpose. It was her entire life, her work, her passion, her legacy. I am here today because of her stubborn, sometimes frustrating, dedication and focus. As I write this, tears of sadness and gratitude well up in my eyes. I miss Ruth, and know I will miss her more in the years to come. She was a great friend, a rare human being, an encyclopedic resource. She blazed new paths to make the world a better place. May her work live on.

— Lou Dina, Alabama (Lou is also featured in "Rethinking Cancer.")

Ruth had a keen, logical mind and was scientific in her approach. But hers was a holistic, systems approach. She didn't see everything in the body being determined from the molecular level, as conventional medicine tends to assume. Ruth had a masterful grasp and understanding of the cancer process from the approach of phenomenological science, an important and neglected aspect of today's science. Ruth saw how the forest often determined the destiny of the individual trees.

— Philip Incao, M.D., Colorado



This article, reprinted from the Fall 1996 Cancer Forum (Vol.14, NO.9/10), focuses on a theme Ruth returned to again and again in her writings because she felt it was the key to true advancement in cancer therapy: the difference between conventional medicine's concept of what cancer is vs. FACT's concept.

Ruth Sackman's Notebook

Cancer, Cancer, Everywhere! Is There No Relief in Sight?

For at least one hundred years established cancer research and treatment has been based on the principle that only one cell in the body needs to become abnormal for it to reproduce itself to form a cancer mass. Research based on this concept has produced treatments which charge into these cells or masses to kill them quickly. Even after a mass is excised with no obvious cancer left, doctors are prescribing radiation and/or chemotherapy or hormone inhibitors (if the cells are hormone related) — all on the chance that one cell may have escaped the scalpel and settled in another part of the body to continue to proliferate. These treatments concentrate so completely on destroying abnormal cells that the patient is often destroyed in the process. Although this system has not led to a cancer cure, conventional research and treatment still follow the concept that cell proliferation is unrelated to a biological breakdown in body function.

An enormous amount of research has taken place which should have changed the established concepts of cancer, ergo, research and treatment, but it seems to be ignored or simply not understood.

Many years ago some prisoners were asked to serve as guinea pigs by allowing cancer cells to be grafted to their skin. (Of course, they were given some consideration in sentence reduction.) Some of the cancer grafts took, but others were rejected. This was an important clue that our own systems exercise control over whether we are prone to accept a graft and become cancer victims or whether physiologically our own systems can protect us against cancer. The outcome should have alerted the cancer establishment that there were other factors than the one in place for so many years. This was the first evidence that cancer is a systemic problem and that a healthy immune system would reject cancer.

Another important clue to the systemic nature of cancer was the rise in cancer in the transplant population from the use of immuno-suppressive drugs which were necessary to avoid a rejection of the transplanted organ.

The Drs. Heilstrom, a husband and wife team doing research at the University of the State of Washington, delivered a paper at a science writers' seminar at Carefree, Arizona, stating that the immune system was an important factor in cancer control and that radiation and chemotherapy depressed the immune response. This information pointed in the direction of an overall biological breakdown instead of a localized one.

Dr. Judah Folkman at Harvard University also delivered a paper at another science writers' seminar showing that cell production is integrally related to other physiological processes. This valuable information was never recognized as pointing to a new approach in cancer research and treatment.

Cancer is a physiological problem — a breakdown in body chemistry. What is a breakdown in body chemistry? It is a physiological dysfunction which can be responsible for the production of abnormal cells and a weak immune system unable to eliminate those cells.

One alternative doctor, Max Gerson, M.D., who had a clinic in Nanuet, New York, believed that cancer was caused by a breakdown in liver function. Another, Dr. William Donald Kelley, concluded that it was a breakdown in pancreatic function. Dr. Denis Burkitt claimed that colon cancer developed from a low roughage diet. Do you think that one is right and another wrong? Actually, all are correct.

The body is made up of many systems and each system has many roles. There is the digestive system, glandular system, nerve system, elimination system, lymphatic system, endocrine system, circulatory system and others. If any of these systems is out of order there is a biological dysfunction. Not every breakdown leads to cancer, nor is every breakdown permanent. The body has powerful self-healing capability. We tend to abuse it beyond its ability to sustain health, thereby causing the body to manifest symptoms of ill health which can be minor or serious. Unfortunately, treatment usually only addresses symptoms, instead of the underlying causes.

If true progress is to be made in cancer treatment, it's time to rethink the underlying concepts which guide the massive, costly efforts now searching for the "cure."

THE THYROID GLAND

The thyroid gland is made up of two lobes, one on each side of the windpipe just under the voicebox. The lobes are joined by a small interconnecting mass of tissue. When for some reason the thyroid gland enlarges, that is known as "goiter."

The thyroid is one of the endocrine glands that secrete chemical compounds into the body for various types of control. These compounds are known as hormones, internal secretions, or chemical messengers. The endocrine glands are also known as the ductless glands of the body, because their secretions are put into the general circulation rather than sent through a duct to a specific area to influence only a portion of the body.

There is considerable interplay among the endocrine glands. For example, the thyroid is stimulated to produce its hormone, thyroxine, by a portion of the pituitary gland (another endocrine gland) by way of one of its thyrotrophic hormones. The thyroid, in turn, influences the reproductive glands and their hormone production, and also controls a portion of the adrenal glands.

There are two major control systems in the body, the nervous system and the endocrine system. The nervous system controls the glands of the endocrine system and in turn the glands have an influence on nerve control of body functions.

Modern science is learning more and more about the control of these two very complex systems. However, there certainly is a great deal more to be learned about them and their continual interplay.

When a thyroid involvement is suspected, the entire endocrine and nervous systems should be evaluated because of this interplay. One of the chief activities of the thyroid gland is to regulate the body's metabolism. Metabolism means, basically, the rate at which the body builds up and tears down. In other words, it is the speed at which the body lives. When

the thyroid is not functioning correctly, the first — and most prominent — symptom develops as a result of metabolic change.

Hypothyroidism means that the thyroid is no longer as active as it should be. The term "hypo" means "under" — thus underactive thyroid.

One of the major symptoms of hypothyroidism is fatigue. Fatigue is a generalized symptom that is present because of the many lowered activities resulting from thyroid hormone deficiency.

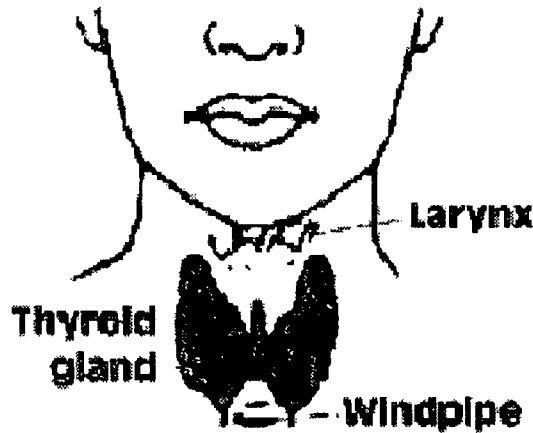
Because of lowered metabolic activity, there is a tendency to gain weight which does not correlate with an individual's food intake and/or physical activity.

Protein is the major building block in tissue growth. Thyroxine, the hormone from the thyroid gland, increases protein use within the body. When there is a hypothyroid condition, protein is not deposited as effectively in the tissues. As a result, a child with a thyroid deficiency does not

develop adequately. In an adult, tissue health suffers significantly because of hypothyroidism. All body tissues, with only a few exceptions, are involved.

There is a process in the body that breaks protein down into sugar to aid in sugar balance. This process is called "gluconeogenesis." It does not work adequately in the presence of hypothyroidism. Thyroxine also influences the rate of sugar absorption from the gastrointestinal tract; consequently, it has some control over how much sugar is absorbed from the food eaten. Another effect of thyroxine on the body's sugar utilization is its ability to increase the rate glucose is used by the cells. Anyone who has a sugar handling problem should have his/her thyroid evaluated because of its significant role in sugar absorption, utilization, and conversion of other factors to sugar.

The breakdown of fat to sugar is also influenced by thyroxine, which decreases the quantity of circulating



fats in the blood and also the quantity of fats in the liver. Because of the role of thyroid gland secretions in the control of fat utilization, individuals with an elevated triglyceride level in their blood or a congested liver should have the thyroid gland evaluated.

Some of the body's minerals are regulated by thyroxine. Of particular note is calcium. Thyroxine increases calcium removal by the kidneys. There is another hormone that comes from the thyroid and parathyroid glands which has a bearing on the deposition of calcium in the bones. The parathyroid glands are four small glands located adjacent to the thyroid; they are not part of it.

Symptoms

Symptoms indicating the need for thyroid evaluation are the following: extreme tiredness, sluggishness, decreased heart rate and blood pressure, and increased weight. There may be constant fatigue on dieting, constipation, mental fatigue, thin and slow-growing hair, scaliness of the skin, and a frog-like, husky voice. Emotional symptoms may include going to pieces easily, crying, and dislike of working under pressure. There may be associated menstrual problems, a constant feeling of fullness, swelling—especially in the face—increased cholesterol levels, and brittle, easily-broken fingernails. Hypothyroidism symptoms are widespread because the thyroid gland affects the metabolism of all body tissues.

DANGER OF HYPOTHYROIDISM

The thyroid gland has an effect on every nerve, gland and organ of the body. It is responsible for overall metabolism, regulation of weight, the production of energy, the storage and burning of fat, the regulation of heat and cold, *regeneration of cells*, immune function, heart, cardiovascular and circulatory function, ability to think, focus, remember, concentrate, emotional stability and much more.

Hypothyroidism is also associated with menstrual disorders, infertility, high cholesterol, high blood pressure, blood clotting, chronic fatigue, osteoporosis.

immune disease, cancer and heart disease.

—Robert H Sorge, N.D.Ph.D.

THYROID TEST

Paint tincture of iodine on the inside of your arm about the size of a half dollar and time it. If iodine spot disappears in less than 24 hours, there is a good chance you are deficient in iodine and other minerals too.

— Robert H. Sorge, N.D., Ph.D.

UNDER-DISCOVERED SYMPTOMS OF AN UNDERACTIVE THYROID (HYPOTHYROIDISM)

The thyroid controls how we grow
The thyroid controls how we digest food
The thyroid affects our thinking capacity
It causes us to move sluggishly as though we
are in low gear
We struggle to think clearly
We always feel cold
It causes us to gain or lose weight
It causes thinning hair
It causes dry skin
Affects calcium metabolism causing osteo-
porosis

Ed. note: The reason for articles about hypothyroidism in Cancer Forum is to emphasize that a malfunction of the thyroid gland can be responsible for the breakdown in normal cell production and the inability to effect a repair.



Live life fully. There is always an unanswered question and if you live long enough, the secret might be revealed. I think truth is worth waiting for and age is an access to truth.

— Ossie Davis, actor

HERBS AND SPICES

NATURE'S NATURAL REMEDIES

Turmeric (Curcumin)

Turmeric, a popular spice contained in curry powder, has been studied primarily for the potential health benefits of its active polyphenolic component, curcumin, which gives turmeric its yellow pigment and lends itself for use not only as a dietary spice but also as a coloring agent. According to the Food and Agriculture Organization (FAO) of the United Nations, the U.S. imports nearly 2,400 metric tons (roughly 5.3 million pounds) of turmeric annually for use as a food preservative, flavoring, or coloring agent.

Curcumin has been studied for its potential to reduce risk of cancer, osteo- and rheumatoid arthritis, and Alzheimer's disease. In animal studies, curcumin has been shown to inhibit the growth of cancer. Curcumin's anti-inflammatory properties may additionally be useful in alleviating symptoms of arthritis.

Curcumin has also demonstrated potent antioxidant activity which has led to consideration of a possible protective role against Alzheimer's disease. Animal studies have suggested that curcumin protects against damage by amyloid B-proteins. Human research on curcumin and Alzheimer's disease is in its infancy, although a double-blind, placebo-controlled trial in humans with mild to moderate Alzheimer's disease is currently underway.

Cinnamon

Cinnamon is a widely used spice most notable for its use in baked treats and warm winter beverages. However, significant attention is being directed toward its potential in diabetes management. Research has suggested that cinnamon may lower blood glucose levels, increase insulin sensitivity, and/or improve lipid profiles. Because these benefits have not been demonstrated consistently, scientists are digging deeper to understand why and how the effects of cinnamon

may vary among different segments of the population. Research will likely continue given the promising results of many studies and because cinnamon is well-tolerated, safe, and inexpensive.

Ginger

Like the old stand-by saltine crackers, ginger ale is often recommended as a remedy for nausea. Ginger, a potent root containing a matrix of constituents including gingerols, beta-carotene, capsaicin, and turmeric, is thought to act directly on the digestive tract and has been used for centuries for the treatment of nausea and vomiting. A review of studies assessing the effectiveness of ginger for nausea and vomiting found that, overall, ginger was more effective than a placebo in treating nausea caused by motion sickness, morning sickness, chemotherapy, and surgery. A more recent review concluded that the effectiveness of ginger is limited to treatment of nausea caused by pregnancy. The effectiveness of ginger on the treatment of the numerous causes of nausea is still being explored.

The benefits of ginger may not stop at the gut. Recent studies also suggest that ginger may play a role in preventing inflammation, thereby possibly extending its usefulness to alleviating pain caused by arthritis. One intervention study of individuals with osteo-arthritis found that reported pain levels were lower in the group taking a Chinese ginger extract versus a placebo and produced pain relief similar to that achieved with ibuprofen.

Like curcumin, ginger also exhibits antioxidant properties. Its anti-inflammatory and antioxidant properties together suggest a potential role in reducing the rise of cancer. Animal studies show that the principal constituent of ginger, gingerol, inhibits carcinogenesis in the gastrointestinal tract, skin, and breast. Human studies are needed to further evaluate the efficacy of ginger in cancer prevention.

Spicing up Health Goals

Despite the potential for herbs and spices to contribute more than just flavor to our food, dietary recommendations do not yet make specific recom-



mendations for herbs and spices. The science in many cases is only beginning to emerge providing validation of traditional medicinal practices, and revealing more detailed questions that must be pursued such as the effective amount of a particular herb or spice that needs to be consumed in order to see a benefit. That said, promotion of a diet that includes herbs and spices is on a par with current dietary guidelines from the U.S. and many other countries worldwide. The Dietary Guidelines for Americans 2005 recommend use of herbs and spices as a strategy for reducing sodium intake. Dietary recommendations in Greece devote particular attention to herbs as beneficial in their own right: "Oregano, basil, thyme and other herbs grown in Greece are a good source of antioxidant compounds and can be a tasteful substitute for salt in the preparation of various dishes."

A sprinkling of herbs and spices on favorite foods can add a lot of flavor to life. Fullness of flavor may indeed impart specific health benefits. While the recipe for good health is still being written, the wisdom of many cultures, both ancient and modern, around the world tells us that there is value in simply enjoying food. Good food, good taste, and good health truly go hand-in-hand.

Herbs and Spices: What's the Difference?

An herb is the leaf of a plant or shrub, or more broadly, "the part of a plant that is used in the diet for its aromatic properties," and can be used fresh or dried. All other parts of the plant, including the buds, bark, root, seeds, berries or fruit, are referred to as spices. Examples of some common herbs are oregano, parsley, rosemary, sage, thyme, chives and basil. Common spices include cloves (buds), cinnamon (bark), ginger (root), cumin (seeds), black peppercorn (berries), and paprika (fruit).

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The herbalist and Natural healer. . . recognizes that disease, excluding trauma, is the result of the violation, intentional or otherwise, of the laws of Nature; that

germs cannot exist in harmful numbers for any length of time in or on tissue whose life and vitality is so high that the only way the disease can be overcome is to aid Nature in the healing process by the elimination of the poisons and toxins through the body's natural channels and allowing the vitality to return to its normal strength. In other words, disease is not cured by adding poisons to the body, but by eliminating them and observing the laws of Nature, aiding and assisting her in every possible way.

—*Advanced Treatise in Herbology* by Edward Shook



Found amongst the many, many piles of papers in the FACT NYC headquarters:

RUTH SACKMAN

The woman of the Great Alternative —
She says, "Cleanse from the inside out."

And sometimes she adds a shout
Like a clap of thunder

To announce forthcoming waters from the sky
And that is why

Ruth also says, "Detoxify, detoxify."
Included in this is a 3-day fast

At first, you're afraid you won't last.
But when you are done you feel better

You want to have fun
And without the fetters

You're free to dance and run.
There's more to Ruth

Than all of the above -
Underneath it all there is the love.

She spreads the knowledge
About healing the body,

About maintaining good health.
Although there are storms to combat

You know where you're at
Under the umbrella

of Alternative Healthcare.

— Lucille Paisner, 4/10/84

RECIPES

Raw Cream of Cauliflower Soup

2 cups cauliflower
2-3 cups distilled water
1/2 cup raw cashews or pine nuts
2 tbsp. lemon juice
Sea salt to taste (opt.)

Put everything in a blender and pureé to a thick, smooth consistency. Chill or serve at room temp.
Serves 2-3.

Mushroom Salad

1 pound fresh white mushrooms, sliced
1 cup sliced celery
1/4 cup chopped fresh parsley
1/4 cup diced raw milk cheese (pref. organic)
1/2 cup chopped green onions
1/4 cup cold-pressed olive oil
3 tablespoons lemon juice
1 tablespoon mustard powder (opt.)

In a large bowl, whisk together the oil, lemon juice and mustard powder. Add mushrooms, celery, parsley, cheese and onions and toss until evenly coated. Refrigerate at least 2 hours before serving. Serves 2-4.

Zucchini Slaw

1 1/2 cups shredded zucchini
1 apple, cut in small slices
1/2 avocado, cut in small slices
few dashes ground nutmeg (dillweed, thyme or other culinary herb can also be used)
lemon juice to taste
Mix all ingredients together and serve on a lettuce leaf.
Makes 2-3 servings.

Cumin Dressing

1/2 cup fresh orange juice
2 tablespoons fresh lime juice
2 tablespoons cold-pressed olive oil
1 clove garlic, crushed or pressed

3/4 teaspoon ground cumin
1/2 teaspoon ground coriander

Combine all in a jar with lid. Shake vigorously.

Lemon Veggies

1/2 small head cauliflower, cut into florets
1 cup broccoli, cut into florets
2 tablespoons fresh lemon juice
1 tablespoon cold-pressed olive oil
1/2 - 1 clove garlic, minced
2 teaspoons fresh parsley, chopped

1. Steam broccoli and cauliflower until just tender (about 8-10 minutes)
2. In a small bowl, whisk together lemon juice, olive oil and garlic.
3. Place the steamed veggies in a serving dish and pour the lemon dressing over. Garnish with parsley. Makes 3-4 servings.

Almond Milk Shake

1/4 cup raw almonds, soaked overnight in
1 cup distilled water
1/4 banana
1/4 cup fresh fruit, in chunks
raw honey or maple syrup to taste

Put soaked almonds and water in a blender and blend until smooth. Add banana and fruit cut in chunks, blend.. Serves 1.

Nut Nog

1 cup brazil nuts (soaked overnight)
1 cup hazelnuts (soaked overnight)
4 - 6 medjool dates (soaked about an hour)
1 tsp. vanilla
4 cups distilled water
grated nutmeg

Blend all, except nutmeg, until frothy, 1 to 2 minutes. Strain. (Save strained nutmeats to sprinkle over yogurt, steamed veggies or cereal.) Grate nutmeg on top of each serving glass. Serves 4.

F.Y.I.

A Banana A Day.....

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B₆ and B₁₂ they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high potassium banana snack.

Strokes: According to research in *New England Journal of Medicine*, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe it's time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

Nuts to You!

In a study of 45 men and women with high cholesterol, those on an almond-based diet for four weeks showed greater decreases in total cholesterol levels and in LDL levels, compared with those on olive oil-based or full-fat, dairy-based diets, as reported in *Journal of*

the American College of Nutrition.

In another study of 31,000 people, participants who ate nuts, particularly almonds, had a 50 percent lower risk of heart attack compared with non-nut eating counterparts.

According to results from the National Institutes of Health-funded "Dietary Approaches to Stop Hypertension" (DASH) study, four to five servings of nuts, seeds or legumes should be included in a healthful cholesterol-lowering diet per week.

"Basically, the almond is a very well balanced food," says prominent almond researcher, Gene A. Spiller, Ph.D., Director of the Health Research and Studies Center in Los Altos, California. "Because they contain the right kind of fats — monounsaturated and some polyunsaturated fats — almonds help lower low density lipoprotein (LDL), or 'bad' cholesterol levels, while not touching high-density lipoprotein, or 'good' cholesterol levels, or contributing to gaining weight," he explained. High LDL cholesterol and low HDL cholesterol are known risk factors for heart disease.

With 3 grams of fiber per ounce, the almond has the highest amount of fiber of any seed or nut, which is perhaps one reason why it's called "King of the Nuts." Fiber has been shown to reduce the risk of colon and rectal cancer, and heart disease, while improving motility in the gastrointestinal tract.

Cinnamon Swizzle

Steep a cinnamon stick in a glass of cranberry juice. This will soothe an upset stomach and might help in preventing ulcers.

Courtly Advice

"He who takes good care of his health should be sparing in his tastes, banish worries, temper his desires, restrain his emotions, take good care of his vital force, spare his words, regard lightly success and failure, ignore sorrows and difficulties, drive away foolish ambitions, avoid great likes and dislikes, calm his vision and hearing and be faithful in his internal regimen."

— Health advice from an imperial physician at the Mongol Court, 1330 A.D.

Book Review by Corinne Loreto

***Healing the Gerson Way — Defeating Cancer and Other Chronic Diseases* by Charlotte Gerson with Beata Bishop** (Totality Books, Carmel, CA 2007), 448 pgs., \$29.95.

A diagnosis of cancer or other chronic disease does not have to mean a death sentence or a life of illness. Charlotte Gerson, the daughter of Max Gerson, M.D. (1881-1959), wrote this very informative book with the help of Beata Bishop, a cancer survivor, thanks to the Gerson therapy.

The reader will learn that drugs treat the symptoms of disease, not the cause. Dr. Gerson learned how to cure “incurable” diseases when, as a medical student in Germany, he suffered terrible migraine headaches. He asked the professors in his medical school if there was a cure for migraines. They said there was not. After much investigation, Dr. Gerson learned of a diet a woman went on which cured her migraines. So, he went on the diet program and his headaches were cured.

Years later, while practicing medicine in the United States, a patient came to him complaining of migraines. Dr. Gerson told him there was no cure, but suggested the patient try the same nutritional regime that had helped him. About a month later the patient returned to Dr. Gerson’s office and said, “Dr Gerson, you have not only cured my migraines, but you’ve also cured my lupus.” The doctor said, “That’s impossible. Lupus is an incurable disease.”

That is what started Dr. Gerson on his nutritional therapy for cancer and other chronic diseases. This regime is not an easy one to follow. It involves detoxifying the sick patient’s body, including round the clock coffee enemas to detoxify the liver. (*Edit. note: FACT suggests that the coffee enemas are not necessary if the herb barberry is taken — as a supplement — for liver cleansing. Daily, plain water, non-retention enemas can be effective for general detoxifying.*)

Detoxification should not be undertaken without guidance from an experienced practitioner, but especially with a patient who has undergone conventional cancer treatment. Cancer patients who have had chemotherapy and/or radiation have to be extremely care-

ful when they undergo detoxification. The chemos given to cancer patients are highly toxic and must be removed from the sick patient’s body very slowly and carefully. Releasing the toxic drugs too rapidly could cause complications or injury and slow the patient’s recovery.

Charlotte Gerson says there are many diseases which can be cured by the full Gerson therapy. She writes about Multiple Sclerosis (MS) which is supposed to be an autoimmune disease. She states that the only difficulty in applying the Gerson therapy to MS is that in the early weeks of treatment, MS patients typically experience a worsening in their condition. This is probably caused by the detoxification process removing the products of the infection from the lesions in the myelin sheaths (that encase certain nerve fibers). The cleansing causes an additional temporary loss of insulation of the myelin sheath and, thus, a worsening of symptoms. If the MS patient persists, however, his cleared lesions — with the help of the hyperalimentation and detoxification of the Gerson program — allow the sheaths to reform, which would indicate that MS is not incurable. Also, since the Gerson therapy actively restores and strengthens the immune system, clearly MS cannot be an autoimmune disease. If it were, an enhanced immune system would make recovery impossible.

The book contains chapters on how to prepare juices, what cookware to use, what foods to avoid, and recipes to achieve good health, along with much more useful material.

The back of the book has a section called “Additional Reference Material” which lists many books that may be of interest. One of these is *The Root Canal Cover-Up* by George Meinig (Bion Publishing, Ojai, CA., 1994). The author, an endontist (root canal specialist) and co-founder of the American Association of Endontists, writes about the possible negative effects of root canals on human health.

Another book, *What Really Causes Schizophrenia*, by Professor Harold D. Foster (Trafford Publishing, Victoria, B.C., 2003) presents a novel analysis of the sources and cure of schizophrenia, viewing it as a nutritional deficiency problem, rather than a mental illness.

There is a great deal to learn from Charlotte Gerson’s and Beata Bishop’s book.

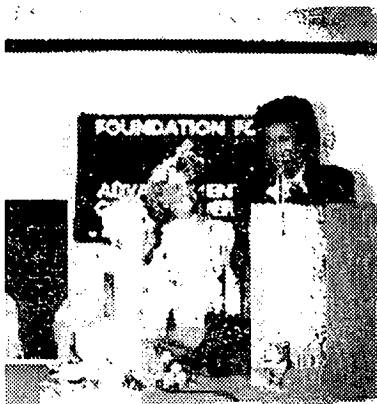
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Therapies

- (9) Chalotte Gerson: Metabolic Program
- (10) Philip Incao, M.D.:Anthroposophy
- (11) Pat Judson, Recovered patient on the Kelley Metabolic System
- (13) Ruth Sackman: Cell Therapy
- (14) Ruth Sackman: Hypothyroidism
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- (16) Ruth Sackman: Enhancing Host Resistance
- (17) Ruth Sackman: Wisdom & Power of Healing
- (6) Dr. Michal Ginach-Stress
- (18) Dr. Benson Sheinkin, Displacement of the Temporomandibular Joint (TMJ)
- (19) Betty Fowler, Does Fluoride Protect Teeth?
- (20) Recovering from Lymes Disease
- (21) Dr. Peter Duesberg (Chromosome link in Cancer Research)
- (22) Edwin Flatto, M.D, Exercise for Regaining and Maintaining Health
- (23) Ronnie Cummins-Organic Cosumers Association
- (24) Barbara Levine, Author of "Your Body Believes Every Word You Say"
- (25) Martin Goldman. M.D. Oriental Medicine
- (26) Philip Incao, M.D. Inflammation



Convention CDs

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- (39) Bernard Nevens-Colon
- (43) Michael Whitehill-Thymoma
- (44) Pat Judson-Colon
- (45) June McKie-Lymphoma
- (47) Lou Dina-Lymphoma
- (48) Panel of Recovered Patients-Daniel Friedkin, Jeanne Glickman, Betty Fowler
- (49) Panel of Recovered Patients-Greg Hagerty, Barbara S. Mcleary, Michal Ginacch
- (50) Lou Dina and Hy Radin
- (51) Tom Buby-Lymphoma

Others

- (40) Dr. Edwin Flatto M.D.
- (41) Charlotte Gerson
- (42) Dr. Bernard Jensen
- (46) Dr. William Wells
- (56) John Lee-Flouridation Cancer Link
- (57) Duncan McColleston M.D. Autologous Immune Therapy

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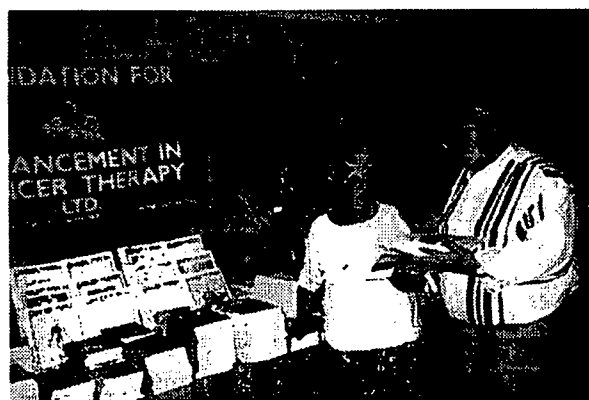
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