

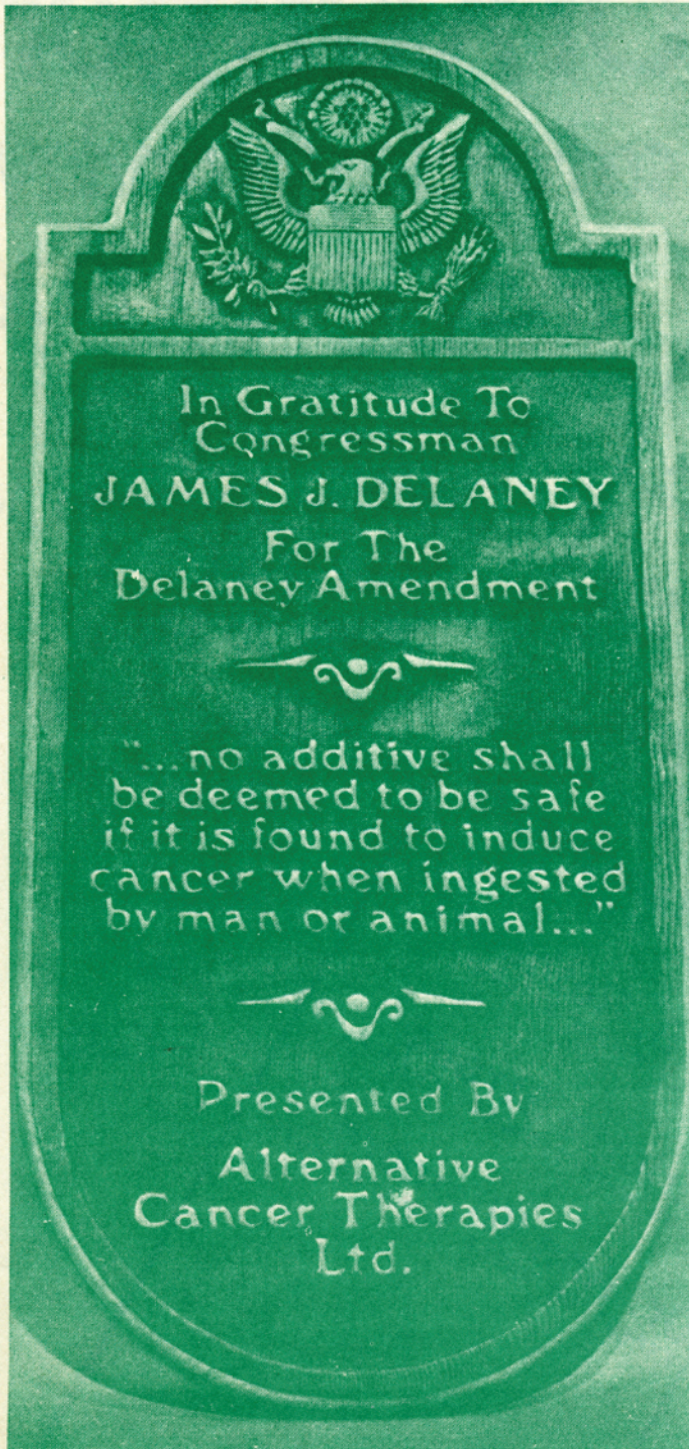
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FACT JOURNAL



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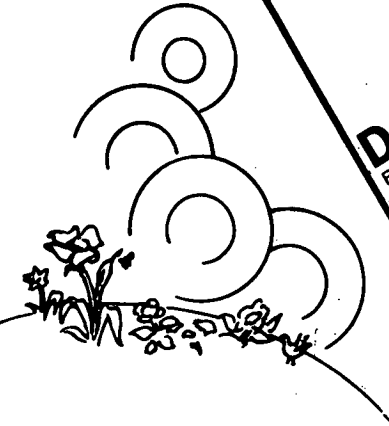
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# mexico

MR. SACKMAN AND I ATTENDED THE NATIONAL HEALTH FEDERATION CONVENTION IN PASADENA, CALIFORNIA ON THE 9TH, 10TH AND 11TH OF JANUARY 1976. THIS WAS ONE OF THE SEMI-ANNUAL TRIPS WHICH I HOPE TO MAKE TO CALIFORNIA TO KEEP ABREAST OF THE ACTIVITIES ON THE WEST COAST.

AFTER THE CONVENTION, WE TRAVELLED SOUTH TO SAN YSIDRO WHICH IS THE LAST TOWN ON THE AMERICAN SIDE BEFORE ONE CROSSES THE BORDER TO MEXICO. SINCE WE WERE IN THE AREA WHERE MOST OF THE MOTELS ARE LOCATED IN WHICH PEOPLE STAY IF THEY PREFER TO REMAIN ON THE AMERICAN SIDE WHILE BEING TREATED AT THE CLINIC IN MEXICO, WE DECIDED TO INVESTIGATE THE FACILITIES IN ORDER TO PROVIDE BETTER INFORMATION TO THOSE WHO CALL ACT. WE FOUND THE ACCOMMODATIONS GOOD, THE RATES MODERATE AND THE MOTEL MANAGERS SYMPATHETIC AND HELPFUL. ONE RESTAURANT ADVERTISED A LAETRILE DIET.

OUR FIRST STOP IN MEXICO WAS CENTRO CLINICA DEL MAR (DR. ERNESTO CONTRERAS' CLINIC) TO VISIT WITH DR. CONTRERAS AND SEE THE MOTEL ACCOMMODATIONS NEAR THE CLINIC. ALTHOUGH WE HAD NO APPOINTMENT AND DR. CONTRERAS HAD HIS USUAL BUSY SCHEDULE, WE SPENT AN INTERESTING AND PLEASANT HALF HOUR WITH HIM. HE WAS MOST ENTHUSIASTIC ABOUT A SOON-TO-BE PREPARED REPORT DEALING WITH THE EFFICACY OF LAETRILE FOR LUNG CANCER.



DR. CONTRERAS IS AN AMIABLE MAN WHO EXUDES AN AIR OF CONFIDENCE WHICH MUST GIVE HIS PATIENTS A FEELING OF SECURITY THAT THEY ARE IN CAPABLE HANDS. THERE ARE A NUMBER OF DOCTORS AT THE CLINIC BUT SINCE WE COULDN'T VISIT WITH ALL OF THEM, I SPOKE TO MANY OF

THE PATIENTS TO GET THEIR IMPRESSIONS. THE FEELINGS EXPRESSED WERE FAVORABLE - THE DOCTORS WERE COMPETENT AND CONSIDERATE.

THE MOTEL ACCOMMODATIONS (LOS GIRASOLES) ADJACENT TO THE CLINIC WERE COMPACT UNITS UTILIZING THE SPACE MOST EFFICIENTLY. I VISITED WITH A COUPLE FROM DALLAS, TEXAS WHO SHOWED ME HOW COMFORTABLY THEY WERE ABLE TO ARRANGE LIVING THERE. THEY HAD THEIR JUICER WITH THEM AND USED SHELVES IN OTHERWISE UNUSABLE SPACE FOR THEIR GROCERIES. THE TOILET AND WASH BASIN WERE SEPARATED FROM THE SHOWER SO THAT THE USE OF ONE WOULD NOT INTERFERE WITH SOMEONE USING THE OTHER. THE ROOM WAS CHEERY WITH TWO WINDOWS PROVIDING GOOD LIGHT. MY HOST AND HOSTESS WERE QUITE SATISFIED WITH THEIR PLACE.

ON THE WAY TO CENTRO CLINICA DEL MAR, ONE PASSES A SPANKING NEW CLINIC, CLINICA CYDEL, WHERE LAETRILE IS ADMINISTERED. WITHIN THE CLINIC GATES, THERE ARE SUITES FOR GUESTS WHICH ARE SPACIOUS AND COMFORTABLE. ALL THE FACILITIES ARE ARRANGED AROUND A CENTRAL COURTYARD WHICH IS TYPICAL CONSTRUCTION FOR MEXICO.



THE DOCTOR IN CHARGE IS MARIO A. SOTO DE LEON, AN ONCOLOGIST FROM MEXICO CITY. AS SOON AS WE GET SOME FEEDBACK ABOUT THE SUCCESS OF DR. SOTO'S WORK, WE WILL ADD THE DATA TO OUR RESOURCE SHEET.

LEON AND I NEXT HEADED FOR TECATE BUT STOPPED BY AT THE BIO-MEDICAL CENTER, WHERE THE TREATMENT USED IS THE HOSSEY HERBAL TONIC, TO SAY HELLO TO DR. HOWELL AND MILDRED NELSON. DR. HOWELL WAS IN BUT MILDRED NELSON WAS NOT. WE DISCUSSED SOME OF THE PATIENTS WHO LEARNED ABOUT THE CLINIC FROM ALTERNATIVE CANCER THERAPIES.

FOR YEARS WE HAVE INVITED THE BIO-MEDICAL CENTER TO HAVE A REPRESENTATIVE SPEAK AT OUR CONVENTION BUT MEDICAL POLITICS MAKES IT IMPOSSIBLE FOR THEM TO ACCEPT. IT IS OUR

FERVENT HOPE THAT THE DARK AGES OF CANCER TREATMENT WILL PASS SOON AND PATIENTS WILL HAVE THE FREEDOM TO CHOOSE WHATEVER THERAPY THEY CONSIDER FEASIBLE. THEY CERTAINLY SHOULD HAVE THE RIGHT TO TREATMENTS OTHER THAN RADIATION, CHEMOTHERAPY AND SURGERY AVAILABLE IN THEIR OWN COUNTRY.

ABOUT THIRTY MILES EAST OF TIJUANA IS A SMALL TOWN IN MEXICO WHERE THERE IS A BORDER CROSSING. THIS IS TECATE. IT IS THE HOME OF RANCHO LA PUERTA, A RESORT ORIGINALLY ESTABLISHED BY DR. EDMOND SZEKELY, A NATUROPATHIC PHYSICIAN, BUT NOW THE SISTER ESTABLISHMENT OF THE GOLDEN DOOR. ALSO, IN A QUIET VALLEY AT THE FOOT OF MOUNT CUCHUMA, LIES RANCHO CUCHUMA, THE HOME OF INDRA DEVI, AUTHOR AND NOTED INSTRUCTOR OF YOGA TEACH-

ERS.

THE REASON FOR THE TRIP TO TECATE WAS TO VISIT A NEW HOSPITAL, CLINICA HOSPITAL GUADALUPANA, WHERE TREATMENT WITH TEKARINA IS AVAILABLE UNDER THE SUPERVISION OF DR. RUIZ. AFTER LOOKING OVER THE FACILITY, WE CHATTED WITH TWO PATIENTS ABOUT THEIR TREATMENT.

WHILE IN THE SOUTHERN CALIFORNIA/MEXICO AREA, WE INTENDED TO CALL DR. LESTER WINTERS TO GET SOME ADDITIONAL INFORMATION ABOUT A NEW BIOLOGICAL SUBSTANCE, MITOXZYME. DR. WINTERS CLAIMS SOME INTERESTING RESULTS IN A NUMBER OF DIFFICULT CASES. THIS WILL HAVE TO WAIT UNTIL OUR NEXT TRIP. IN THE MEANTIME, WE'LL LOOK FOR THE FEEDBACK FROM PATIENTS AND REPORT TO FACT READERS THROUGH THE JOURNAL.

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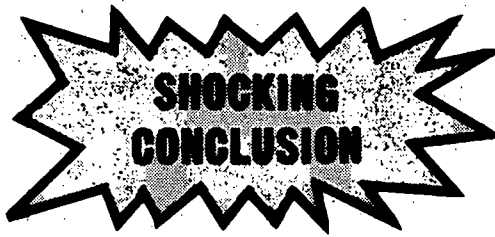
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# Cancer Cures More Deadly Than Disease

Treatment for cancer will kill you a lot sooner than if nothing were done at all, claims a prominent cancer researcher.

"My studies have proved conclusively that untreated cancer victims actually live up to four times longer than treated individuals," Dr. Hardin B. Jones told MIDNIGHT.

"For a typical type of cancer, people who refused treatment lived for an average of 12 1/2 years. Those who accepted surgery and other kinds of treatment lived an average of only three years!

"Beyond a shadow of a doubt, radical surgery on cancer patients does more harm than good."

As for radiation treatment — "Most of the time it makes not the slightest difference whether the machine is turned on or not."

Dr. Jones, a physiologist with the University of California Dept. of Medical Physics, has been studying cancer for more than 23 years.

He has traveled the world collecting data on the dreaded disease, and presented his findings to the American Cancer Society and medical schools.

Asked why the medical world has ignored his findings, he replied: "Frankly, I don't know the reasons. But they have probably become caught up in the tidal wave of individuals demanding treatment."

This has been shown especially in the type of bone cancer — osteogenic sarcoma — that affects the large knee joints, Dr. Jones said.

Sen. Edward M. Kennedy's son, Ted Jr., suffered from that disease and his affected leg was amputated.

A surgeon is tempted to amputate, just for the relief of pain, Dr. Jones noted. "But, unfortunately, it seems to be only a question of time, usually, before the disease pops up again all over

the body.

"I attribute this to the traumatic effect of surgery on the body's natural defense mechanisms," he said.

The body has a natural defense against every type of cancer, Dr. Jones maintained.

"Medical treatment seems to interfere with and mess up this natural resistance," he said.

"You see, it is not the cancer that kills the victim. It's the breakdown of the defense mechanism that eventually brings death."

Dr. Jones said he advocates less surgery and chemotherapy.

And he pooh-poohs what he said were claims by the medical profession of certain cancer "cures."

The fact remains, said Dr. Jones, that just as many people die today from cancer as they did in the year 1900. The mortality rate hasn't changed much.

"With every cancer patient who keeps in excellent physical shape and boosts his health to build up his natural resistance, there's a high chance the body will find its own defense against the cancer," he said.

"He may have many good years left in good health. He shouldn't squander them by being made into a hopeless invalid through radical medical intervention, which has zero chance of extending his life."

Dr. Jones agreed that lumps in the breasts should be checked out.

"But it's utter nonsense to claim that catching cancer symptoms early enough will increase the patient's chances of survival," he said.

"Not one medical scientist or study has proven that so in any way."

Furthermore, untreated breast cancer cases show a life expectancy four times longer than treated ones, he averred.

"My wife and I have discussed what she would do if breast cancer was diagnosed in her," Dr. Jones continued.



**DR. HARDIN JONES**

"And we both agree she would do nothing as regards treatment, except to keep as healthy as possible.

"I guarantee she would live longer!

"For not only does radical surgery or chemotherapy do nothing to prolong a cancer victim's life, but that same victim will, in most cases, live a lot longer if he or she refuses treatment."

# Fluoridation Is Deadly

By N. W. Walker, N.D.

## BUT THEY TELL US IT'S SAFE!

Who on earth told you such nonsense?

There are two important factors which have made a regular *watergate* of the fluoridation proponents.

One is the concealment of the actual known effect of fluoridation on the health and longevity of people who use fluoridated water in the preparation of food and in drinking it.

The other is the undisclosed difference between the inorganic fluorine used in fluoridated water, which is destructive and deadly, and the organic fluorine which is always present in all vegetables, fruits, nuts and seeds and which is the **ONLY** kind of fluorine which the human body needs, which it can tolerate and which it can use constructively.

Bear in mind that fluorine is one of the most popular ingredients in rat and mice poisons, used to control their infestation of premises where they are not wanted!

## WHAT FUNCTION DOES ORGANIC FLUORINE HAVE IN THE HUMAN BODY

To understand an answer to this question we must first consider the effect which fluorine has on other mineral and chemical elements in the human system with which it comes in contact. Inorganic fluorine in fluoridated water has an insatiable rapacity, a regular kleptomania for other elements.

When fluorine is present in raw vegetables and fruits it behaves itself and carries on constructive activities. This is because it is organic and is replete with enzymes which are missing in fluoridated water.

One of the most frequent victims of inorganic fluorine, for example, is **CALCIUM**. Your endocrine glands are extremely sensitive to the calcium-phosphorus balance in your body. Inorganic fluorine will appropriate and steal whatever calcium it may come into contact with, thus lowering the calcium in the calcium-phosphate molecule and leaving the phosphorus with a greater proportion than is called for in that molecule.

This is just one out of innumerable such disturbances which throw the mineral balance of the system out of equilibrium.

When fluoridated water has robbed you of some of your calcium, the result is a low calcium and a high phosphorus situation which is out of balance. Such a condition is the precursor of eventual allergies, arthritis, duodenal ulcers and a predisposition to be afflicted with cancer or diabetes.

## HOW DOES A PERSON REACT TO SUCH A STATE OF AFFAIRS?

The over-all effects of mineral unbalance generally resulting from the constant use of fluoridated water and this fluorine element-thievery, are poor digestion, detesting the cold and anticipating it with horror, becoming pessimistic and cynical, treacherous and unsociable and many other undesirable characteristics which were both nonexistent and unnatural before fluoridated water began its devastating inroad into the human system.

These conditions cannot take place from the **ORGANIC** fluorine in raw nutritional food. On the contrary, organic fluorine in nutritional food helps to strengthen bones and tissues and assists in the balanced functions and activities of the endocrine glands.

Inorganic fluorine toxins from fluoridated water are dangerous, harmful and even lethal. They will continue to be progressively more ominous because it is a slow acting poison. It works pretty quickly on rats, but it usually takes five to ten years — sometimes longer — for its ravages and degeneration to become sufficiently pronounced as to be declared irreversible.

## CAN FLUORIDATED WATER AFFECT PEOPLE'S PERSONALITY?

Yes, indeed it can. Many a man and woman who, ten or fifteen years ago was perfectly balanced, sociable and lovable, who has consistently been drinking fluoridated water during that time, may be discovered today with a totally different personality

than they had in years gone by. Many such people have undoubtedly dropped out of your circle of friends and acquaintances because of the unsavory change which has come over them.

Here are some examples for you to ponder over and see if they don't fit some people you know.

They have lost social feelings and sentiments. They have become indifferent to the suffering of others, unmoved by tears. When they are faced with personal danger they go berserk and lose their self control.

They have become cowards, detesting authority and can, to a certain degree, be controlled by fear as long as they realize there is nothing they can do about it, but they can never be governed by a sense of gratitude or love.

Whereas formerly they were outgoing and sociable, now they avoid direct contact with people as much as possible they have become unpopular. They may even become the target of derision and ridicule when working in groups with other people.

They become dangerous if they are faced with too much interference and they may, through treachery, injure people they dislike.

Their attitude becomes caustic and sarcastic when they develop a strong resentment against others.

These are some of the *hidden dangers* which can be anticipated by the use of fluoridated waters used for the preparation of food and for drinking. Do you ever hear about them? No, of course not. To proclaim such facts would interfere with the propagation of the fluoridation of water doctrine. That would soon stop the use of fluorine waste debris from polluting our water supplies.

The inorganic fluorine used to fluoridate waters is the waste by-product of manufacturers of aluminum and other products. These manufacturers are gigantic industries concerned with only two things: (1) the sale and distribution of their manufactured products, and (2) how they can reap financial profits

from every angle and phase of their business.

Such being the case, no scrap of debris is overlooked if it can be converted into shekels. Fluorine was discovered to be a potentially lavish source of recurring financial profit, provided the "authorities" could, by hook or crook, be sold on the ephemeral "benefits" of fluoridating the water supply with this fluorine debris, their waste by-product.

#### WHY DO SOME DOCTORS, DENTISTS AND "SCIENTISTS" MISLEAD US?

The answer to this question, today, is obvious, because the Watergate explosion has brought to light the ease with which the practice of subsidizing, bribing and outright payments for services rendered or to be rendered has become such a nation-wide practice.

Those who loudly advocate the fluoridation of public and other water systems have either not had the desire nor the ability to investigate their statements and claims for the complete verification of facts — not fancies.

For a price, many succumb to the temptation of being publicized as "an authority." These so-called authorities are, in fact, knowingly or unknowingly, nothing more nor less than a disguise to keep the public from knowing the truth. They operate usually at the direction of the industrial potentates, whose sole interest is in the lucrative financial returns from the sale of the debris from their manufacturing processes.

Undoubtedly some of the speakers, lecturers and writers who extol, praise and recommend the practice of fluoridating water, may admittedly be perfectly honest and sincere in their assurances — because they have not investigated the matter with sufficient depth. Some may even be completely ignorant of the basic facts involved in evaluating what constitutes a toxin or a poison. These latter are usually the most vociferous proponents of the fluoridation doctrine.

We need not classify those who know the true facts, but distort them — perhaps at a price.

#### BUT THE HUMAN BODY NEEDS FLUORINE. WHAT ABOUT THAT.

True — there is no question nor doubt that the human body requires a certain amount of fluorine for the proper maintenance of balance of the system. However, such fluorine **MUST BE** organic in nature and in a form which the body can assimilate and utilize constructively.

#### WHERE AND HOW CAN WE GET THE FLUORINE WHICH THE BODY NEEDS?

Nature is very prolific in supplying man with whatever constructive material he needs for the repair, restoration and maintenance of the maximum state of health to which his body can attain.

The only organic fluorine of any value to the human system is provided in virtually all vegetables, fruits, nuts, and seeds which can be sprouted. Among the foods in which Fluorine is present in ample quantity are the following:

Unsalted almonds, Brazil nuts, hazelnuts, pecans, pine nuts (pinoles) and walnuts.

Carrots, beet-tops, celery-tops, cabbage, cauliflower, cucumbers, dandelion, garlic, spinach, turnip-tops and watercress.

Among the fruits — provided they are tree-ripened — apples, cherries, apricots, bananas, figs, grapes, blackberries, raspberries, strawberries.

For Seeds: Sunflower seeds, alfalfa, Mung beans, barley seeds, sesame seeds.

It is very important that vegetables, fruits, nuts and seeds all be naturally grown. No **HYBRID** foods should be used. Hybrid foods vibrate at an average of 30 to 50 per cent of the rating of naturally pollinated foods. In other words, hybrid foods are considerably less nutritious than natural foods.

#### IF OUR WATER SUPPLY HAS BEEN FLUORIDATED, WHAT CAN WE DO ABOUT IT?

This is a question that is very much in the forefront of the pollution problem.

When water is boiled and the steam is collected in appropriate channels, the steam condenses and becomes pure distilled water. The fluorine and

every other element in the water, except only the hydrogen and the oxygen, is left behind in the water container. Have you ever noticed the lime incrustation in the bottom and sides of a pan or kettle in which water has been continually boiled? Besides the lime, all other elements except hydrogen and water can be found in that residue, including the inorganic fluorine.

Now comes a warning in regard to distilled water. You will find people who will throw up their hands at the thought of using distilled water. They will tell you that distilled water leaches the minerals out of the body.

Don't you believe it! That is only half a truth. The minerals which are a component part of the cells and tissues of your body **CANNOT** be leached out nor in any other way can they be removed from the body while the cells and tissues are alive. Such elements cannot be dislodged from their anchorage.

The minerals, like lime (calcium), fluorine, etc., which are present in all water supplies from wells, springs, etc., are not absorbed in the body, into the structure of the cells and tissues. They are rejected by these cells and tissues and, if not removed through the evacuation channels of the body, are collected as waste in the blood vessels and connective tissues. This is where danger lies dormant. Distilled water does have the propensity to collect this debris, this rejected, useless, clogging up waste, and to remove it through the kidneys and bowel.

You may be interested to know that in order to avoid being poisoned by fluoridated water, we, in my home, drink steam distilled water, besides our regular supplies of fresh raw vegetable and fruit juices. We want to continue to be healthy, energetic and vigorous for a long, long time to come.

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*Let us permit nature to have  
her way: she understands her  
business better than we do.*

— Montaigne

# Q & A

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**Q. ARE FEVERS HARMFUL FOR CANCER VICTIMS?**

**A. RESEARCHERS HAVE BEEN USING TECHNIQUES CALLED HYPERTHERMIA TO ARTIFICIALLY INDUCE FEVERS. THEY REPORT SOME INTERESTING RESULTS IN REDUCING CANCER MASSES IN ADVANCED CASES.**

DR. ROBERT BERMAN OF ST. JOSEPH'S HOSPITAL (NOW SOUTH SHORE) IN FAR ROCKAWAY, NEW YORK, WORKING WITH THE ASSISTANCE OF JACK KILROY, C.R.N.A. AND MICHAEL JIMINEZ, A.R.I.T., USED ELECTRICALLY CONTROLLED BLANKETS TO STIMULATE TEMPERATURES OF 107 F.-110 F. ON 15 INOPERABLE PATIENTS WITH INTRACTABLE PAIN. PATIENTS SUSTAINED THE HEATING AND DID REMARKABLY WELL THROUGHOUT THE PROCEDURE. PAIN RELIEF WAS SIGNIFICANT IN ALL CASES. PATIENTS SEEMED TO BE ENCOURAGED BY THIS FORM OF TREATMENT THAT WAS NEITHER DESTRUCTIVE NOR MUTILATING.

DR. ROBERT T. PETTIGREW, A CANCER SPECIALIST AT WESTERN GENERAL HOSPITAL IN EDINBURGH, SCOTLAND, USES MOLTEN WAX AND HOT AIR TO ACHIEVE A TEMPERATURE OF AROUND 107 F. TO 110 F. THE PATIENT IS PUT INTO TWO PLASTIC BAGS AND THEN LOWERED INTO A 6-FOOT ALUMINUM TUB. MELTED WAX IS POURED OVER THE PATIENT UNTIL ALMOST COMPLETELY COVERED. HEATED OXYGEN IS SUPPLIED TO THE PATIENT THROUGH BREATHING TUBES. THE TREATMENT TAKES FROM 7 TO 15 HOURS MAINTAINING A TEMPERATURE OF ABOUT 110 F.

AT THE UNIVERSITY OF NEW MEXICO, DR. STERLING EDWARDS HAS BEEN ADMINISTERING SIMILAR HEAT TREATMENT FOR CANCER USING AN IRON LUNG FILLED WITH HOT AIR.

THE FEVERS CAUSED NO DAMAGE TO NORMAL TISSUE. CONTRARY TO POPULAR BELIEF, THE HIGH TEMPERATURES DID NOT CAUSE BRAIN IMPAIRMENT.

## dr. nittler

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"AS OF NOW, THE STATE BOARD HAS REVOKED MY LICENSE, WHICH OF COURSE, WAS THE MAXIMUM PENALTY THEY COULD LEVY. WE ARE NOW IN THE PROCESS OF ATTEMPTING TO GET A "STAY OF EXECUTION," WHICH WOULD ALLOW ME TO PRACTICE MEDICINE UNTIL THE ISSUE IS DECIDED IN COURT...

YOUR CONTINUED SUPPORT WILL BE NEEDED...AGAIN, THANKS FOR YOUR HELP." DR. ALAN H. NITTLER

THE REVOCATION OF DR. NITTLER'S LICENSE IS AN OUTRAGE, ESPECIALLY, SINCE THE ACCUSING DOCTOR ADMITTED UNDER CROSS-EXAMINATION THAT DR. NITTLER IS COMPETENT. THIS IN ITSELF SHOULD HAVE REDUCED THE VALIDITY OF THE CHARGE AGAINST HIM.

IT IS DOUBTFUL THAT EITHER THE CHARGE OR THE REVOCATION OF DR. NITTLER'S LICENSE WOULD HAVE OCCURRED IN A CLIMATE LESS HOSTILE TO METABOLIC NUTRITION AND THIS IS THE REAL ISSUE: ARE DOCTORS WITH FORESIGHT AND COURAGE GOING TO BE PENALIZED BY DOCTORS WHO ARE IN A RUT, LACK THE MENTAL ACUITY TO RECOGNIZE THE FAILURE OF MANY PRESENTLY AVAILABLE MEDICAL TREATMENTS IN OVERCOMING SOME LONG-STANDING CHRONIC PROBLEMS?

PLEASE CONTINUE TO MAKE CONTRIBUTIONS TO DR. NITTLER'S DEFENSE. CONTRIBUTIONS MADE THROUGH F A C T ARE TAX-DEDUCTIBLE. MAKE YOUR CHECK PAYABLE TO ALTERNATIVE CANCER THERAPIES, MAIL TO Box HH, NYC 10011. BE SURE TO SPECIFY THAT IT IS FOR DR. NITTLER'S DEFENSE.

## recipes

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### SUPREME HEART BUILDER (NATURAL)

ONE OF THE FINEST REMEDIES I HAVE FOUND FOR THE HEART, DURING MY YEARS OF PRACTICE, IS A WHOLE WHEAT CEREAL. WHEN FRESHLY GROUND, WHOLE WHEAT HAS THE WHEAT GERM IN IT AND THE OILS ARE INTACT. WHEAT GERM IS A SPECIAL HEART BUILDER CONTAINING VITAMIN E, THE HEART VITAMIN. WITHIN 16 HOURS AFTER THE WHEAT IS GROUND, MANY OF THE OILS ARE DISSIPATED. USE A FRESH-GROUND, HARD, NORTHERN WHEAT OR THE DEAF SMITH COUNTY WHEAT IN THE FOLLOWING WAY:

ONE HALF GROUND WHEAT TO ONE AND ONE-HALF CUPS OF HOT WATER; PUT IN A HOT THERMOS BOTTLE, CORK THE BOTTLE AND LET STAND ALL NIGHT TO SOAK. BY THIS METHOD, THE CEREAL IS NOT OVERCOOKED AND THE VITAMINS ARE NOT DESTROYED BY THE USE OF HIGH HEAT, AND SINCE NO AIR GETS IN CONTACT WITH THE WHEAT, THERE IS NO DISSIPATION OF SOME OF THE VERY ESSENTIAL VITAMINS. USE THIS CEREAL FOR BREAKFAST EVERY MORNING FOR THREE MONTHS, OR LONGER IF YOU WISH.

(FROM THE STUDY OF BERNARD JENSEN, D.C., HIDDEN VALLEY HEALTH RANCH, RTE. 6, Box 811, ESCONDIDO, CALIFORNIA 92025)



# a case history

THE MEDICAL DOCTORS SAID, "WE WILL HAVE TO REMOVE YOUR RIGHT LUNG OR YOU WILL NOT LAST THREE MONTHS. YOU HAVE CANCER OF YOUR RIGHT LUNG."

I HAD BEEN IN THE HOSPITAL OVER A MONTH WITH DOUBLE PNEUMONIA AND IN SPITE OF THE EFFORTS OF THE DOCTORS, THROUGH THE USE OF ANTIBIOTICS, THE LUNG REFUSED TO HEAL.

AFTER MANY X-RAYS AND SPUTUM TESTS, THE RESULTS SHOWED MALIGNANT CANCER OF THE LUNGS.

I PHONED MY WIFE AND SHE SAID, "CHECK OUT OF THE HOSPITAL AND COME HOME; SUZANNE HAS CALLED MR. TOBE'S OFFICE IN CANADA AND HE HAS RECOMMENDED DR. MAX WARMBRAND OF STAMFORD, CONNECTICUT, AND HE HAS AGREED TO LOOK AT YOU, ALTHOUGH HE MAKES NO PROMISES."

SUZANNE IS MY DAUGHTER WHO WAS VERY WORRIED ABOUT MY CONDITION.

AFTER BATTLING DOCTORS, NURSES, AND EVEN THE CHAPLAIN (WHO TRIED TO CONVINCE ME TO HAVE THE LUNG REMOVED), I FINALLY WAS ABLE TO CHECK OUT OF THE HOSPITAL. THIS WAS IN JUNE 1974.

THE NEXT DAY MY WIFE DROVE ME TO DR. WARMBRAND'S OFFICE. I COULD NOT DRIVE; IN FACT, I WAS HARDLY ABLE TO WALK. MY HEART WAS ALSO IN BAD CONDITION.

DR. WARMBRAND SAID, "MR. MOTT, ALL YOUR LIFE YOU HAVE LIVED TO EAT AND DRINK. WHISKEY, BEER, WINE, YOUR BODY IS COMPLETELY DETERIORATED. ARE YOU NOW READY TO CHANGE YOUR WAY OF LIVING AND EATING? IN OTHER WORDS, ARE YOU READY TO EAT TO LIVE BY REBUILDING YOUR WHOLE BODY:

HE SAID, "YOUR BODY IS A WONDERFUL MACHINE AND WILL REBUILD ITSELF IF YOU GIVE IT THE CHANCE. BUT YOU MUST MAKE UP YOUR MIND TO TAKE MY ADVICE AND DON'T CHEAT. IF YOU ARE READY TO DO THAT, I WILL TRY TO HELP YOU."

WHAT COULD I SAY? THE MEDICAL DOCTORS HAD GIVEN ME THREE MONTHS AT THE MOST.

WHEN THIS HAPPENED, I WEIGHED 255 POUNDS. I WOULD EAT THREE OR FOUR STEAKS A WEEK FOR MY PRINCIPAL MEAL, ALWAYS A BIG ROAST OF MEAT ON SUNDAY, LOVED SPAGHETTI, MEAT BALLS, CHICKEN AND ALL ITALIAN FOODS, PLUS A PINT OF BRANDY A DAY, ONE OR TWO SIX-PACKS OF BEER A DAY DEPENDING ON THE WEATHER, ALWAYS A FIFTH OR TWO OVER THE WEEK-END, COFFEE, TEA, DOUGHNUTS, CAKE, CANDY, WHITE BREAD, SUGAR, ETC.

I SAID TO DR. WARMBRAND, "THERE'S NOTHING I CAN DO BUT GIVE IT A TRY. I HAVE ONLY THREE MONTHS, ACCORDING TO THE M.D.S."

"O.K.," SAID DR. MAX. "NO BEEF, PORK, VEAL, CHICKEN, COLD CUTS, OR FISH. NO WHITE BREAD, CAKE, DOUGHNUTS, CANDY, SUGAR OR SWEETS, ALCOHOL, COFFEE, TEA, SODA DRINKS, NO MILK, EGGS, CHEESE OR OTHER DAIRY PRODUCTS. NO BEER OR WINE."

I LOOKED AT HIM AND SAID TO MYSELF, "OH, I SEE, HE IS GOING TO SAVE TIME AND EXPENSE BY HAVING ME KICK THE BUCKET IMMEDIATELY."

I SAID TO HIM, "WHAT CAN I HAVE? THERE'S NOTHING LEFT."

HIS ANSWER WAS, "WHAT DOES A STEER OR COW OR HORSE EAT? THEY GROW HOOFS, HORNS, TEETH, AND GROW MASSIVE IN SIZE. HOW MANY CANCER OPERATIONS DO YOU HEAR PERFORMED ON THESE ANIMALS?"

HE SAID, "NUMBER ONE, YOU CAN EAT ALL THE FRUIT YOU WANT, A FEW ALMONDS, A LARGE GLASS OF CARROT JUICE IN THE MORNING. DURING THE DAY, HAVE A CHLOROPHYLL DRINK OF LETTUCE, CELERY, CARROT TOPS, BEET TOPS, ANY GREENS AVAILABLE IN SEASON, AND A SALAD FOR LUNCH WITH NOTHING ON IT, YOU CAN HAVE HONEY OR ORANGE JUICE ON THE SALAD. FOR EVENING MEALS, HAVE A LARGE SALAD OF LETTUCE, CELERY, PEPPERS, TOMATOES, ONIONS, ANY GREENS IN SEASON, WITH A BAKED POTATO AND AVOCADO. GET PLENTY OF REST, AND TAKE A HOT BATH WITH EPSOM SALTS EVERY NIGHT. KEEP YOUR FEET WARM, AND DO A FEW EXERCISES THAT I WILL GIVE YOU."

MY WIFE WAS TAKING THIS ALL IN AND AGREED TO GIVE ME THE DESCRIBED FOOD, AND WITHOUT HER FOLLOWING THIS TO THE LETTER, AND WATCHING AND WAITING ON ME, AND PREACHING TO ME 100% OF THE TIME, I KNOW THAT I WOULD NOT HAVE MADE IT.

I STAYED ON THIS DIET FAITHFULLY AND AFTER 2 MONTHS, I STARTED TO FEEL MUCH BETTER. MY STRENGTH STARTED TO RETURN AND PEOPLE STARTED TO TELL ME THAT I LOOKED BETTER. I SURE FELT A LOT BETTER, AND AFTER THREE MONTHS STARTED TO DRIVE THE CAR AND DO A LITTLE WORK AROUND THE HOUSE.

EACH MONTH I FELT STRONGER AND PEOPLE WHO SAW ME WHEN I LOOKED, AS THEY LATER TOLD ME, "LIKE WALKING DEATH," COULD NOT BELIEVE I WAS THE SAME PERSON.

MY WEIGHT WENT TO 175 POUNDS IN A PERIOD OF SIX MONTHS AND HAS HELD AT THIS WEIGHT, ALTHOUGH DR. WARMBRAND IS AFTER ME TO GET DOWN TO 165 POUNDS. MY HEART SHOWED GREAT IMPROVEMENT.

I STILL STAYED 100% ON DR. WARMBRAND'S ADVICE.

ON JUNE 21, 1975, ONE YEAR LATER, I ENTERED THE SAME HOSPITAL AND AFTER X-RAY AND EXAMINATION, THE DOCTORS FOUND THAT MY LUNGS ARE CLEAN AND SHOW NO EVIDENCE OF CANCER. THEY COMPARED THESE WITH THE X-RAYS TAKEN THE DAY I LEFT IN 1974 THAT SHOWED A MASS ON MY RIGHT LUNG THAT WAS TESTED, LOOKED AT, AND X-RAYED. MY LUNG WAS NOW CLEAN.

THE SPUTUM SAMPLES ARE NOW NEGATIVE.

I TOLD THEM OF DR. WARMBRAND'S METHOD OF TREATING THE BODY, BUT ALL THEY SAID WAS THAT I HAVE HAD A 100% REMISSION. I REMINDED THEM ABOUT THEIR RECOMMENDING REMOVAL OF MY

LUNG, BUT I DID NOT RECEIVE ANY ANSWER.

I AM GRATEFUL TO GOD, TO MANY PEOPLE WHO WERE PRAYING FOR A MIRACLE, TO DR. WARMBRAND, TO MY WIFE, WITHOUT WHOSE HELP, WORK AND ADVICE, IN NO WAY WOULD I HAVE BEEN ABLE TO MAKE THE CHANGE.

HOWEVER, WITH THE ADVICE I RECEIVED, I NEVER WILL GO BACK TO THE OLD WAY OF EATING MEAT, FISH, OR COOKED FOOD THAT KILLS THE ENZYMES THAT ARE NECESSARY TO KEEP OUR WHOLE BODY HEALTHY.

THIS IS MY HAPPY STORY, THANKS TO THE GOOD DOCTOR, MAX WARMBRAND OF STAMFORD, CONNECTICUT.

RICHARD A. MOTT

## BOOK REVIEW / by Corinne Loreto

HOW TO ALWAYS BE WELL

BY WILLIAM HOWARD HAY, M.D.

AFTER PRACTICING ORTHODOX MEDICINE FOR 16 YEARS, DR. HAY'S OWN HEALTH BROKE DOWN, PROVING TO HIM THAT HE KNEW AS LITTLE AS THE REST OF THE PREDISPOSING CAUSES OF DISEASES. DURING HIS LONG NIGHTS OF WAKEFULNESS AND LABOR-ED BREATHING, AND DILATED HEART, HIS MENTAL PROCESSES SEEMED TO BE VERY MUCH ALIVE. HE DECIDED HE WOULD ONLY EAT SUCH THINGS AS HE BELIEVED WERE INTENDED BY NATURE AS FOODS FOR MAN, TAKING THESE IN THEIR NATURAL FORM AND IN QUANTITIES NO GREATER THAN SEEMED NECESSARY FOR HIS CURRENT NEEDS.

GRADUALLY, ALL OF HIS HEALTH PROBLEMS SLIPPED AWAY AND AT THE END OF THREE MONTHS HE WAS AGAIN ABLE TO RUN LONG DISTANCES WITHOUT DISTRESS. HE WAS DEFINITELY AND PERMANENTLY CURED FROM A CONDITION THAT THE BEST AUTHORITIES SAID WAS INCURABLE.

FOR THE REMAINDER OF HIS PRACTICE AS A DOCTOR, HE TREATED DISEASES ALONG DIETARY LINES IN AN EFFORT TO PROVE OR DISPROVE THAT THE BODY IS MERELY A COMPOSITE OF WHAT GOES INTO IT IN THE FORM OF FOOD AND DRINK. HE FOUND THE RESULTS OF TREATING PATIENTS IN THIS MANNER VERY GRATIFYING AS HE SAW THEIR HEALTH IMPROVE.

FOOD COMBINING WAS AN IMPORTANT FACTOR IN PROPER DIGESTION OF FOOD. A STARCHY FOOD TAKEN WITH AN ACID FRUIT WILL NOT BE PROPERLY DIGESTED SINCE THE STOMACH CANNOT BE BOTH ACID AND ALKALINE AT THE SAME TIME. STARCHY FOODS REQUIRE ALKALINE CONDITIONS AND PROTEINS REQUIRE ACID CONDITIONS.

THE INGESTION OF MEAT, EGGS AND CHEESE CAUSES ACID FORMATION, AND IT IS THROUGH ACID FORMATION THAT POOR HEALTH IS CAUSED. FOUR-FIFTHS OF THE DAILY FOODS SHOULD CON-

SIST OF BASE-FORMING (OR ALKALINE-FORMING) FOODS LIKE VEGETABLES, RAW OR COOKED, FRESH FRUITS, AND WITH THESE MAY BE COMBINED EITHER YOGURT OR CLABBERED MILK. AN IMPORTANT FACTOR IN MAINTAINING GOOD HEALTH IS ACHIEVING THE PROPER BALANCE OF BODY CHEMISTRY - THE PROPER ACID/ALKALINE BALANCE AND THIS CAN ONLY BE ACHIEVED BY EATING THE CORRECT FOODS, PROPERLY COMBINED.

DR. HAY ALSO INDICTS FAULTY ELIMINATION AS A CAUSE FOR A BUILD-UP OF TOXINS IN THE BODY AND TO CORRECT THIS PROBLEM HE PRESCRIBES THE USE OF A TWO-QUART ENEMA DAILY TO REMOVE DEBRIS FROM THE COLON UNTIL BOWEL FUNCTION RETURNS TO NORMAL. HE DISPROVES IN A VERY LOGICAL FASHION THAT ENEMAS ARE HARMFUL. MUCH MORE HARMFUL, HE SAYS, IS A COLON FILLED WITH DEBRIS.

DR. HAY SAYS IT IS WELL TO REMEMBER HIPPOCRATES, WHO SAID THAT ONLY NATURE EVER CURED ANYTHING.

OUT OF A FOUL BODY COME FOUL THOUGHTS, AND OUT OF A CLEAN BODY COME CLEAN THOUGHTS. AS A BODY IS CLEARED OF ACID DEBRIS, THINKING IS AT ONCE ON A MUCH HIGHER PLANE.

FOR THE CURE OF SOME OF THE DISEASES HE DISCUSSES IN THE BOOK, DR. HAY SUGGESTS A DRASTIC PURGE FOR A THREE-DAY PERIOD AND THEN TAKING ONLY FRUIT AND VEGETABLE JUICES TO GET THE BODY THOROUGHLY CLEANSSED.

THIS BOOK IS VERY READABLE AND QUITE EASY TO UNDERSTAND. THE LOGIC OF HIS NUTRITION AND CLEANSING PROGRAMS CANNOT BE DENIED. DR. HAY CONSIDERED IT A SACRED MISSION TO SHARE HIS KNOWLEDGE WITH OTHERS AND HENCE BRING AN END TO NEEDLESS SUFFERING CAUSED BY DISEASE.

DR. HAY'S BOOK HAS A VERY SPECIAL PLACE IN MY LIBRARY AND I HAVE GIVEN MANY COPIES OF IT TO FRIENDS WHOM I THOUGHT WOULD BE RECEPTIVE TO NATURAL HEALING.

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