

foundation for
Alternative
Cancer Therapies Ltd.

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FACT JOURNAL

Karlshafen

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One of the things I am always loathe to do is ask for money, but there is no way that we can accomplish all of the things that need doing without it. Research is very expensive even for those scientists who can work on a shoestring. ALTERNATIVE CANCER THERAPIES made its first contribution to research by awarding a \$1000.00 check to the Immunology Research Foundation at the Annual Cancer/Nutrition Convention. We have additional requests which we would like to fulfil to support and encourage biological work. We would also like to initiate research to create a nutritional science that leaves no question about the value of food for the restoration of health and to determine the right food at the right time scientifically. The research must necessarily include nutritionally related diagnostic procedures.

Another service which we have undertaken and cannot neglect is assistance to needy patients who want to use a non-toxic, cancer therapy but cannot get help from welfare or any insurance plan. Without assistance from an organization such as ours, they would have to submit to conventional treatment or, if they refuse that, do without treatment entirely.

One other obligation which we must be prepared for is court action - either one initiated by us or in defense of doctors who courageously practice biological medicine. The Board of Trustees of ACT presented Dr. Alan H. Nittler with a check for \$1000. to aid in the restoration of his license which was revoked by a medical board unfamiliar with a metabolic practice. It is in the interest of all those seeking nutritional guidance to see that this action is reversed, otherwise the same fate might befall other metabolic physicians or they might be frightened from practicing nutrition.

ALTERNATIVE CANCER THERAPIES is dedicated to active participation in the achievement of its goals. If you have a heartfelt response to these causes, you can support them through your contributions, bequests, memorials in lieu of flowers, and urging your friends to make their cancer contribution to ACT.

Ruth Sackman

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ALTERNATIVE CANCER THERAPIES, LTD.

Alternative Cancer Therapies supports and encourages biological cancer research, nutritional science investigations; disseminates information to cancer victims, provides financial assistance, and fights to eliminate carcinogenic substances from the environment. It is a non-profit, tax-deductible organization.

On May 25th a group of health-minded people including this writer, left for Germany on Pakistan International Airlines to visit a clinic scheduled to open officially on June 12th.

All the arrangements were handled most skillfully by Betty Lee Morales, President of the Cancer Control Society, in order for us to evaluate the Sanosta Kurklinik in Karlshafen, Germany. Her interest began about two years ago, in the early planning stages, hoping that her knowledge and influence would encourage the incorporation of many of the healing arts to be established under one roof. It seems to have materialized most successfully.

The clinic is located in a pleasant resort community overlooking the Weser River. A nearby bridge spans the river providing access to a heavily-wooded area with numerous trails for delightful walks which are encouraged to improve one's breathing. One trail leads to an old ruined castle which is an interesting sight-seeing attraction.

The Kurklinik is under the supervision of a most competent physician, Dr. med. Karl O. Heede, a specialist in Nutrition and Homoeopathy. He plans to combine a balanced diet for proper restoration of health with any biological treatment he deems feasible -- Laetrile, fasting, cell therapy, enzyme therapy, homoeopathic medicine, colon irrigation, plus more.

Kurkliniks or Kurhausen are not new to Europe. It is not unusual for people to spend a few weeks a year to revitalize their tired bodies so they can tolerate their hectic life-style. So why Sanosta? Sanosta is different. It is much more comprehensive and Laetrile and other biological treatments will be available for those seeking it. This will be a total approach.

Classes will be held to teach the patient to

prepare his food and his menus and to better understand the reason for the biological approach to recovering one's health.

The diagnostic procedures include iris diagnosis, Guttschmidt, Hydroxylamin and Rhodanese tests, plus a whole battery of laboratory tests.

The therapy involves, not only the nutrition which is most important, but cell therapy, neural therapy, ozone therapy, Baunscheidt Therapy, Chiropractic, rub-downs, bowel-wash, long showers, hot rub-downs, compresses when indicated, Japanese baths, special douches, special massages, a variety of packs, sauna bath and

plunge pool, exercise and lymph drainage, and many other procedures.

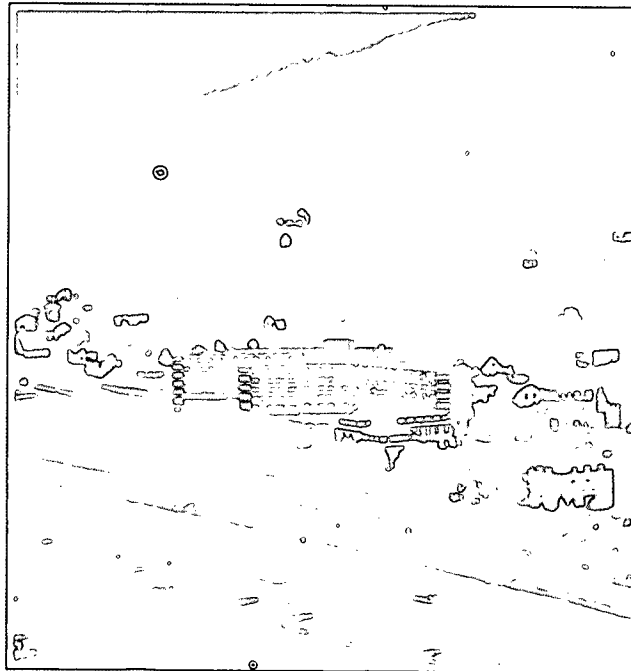
The clinic has an ultra-modern bath wing with a variety of installations for the Kneipp hydrotherapy.

Treatment is aimed at reinforcing the natural defenses of the body to support detoxication and eliminatory action. The diet must be rich in vital substances and attention paid to the mental and psychic spheres to effect the proper biological environment for recovery.

The diagnostic and therapeutic techniques evolved from years of practical experience.

Dr. Heede has assembled an unusual staff of doctors, medical as well as naturopathic, with special skills in natural healing. Emphasis is not on treating cancer but in getting the system to achieve normal function to the degree that it can effect the repair.

Sanosta is uniquely beautiful, located in dust free and noise-free surroundings. It can house 350 guests in comfortable rooms, each with a balcony and private bath. All of the personnel are bi-lingual -- German and English. For further information call our office 212-741-2790.



SANOSTA KURKLINIK

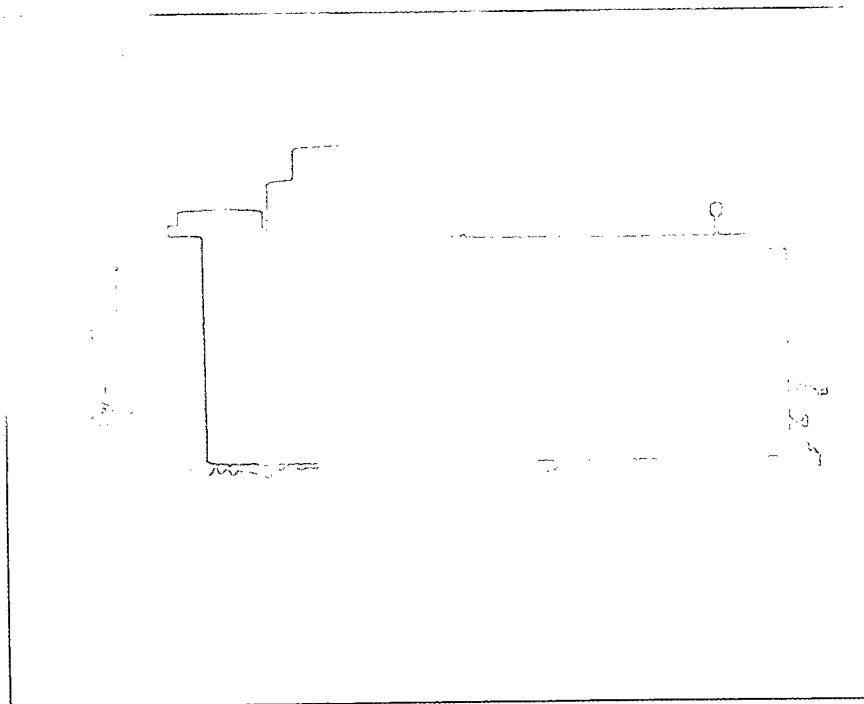
3 convention

NEW CHAPTERS ARE BEING CHARTERED. The first is METRO-DETROIT in Dearborn, Michigan, under the direction of Pat Judson and an enthusiastic and dedicated board. Pat, a cancer victim herself, expects to spread the word to other cancer victims through radio, television, the press, and through an upcoming CONVENTION to be held on Saturday and Sunday, October 2nd and 3rd, 1976 at the beautiful, new Hyatt Regency Dearborn. Outstanding speakers and interesting exhibits will make this a not-to-be-missed event.

Included among the speakers will be Dr. Alan H. Nittler, metabolic physician and

author of NEW BREED OF DOCTOR; Charlotte Gerson Straus, daughter and clinical assistant to her father, Dr. Max Gerson; Eydie Mae Hunsberger, author of a book relating her experience in overcoming cancer; Dr. Albert Schatz, Professor of Science Education at Temple University; V. Earl Irons, nutritionist and board member of the National Health Federation; Hannah Kruger, author of OLD TIME REMEDIES; Clinton R. Miller, Legislative Advocate of the National Health Federation; Ruth Sackman, Executive Director of Alternative Cancer Therapies; and others.

For additional information write to ACT Metro-Detroit, Box 882, Dearborn, Michigan 48121, or call 313-562-4269.



Hyatt Regency Dearborn

october 2,3,1976

ERSATZ FOOD

We'd like to pin a demerit badge on some of the scientists who create ersatz food out of waste products. One group has developed a powdery substance out of chicken feathers from which cookies can be made. They say they can be "pretty good to eat." Anything can probably be sweetened and flavored enough to make it palatable, but if nature meant it as food for man, it would have been made in a digestible form in the first place.

The researchers claim that the chicken feathers are 97% protein. This obsession with protein without proper consideration for all of the essentials for a BALANCED DIET will eventually be our nutritional downfall. Tobacco also contains protein but that doesn't make it wholesome.

Because of the enormous amount of waste from our industrialization, greater efforts are being made to use them commercially. This is commendable. But when it is processed for the human food supply, then, of course, it should be decried. Using wastes for fertilizer would make more sense.

Plants grown in deficient or chemically dependent soil can only absorb the available elements, can only be as nutritional as the soil allows. Wouldn't it benefit mankind more if the waste products were returned to the soil as fertilizers? Perhaps fertilizer is not as lucrative as cookies, but, if we, the consumer, resist the high protein cookies and make them unsalable, the fertilizer might then become a more lucrative outlet.

THE NEW YORK STATE NATURAL FOOD ASSOCIATES will hold its annual CONVENTION at the picturesque Lake Mohunk Mountain House in New Paltz, New York, starting Friday afternoon, September 17th to Sunday after lunch September 19th.

Workshops, demonstrations, exhibits and most important -- lectures -- will fill the two-day event.

For further information write: Natural Food Associates, Inc., Elizabeth Darrah, Secretary, R.D.2 - Bracket Road, Cincinnati, N.Y. 13040.

WE ARE SO SADDENED by the recent loss of one of the most able naturopathic physicians, our dear friend, DR. MAX WARMBRAND. In his youth, he nearly died from a serious degenerative problem and only saved his life by using natural healing. He was his first patient.

Dr. Warmbrand had just celebrated his eightieth birthday at a function where he was honored by his many friends.

Although he had attempted to retire ten years ago, he still carried on a busy schedule of writing, lecturing and seeing patients. Perhaps if he had conserved his energy, his life may have been prolonged, but he felt he could not desert his patients.

His loss leaves an emptiness which will not be easily overcome.

Dr. Warmbrand is the third drugless practitioner to die this year. The first was Dr. Henry Bieler, then Dr. Jesse Mercer Gehman. They will be sorely missed.

Robert Armeit sent a clipping from the Sunday Star Ledger emphasizing candidate-elect, Jimmy Carter's position on government agencies: He has called for legislation to prevent members of regulatory agencies from taking jobs in the industries they have regulated.

This should eliminate the conflict of interest existing in the Food and Drug Administration.

It would be appropriate if all the candidates support this issue.

SIXTEEN INDICTMENTS HAVE BEEN ISSUED by the United States District Court of the Southern District of California against some of the ardent supporters of Laetrile. There is very little else to report at this time but we'll try to keep you informed as additional developments occur.

Among those indicted were Andrew R. L. McNaughton, Dr. John Richardson, Frank Spolnick, Dr. Ernesto Contreras and others who might be less familiar to you.

How incongruous for a state to legalize Laetrile and the federal government to prosecute its adherents.

Eleanor Fortus

March 17, 1976

Governor Hugh Carey
Albany, New York 12224

Red Dye #2 did it for me, Governor Carey!! Sadly I now realize that my government, in its great wisdom, does not always know what's good for me.

No longer will I blindly eat and drink, believing the so-called 'experts' when they tell me it is safe.

No longer will I blindly vote for legislators not knowing where they stand on matters that endanger our environment.

No longer will I vote for anyone that does not respect my right to choose for myself what I will eat and drink.

To be specific, Governor Carey, I have been a registered Democrat for many, many years...even in Nassau County where it is more fashionable to be a registered Republican...and I voted for you and have never regretted it for a moment.

And now I say to you...I DO NOT WANT MY WATER FLUORIDATED.

If you and other citizens want to drink fluoridated water I respect your right to do so. It is easy for you to fluoridate your own personal drinking water. It is NOT easy for me to 'unfluoridate' the water you will be forcing me to drink.

I sincerely believe, Governor Carey, that it is my God given right to drink water that is not tainted with all those so-called 'safe' chemicals. Think of Red Dye #2...remember how many times we were told it too was safe?

MEMORIAL SLOAN-KETTERING CANCER CENTER in their latest fund-raising letter gave these statistics: "Cancer strikes two of three American families. One of four will develop Cancer; One of Six Will Die of Cancer."

To tell you the truth, Governor Carey, I don't want to take any more chances with the health of my family. Please don't fluoridate my water!

Eleanor Fortus

Following is an edited version of Dr. Bernard Jensen's speech at the Annual Cancer/Nutrition Convention sponsored by ALTERNATIVE CANCER THERAPIES in New York City on May 1st and 2nd, 1976.

Introduction by Clinton R. Miller, Master of Ceremonies:

We would like to have you prepared to receive a mental and spiritual feast from Dr. Bernard Jensen. Ruth says he looks fine; he is in good health; he has had surgery, but he has recovered well...

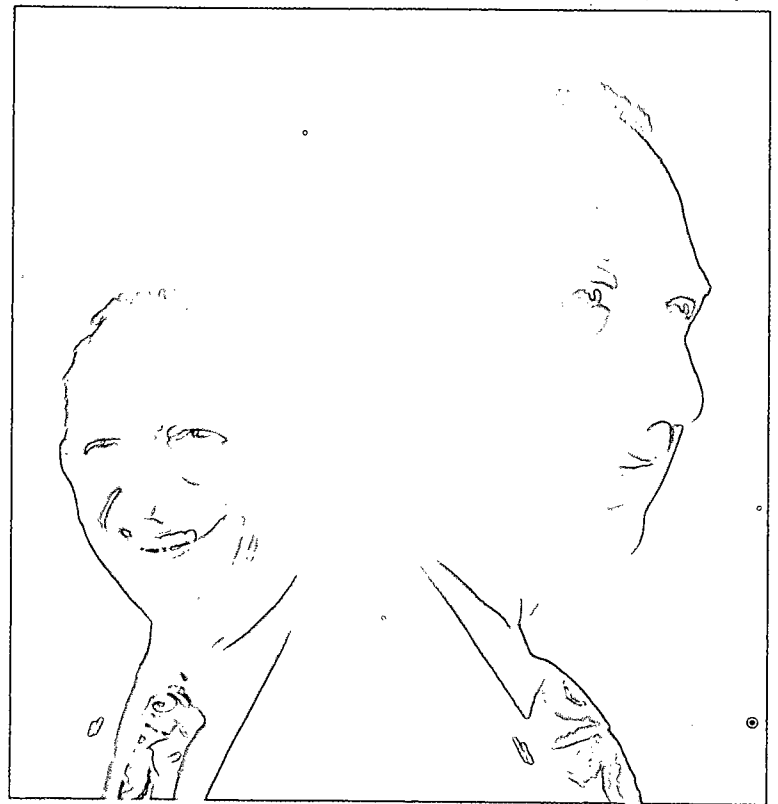
The thing that impressed me most when I met him some 25 years ago was that he, like God, looks at everybody as equals. I've never seen him give preferential treatment to anybody because of the amount of money they had or the prestige. And neither have I ever seen him turn down anybody who came to him for help; and this may be one of the reasons why his health did give way, temporarily. I've prayed that his life would go on forever...

He is the father of Iridology in this country. He has, perhaps, taught more thousands of people correct principles of nutrition and health than any man. I want to give you Dr. Bernard Jensen.

FEELINGS

Thank you, I feel wonderful. You know when I say I feel wonderful, I am so thankful that I recognized one thing in life, that spirit is everything. So I feel too that feeling is essential to life. We have feeling in this body and most of us don't know that feeling is the secret of putting all the elements into their proper perspective.

We mentioned tonight about my operation. Well, I'll tell you what, I didn't think it would ever happen to me -- the night I went into the hospital we cancelled two hundred appointments for the next four days. And I think sometimes that the operation they made, they should have made up here (points to head). I feel that some people don't know how to control and conduct their life, and I have probably been one of them. Because, after all, you get to the place



where you are dedicated to service and you just feel that you have to serve.

I don't know what the insatiable desire is to give and to let out everything, but I feel too, now, that after some 19 books that I've written, I have 9 more ready for the press now. WHY? I do feel that this desire to serve can be overdone. When I evaluate it, I seem to have lived about one hundred and forty-five years. Fifty years without a Sunday off; this is something to think about seriously. Just think of it--averaging 50 patients even on Sunday! Then I begin to think, well, gee, this isn't the way to live.

We have to learn how to recuperate and one of the great things is to be able to cut off and go to sleep. I consider sleep the same as an eraser. Sleep is important... Our body is our temple; you've got to give it a chance to repair. You've got to be able to sleep and let go... The body is self-healing, self-curing, self-repairing.

The most important time in my life was when I was sixteen years of age. I reached over into a cactus bed and I didn't see this cactus point coming up and reaching my eyeball. That cactus went right through my eye. It left my eye flat. They took me to a doctor and he said,

"We'll have to take the eye out." At that moment, I fought like a tiger. I said, "No! Leave the eye alone. I am sure that it'll grow back." The doctor said, "You're too young to know." Hmmm. I'm too young to know? But in a year's time that fluid came back and that eye is just as good as the other one today.

I know that nature cures, but it needs an opportunity. It cannot tolerate abuses. I believe my difficulty began while I was climbing some glaciers just south of the Chinese border in the Hunza land. Here was this little fellow -- 5'4", and coming right out of an office and over there I climbed those glaciers with a 125 pound pack on my back plus my cameras -- I wasn't going to let any young people take the best part of my trip and say that I was old. But you know, when you get close to 70, you have to rethink your life-style. I didn't even think that I was old. I didn't think that I had a body that I had to take care of. We have to recognize feelings.

FOUR BASIC NEEDS

Now let's get into the physical. We need good digestion. When I see nerve rings in the iris, I know we need more protein, more amino acids. You need lots of protein to feed the nervous system, you need hydrochloric acid -- so when you're lacking in hydrochloric acid, no matter how little protein you need, you've got to be able to digest it. But if you have nerve rings, you find out that you don't have enough HCL.

Realize this tonight, when you go home that it is not what you eat that counts, it's what you digest. It's what you digest that is going to repair your body. When we get the chemical elements and we get the good body, we aren't going to need an excessive amount. We're going to need a good balance.

Let me tell you this basic fact. You should have six vegetables a day. You should have at least two fruits, one protein and one starch. But if you don't digest these, where are they going to go? You have to have a good nervous system.

The second thing we have to have is good

blood. What we're dealing with now are diet and blood.

The third thing is exercise which we have to do to move the blood around. There are all kinds of gadgets that get you to move -- and you must move. Walk and hike. You must get the blood where it's needed. I must tell you that in this repair job, the blood -- when it brings the proper chemical elements to the various parts of the body, it carries away waste. Did you know that every twenty-four hours you build new skin on the palm of your hand? Every eleven months you can repair and rebuild a whole liver.

Most people don't even know that half the bowel movement is your own body breaking down. Did you know that the cells don't just break down and just drop off? It has to go through the eliminative organs. So we have to have good blood and plenty of blood going into the places where it is needed. In other words, if we have a congestion, we have toxic materials. When this happens, we do not repair nor rebuild.

The fourth thing is rest. I know that when we come to the fourth thing, that all of these things don't amount to a thing unless we have a rested body. All sick people are tired. And when you're tired you don't repair and rebuild. When you're tired you can't even have a good bowel movement. You cannot eliminate properly through the kidneys. People who are tired cannot get rid of acids and the acid accumulations go to the joints, causing arthritis, rheumatism and so forth.

One of the nicest books I know is, "Enervation, The Beginning of Disease," by Dr. J.H. Tilden.

I wish I could take those people who come to my ranch and send them to bed for three days before I examine them. Some of their symptoms would disappear.

They come in with so much anxiousness and sit down, no they don't sit, they bounce on the chair. You cannot repair unless you are rested.

Don't just breathe; take it easy. Through a rest period you take care of yourself. You can recuperate and your body can get ready to digest your food.

Another thing is this: we all have inherent weaknesses. When I present iridology tomorrow, I'll show that you are all different. The eye is like a thumbprint and we all have different thumbprints. So too, we all have different irises.

Now, in order to heal, we have to build up the body and repair previous illnesses. I treated a lady who weighed 520 pounds. She reduced and reduced right down to 130 pounds which was her normal weight as a young girl. At that time, she developed a healing crisis -- a healing elimination. She developed a fever similar to one she had had before she gained weight. When the crisis was over, she no longer had trouble with her weight. We build chronic disease ourselves and we get well going over our old troubles. We have to eliminate what we have stored.

We use superior foods to make a better body. Everything you choose must be the very best. If I put a pickle here and a ripe apricot here, which would you want? You are the one to decide. Now chalk is the highest in calcium. But, if I put a calcium tablet in one hand and green kale in the other, which would you choose? Or a nail powdered and put into a capsule -- you need iron for a good bloodstream -- or nice black bing cherries, which would you choose? The powdered nail in the capsule or the bing cherries?

At Harvard University they're finding that the live foods have an electrical field. And when you eat the live foods you absorb the electrical field.

Sixty percent of your diet every day should be raw and alive. When I cook foods at the ranch, I use very low heat. I can take wheat and when I finish cooking it, I can plant the kernel in the ground and it will still grow. It will still be alive. Cream of wheat won't grow anything. With live food, you're going to have the electrical energy too. You may not get that with single extracted elements in tablet form.

NATURE'S REMEDIES

I'll tell you some remedies you can use. Let us start at the top with the head -- your hair. Alfalfa is the finest thing I know for hair. You

can use it sprouted, as tablets or you can use alfalfa tea. Results will not be evident for at least a year. You must also improve circulation and bring the blood to the head area. A great stimulant is to use an egg yolk and a half teaspoon of sea salt (must be sea salt because it contains iodine and minerals) as a shampoo. The scalp will absorb the lecithin in the yolk. Afterwards wash it with a castile soap.

Massage the scalp three times a week and use the slant board. Get your head down so you can get more blood in the head. The area becomes anemic. When you are tired, you can't get the blood uphill into the head area. Tiredness produces an anemic condition in the head.

How about the eyes? Are they getting dimmer? Are you getting enough circulation into the head? The four things I gave you are needed for repair. All are necessary -- food, blood, exercise and rest. A few drops of linseed oil (not from paint store, from health food store) put in the corner of each eye is the best thing for inflammation. A great thing you can use when they get tired and fatigued is a warm milk pack right over the eye. Just plain honey, runny honey, mixed half and half with water and just a drop put in the corner of each eye is a wonderful thing.

Teeth - pyorrhea. The best thing is to put papaya tablets on each side of the mouth and let soak after the meal. Papaya eats up old dead material -- skin that's degenerating. You could put a handful of papaya tablets on a lamb chop overnight and the next morning it will be gone. The papaya will eat right through dead meat. We find that it's a great thing to digest protein. We use it as a digestant in most cases. Use the papaya tablet on both sides and then use liquid chlorophyll as a mouthwash. This cleans up the mouth.

Now, I'll tell you something to go along with this. Let me tell you a little story first. My son, at the age of eight or nine, had crooked teeth in the lower jaw. We took him to the dentist and he said he had to have braces. When we got home, I talked to David and I said, "David, would you do what I tell you for the next six months and see if we could do without braces." I got his cooperation. He ate a

carrot every morning for breakfast, before lunch he had another carrot and another carrot before dinner. He spit out the pulp so it didn't interfere with his meals. But chewing that carrot developed the gums and brought them so that they had all the blood to build good teeth, and he developed a lower jaw where the teeth came in straight. Today, he's got beautiful teeth and he never had to have braces.

The value of your teeth is in the gums. If you don't have healthy gums, you can't have healthy teeth. They need exercise. In testing the pressure of Eskimos' teeth, they found that it was 400 pounds to the square inch as compared to a football player with only 100 pounds pressure per square inch.

Let me take you back to the eyes. Do you know that when you wink, you always wink the upper lid and that is why the wrinkles are in the lower lid? Now look straight ahead, don't move the head but look up. Now wink. This gives the lower lid exercise.

Next the throat and the chest. One of the nicest things I know for catarrhal conditions of the throat and chest is an onion pack. Chop an onion fine, put it in a skillet or pan and warm it. When it's warm, put it in a cloth and put it on the chest and leave it there all night. For a good cough syrup, chop some onions real fine, put some cherry concentrate on it or honey and let it set for 2 or 3 hours. Take a teaspoon of that syrup and it gets rid of the irritation in the throat. Sometimes we need this for someone with a bad heart where coughing can be difficult on them. Coughing helps to get up catarrh. This remedy is not a suppressant.

Now for the heart -- the finest heart remedy I know is taking a half cup of ground whole wheat and put it in a cup and a half of hot water in a thermos bottle, cork it and let it stand all night long. The next morning you use that as a cereal. Use it every morning for three months. Don't use sugar as a sweetener, use raisins. This builds the heart.

Anybody who has heart trouble needs starches, carbohydrates, sweet fruits. Honey is good for the heart. One teaspoon in a cup of water is wonderful for the heart. I'm not telling you this is for a heart attack, but that it helps

support and build the heart.

Now, we go down to the stomach. One of the finest stomach digestants is papaya - pepsin. Take the seeds from the papaya and dry them. After they are dry, make a tea out of them or grind them and use as a seasoning. I wouldn't take them whole as they're pretty rough and scratchy on the intestinal tract. If you have digestive upset, I would rather use half and half of vegetable juice with milk. I find it sits better than all vegetable juice.

Now, when we come to the bowel, we have a lot of remedies for the bowel. I like flaxseed tea. One cup of flaxseed tea with a teaspoon of liquid chlorophyll in it and it'll soothe that stomach and bowel beautifully.

I was asked to speak in church and the minister wanted the one topic that would help his parishioners most. I wasn't sure he would accept it but I chose bowel management. Bowel management is most important. What I like best is alfalfa tablets. Plain old alfalfa tablets. You use four tablets at each meal. But crack them instead of swallowing them whole. They should be cracked because they've been pressed by 3000 pounds pressure per square inch. If you don't have a good digestive system, they go right through you whole.

Question: "Before or after meals?"

Answer: "Right with your meal."

If you're taking vitamins or minerals, take them with your meals. Take a little food, a little of the vitamins, a little food, and so on. Never take a handful of vitamins at one time. You'll use up the digestive juices at one time and it will cause trouble. Take them with your food. You must get the alfalfa from the pulp because the bowel has nothing to work against if you take the juice. Doctors say that if you have pockets in the colon, they are incurable. If they're incurable, you can keep them clean anyway. You understand, keep them clean. Voice from the audience: "Bran?"

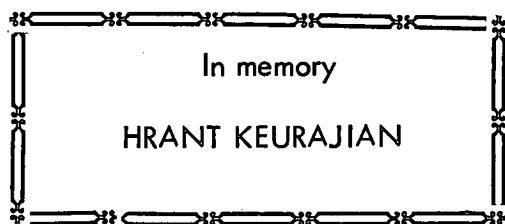
Do you know the country's going crazy over bran? If you get the proper bulk in your diet, you won't need all these things. This bran craze exists because 92% of the people in this country are sick. We need fiber. We need raw food. If you take sprouts, friends, you'll have

the finest of all fibers for the bowel. Alfalfa sprouts are best of all. Another good bulk is flaxseed. One tablespoon each meal. It's good with children. Mix it with their cereal.

THREE THINGS TO ELIMINATE

There are three things I'd cut out of the diet. I'd cut out citrus fruit. They're picked green and green fruit is acid. They produce too many acids in the body. The second thing is head lettuce. There is no nourishment in head lettuce. There's a hundred times more nourishment in leaf lettuce. The third thing is, and I don't like to say this, but I'd cut out bread. There's good bread on the market but baked goods break up the chemical balance where lecithin is necessary. High heat destroys lecithin and that oil is necessary for the brain and nervous system. Lecithin is necessary for nearly everyone. Our nervousness today burns out the lecithin. Did you know that the glandular fluids, including the sexual glandular fluids, are 85% lecithin? So we have to rejuvenate them. We are only as young as our glands. They're found under our arms, in the groin, along the spine, along the neck, and they must be exercised to move the fluid. The glands take care of toxic material bringing it out and moving other elements in. You have to force the fluids along with exercise. Nutrition alone won't do it. The lymph glands are eliminative organs.

Now the blood has to be recharged and you do it with food. The life of the body is in the blood. You move it along with exercise. You need good digestion and the power to digest comes with rest. In getting well we need the total thing -- the detoxification and reversal process. We want the whole body taken care of. We want to get closer to life and further from death -- dead food, dead walls, dead books. Consider each day survival day. Be happy.



EYDIE MAE - How I Conquered Cancer Naturally (As told to Chris Loeffler)

Horrified when a surgeon details for Eydie Mae and her husband how her breast cancer will be treated, first with a radical mastectomy, and if that failed to stem the spread of cancer, then removal of her ovaries, followed with removal of her adrenal glands, and then her pituitary gland -- all this to give her more time -- she and her husband started a search for other, less drastic means of curing her cancer.

Her book takes you through her agony in trying to decide which method to follow. After much questioning, she decided on a lumpectomy so she and her husband sought the advice of Dr. George Crile, Jr. Following a telephone consultation, they prepared to leave for Cleveland but decided to talk first to a local doctor to evoke his sympathy so the lumpectomy could be done closer to home. Luck was with her and the doctor called a surgeon-associate who agreed to cooperate.

Nevertheless, this "relentless enemy" reappeared and Eydie Mae and her husband started to rethink the problem. After trying several methods, including BCG, autogenous vaccine, amygdalen, vitamins, they met Wynn Davis through an interesting coincidence. When questioned as to what she would do under the circumstances, she said she would seek out competent nutritional help and suggested Ann Wigmore's Hippocrates Health Institute. Desperate to try anything, Eydie Mae and her husband flew to Boston from California for a two-week stay at the Mansion, a five-story brownstone in the heart of Boston's business district.

Upon their arrival they were greeted by Ann Wigmore and introduced to the program which had to be adhered to strictly to be effective. Eydie Mae and her husband were willing to give it their all, although Eydie Mae had her moments of doubt. When she arrived in Boston, she was extremely weak and dejected. She was afraid that the program, which consisted of three days of cleansing, including taking enemas and wheatgrass implants, would weaken her still further, but she was pleased and astonished to see that gradually her strength started to return. Her husband, who was in good health, went on the program to give her moral support, and his health



improved, too.

After two weeks on the raw food, wheatgrass, and colonic irrigations, and feeling considerably better, they were convinced they were on the right track. Since they lived in Southern California, they were able to return home to continue on the raw diet and wheatgrass. Eydie visited her doctor for periodic check-ups and the doctor was impressed with her progress and asked her to detail step-by-step everything that was done at the Hippocrates Health Institute.

Now, three years after embarking on a live food diet, Eydie Mae lives a full, active life. Her program hasn't restrained her from enjoying normal activities. She and her husband travelled to Switzerland, maintaining a raw food diet and they also entertain friends who have been pleasantly surprised at the tasty and attractive meals.

She has eliminated sugar, salt, dairy products, fats, dried fruits, animal protein, white flour, coffee and tea (except herb tea), and alcoholic beverages from her diet. Sprouts play an important part along with lots of fresh fruits and vegetables, organically grown whenever possible. Eydie Mae is not recommending anything in the treatment of cancer, if the reader is impressed with the facts as she presents them, the reader can make the choice entirely on his or her own evaluation.

Having read Eydie Mae's book carefully, I am impressed with the facts and doubly so because I have seen first-hand how the wheatgrass and live-food program at Hippocrates Health Institute work to restore health.

FIVE SCIENTISTS LINK POOR DIET TO CANCER - Dr. Gio B. Gori, deputy director of the National Cancer Institute's division of cancer cause and prevention, told the Senate Select Nutrition Committee that Americans who fail to eat a **BALANCED DIET** or eat too much promote their chances for cancer. Especially implicated were fats and breast cancer.

Participating in the hearing and supporting Dr. Gori were Drs. Gerald Wogan, professor of food toxicology at the Massachusetts Institute of Technology; Dave Kritchevski of Philadelphia's Wistar Institute; Ernest L. Wynder, president of the American Health Foundation and editor of the Preventive Medicine Journal; and D.M. Hegsted, nutrition professor at Harvard University School of Public Health.

ALASKA, THE FIRST STATE WHERE LAETRILE CAN BE USED LEGALLY! Governor Jay Hammond ignored a recommendation from federal officials and allowed a bill legalizing Laetrile to become law by not signing it or vetoing it. This is the first blow in the battle for freedom of choice. Governor Hammond said, "The main question in my mind is how far do you go in protecting people from themselves."

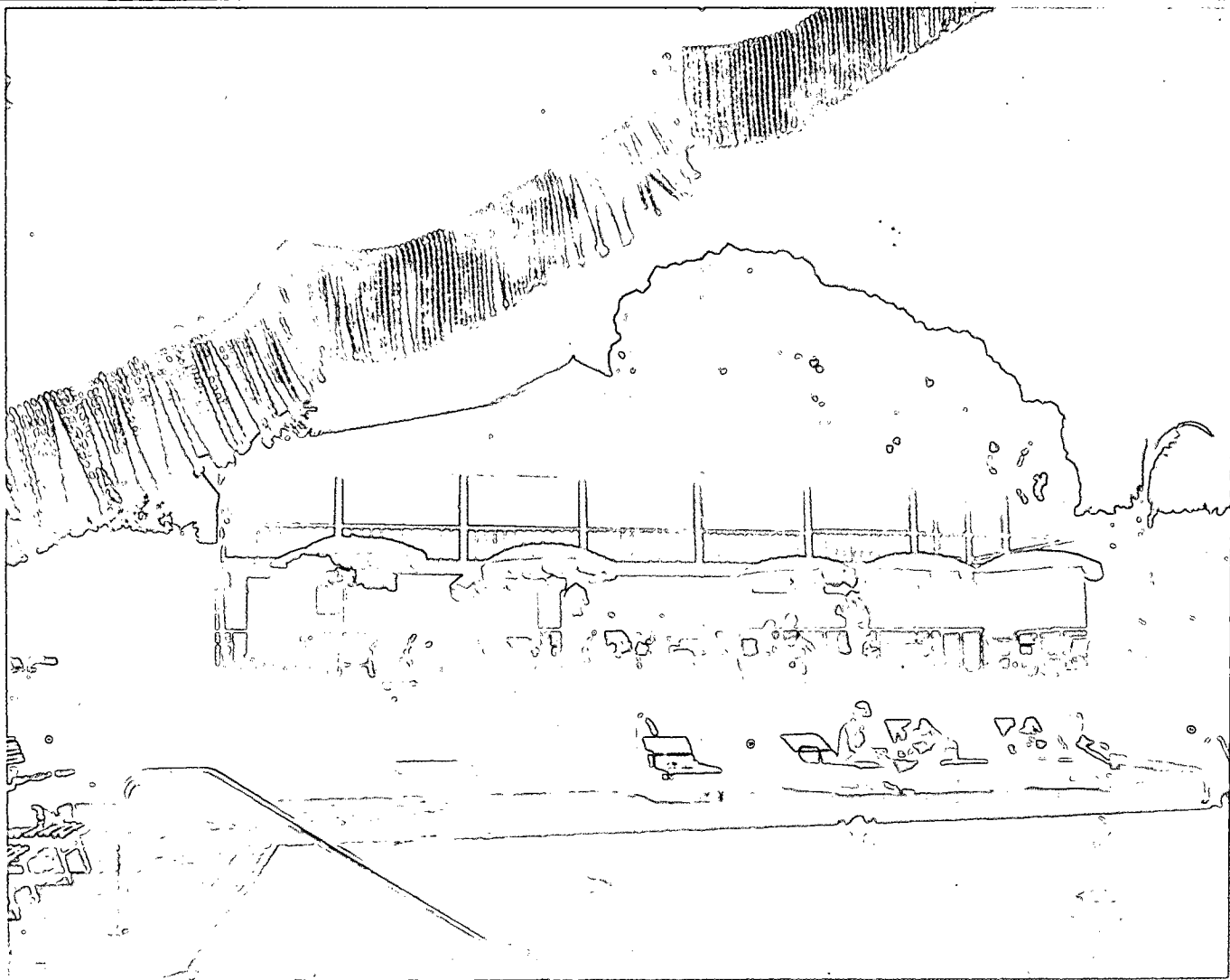
The new law makes it legally safe for doctors and hospitals to administer Laetrile treatment providing the state medical board tests it and rules it harmless.



FAIRFIELD

Hotel & Medical Centre

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Although we have not yet been able to send a personal representative to visit the new Fairfield Medical Centre in Montego Bay, Jamaica, we feel that the information is most interesting and that you, our readers, would want to be aware of its existence and its service. In time, we hope to give you a first-hand report about the place.

From their brochure, it seems to be a place of beauty and quiet in an unpolluted atmosphere with good year-round climate. They claim a well-trained staff of doctors and auxiliary personnel with experience in all phases of biological treatments. These treatments include Wobemugos Enzyme Therapy, Mucos Vitamin A & E Therapy, Gerovital Therapy, Cellular Therapy, Immuno Stimulation, Bogomoletz Serum, Cyto H 3, Acupuncture and Neural Therapy, Physical Therapy, BCG, Cooly's vaccine, Iscador

(Mistletoe extracts), Lymph Drainage, Glyoxy-
lide (Koch treatment), Amygdalin (Laetrile) and
SPECIAL HEALTH FOOD DIETS.

All of these treatments seem to be safe, but we take exception to Vitamin A-Mulsin Therapy because we feel there are some risks in its use.

At this time, the clinic cannot accept immobile patients or those unable to care for themselves. There is adequate space for accompanying relatives, friends or nurses. Both they and the patients can enjoy the swimming pool, golf course, tennis courts, movies and scenic Montego Bay.

More complete information can be obtained from the Fairfield Medical Centre's representative, J. Robert Lemon, R.Ph., Metabolics, Inc., 3030 South Dixie Highway, West Palm Beach, Florida 33405. The telephone number is 305-655-2618.

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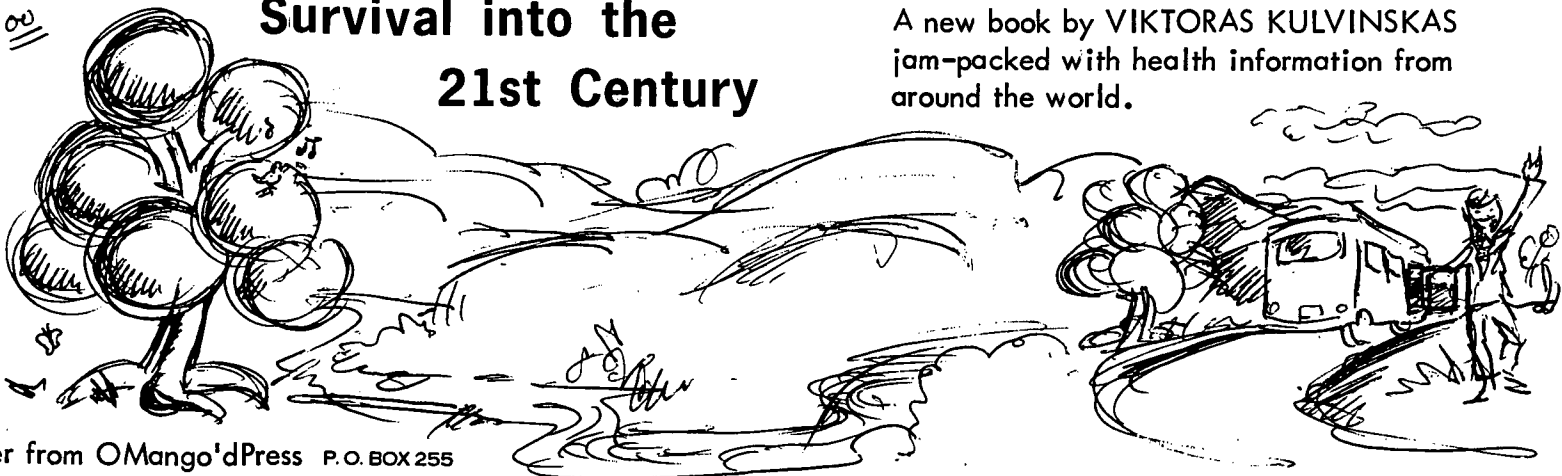
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