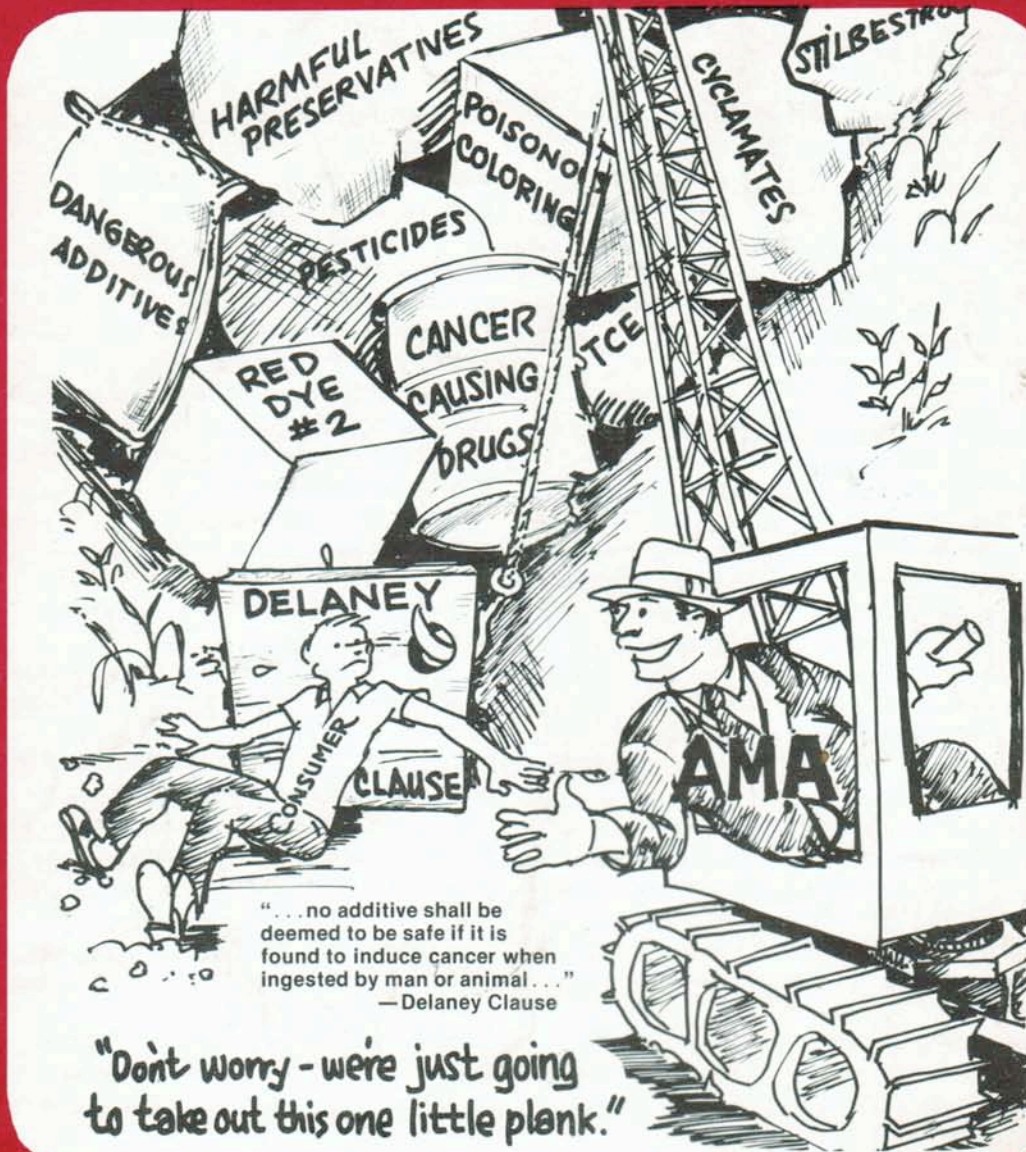


# CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.



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Alternative  
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# FACT

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

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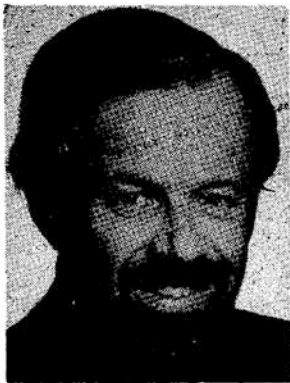
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Ruth Sackman

## Dr. Karl Aly Speaks on Waerland System



Natural health expert, Karl Otto Aly, M.D.

The following talk was given by Dr. Karl O. Aly at the Annual Cancer/Nutrition Convention sponsored by the Foundation for Alternative Cancer Therapies on May 1, 1977, at the Statler Hilton Hotel in New York City. Dr. Aly is the administrator of a 90-bed clinic in Sweden which uses the Waerland Dietary System.

Thank you very much for the invitation to be at this convention. I came here from Sweden yesterday and I'm very glad to be here.

The Waerland Dietary System has been developed by a nutritionist whose name was Are Waerland. He died in Italy in 1965. He was very sick as a young man, so he became interested in the problem of health. He found out that health is very dependent on the way we live and especially on the way we eat. He worked out a special dietary system which I am going to talk about. And I am also going to talk about the special type of diet we use for cancer therapy.

One of the speakers this morning, Mr. Mike Whitehill, said, "The most important thing for the cancer patient is the mental aspect." It is very important to be optimistic and to believe in a cure; to believe in health. *The mental attitude is perhaps the most important help we can have to cure our sickness, and especially this bad sickness called cancer.*

And the next thing is, perhaps, nutrition. Nutrition is that environmental factor which is coming close—most close to ourselves. We build up our cells from what we eat. When we build houses, everybody knows that it is very important that we have good building materials to get solid houses. But when we eat, we don't think very much about

what we eat. What we eat today is not so much dictated by science or by interest in people's health, but almost solely by commercial interests. They alter our food; they put chemicals in it to make it sell better. They spoil the food.

A Nobel prize-winner, Szent Gyorgyi, once said, "When I see what people eat, I'm not very astonished that they get sick; I'm extremely surprised that they survive." And I too think it is really amazing.

I got an American-style breakfast this morning. It was horrible. I didn't eat it. Big things blown up; white flour rolls with lots of sugar and lots of undigestible fats. Coffee. Orange juice. Eggs. But no real food. Not food good for your health.

I will try to give you a brief concept of what we think is right in nutrition and why nutrition is so essential for health and especially for cancer patients.

We have been indoctrinated that we must eat a lot of protein, especially animal protein. Nobody reflects upon the fact that it is not the protein that we eat that makes us operative but what is digested. When the food is broken down, then we build up new protein. We can do it also from vegetable protein. Years ago people thought it would be better to eat carbohydrates in refined form such as white sugar and white flour, because when they started this refining business they did not even know about the existence of vitamins and they didn't know that the husk, the wheat germ and all the things around the wheat and cereals were of utmost importance.

You have heard about the Nobel prize-winner Dennis Burkitt. He found out that the fiber containing parts of the cereal are very, very important for our health and that's why he said we have to eat whole grain food and not refined food. White sugar, white flour and salt are the big killers of humanity.

*When you take a grain, it is very valuable. It contains almost everything you need.* It contains very good protein; perhaps not complete but complete in combination with other foods. It contains fibers. It contains all kinds of vitamins, especially B vitamins and E vitamins. It contains the very nutritious, highly unpolysaturated fats, and so on.

But, if you take it to a mill, they take away most of the best things and leave the depleted flour. It's devitalized and not good for your health. If you eat things like that, then you get constipated. Constipation is something of a beginning for cancer.

Dennis Burkitt says just the same thing that

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Waerland said about 30 or 40 years ago. Waerland said, "Depleted foods give rise to constipation and constipation is not good for your health." Everything is slowed down and those things which should be eliminated from the body remain for a long time in contact with the mucous membranes. This is not good for your health, because you get toxic; it gives rise to irritation and we get a differ-

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**Physical activity stimulates circulation and loads the blood with oxygen which is carried to the sick cells. They long for oxygen.**

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ent intestinal flora which produces toxins made from the bile acid, and these toxins can give, among other things, cancer of the intestines and the big bowel.

And sugar too is a great killer. Sugar takes nutrition away—for metabolism of sugar you need B vitamins. Whole grain has all the vitamins, calcium and other things needed for complete metabolism. Depleted food takes away B vitamins and B vitamins are very important for metabolism and for oxidation in the cells. When you don't get enough oxygen to the cells because of a lack of B vitamins, the cells deteriorate in their function and change to cancer cells. So Waerland says, "We must eat whole grain foods in order to avoid cancer and also to cure cancer."

*Of course, we must also eat raw vegetables because they contain unrefined carbohydrates and are very rich in vitamins and minerals, especially, magnesium, which is very important.* Waerland also said not to boil the vegetables, because then you destroy many of the vitamins and all the enzymes which are necessary for normal function.

In our country, the medical authorities have recommended that the people eat more vegetables and whole grain foods. This is what is called the Nutritional Circle in Sweden. It tells what should be eaten everyday—a lot of raw foods, mostly vegetables—fresh foods. Then one should eat some kind of dairy products, especially for cancer patients, the sour milk, but not so much protein from the animal kingdom. But the Nutritional Circle promotes high protein just as in this country. They say it's good for you.

I am going to show you something new from a German researcher which shows why it is not good to eat a lot of meat, fish and eggs.

This is a picture of a capillary. That is the ultimate part of the arterial system of circulation. You know the blood flow starts in the heart. It goes around the big arteries and the arteries are divided and subdivided into the millions of very, very small capillaries. These capillaries are very thin. They just allow very, very little blood flow. Some blood corpuscles flow through arteries. They also call them ultra-capillaries. And here you have the red blood corpuscles. We also have white ones and we have blood serum. The blood takes with it the nutrition that we need for good cell function. This is the capillary and this is the outside of the cell and this is the connective tissue which keeps the organs together.

*In order to have good cell function, you have to have good nutrition—good food.* And you must get the food from the blood to the cells, and you also have to get the oxygen from the blood to the cells. When they come to the cells, the oxygen and nutrients have to pass into the cells, and there you have metabolism into the cells. We have combustion and then the waste substances are forced out from the cells and have to go back into the blood. That's the normal process. You see it here. This is after nutrition and after oxygen.

When you eat a lot of animal protein and you certainly do in this country, then you get big molecules of protein in the blood after a meal. Then these molecules are divided and subdivided in the liver, but not all; they have an osmotic effect. When you have different concentrations of molecules on the two sides of a semi-permeable membrane, then you have osmotic forces which put a lot of water or a lot of tissue fluid into the blood and then the capillary will be destroyed. In order to avoid this explosion of the capillaries, the body puts the proteins into the wall of the capillary. This is necessary or otherwise the blood function would not work, because we would get a lot of tissue fluid into the capillaries. Then we get thicker and thicker walls and you find, after many years, arteriosclerosis. Then you find the fat and cholesterol deposits in the big arteries, in the walls of the big vessels. But you find these protein deposits in the small vessels. It takes many, many years but we are now finding it in small children. What does this imply?

Well, if the walls thicken, they are no longer permeable for the food and the oxygen. You know, good cell function is absolutely necessary, and for good cell function it is absolutely necessary that you get oxygen and nutrition into the cell. If the walls are thickened, the permeability is decreased

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and food and oxygen cannot get into the cells; then the cells are starved. They are starved of food and oxygen and either the cell dies, or it becomes a cancer cell. No oxygen, no nourishment, no vitamins, then you have bad cell function, so you risk cancer. The more protein you have, the thicker the walls and the less nourishment to the cells, and this favors the process of cancer.

Then it depends on where the cancer starts. It might start on the skin; it might start in your eye; it might start in the stomach. It depends on other factors such as heredity, local inflammations and other things. I mentioned psychological ones before.

Normal thickness of the capillaries is about 300 angstrom units. That is very, very little—about 1 million part of a centimeter. *For many people, it might reach 5000 to 10,000 angstroms in thickness and that is about 30 times what it should be.* These thickened capillaries are not permeable and favor disease of every kind.

Well, what to do about this? Some researchers, from Australia and the Netherlands, Hipsley and Omer, found that people can live on an extremely low-protein diet; extremely low protein and purely vegetable protein. The people living in Mount Hagen in New Guinea, and they are healthy, proved it was possible to live on a diet containing about 15 grams of vegetable protein. They did not suffer from kwashiorkor or any other diseases

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### **The mental attitude is perhaps the most important help we can have to cure our sickness, and especially this bad sickness called cancer.**

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associated with low protein. (Editor's note: this may not be appropriate for Americans, whose bodies have become accustomed to a high protein diet; but it is certainly evidence that we probably have too high a protein intake to maintain proper health.)

It was found that these people produced nitrogen corresponding to an intake of about 50 grams and it was done with the help of their own intestinal flora. In normal health, we have healthy intestinal flora. This is healthy bacteria which helps us to live. They live compatibly with our mucous membranes and produce vitamins and also help the intestinal wall to function as it should. The intestinal wall is permeable and its permeability is selective. It can choose what it wants to get inside

and it can keep out those toxic substances which are not good for the body. So if you have bad intestinal flora, sooner or later it will have bad function against its environment. The cells become hurt and eroded and let things pass through that are harmful to the organism as a whole. *Good intestinal flora is important for immunity.*

Cancer is not only a local process. It is also a question of resistance—resistance of the body against cancer cells and toxins. A good intestinal flora comes from raw foods without toxic or unnecessary ingredients—such as colors or preservatives. These anti-microbial substances destroy good intestinal flora and the importance of the intestinal flora should never be underestimated.

You may have heard about the German doctor Johannes Kuhl who recommends a special anti-cancer diet which contains sour milk and soured products such as sauerkraut. That's what we give at our clinic. The only animal protein we allow is curd and what is called *kvaark* in German. We use cottage cheese and the curd milk. Yoghurt is quite good but it doesn't contain a physiological flora. It is not as good as the normal sour milk bacterium.

Another aspect is the question of fats. These form high cholesterol levels in the blood and in the tumors. We shouldn't eat animal fats. The fats to be used are fats such as sunflower oil, safflower, corn germ oil, wheat germ oil, or other polyunsaturated fats. And you shouldn't eat too much. About 50 grams total.

Another aspect is the poisons. You will never cure a cancer patient with cancer of the lung if you permit him to smoke. Tobacco smoke contains lots of poisons which block the red blood corpuscles, so that they cannot transport oxygen. Liquor is especially harmful for the liver and good liver function is very essential for the cancer patient.

*The cancer patient has to have good liver function to eliminate or to detoxify the products from the cancer.* Decaying tumor cells have to be destroyed in the liver, and that is very important.

Nearly all the drugs you take from your doctor are chemicals. Chemicals are not natural for your body, for your system. If you want to have drugs, you can get them from the vegetable kingdom—herbs. We like to use the mistletoe which was developed by the Lucas Clinic in Switzerland. We also give lecithin because it emulsifies the cholesterol in the blood. We also give vitamin B preparations and herbs which activate the immunological system such as echinacea, an American flower. We also use a special drug which we get from Germany called the *contres* [sic] plant because it stimulates

the reticuloendothelial system. And of course we stimulate the cell metabolism by another very important thing—physical activity.

*Physical activity stimulates the blood circulation and loads the blood with oxygen which is carried to the sick cells. They long for oxygen.*

Most people who get cancer have what we call amnesia—no fever. And they have very seldom had fever. *Fever is the big doctor of the organisms' health.* Fever is the help that organisms have in many situations. When you get fever, then you sweat. Sweating pours out toxins through the skin and the blood stream builds up anti-bacterial substances. Fever stimulates the immunological defenses. So if you train your immunological defense by fever or, if not, by jogging, by running and by exercise, you do good things for your body. If you cannot do this, then we have another method in our place to fight cancer. These are hyperthermic baths. Have you ever heard of them?

If you put a patient into water up to here [the neck] and then heat the bath from about body temperature to about 40° centigrade (105 degrees), this is just what it will tolerate. Then the body cannot put out a lot of heat and the body temperature increases to the same degree as the water. You do this about one or two times a week under control. You have to have a good heart. People have to look after these patients and it's done about 20 minutes to one hour. This is very useful. The cancer cells are very susceptible to heat. Normal cells tolerate up to 42° centigrade [107° F] but cancer cells cannot, so they die. You can by these baths kill cancer cells. You can have this as a complementary therapy after surgery. Normal cancer therapy only deals with the final state of cancer—the tumor. But the tumor is not cancer. The cancer disease is a body with a slowed-down or broken resistance against disease. The tumor is the end product—the final state of the disease which perhaps starts early in life.

So what we do is fight against the causes of cancer—poor nutrition, polluted environment, lack of physical exercise, and psychological factors. It is, as far as we can see, not harmful to take away the tumor, so the operation should be done.

*But if one only operates and doesn't do the biological therapy, you never can cure cancer. That's why people get relapses after only conventional treatment.*

We try to work with herbs and special food supplements. One of these food supplements is red beet juice because it contains anthocyan. It's harmful to cancer cells. We get it from Switzer-

land and it's called Biota. They are organically grown and that's very important. We give one or two glasses a day. And you don't drink it, you eat it. We use a very low-protein diet, especially in the beginning. We use vegetable protein and protein from the soured milk, a little bit of cheese, pulses, nuts and seeds, whole grain cereals. We use about 50 grams of protein daily.

We have found that the ideas proclaimed by Are Waerland about 50 years ago are more and more accepted. And now, I will take questions.

*Q. This lady is asking if it is a good combination to use sour milk and whole grains.*

A. Yes, it is good. The whole grain preparation is the whole grain porridge which is called kruska. You mustn't cook it much. Just pour boiling water over the grains and let it stand. Let it soak. Then you can eat it.

*Q. What is a very good pre-digested protein?*

A. I don't know what the pre-digested protein is. I think there is too much of the high-protein mentality. Why all this big high-protein source? You get as much as you need.

*Q. Do you have anything to say concerning the poor circulation of the heart?*

A. This process I showed you is a general process. If you slow down the protein ingestion and you put people on a fast it will help. I didn't tell you about the fast because this is a little bit contradictory. Well, as a rule, if people are not too thin, if they are just normal or a little fat, then you can put them on a fast, on raw vegetable juices and broths. If you are interested, there are some books about the Waerland System. This one, **HEALTH IS YOUR BIRTHRIGHT** and this other one **HEALTH HANDBOOK**.

Poor circulation to the heart is caused because the small arteries in the coronary arteries around the heart muscles are also thickened. And then the blood cannot go through. This is removed by the low-protein diet, exercises, and by other special things.

*Q. What about milk-soured vegetables?*

A. One is sauerkraut. You use the souring process as a preservative. The cabbage is prepared in a special way, then it gets sour by bacterial fermentation. It produces lactic acid and this lactic acid is better than chemical preservatives. And this is very good for the cancer patient. It should be raw sauerkraut.

*Q. Have legumes been mentioned?*

A. Well, I think you should get the natural ones—the unprepared ones if you can. The beans should be cooked because there are some sub-

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stances in it which are dangerous. The anti-krep-  
strypsin (Ed: this is probably chymotrypsin), pep-  
sin, in beans is an anti-peptic enzyme. The beans  
should be cooked. But you can sprout them. We  
also use sprouts.

Q. *Do avocados contain saturated or unsatur-  
ated fat?*

A. Unsaturated.

Q. *What about pure virgin cold-pressed olive  
oil?*

A. Cold pressed is good. It is not so highly  
saturated. If you eat too many fats and animal  
protein, it is excreted in small amounts into the  
liver and into the gall bladder. If you use unsatur-  
ated fats and no animal protein, it is not so dan-  
gerous. You should not use too much fat anyhow.  
About 50 grams is not dangerous if most of it is  
unsaturated. I prefer sunflower or safflower to  
olive oil. Safflower is very good.

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## Fever for Healing

Fever has usually been handled with near-hys-  
teria and yet there have been many indicators that  
it is the body's tool to burn up toxic wastes pre-  
paring them for elimination. A few doctors have  
intentionally generated fevers of up to 107°-110° F  
to destroy cancer cells. This process is called hyper-  
thermia. In spite of this background, patients feel  
that fever, even low-grade fever, requires urgent  
attention. This conditioning has been generated by  
the doctor insisting upon employing anti-fever  
techniques and isolating the virus for destruction.

An article which appeared in *Family/Health*  
1975 is most significant in that it verifies the nat-  
ural healer's respect for fever and its use as a  
healing tool. It states:

"One of the first and most discomfoting symp-  
toms of an infection is fever. It is known that the  
hypothalamus, a neural center tucked deep into  
the brain, controls the body's temperature; how-  
ever, why the hypothalamus raises the temperature  
during illness has long puzzled scientists.

"Now researchers at the National Institute of  
Allergy and Infectious Diseases have discovered  
that two types of white blood cells produce sub-  
stances that cause fever.

"According to NIAID scientists, when white  
blood cells (which are part of the body's *defense  
system*) ingest invading bacteria, they release leu-  
kocytic pyrogen, a protein that causes the hypo-  
thalamus to increase body temperature. Citing the  
results of experiments on laboratory rabbits, the

scientists further state that they have isolated two  
different forms of pyrogen protein. One is dis-  
charged by neutrophils, which are the most abun-  
dant human white blood cell; the other pyrogen is  
released by monocytes, a less prevalent white blood  
cell that also destroys bacteria.

"Research is by no means complete, but NIAID  
hopes that the different chemical structures of  
these two proteins will explain some of the widely  
different patterns of fever among humans. At any  
rate, the preliminary findings already seem to have  
provided the first definite proof that fever—far  
from being a product of illness—is instead a sign  
that the body is fighting back against foreign  
bacteria."

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## Clabber Milk

Milk is not easily digested by most adults as  
they no longer produce the milk-digesting enzyme,  
lactase, which is needed for proper utilization of  
the milk. Clabbered milk, on the other hand, is  
similar to a pre-digested food, therefore, it is the  
better way of having whole milk, and the flora in  
clabbered milk is important for digestion. The  
milk is clabbered by allowing it to stand at normal  
room temperature until it curdles.

Dr. Bernard Jensen writes in his book, *Vital  
Foods for Total Health*, "The whey that comes  
from milk when it is separated, or the drippings  
after cheese has been made, is the highest sodium  
product known. Sodium is a dissolving fluid, the  
youth element. It is a natural food for the aci-  
dophilus, or friendly bacteria within the colon, and  
is one of the finest health drinks we can put into  
our bodies."

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## Lactobacillus Bifidus

To improve intestinal flora, try sprinkling one  
teaspoon of Eugalen Forte Powder (lactobacillus  
bifidus) on cool food. Lactobacillus bifidus is more  
natural to the human system than flora from cow's  
milk and establishes itself more readily in the  
colon.

Derrick B. Jelliffe, M.D. and Roslynn B. Alfin-  
Slater, Ph.D. wrote in an article which appeared in  
the *Los Angeles Times Home* magazine, "The  
bifidus factor is 40 times higher in concentration  
in human milk than cow's milk. It is so called  
because it encourages the growth of 'friendly  
flora,' or lactobacillus bifidus. . . Once established,  
this prevents invasion and growth of harmful  
organisms.

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## Body Cleansing

*The following article came out of our files and we found it interesting enough to feel that it might be of use to our readers. Since there was no signature on it, we must state that we cannot assume any responsibility for the information but print it as information only.*

*If any of our readers exercise their prerogative and try the cleansing program, we would like to hear from you so that we can inform other readers of your experience.*

One of the easiest and best ways of going through a short period of body cleansing is to eat nothing but raw grapefruit or drink freshly pressed raw grapefruit juice for a period of two to four days. The acids in the grapefruit tend to dissolve toxic waste materials. Certain elements bound up with vitamin C in the grapefruit tend to bind certain toxic waste materials and aid in their elimination. Sometimes one is able to achieve diarrhea by using a certain amount of the grapefruit pulp instead of strained juice and this can be of great advantage because through the cramping action of the bowel many crevices and pockets in the intestines are cleansed of old waste materials. Also there seems to be a drawing of waste materials through the intestinal mucous lining by the violent peristalsis. Therefore, the poisons are eliminated through the kidneys and through the intestinal tract.

Also one may notice certain skin irritations or blemishes which may be toxic waste material brought via the blood stream to the skin surface for elimination. This is all good news. Many people who think they have an allergy against grapefruit are those that need the cleansing most, for the toxic body wastes are eliminated through the pores of the skin. These blemishes soon go away and the skin becomes clear again. Naturally some people are more toxic than others and there may be a longer period of skin eruptions. This is all of the more reason for cleansing now and again via the grapefruit or some other form of fruit or fruit juices.

If one wishes to avoid more violent cleansing one can use other fruits which do not dissolve and eliminate the waste so rapidly. Fruits that cleanse more rapidly are grapefruit, oranges and other citrus as well as fresh pineapple. The pear, the fresh prune, the apple, and the papaya are all

good cleansers, but they are a little slower in their action. The papaya has an advantage of cleaning out certain protein waste in the bowel and is not so irritating. However, some irritation may be of value.

It is amazing how much debris the body can carry around, so if one is able at least once a month to take a short fast on grapefruit or grapefruit juice then one is on the road to a long and healthy life. During this period of body cleansing one should not get involved with business and if possible not even answer the telephone. It is wise to loaf and if at all possible a short walk in the fresh air is desirable at various periods during this cleansing program.

Using the sauna or some type of bath which will induce sweating is desirable. The skin will eliminate a vast amount of toxic waste material which is carried out by body perspiration. If one does not have access to the sauna which should be taken every day or every second day during the cleansing program, then one can soak in a hot tub of fresh water or some mineral water or even some bath essence such as pine needle essence. After the hot bath in which one should lie for at least 25 minutes then it might be desirable to take a glass of warm water which has the juice of a lemon or two in it. One should then be wrapped up in blankets to perspire for at least 40 minutes or longer. The bath water should be raised to at least 104° F near the end of the bath so that sweating will be induced when wrapped in blankets.

During this period of body cleansing on the grapefruit one should be sure that he is in fresh air as much as possible and keeps out of lint-filled rooms.

The basic plan during this cleansing program should be something as follows: Upon arising a large glass of lukewarm water followed about three quarters of an hour later with a large glass (8 to 12 oz.) of grapefruit juice. Then a total of four which means three more large glasses of grapefruit juice could be consumed during the day. One can always substitute fresh grapefruit eaten with a spoon for the grapefruit juice and this is desirable in many cases to increase the bowel cleansing through the broom action of the grapefruit segments.

No other food should be eaten during this period with the exception of perhaps some vitamin C tablets which contain rutin and the bioflavonoids. One could take up to 2000 or more mg per day of vitamin C which might greatly benefit this cleansing program.



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Remember, it is essential not to eat any other food during this period and also to relax and not get involved with people and their problems.

Taking a sun bath for 20 minutes per day can be of advantage, but one should be careful not to let one's skin dry out and a little olive oil or something similar could be rubbed into the skin lightly during this sun bath.

One should have at least 8 hours sleep at night during the cleansing period and if at all possible one should sleep next to an open window. Best of all would be to sleep outside under shelter in the fresh air.

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## Michigan State Legislative Hearings

On Monday and Tuesday, September 12th and 13th, 1977, a committee of the Michigan State Legislature held hearings at Wayne State University on alternative cancer therapies. This action was prompted by testimony given by Pat Judson, President of the Metro-Detroit Chapter of the Foundation for Alternative Cancer Therapies, and other members of the Chapter.

The committee was chaired ably by Representative John Kelsey who admitted to being somewhat disturbed by conventional treatments as he had lost his wife to cancer about two years earlier after all available therapies had been exhausted. He felt that both conventional treatments and alternative therapies should get greater exposure so that the state legislature could make a sound decision about approving a bill allowing greater freedom of choice in health matters for both the patient and the doctor.

A host of speakers representing both views appeared for all of Monday and continued on Tuesday. There were representatives from the American Cancer Society, the Food and Drug Administration, doctors from the Detroit area, Cancer Control Society, Dr. Soto of Clinical Cydel and a large representation from the Foundation for Alternative Cancer Therapies, including Ruth Sackman, Executive Director of the national organization.

Unfortunately, Pat Judson had to take exception to Dr. Soto as a representative of alternatives to conventional treatment as he boasted about the use of chemotherapy in doses somewhat higher than used routinely in the United States. He claimed less bone marrow damage when chemicals are combined with Laetrile. (This is unsubstanti-

ated.) Nevertheless, chemotherapy violates the Foundation for Alternative Cancer Therapies' concept that cancer is a systemic disease and poisonous chemicals tend to cause further destruction of the body and eventually ruin the immune system beyond repair.

The hearings were conducted in an atmosphere of reason attempting to determine the truth. Both sides showed respect for each other, although disagreeing strongly with the others' views. Alternative Cancer Therapies does not attempt to destroy the use of conventional therapy, but feels the patient and the doctor have the right to information about alternatives and both should have the right to decide which treatment is most useful for the patient at any given time in the treatment. The opposing doctors showed sympathy for the patients who testified, and did not manifest any hostility toward the opposition. Instead there was an attempt to listen and hopefully make a final judgment based on the presentation of facts.

These regional hearings will continue in other parts of the state until the committee is satisfied that they are ready to decide on the bill. Representative Kelsey and the committee deserve congratulations for establishing the committee and for their skill in conducting the hearings. Other states would be wise in copying their procedure.

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## Dr. Jensen's Body-Cleansing Cocktail

Dr. Jensen suggests that since Sunday is a day of rest, it might be a good time to give the body a rest and use a juice fast. May we suggest his body-cleansing cocktail of freshly extracted juices. 1/3 celery juice, 1/3 parsley juice, 1/3 carrot juice.

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Alan H. Nittler, M.D., a metabolic physician, is publishing a very informative newsletter titled, **NEW BREED NUTRITION U.S.A.** Dr. Nittler is the author of two best-selling nutritional books, **NEW BREED OF DOCTOR** and **HEALTH QUESTIONS AND ANSWERS**. He is also publishing a book for doctors with detailed information for treating patients which might be of tremendous value for the nutritional doctor. A subscription to **NEW BREED NUTRITION U.S.A.** is \$7.50 per year in the U.S. and \$8.50 foreign. For additional information write to: New Breed Enterprises, Post Office Box 838, Soquel, California 95073.

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# A Bleak Report

*A recent report prepared for the National Cancer Institute concluded that there has been no improvement in cancer survival statistics for the last twenty five years. The following statements are from the Sixth National Cancer Conference Proceedings (Lippincott, July, 1970) sponsored by the American Cancer Society and the National Cancer Institute on September 18-20, 1968. Although this conference was held nearly ten years ago, the unfortunate reality is that the statements are still valid today.*

## General

"There has been an enormous undertaking of cancer research to develop anticancer drugs for use in the management of neoplastic diseases in man. However, progress has been slow, and no chemical agents capable of inducing a general curative effect on disseminated forms of cancer have yet been developed." Robert D. Sullivan, M.D., Department of Cancer Research, Lahey Clinic Foundation, Boston, Mass., p. 543, on "Ambulatory Arterial Infusion in the Treatment of Primary and Secondary Skin Cancer."

"Human cancers are refractory in large part to cure by the chemotherapeutic approaches which have been tried. Since uptake of drug into rapidly growing transplanted animal tumors does lead to some cures, the disparity in the two systems requires explanation. We must investigate the causes for failure in human neoplasms in terms of the aforementioned three phrases: *uptake of the drug, rapidly growing, and transplanted.*" James F. Holland, M.D., Roswell Park Memorial Institute, New York State Department of Health, Buffalo, New York, p. 609, on "Systemic Chemotherapy 1968."

"Clearly, drugs, even in 1965, were causing complete and long-lasting regressions of a few tumors, and each of these tumors was characterized by rapid growth rate. Conversely, in reviewing the data on most slow-growing tumors, no such striking drug control had been observed." C. Gordon Zubrod, M.D., National Cancer Institute, Bethesda, Md., p. 605, on "Present Status of NCI Chemotherapy Program."

## Radiation, General

"Although preoperative and postoperative radiation therapy have been used extensively and for decades, it is still not possible to prove an unequivocal clinical benefit from this combined treatment. . . . Even if the rate of cure does improve with a combination of radiation and therapy, it is necessary to establish the cost in increased morbidity which may occur in patients with or without favorable response to the additional therapy." William Powers, M.D., Director, Division of Radiation Therapy, Washington University School of Medicine, St. Louis, Mo., p. 33, on "Preoperative and Postoperative Radiation Therapy for Cancer."

## Radiation, Lung Cancer

"With the thousands of lung cancer patients treated by irra-

diation, the value of radiation therapy should be clearly established or disestablished. The indictment of radiotherapy in the treatment of this disease by Krant ("The Question of Irradiation Therapy in Lung Cancer," J.A.M.A., 195, 177-181, 1966) is a carefully researched document that has to be considered. The clinical evidence and statistical data in numerous reviews are cited to illustrate that no increase in survival has been achieved by the addition of irradiation." Philip Rubin, M.D., Chief and Professor, Division of Radiotherapy, University of Rochester Medical School, Strong Memorial Hospital, Rochester, New York, with S. Ciccio, M.D. and B. Setisarn, M.D., p. 855, on "The Controversial Status of Radiation Therapy in Lung Cancer."

## Lung Cancer

"Lung cancer is recognized as one of the most lethal of all cancers. The American Cancer Society estimates that this year it will cause 55,000 deaths in men and that 61,000 new cases will be diagnosed, of which only 1 in 20 will survive five years." Wendell G. Scott, M.D., Professor of Clinical Radiology, Washington University School of Medicine, St. Louis, Mo., p. 821, on "The Use of Special Radiographic Procedures in the Overall Diagnosis of Lung Cancer."

## Breast Cancer

"Shimkin ("End Results in Cancer of the Breast," Cancer, 20, 1039-1043, 1967) has shown recently that in carcinoma of the breast, the mortality rate still parallels the incidence rate, thus proving that there has been no true improvement in the successful treatment of the disease over the past 30 years, even though there has been technical improvement in both surgery and radiotherapy during that time." M. Vera Peters, M.D., Senior Radiotherapist, Princess Margaret Hospital, Toronto, Ontario, Canada, p. 163, on "Radiation Therapy in the Management of Breast Cancer."

"The thirty year monotonous plateau of the death rate for breast cancer has persisted despite physicians' awareness of breast cancer, refinements of methods of inspecting and palpating the breast, educating women in self-examination, improvements in radiotherapy that include supervoltage use of more extensive surgical procedures, and the use of chemotherapy and hormones." Robert L. Egan, M.D., Professor of Radiology and Chief, Mammography Section, Emory University School of Medicine, Atlanta, Georgia, p. 153, on "Mammography and Diseases of the Breast."

## Gastric Cancer

"Patients with cancers of the intestine also merit our attention from the viewpoint of prognosis for survival. . . . By the time diagnosis is made, the cancer is already spread beyond the confines of the bowel wall and cure is not likely to be achieved for most of these patients." Victor A. Gilbertson, M.D., University of Minnesota Medical School, Minneapolis, Minn., p. 439, on "Bowel Cancer Detection: Experience with 75,000 Proctosigmoidoscopic Examinations."

"Since there is yet no sign that either radiotherapy or chemotherapy can offer real therapeutic benefit to patients with gastric cancer, the main hope at present for either cure, or useful palliation, rests with surgical treatment. The many varied surgical approaches do not seem to have made a great

difference to the over-all outcome in large series of patients, and it seems unlikely that much improvement can be expected from further developments of surgical technique." I.E. Gillespie, M.D., F.R.C.S., H.T. Debas, M.D., and F. Kennedy, B.Sc., M.B., Ch.B., University Department of Surgery, Western Infirmary, Glasgow, Scotland, p. 421, on "Gastric Cancer."

#### Lymphoma

"Thus, worthwhile palliation is achieved in many patients. However, there still will be the inevitable relapse of the malignant lymphoma, and, either because of drug resistance or drug intolerance, the disease will recur, requiring modifications of the chemotherapy program and eventually failure to control the disease process. With very few exceptions, cure is not achieved despite the dramatic initial benefits which are seen in so many patients." Saul A. Rosenberg, M.D. Associate Professor of Medicine and Radiology, Stanford University School of Medicine, Palo Alto, California, p. 83, on "The Indication for Chemotherapy in the Lymphomas."

#### Gynecological Cancers

"At the present time, chemotherapy of gynecological tumors does not appear to have increased life expectancy except in sporadic cases. . . . There appears to be no satisfactory method of determining to which drug a tumor will be sensitive. The only basis of selecting a drug is by past experience. The problem of blind chemotherapy means not only a loss of the effect of the drugs, but also a lowering of the patient's resistance to the cancer cells owing to the toxicity of these agents. . . . At the present time there is no satisfactory method of stimulating or mobilizing the host's immunological defenses to aid in controlling or eradicating a patient's malignancy." John D. Trelford, M.D. F.R.C.S.(C.), M.R.C.O.G.(London), Department of Obstetrics and Gynecology, Ohio State University Hospital, p. 379, on "A Discussion of the Results of Chemotherapy on Gynecological Cancer and the Host's Immune Response."

## **In Memoriam**

Aaron  
Bojan  
Charles Zaccaria  
Edgar Spitzer  
Mrs. Wolfe

Deceased Buddies of the 726th  
Railway Operating Battalion CBI  
Mary Schlutow  
Wilfred L. Lange  
Thomas E. Dives

*In lieu of flowers, send a tax deductible contribution to F.A.C.T. as a memorial to the deceased. This may give life to a cancer victim. Acknowledgements will be sent to the families of the deceased and to the donors.*

## **Nerve Stress or Tension**

A paper from W.B. May, D.D.S.

Abnormal stress or tension weakens our body and tends to undermine our health. It speeds degeneration or breakdown and slows regeneration or healing processes. A continuous over-load of stress causes our defense mechanism to become fatigued. This lowers our resistance and may show in one particular area and/or seemingly unrelated symptoms. (Example: increased susceptibility to infection, indefinite aches and pain throughout the body, nervousness and in extreme cases complete nervous breakdown.)

Our body can be stressed in many ways externally and internally. Some common sources of stress are: toxins, poisons, heat, cold, posture, injury, sound, light, financial problems, emotional adjustments and improper nutrition.

Stress is cumulative in that all stresses effect a certain person in the same way. (Example: an ankle weakened by repeated injury will tend to ache if we expose it to cold or extreme weather changes, over-exercise, worry too much, retain toxins or have infection in our body.)

Any treatment that brings our body tensions within the limit of its tolerance is good health treatment.

The mandible (lower jaw) is often a *major* source of stress. Its muscles use extra energy (nerve and muscle) when it is working in an unnatural or strained position. There is a relation between the delicate balance of these muscles and stress in our body as this area is served by a large portion (1/2) of our sensory brain area. This could explain in part why a jaw that is unbalanced could show disturbances in the whole body.

Recent studies in dentistry have developed a treatment that improves the neuro-muscular balance of the mandible and reduces stress to the body from this area. When this treatment is combined with previous procedures, relief of symptoms is usually more noticeable than when the mandible is left in its strained position. (The above item on "Nerve Stress or Tension" was sent to us by W.B. May, D.D.S. of Albuquerque, New Mexico. Dr. May is a specialist in temporomandibular joint work.)

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## Pancreas Compound Tablets

Pancreatin, a desiccated pancreas substance is obtained by low-temperature drying of fresh pancreas tissues. It is a yellowish, amorphous powder containing crushed mature zymogen granules of the pancreas. The enzymes in Pancreatin include proteases, amylase, lipase, esterases, peptidases, nucleases, elastase and collagenase. The main proteases are trypsin, chymotrypsin and carboxypeptidase. Trypsin is present in the Pancreatin as an inactive proenzyme, trypsinogen. In the intestine, this is activated (to trypsin) by the enzyme enterokinase present in the duodenum substance). The activation is accelerated by calcium and other alkaline earth ions. Trypsin hydrolyses practically all types of protein, including several not attacked by pepsin. Chymotrypsin is also an endopeptidase present as inactive proenzyme, chymotrypsinogen which is activated in the intestine by trypsin, but not enterokinase. Its actions are similar to those of trypsin but, in addition, it possesses a powerful milk-clotting action. Carboxypeptidase is an exopeptidase attacking terminal peptide linkages, splitting off single terminal amino acids.

Pancreatin Amylase (Amylopsin) is a carbohydrase, qualitatively identical with, but more potent than, that of salivary amylase. In vivo, it digests raw starch more readily than cooked starch. It requires chloride anions (salt) for normal activity.

Pancreatin Lipase (Steapsin) is a glyceride hydrolysing enzyme, activated in the duodenum by calcium ions and bile acids. It digests the glycerides of unsaturated, long-chain fatty acids more readily than the glycerides of saturated short-chain acids like the ones that dominate in butter.

The enzymes of the Pancreatin exhibit their greatest activity in neutral or faintly alkaline media; mineral acids or excess alkali hydroxydes or carbonates render them inactive.

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## Doctors Link Sedatives to Cancer

Two doctors testifying before a congressional subcommittee have indicated that many over-the-counter sedatives contain a common drug that has been linked with cancer in animals.

Dr. Lijinsky cautioned that many non-prescription sleep aids contain methopyrilene, which can

react with nitrites in the stomach to form one of the most potent carcinogenic (cancer causing) substances known. It induces a high incidence of liver cancer in rats.

The non-prescription drugs which contain methopyrilene are Compoz, Sleep-Eze, Nytol, Somnex, and others.

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## Carcinogenic Tryptophane

Studies show that tryptophane, an essential amino acid, which is about twenty times more concentrated in meat than in fruit, to be carcinogenic in the urinary tract (1). In the press, Nov. 25, 1962, it was reported that Dr. Richard Gordon of Monsanto Chemical Co., St. Louis, discovered that "an acid called tryptophane causes growth and aging." By excluding tryptophane from their diet, Gordon kept animals youthful and active without any signs of aging in excess of normal lifespan. Introduction of tryptophane resulted in the appearance of normal aging.

Drs. J. Wurtman and F.D. Fernstrom (M.I.T.) reported in *Science Magazine* that high amounts of tryptophane in the blood reduces serotonin, which controls creative brain activity.

Dr. Dunning (2) showed that added dietary tryptophane (an essential amino acid which can be as much as 20 times more concentrated in animal meat than in protein from vegetarian sources) increased the incidence of mammary gland and liver cancer and appeared to be a decisive factor in the etiology of bladder cancer.

Dr. Ernest Hartman, Boston sleep researcher, showed in his experiments that tryptophane, an essential amino acid, where flesh and processed dairy products have the highest concentration, up to 20 times higher than in fruit, is the dietary factor which produces drowsiness after a meal. (*Arch. Gen. Psychiatry*, Sept. 1974, vol. 31, no. 3, p. 394.) This is why meat eaters feel drowsy after the heavy protein meal and need the stimulation of coffee. Excess of tryptophane poisons the bloodstream and starts making one unconscious.

Reprinted from WHEN Vol. 9:5

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1. Proc. Nat. Food and Nutr., USDA Handbook, no. 56, 1952, p. 86.  
2. Dunning, W.F.; Curtis, M.E.; and Moun, M.E.; *Cancer Res.*, 10:454 (1950); 10:319 (1950).

## A.M.A. and the Delaney Clause

You had better stay on your toes or you'll lose your only protection against cancer-causing substances being used in your food.

We were outraged to learn that the American Medical Association, instead of siding with the consumer in the battle to remove additives from our food supply, has urged the repeal of the Delaney Clause which makes it illegal for any substance found to cause cancer in man or animal to be added to food or used as drugs. Is this an indirect way for the AMA to drum up business?

The AMA feels that the present technique for determining carcinogenicity may not be providing a true picture and that some chemicals which show carcinogenicity in animals may not do so in humans. Can they be sure? Can they be sure that the chemicals are not cumulative or that ingesting them in small amounts from too many foods produces toxic doses? And isn't it better to eliminate questionable substances in any amount than to risk cancer for even one human being? Or aren't the proposers of this different yardstick aware of the agony suffered by the cancer victims and their families when cancer strikes?

The Delaney Amendment simply states, "... no additive shall be deemed to be safe if it is found to induce cancer when ingested by man or animal..." This concept should *not even require* legislation and yet, the Delaney Amendment is constantly being attacked by selfish interest groups. But, to find that this greed is supported by the so-called protectors of our health is truly appalling.

The Foundation for Alternative Cancer Therapies would like to see the Delaney Amendment strengthened, not violated or repealed. To this end we need your whole-hearted support. It is important that you raise your voices and inform your legislators, as forcefully as you know how, that you want them to protect the consumer's health by protecting the Delaney Clause. Write to your senator and representative NOW!

In your own handwriting, write: Since it is up to you to protect my interest, please protect the Delaney Amendment against repeal influenced by selfish interest groups.

Cancer is at epidemic levels; we cannot afford to lose any protection afforded by the Delaney Clause. Instead, it should be strengthened so that it cannot be violated.

Your attention to and serious consideration of this important matter will be most appreciated.

Your own name and address

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U.S. Senate

Washington, D.C. 20510

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Washington, D.C. 20515

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## Are Waerland's Health Handbook

Are Waerland was born in Sweden, the son of well-to-do parents. He was a student of philosophy and switched his studies from philosophy to medicine when a severe abdominal illness almost took his life. He went to England and studied under one of England's most famous doctors, Sir William Arbuthnot Lane. When Waerland adopted the Englishman's love of the outdoors, taking country hikes, morning walks, and sunbaths, he brought about a reversal of his sickly condition. In addition to the outdoor exercises, he adopted a lactovegetarian diet. In a short period of time he changed from an anaemic youth with a sunken chest, bad posture, flabby white skin and weak muscles, into a sportsman with a lively, fresh, well-circulated skin, a muscular body free from colds, fatigue, headaches and other indispositions.

Waerland says, "We are dealing not with diseases but with errors in life conduct. Abolish these, and the illnesses will disappear automatically."

The men who have helped Are Waerland in his search for health were among the great physicians of their time—Professor Bouchard in Paris, Sir William Arbuthnot Lane, and the great anatomist and biologist, Sir Arthur Keith.

Waerland's chapter on the colon is very good. He says retained waste poisons the whole body—mostly through the bloodstream leading into the general circulation directly from the rectum which is overcrowded with fermenting and putrefying excrements. Here we have one of the main causes of cancer, and also of diseases of the female generative organs. His chapter on microbes reinforces our belief that the healthy man is not attractive to microbes. *A sickly body is susceptible to infection; a healthy body is not.* Step by step, he illustrates to the reader how health is acquired. He advocates fasting, but members of our organization know that fasting for sick people should only be conducted under the close supervision of a skilled practitioner. Most of us know that overeating is bad, that it overloads the digestive organs, and that there is no better foundation for physical and mental health than clean, strong and healthy digestive organs. If we possess these, Waerland says, we have throughout our lives, healthy strong teeth, good eyes and ears, a subtle sense of taste and smell, and healthy instincts. We are then able to think and work with the greatest ease and endurance, know nothing of premature exhaustion or

nervousness, and are filled with serenity and the joy of living. The famous nutritionist Alexander Haig has said: "Take care of the stomach and everything else will take care of itself."

Waerland advocates starting the day with a glass of Excelsior, made with potato water, flax seed and bran, which dissolves wastes and toxins in the tissues which cause rheumatism and rashes. The Waerland program is a moderate one and it includes a changeover to a lactovegetarian diet, and also emphasises a daily exercise and a proper mental outlook.

*Are Waerland's Health Handbook can be ordered from FACT at \$6.95. See the book list on page 15.*

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