

CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.



John 3:16

Rene M. Caisse, Ph.D.



foundation for
Alternative
Cancer Therapies Ltd.

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FACT

Foundation for Alternative Cancer Therapies

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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Interesting Notes

Dr. George Blackburn, a surgeon at Harvard Medical School speaking at a National Conference on Nutrition in Cancer sponsored by the National Cancer Institute and the American Cancer Society, stated that good nutrition gave a cancer patient a better chance for survival. Dr. Blackburn was among more than a dozen specialists who cited the importance of good nutrition in extending the life of the cancer patient by helping them withstand the effects of conventional treatment.

* * *

Saratoga County Family Court Judge Loren Brown, after hearing the state's case against the Hofbauer family, ruled that the parents of little Joey Hofbauer were quite capable of selecting the treatment for their son. Joey has Hodgkin's disease and the parents chose to use a metabolic therapy instead of surgery, radiation or chemotherapy as advocated by conventional doctors. Their decision developed into a series of costly court actions instituted by state agencies which were unrelenting in interfering with the parents' desires.

Since radiation and chemotherapy rarely cure cancer except to achieve the artificial "cure" of five-year survival, the action of the state is reprehensible as it has added an enormous, unnecessary emotional and financial burden to a family that needs and should expect total support from all quarters.

Judge Loren Brown should be commended for his decision and the relief he has provided the Hofbauer family from the state's oppression.

* * *

Tricky Statistics: How come the cancer statistics are adjusted for normal life expectancy and not heart statistics?

Why does the American Cancer Society base their statistics on five-year survival and use the term cure as though the individual was actually cured and achieved their life expectancy?

When a cancer patient dies of pneumonia due to treatment for cancer, why doesn't the death certificate attribute the cause to cancer instead of pneumonia so that the final statistics won't leave the erroneous impression that a cancer victim survived?

Liver, the Master Gland

Leo V. Roy, B.A.-M.D.

Health starts in this greatest of chemical factories. Never treat it lightly. Take care of it. It cannot be replaced.

It is the master craftsman which maintains all body balance. To duplicate the thousands of chemical functions of the liver, it would be necessary to build laboratories that would cover thirty square miles of land.

The body can heal just so fast. Nothing will speed up its time of regeneration and growth.

It performs all the functions of living—it is the liver. It is the battle ground where the forces of health and the factors that threaten balance, fight for their supremacy. Sick people come under that group who lose—called the loose livers.

It is the largest gland of the body. It is the hardest worked organ in the body. To restore its integrity when it has been exhausted, damaged or overloaded and congested is the most valuable service you can render yourself. To lose the function of the liver, is to lose the vigor of health.

Freedom from liver symptoms is not a reason for neglecting its constant care. Eighty percent of a liver can be damaged without producing severe symptoms. The biggest enemy of its integrity is our own false security.

Anyone who has ever had jaundice never completely enjoys good health again until a real rest, a real clean-out of the congestion, and an intensive restoration therapy has been completed.

Never stop treating a liver ailment, even when feeling good, for at least two years. It takes this time for the cells of the liver to be replaced by normal, healthy cells and to rebuild its reserves which are required to counteract and handle the loads placed upon the whole body and mind, by the circumstances of modern living.

The body can heal just so fast. Nothing will speed up its time of regeneration and growth.

There is no point in swallowing pills and taking other treatments if no attention is paid to the essential requirements of the liver. It is most important to follow a proper diet and to avoid all excesses if full benefit is to be obtained from treatment.

Health does not depend only upon your physician. It also depends upon *you*.

The Functions of the liver:

The liver manufactures bile. Its role is to help digest and assimilate fats; to promote good function and elimination of the intestines. It also eliminates body poisons. These dissolve in the bile and are brought by it to the intestines where they are excreted. When there is not enough bile, the function of the intestines is lowered and body poisons accumulate and some of the fats are stored in the body. Anything that is surplus in the body acts as a toxin. When the color of the bowel movement becomes pale, yellow, greyish or chalkish, it is an indication that this is happening.

The liver is the store-house of energy and body building materials. Anytime the body runs low on fuel, the liver provides this to the blood stream. It also maintains a constant level of food and proteins in the blood. These are used as building blocks to replace the wear and tear of the body.

The liver is master detoxifier. Its role is to break down all substances unnatural to the body ... (all body poisons, body wastes, drugs, chemicals, fatigue poisons). All foods coming from the stomach and all the breakdown products from constantly dying cells are carried to the liver. Here they are broken down to minute forms. Those portions the body does not want or cannot use, will then be eliminated. The rest will be carried by the blood to nourish the body.

The liver is the master craftsman which maintains all body balance. To duplicate the thousands of chemical functions of the liver, it would be necessary to build laboratories that would cover thirty square miles of land.

Certain factors interfere with the processes of detoxification and rebuilding. They lower the supply of energy and of building material.

Factors in the Health of the Liver:

Overloading the Liver:

- Overeating—Food is sucked into a liver, as into a sponge. Overloading is one of the greatest factors in liver fatigue and congestion.

- **Overindulgence**—Excesses of food or drink, or an excess of any one kind of food acts the same way. The most harmful offenders are listed under refined foods. . . These factors are especially harmful during a sedentary existence.
- **Cooking**—It hardens protein molecules, just as baking hardens clay in the manufacture of pottery. It becomes difficult, even impossible, for the liver to effectively utilize this kind of material.
- **Refined Foods**—These are foods from which the natural content of vitamins, minerals, and enzymes have either been eliminated by commercial processing or paralyzed by chemical preservatives, or destroyed by cooking and staleness. The vitamin, mineral, enzyme complex is necessary to help the liver work the foods into a harmonious part of the body function and structure—and to eliminate them without difficulty. Faulty elimination results in liver congestion and fatigue.
- **Foods to which the body is allergic.**

Constipation: In order to have good health there should be two or three bowel movements a day—otherwise, some of the toxins can be reabsorbed back into the bloodstream. The poisons are carried by the blood vessels from the intestines which go straight to the liver. The toxic action of these poisons can then damage the liver cells. If there is stool discoloration, bile salts are most effective. Black-strap molasses, flax seed soaked in a glass of water, and raw grated potato mixed in tomato juice are also beneficial.

It is better to take natural laxatives than to let this happen. Carter's Little Liver Pills, herbal laxatives.

Drugs, Chemicals and Antibiotics: When the liver is congested or its function depressed, one must never take a drug (except in emergency). They are all taxing, sometimes dangerous and unfriendly to the liver. Any beneficial action of drugs on the body can be but a temporary one, as they force the liver into an urgent and excessive activity to expel their irritating presence. Repeated abuse in this direction can in time overload and exhaust the liver.

Alcohol: Same action and harm as drugs.

Insufficient Protein Intake: The liver must have a generous supply of good *quality* proteins. The building and energy materials required for its intense and universal function must be in constant

supply. Proteins must be in a form that can be turned into body and liver cells. These should be in raw form as much as possible—especially during illness. Meat is a high *quantity* but a low *quality* protein. It is best to avoid flesh meat for about two months. Excess concentrations of protein can unbalance the body.

Excess Starch in Diet: Meals made only of starch, sugar, carbohydrates, or sugar foods such as fruits, provide a fuel and energy level that lasts only an hour or more. In the following hours, energy starvation takes place. This acts the same way as protein starvation, lowering the vitality of the liver. Carbohydrates also protect liver cells from the poisons that are constantly flowing through its circulation. The absence of carbohydrates results in most damage. Proteins and healthy fats provide the only source of energy that dissipates at a slow rate and maintains sufficient fuel requirements until the next meal. A balanced diet satisfies hunger and relieves cravings for large quantities of food, for alcohol, for cigarettes, and for other excesses; while a high starch diet creates, or increases cravings and hungers for excesses.

In Memoriam

Catherine Suenram	Eleanore L. Ware
S. Pearle Tinsler	Leonore Aronson
Roland W. Simons	Carolyn Crescenzi, M.D.
Celia Stebbins	Dr. U. Erdreich
Mrs. Isherwood, Sr.	Hyman Merengoff
Isabel Robinson	Harriet Brown
George Robinson	Louis A. Rosenberg
Louis Rothberg	Blanche Riehl
Ann Tubis	Harry Simon, Sr.
Stanley Stern	Mary Kisson
Genie Skarstrom	Etta Kalin Moskowitz
Ruth Rosen	Elaine Hendershot
Edie Toro Fete	Flora Steele
Irving Kaplan	Isidor Fallor
Emilia Cortellini	Margaret Simon
Mrs. Arthur Charney	Zelman Kaplan
Joseph S. Urso	Betta J. Tapia
Carol Hill's mother	Morris Sherl
Mrs. Bee Kline	Richard Gedachian
Mrs. Helen Simon	Melinda Hill

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.

Fats and Oils

William Dobson, N.D.

Superior Oils

Nature has placed in the avocado, the ripe olive, the sunflower seed, the walnut, pecan and other nuts, oils for the cells of the body that are far superior to all other oils in several ways.

We will consider some of these superior qualities in this article; one of the most important is that they are carriers of OXYGEN and have anti-rancidity components. Also, they contain in themselves vital elements that the cells must have to form and restore themselves.

They contain essential oils for the heart and all the muscles of the body. They have important factors necessary for childbirth.

Best of all, they can be eaten raw and have a delicious taste.

I have often wondered how many of the readers of the *Herald of Health* have been to the woods and gathered black walnuts or wild hazel nuts. We gathered the black walnuts while they were still green and carried them home in gunny sacks and ran them through the cornsheller or pounded the hulls off with a hammer and then pumped much water with the hand pump to wash them of the stain. Our hands were stained yellow brown for days and we waited in anticipation for the walnuts to dry and cure out a little so we could eat them. Rich and oily with a very wonderful flavor like nothing else in the world.

Most folks have never tasted a really ripe olive picked from the tree when it has that rich concentrated taste which only a real ripe olive has. Even those who raise them do not seem to know they will be ripe and edible without being processed with lye and salt. The great Italian people pick them and dry them or put them down in a little fresh oil, perhaps with a little garlic for flavor or other herbs. They have a strong taste, yes, but they are able to deliver flavor to other foods and, best of all, are an unsaturated emulsified food that is a very superior food in many ways. The raw olive is far superior to meat in high-quality protein with none of the harmful substances present in meat.

The pecan, which is a relative of the walnut and closely related to it, is also an emulsified oil food along with the other nuts and the sunflower seed. These juices contain lecithin, that very wonderful emulsifier of fats in the body.

True, soybeans, peanuts and other legumes

and the germ of wheat and corn contain emulsified oils, but they are locked in by nature in such a way that they must be cooked or processed in some way to get them out, and by the time the lecithin, protein, carbohydrates and roughage are removed what is left is not an unsaturated oil and is no longer emulsified, and the bile and other enzymes cannot break it down for use in the body.

Metabolic Action

Strange that the creator made us so that it requires some oil to be present in a food for a carbohydrate to be metabolized in the body. When the body has presented to it foods that lack essential oils, the body system tries to make them from starches. These body-made oils or fats do not contain lecithin and do not make a good fuel to burn or metabolize other starches. These fats made from starches and sugars are in evidence on peoples' stomachs and posterior parts and are not made up of the essential oils of the nuts and raw seeds. These mountains of fat are a sign of degeneration of the body and trouble coming in the near future.

Fresh, Raw Foods

Wheat and corn are very delicate carriers of these essential oils, though nature never intended man to eat them in large quantities.

How many have ever gone to the field and eaten wheat in the milk stage and made a meal of it? Not many. When I was a boy I ate green wheat but not much. Though I have gone to the garden and made a meal of fresh golden sweet corn, fresh picked and uncooked. It contained a truly superior oil and was very delicious, but man must try to improve upon the creator's work, cook it and cover it with a plastic spread of some kind.

Oxygen is life to the body . . . but cannot be used by the cells until it is carried to them from the lungs via the blood.

These plastic spreads will not keep their body and remain stiff unless they are pumped full of a gas called hydrogen. Hydrogen is at the other end of the chemical scale from oxygen and has all the opposite effects of oxygen. These hydrogen-filled fats will not turn rancid and are a lifeless plastic grease. In Mexico, where we run a number of free

clinics for the poor, it is called "Manteca." These plastic greases are not usable by the body to build cells successfully, as the body cannot emulsify them. Destruction of the function of the liver and gall bladder always follows its use for any length of time.

Pork lard is a fat that has been built in the hog by its eating starches and other swill as they are available. This fat is mostly saturated, being very poor carriers of OXYGEN and is almost unusable by the body.

The many poor people of the deep south eat much corn and hog lard and do not live long on it. The coming of spring with the green stuff such as collards and the delicious fruit grown there save many lives, even though much of it is also cooked of all its life and oxygen.

Oxygen is life to the body. We breathe it all the time, but this oxygen cannot be used by the cells until it is carried to them from the lungs via the blood. Lecithin-filled oils, oxygen-filled oils must be present in the foods eaten or the body and brain cells cannot be restored properly and premature old age comes. We see it in Mexico all the time, even at the early age of twelve years and less. The mostly uncooked corn tortillas save them for a while, but lack of live vitamins, live minerals, live proteins, live sugar in fruits and live essential oils bring on aging at an early age. Most have cataracts starting at age 25, and also arthritis.

Dead Food

In some way which is not fully understood by anyone, some elusive factors are killed when foods are cooked. Proteins are changed enough to block their use and full utilization in the cells; carbohydrates are changed enough to soften them for digestion, but some elusive factors are lost that are needed in the body. Fats and oils are very much changed by heating and cooking and, at high temperatures such as French frying, etc., become carcinogenic or cancer forming.

In the United States I have visited homes where good fresh peas and corn or greenbeans were ruined by adding 1/4 lb. of plastic oleo spread to a small pan of them while cooking. These same people have asked me the question, "Are bananas fattening?" "I am afraid to eat them," they say, and at the same time eating as much as 1/2 lb. of plastic oleo cooked in the food at one meal. Do you love that fat husband? Do not feed him these terrible body-destroying fats and greases; you will lose him soon enough without such foods.

A small bottle of oil usually lasts us three or

four months and is usually used to oil pans in baking. Most oils we use otherwise are used to extract the vital parts of herbs for ear problems, or to inject into the prostate gland or other such problems. Very little is put on foods, salads, etc.

Do you want that perfect figure? Leave the fats and oils alone and the foods prepared with them. Foods cooked with grease are coated over and very hard to digest, they put mountains where firm flesh should be on your body. There are no girls in all the world more beautiful than in Mexico, but by the time they are 20 years old they are fat, beginning to look like mother; they call it "gordo" in Mexico. Mother may be 40 and look like 70.

The protruding, waterlogged, gas-filled abdomen testifies to the fact that saturated greases and unnatural cooked starches have been eaten, ruining the figure and causing premature aging. This is handed down to the children in gall bladder malfunction and future assimilation problems such as waterlogging, diabetes, varicose veins, etc.

Many children and practically all of the adults over 20 have cataracts and arthritis and rheumatism here in this locality of Mexico.

Probably the best source of essential oils is found in sunflower seeds. We buy them at the co-op in Tucson by the 50 lb. sack, hulled and ready to eat, and keep them in the freezer for freshness. They make such a wonderful tasting milk that one has to be careful not to use too much of it, as they are high in protein also.

Black walnuts are not available here, though a farmer or two is now putting on the market giant papershell pecans that sell for about \$1.40 a pound which is out of the reach of most people, while hulled sunflower seeds cost about 70¢ a pound in the States.

Very large delicious avocados, when in season here, cost about 5 pesos per kilo, about 12¢ a pound. Truly the best butter for a child of God or a king.

Why not surprise your stomach or body by eating uncooked raw fruit for breakfast, uncooked dark green vegetables for lunch, raw fruit for supper, with perhaps a few ounces of raw seeds or nuts, a little primary food yeast for vitamins and a couple of spoons of soaked bran a day for that septic tank colon that is poisoning your whole body. Start today to live abundantly, with health and vigor to spare. Mothers, give your child an apple or orange instead of candy, pop or greasy corn and potato chips.

Many of the experts say that the coconut oil is a saturated oil. Perhaps it is by the time one gets it

in the U.S.A, but the creator did not ever make anything suitable to eat in its natural state that would not go through the body safely and nourish it fully. Few in the U.S. have ever eaten green coconut meat or the thick milk in it which is about the thickness of soft custard and delicious to drink. In southern Mexico they will cut off the top of a coconut and hand it to you with a dirty straw to drink it with, for a peso or two. Bring your own straws.

Oil Extraction

The oil extraction business is a world-wide machine operation that has evolved into a large part of agriculture and manufacturing and is not at all like the old-time methods of obtaining oils. One method of extracting oils today is done with chemicals. The soybean, safflower seed, corn germ, etc., are ground up fine and mixed with chemicals which extract the oils from the seeds. Of course the seed is pressed out to obtain all the oil. This is called "cold pressed oil" which it is, but does not resemble plain pressed-out oil at all. The chemical

Why not surprise your stomach or body by eating uncooked raw fruit for breakfast.

is removed, as much as possible; then the juice is refined so that the lecithin and other "impurities" are removed, leaving a "pure oil" to sell to the public along with the expensive, very necessary lecithin and the heart oil, vitamin E.

Among other methods is the old one of heating the fragmented seeds and pressing the ground seeds out with giant rollers. Then it is refined to remove all the parts possible that were put there by nature. Lecithin, along with the other goodies put there by the creator, carries it through the body to the cells. These refined oils are assimilated and go right to the very places where they are not wanted and are very hard to remove once they are there. These "oils," when heated enough to fry foods, are carcinogenic and certainly clog up the working of the liver and the gall bladder.

Where does fat do the least harm? Around the heart? No, there is plenty there. On the arms and legs? No, this person is not exercising much and it is not needed there. Here is the good old posterior part. This is as good a place as any. This lifeless saturated fat is stored away to later pick up all the poison sprays in the air via the lungs, sprays eaten in the commercial head lettuce and other vege-

tables. Penicillin and other drugs are stored until the time in the future when one loses weight or goes on a fast and these poisons are thrown into the body pool to kill one quickly or to make one deathly sick. Few can live through a long fast who have not watched their diet closely. Many lose their ability to digest foods as they get older through lack of teeth or digestive enzymes and naturally lose weight, causing the poisons to let loose into the body pool.

Usually these poisons destroy all life and one becomes another statistic, given out as heart failure; angina pectoris, etc., is the verdict, but the terrible fats and devitalized starches were the cause of death.

Years of training children is the only way one could get them to like such things as deadly French fries, potato chips, doughnuts and such greasy foods. These things are made with fats that are used over and over again. Here is one of the large causes of cancer. To add grease of any kind to good vegetables and cook it into them is one of the worst insults to the epithelial cells of the body and is second only to aspirin and other similar drugs.

Another method used in the past to extract oils was to first grind the seeds or olives, put them over a fire and cook them until the oil came to the top where it was skimmed off and strained through a cloth. When it was cold the oil was usable in many ways, but the heat had destroyed the flavor, the aromatic life of the oil, and it was a saturated fat.

Before the modern age, olives were about the only available source of edible fats and the olives were pretty well ripened on the tree before harvesting them. These were put in a press and the juice was pressed out. It was a golden green color and had much of the nourishment of the olive in it. All of the lecithin was there along with the water-emulsified oil. It was a very rich liquid, a far cry from the refined olive oil today. Very few have ever tasted such an emulsified liquid oil. Untold blessings were in the liquid, healing for the stomach, softening of the dried up colon of many years of constipation, oil for the heart valves and replacement of the oil in the joint eroded away by age.

These golden oils were fully metabolized and used by the cells of the body to make new ones; the hair was brilliant and glossy.

* * *

We can all benefit by carefully monitoring the quantity and quality of our fats and oils. —Ed.

Reprinted from the Herald of Health.

Essiac

Press release to Detroit newspapers by Pat Judson,
President of FACT Metro-Detroit.

* * *

The little town of Bracebridge, Ontario, a two-hour drive north of Toronto houses a registered nurse named Rene Caisse, who will celebrate her 90th birthday on August 11th—fifty of those years fighting to have an Indian tonic recognized as a cure for cancer.

While working in a hospital at Haileybury in 1922, another nurse summoned Ms. Caisse to examine an unusual scar on a patient she was bathing. After examining the scarring, Ms. Caisse found out the woman had been diagnosed as having cancer of the breast 20 years before with no treatment. Her husband, a logger in Canada, had no money for the necessary surgery, and took his terminal wife back to the logging camp with no hope for her survival. An Indian at the camp told them of a remedy his tribe used and the patient gladly passed the tonic on to Rene.

It wasn't until 1924 when Ms. Caisse's aunt was diagnosed terminal cancer that Rene thought to try the tonic. She told her aunt's doctor the story and asked if she might try it on her aunt. Having no alternative, the doctor agreed and her aunt was cured and lived 20 additional years.

Her mother, at age 72, was diagnosed with inoperable cancer of the liver. She was treated with the tonic and lived another 18 years before succumbing to heart disease.

Rene followed her nursing career by day and worked in a laboratory she fashioned on her parents' back porch at night. Rene and medical associates experimented on mice and perfected the tonic called "Essiac." Doctors started referring their terminal patients to her with amazing results.



Rene Caisse

Word of Rene Caisse spread throughout Canada, and the town of Bracebridge gave her a brick, three-story building to use as a clinic, where several doctors worked with her.

Patients arrived from far and wide asking for her services, which Rene readily gave. On many occasions, while treating a patient, she would hear the scream of a siren, excuse herself, pick up her bag and treat the patient right in the ambulance, thus reducing the added discomfort of being moved.

In 1938, with hundreds of testimonies to her credit, she approached parliament for recognition of her now perfected Essiac and lost by only three votes. One of the reasons she lost was that she steadfastly refused to release her formula to them because "while governments are testing mice, thousands of cancer patients are dying."

Testing has been done both in the United States and Canada: Sloan-Kettering in New York City; North Western University, which was then in Chicago; and the Brusck Medical Center in Boston are only three of the medical centers that have tested and used her formula.

Homemaker's magazine did an article on Rene Caisse in their June-July 1977 edition. This article spurred 13 terminal cancer patients, all contributors to the Foundation for Alternative Cancer Therapies (FACT) to file a Class-Action suit in the Eastern District Federal Court on December 5, 1977. These terminal patients were demanding the right to use Essiac as an alternative cancer treatment because there was nothing available left.

Rene Caisse has spent over 50 years of her life fighting for her right to use Essiac, a harmless combination of herbs, in the treatment of cancer. *She has never sold her treatment to anyone.* She has given Essiac to all who have been in need and asks only for a letter from a medical doctor in return.

Movies saw Greer Garson fight as Madame Curie. We watched Rosalind Russell fight the medical profession for the Sister Kenny cure. We watched Patti Duke as Helen Keller rise above her animal status with the help of her dedicated and unorthodox nurse. Are we hearing about the Sister Kenny of our time? Will Rene Caisse be as recognized and accepted as Madame Curie? Does she truly have a cure for this most dreaded disease, cancer? Will the remaining eight patients be given the right to try Essiac before it is too late?

Who will play the part of Rene Caisse in future movies?

Essiac

Press release to Detroit newspapers by Pat Judson,
President of FACT Metro-Detroit.

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You may not think that cancer is your problem—yet—but if the trend continues, none of you will escape its clutches. At the turn of the century, cancer was a disease only of the elderly. It is now the leading cause of death among children, ages 3 to 14, and babies are being born with it. The number one killer of women, ages 35 to 55, is breast cancer. Two of every three families in the United States will be affected by cancer and one out of three persons will eventually contract it. Just think! Less than 8% will survive once cancer is diagnosed.

On the second floor of the Federal Building in Downtown Detroit, Monday, June 26th, I and over 200 people crowded into Judge Phillip Pratt's courtroom, which comfortably seats 100, while others overflowed down the hall and demonstrated in the street below. The security guards told me later they had never had such a thing happen before nor had they worked so hard in the past ten years.

We had gathered together to hear the trial for Essiac, a non-toxic herbal cure for cancer which has been used with documentation of safety and effectiveness not only on laboratory animals but, more important, also on thousands of humans in hospitals and clinics both in Canada and the United States for over 50 years and doubtlessly hundreds of years prior to that by the Canadian and American Indians. Contrary to the Food and Drug Administration's (FDA) often repeated statement that Essiac has never been tested, it has actually been tested more often than any other chemotherapeutic drug used and accepted by the American Medical Association (AMA). Some representatives of the Canadian FDA recently admitted it.

A class-action suit has been brought against Mr. Joseph Califano, United States Secretary of the Department of Health, Education, and Welfare by 13 terminally ill cancer patients who are unable to import Essiac legally from Canada, where it is made by a nurse, Rene Caisse. (Mr. Califano was the attorney who lobbied so hard in 1976 to block federal prosecution of the manufacturer of P.B.B., the Michigan Chemical Corporation.) Five of the 13 people have died since entering the suit on December 5, 1977. Ms. Caisse had

been given the formula over 50 years ago and will soon celebrate her 90th birthday.

Most of us present at the trial have had a personal encounter with cancer and are seeking natural harmless therapies as opposed to surgery, radiation and chemotherapy. We listened with careful restraint as Mr. James Wells, attorney for the plaintiffs, stated that 39 drugs, presently accepted and used for cancer in the United States, are known to cause cancer. He specifically cited the chemical Fluorouracil (5 FU) which is the cancer drug most widely administered and for which patients must be carefully screened. He quoted from the manufacturer's brochure which accompanies the drug:

"Precautions: Fluorouracil is a highly toxic drug with a narrow margin of safety. Therefore, patients should be carefully supervised since therapeutic response is unlikely to occur without some evidence of toxicity. Patients should be informed of expected toxic effects, particularly oral manifestations. White blood counts with differential are recommended before each dose. Severe hematological toxicity, gastrointestinal hemorrhage and even death may result from the use of Fluorouracil (5-fluorouracil) despite meticulous selection of patients and careful adjustment of dosage. Although severe toxicity is more likely in poor risk patients, fatalities may be encountered occasionally even in patients in relatively good condition."

L. Michael Wicks, attorney representing the case for HEW, stated that Essiac was being opposed because all "drugs" used for cancer must be proven "safe and effective." I wonder how in the world, under these conditions, such a poison as 5 FU ever gained such acceptance by the government and among the medical profession. It is a known fact that the American Cancer Society (ACS) has a vested interest in 5FU and receives a remuneration when it is used. I wondered as I sat and watched the hearing how long it would be before the two young lawyers representing the government (with our tax dollars) would be in the position of James Wells. And I wondered what their approach would be if and when they are stricken with the horrible disease.

Over the years, until recently, all forms of news media have chosen to either give unfavorable reporting on non-toxic cancer therapies or else to do a total black-out, resulting in a population that is

uninformed and, therefore, incapable of making determinations in their own best interests. Until recently, people were not made aware of the great risks of the therapies given—not only the poisoning of chemotherapy but the destruction of radiation in which important tissues are burned and patients' natural immunological system is destroyed. With radiation, cancer of the bones frequently results. Granted, some who were given radiation several years ago are still surviving, but doctors tell me that at that time only small doses were administered. I thank God my doctor said I was too far gone to have radiation or chemotherapy! I know I would not be here today if I had had it.

Since the time that medical doctors have heard of my cancer recovery and activities in education, others, an increasing number, have been contacting me to encourage me to continue the good fight. In fact, many doctors have sought my knowledge on natural therapies for themselves or members of their families. They repeatedly have stated that radiation and chemotherapy are nothing more than slow murder.

After the trial, as we milled around the halls and steps of the Federal Building, I looked at the strained faces of the people around me and heard my own thoughts being expressed over and over. Why, since it is my body, am I not allowed to make the final decision as to what I will take? Since I am free to smoke any number of cancer-causing cigarettes and drink alcohol in copious amounts, endangering the safety of others, why am I denied the freedom to use harmless Essiac? Why should we have to come to a court to fight and plead for that which is already our God-given constitutional right? Why more needless delay while, daily, thousands of cancer patients are agonizing and dying while their families must stand by helplessly? Who are the people behind the runaround the public is getting? Since present cancer therapies are so costly, who will be financially hurt should the relatively inexpensive Essiac be approved? Why has the Government repeatedly refused to unbiasedly test the natural harmless therapies? And why doesn't the American Cancer Society support this kind of research? The National Cancer Institute stated last fall that there had been no change in cancer survival statistics for the past 25 years. Then I wonder why the researchers are not willing to investigate new fields? Why do the majority of the people accept without question what they are told and not seek the truth for themselves?

After all, it is their lives! Why does the ACS call this type of therapy, but not 5FU, "quackery"? Why do people accept their doctor as their "God" until it is too late?

Attorney Wells, himself a victim of cancer and radiation, pointed out that we are not dealing with the health of the populace, but with the life and death of individuals. Judge Luther Bohanan, in ruling on Laetrile in the United States District Court for the Western District of Oklahoma, Order No. CIV-75-0218-B, filed also on December 5, 1977, stated under Section 4:

"The Secretary of Health, Education and Welfare and his subordinates in the Food and Drug Administration are hereby permanently enjoined and restrained from interfering with the use of Laetrile (Amygdalin) for the care or treatment of cancer by a person who is, or believes he is, suffering from the disease."

Hopefully, Judge Pratt, who is presently taking the matter under consideration, will make the same provisions for Essiac. Then all who wish to simply take a cup of herb tea every other night for from three to six months, not only as a cure but as a preventative, will be free to do so. Unfortunately, those who have already submitted to extensive chemotherapy do not generally respond well to Essiac, according to Rene Caisse.

Should Judge Pratt not see fit to free Essiac, the contributors of FACT will not give up but continue to fight so that all may have the constitutional rights guaranteed them to treat their bodies as they see fit. I urge everyone to join us!

Fluorosis

Fluorosis. 1. A condition caused by an excessive intake of fluorine (2 or more p.p.m. in drinking water). Characterized mainly by mottling of the enamel of the teeth. 2. *Chronic poisoning of livestock with fluorides*. These sometimes are contained in rock phosphates used as a feed supplement, but more often are ingested as forage contaminants near large *aluminum plants*, the fluorides being deposited from the factory fumes. The disease blackens and softens developing teeth and reduces bones to brittle chalky structures.

—from Stedman's *Medical Dictionary*

Psychological Aspects of Cancer

Jane G. Goldberg, PhD

Curing cancer is never easy, but sometimes we make it even harder than it need be. We've seen enough evidence now to know that cures effected for symptomatic relief are rarely permanent; either the disease comes back (metastasis in the case of cancer), or the symptoms change into other symptoms, or the treatment itself causes other disease (iatrogenic disease). Those of us who see disease as systemic understand that permanent and irreversible cure is effected through whole-body treatment.

In this day of health faddists and food consciousness, some of us have learned to intelligently use food and food substances as medicine to treat our bodies. We've learned the value of repairing body tissue and body chemistry through the building properties of the enzymes in the fresh vegetable juices. We've learned the value of eliminating toxic wastes from our bodies so that our clean systems can properly absorb and utilize the nutritional material.

And yet, the practice of body and organ repair is still partial. The practice of true wholistic medicine would need involve all aspects of the person, physiological, mind as well as body.

When we observe some of the mental bear-traps some patients get themselves into, we may wonder not why they are not better, but why they are not sicker.

In terms of our health, this is no small matter. We are now accumulating scientific evidence to detail the intricate and sensitive connections between mind and body. For instance, when we think of stress, we think of a psychological state. We may have too much on our minds; we may wonder if decisions we've made are right; we may feel insecure and unsure—but these states seem to originate in our thinking, or in our minds. Anyone who has paid attention to the experience of stress knows, however, that the mental anguish is quickly turned into bodily symptoms and sensations. We may begin to feel tired and overloaded; we may develop bodily pains. Research tells us that one effect stress has on the body state is to upset the immunological system. Disturbance in the normal function of the immune system means that we become more prone to disease. It is this same immune system that we attempt to build up

through the use of our nutritional foods to fight the diseased cells.

We shouldn't assume that the mind and body are in balance. We shouldn't even assume that the attempt to right one will automatically right the other. A healthy mind can help to right a diseased body, but an unhealthy mind can prevent a body, getting all the right substances, from getting well.

It is important, then, that we work with our beliefs, our attitudes, and our relationships (to ourselves and to others), as well as with our bodies.

Cancer both creates its own psychodynamics and augments pre-existing ones. I know one woman who was never happy until she got cancer. She was depressed and worried most of the time. She never had the feeling that her family cared about her. She acted in ways that turned people off, but it was because she craved the attention that she never got. Her cancer has been life-saving to her. Her family didn't want her to die, so they set about investigating all kinds of treatments and discussing among themselves which treatment would be best. They chose a nutritional approach supplemented with other non-toxic substances. They soon discovered, though, that for her to be diligent in her treatment (that is, not eating most foods that most Americans eat), she would have to become a social pariah. So then they had to find ways to help her feel more comfortable following a treatment regimen that isolated her at social functions and went against the thinking of most of her friends. The result of it all was that this woman got lots and lots of loving attention. She's probably thanking her lucky stars for the day she found out she had cancer.

Some patients have learned to manipulate the state of their body as a technique to manipulate the attention they get from other people. Another woman I know has had cancer for 10 years. The cancer is perfectly in control and she feels fine when she is strict with her diet. Sometimes, though, she'll complain about not feeling well. When she's questioned, it turns out that she's gone off her diet. She'll let herself get sick in order to get people to pay attention to her, but she'll never let it go too far. She doesn't want to die. She just wants more from people than she's getting, and she hasn't learned a way of getting what she wants except through making herself sick.

There are also those who can't get completely well because all treatments fail on them. These patients leap from treatment to treatment like rabbits. Nothing works. But then you find out that

they only tried the Hoxsey treatment for three months, or only took half the prescribed laetrile tablets, or only eat well when they are in their own home. These patients are always on the look-out for new treatments, since all the old ones haven't worked. The new ones won't work either, though.

These are the mild cases. Some patients can even go so far as to die in order to make their point. A young man in psychotherapy confided after hearing his diagnosis that at last he was able now to get back at his father. He had experienced his father as demanding and felt that no matter what he did, he would not be able to please his father. When he was finally bed-ridden from the cancer, he paid his father back in kind. The father would fix him food, but it was always the wrong food, or too hot or too cold. The father would call the young man's friends and ask them to visit, but it would be the wrong friend, or the wrong time of day for a visit. It seemed as though this young man's hatred of his father kept him bed-ridden for much longer than he needed to be. He died holding on to his anger.

Those of us who are close to a cancer patient can often have confusing feelings. We may want to help, but sometimes feel helpless and inadequate. These feelings are, in part, a response to the recognition that there is indeed very little we can do. We can't force-feed the correct foods to a person. But, the feelings we have in the relationship with a cancer patient also reflect the way the cancer patient feels about himself, and the way he wants us to feel. The rabbit-like patient may induce us to do more diligent investigation of treatments. We may, like him, scurry around frantically looking for the answer. It's as though the panic is contagious. We will come up with more and more treatments; all will fail, and then we will end up being the failure. We will have the feeling that if only we had heard about this treatment, or if only we had pushed the patient to be more conscientious. Sometimes it is easier for the patient to get us to have the feeling of being the failure than it is for him to experience his own lack of cooperation with the treatment, or his own failure.

To receive information by mail, please send a stamped, self-addressed, business-size envelope to Foundation for Alternative Cancer Therapies, Ltd., Box HH, New York, N.Y. 10011. A packet of information is available for \$1.00.

An Approved Drug!

This is another in a series calling attention to monographs showing adverse reactions to prescription drugs. It is important that patients ask their doctors just what side effects they might expect and decide for themselves whether or not to use the drug. The adverse reactions to Indocin are as follows:

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ADVERSE REACTIONS: *Gastrointestinal Reactions:* Single or multiple ulcerations of the esophagus, stomach, duodenum, or small intestine, including perforation and hemorrhage, with fatalities in some instances; rarely, intestinal ulceration has been associated with stenosis and obstruction; gastrointestinal bleeding without obvious ulcer formation; perforation of preexisting sigmoid lesions (diverticulum, carcinoma, etc.); rarely, increased abdominal pain in ulcerative colitis patients or development of ulcerative colitis and regional ileitis; gastritis may persist after the cessation of the drug; nausea, vomiting, anorexia, epigastric distress, abdominal pain, and diarrhea.

Eye Reactions: Corneal deposits and retinal disturbances, including those of the macula, have been observed on prolonged therapy; blurring of vision.

Hepatic Reactions: Rarely, toxic hepatitis and jaundice, including some fatal cases.

Hematologic Reactions: Aplastic anemia, hemolytic anemia, bone marrow depression, agranulocytosis, leukopenia, and thrombocytopenic purpura may occur rarely. Since some patients manifest anemia secondary to obvious or occult gastrointestinal bleeding, appropriate blood determinations are recommended.

Hypersensitivity Reactions: Acute respiratory distress, a rapid fall in blood pressure resembling a shock-like state, angiodema, dyspnea, asthma, angitis, pruritus, urticaria, skin rashes, purpura.

Ear Reactions: Hearing disturbances—deafness reported rarely; tinnitus.

Central Nervous System Reactions: Psychic disturbances including psychotic episodes, de-personalization, depression, and mental confusion; coma; convulsions; peripheral neuropathy; drowsiness; lightheadedness; dizziness; syncope; headache.

Cardiovascular-Renal Reactions: Edema, elevation of blood pressure, hematuria.

Dermatologic Reactions: Loss of hair, erythema nodosum.

Miscellaneous: Rarely, vaginal bleeding, hyperglycemia, glycosuria, ulcerative stomatitis, and epistaxis.

Some Things To Think About

1. Trace minerals are finely wrought chemical elements which travel through the fibrous material of the plant. When man eats the tender leaves of the plant, he is taking into his body the most infinitely soluble particles capable of feeding the most delicate and intricate parts of his body. Recent experiments indicate that long life and high I.Q. are related to trace mineral intake in body tissues.

2. As seafood has the greatest amount of trace minerals from the ocean, so chlorophyll has the greatest amount from the land. The greenest chlorophyll plants have the greatest amount of trace minerals of the plants produced on the earth. Refined foods or man-handled foods seldom contain trace minerals in natural form.

3. The finest water obtainable is the distilled water as it comes from plants. We can get this chlorophyll-rich water when we drink vegetable juices or eat salads, etc.

4. From a chemical standpoint, chlorophyll has almost the exact components of human blood. It is an excellent red cell builder for man. It is the greatest food we have to bring someone out of anemia.

(Excerpts from *Health Magic Through Chlorophyll* from *Living Plant Life*, by *Bernard Jensen*. See book list, page 15)

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Doctor-Patient Handbook

By Dr. Bernard Jensen



Of the many books Dr. Jensen has written on natural healing, *Doctor-Patient Handbook* is one of his most concise, easy-to-read books. It starts with an explanation of the terms used in natural healing—elimination, detoxification, reversal process, healing crisis, and the significance of the elimination of catarrh, phlegm and mucus.

His first chapter is entitled, "Death Begins in the Colon." Dr. Jensen explains how the colon produces toxins (or poisons) which enter the blood stream and, by constantly bathing the delicate body cells, sets up changes which finally result in a grave disease. He says, "The colon is a sewage system, but by neglect and abuse it becomes a cess-pool. When it is clean and normal we are well and happy; let it stagnate, and it will distill the poisons of decay, fermentation and putrefaction into the blood, poisoning the blood and nervous system so that we become mentally depressed and irritable; it will poison the heart so that we are weak and listless; poison the lungs so that the breath is foul; poison the digestive organs so that we are distressed and bloated; and poison the blood so that the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and we age prematurely, look and feel old, the joints are stiff and painful; neuritis, dull eyes and a sluggish brain overtake us; the pleasure of living is gone."

The remainder of Dr. Jensen's book is devoted to bringing about a reversal of a toxic condition by fasting, elimination diets, herbal teas, carrot juice,

use of enemas, and diets to cleanse and nourish, along with a set of prescribed exercises to speed up circulation of the blood to the various organs of the body.

Dr. Jensen is a master healer and an expert iridologist. Iridology is the science of analyzing problems by examining the iris of the eye with a magnifying glass. There are tiny markings on the iris which correspond with the various organs of the body. A dark spot on the iris denotes a toxic settlement on the corresponding organ of the body.

Any book by Dr. Jensen is worth its price many times over, and this book is no exception.

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