

CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.



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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Assumptions have been made that the above names represent patients who have died using an alternative cancer therapy. We would like to correct that misunderstanding. Contributions are made by friends of FACT wanting to help FACT while simultaneously expressing their sympathy to the family of the deceased. Many of the above listed names are unknown to us; the persons may have died of something other than cancer.

Acknowledgement cards can also be sent to honor someone's birthday, anniversary or any other special occasion.

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Nutritional Aspects of Stress

by W. D. Currier, M.D.

Dr. Currier is a graduate of the University of Nebraska College of Medicine. He took five years of post-graduate training in the field of his specialty, Ear, Nose and Throat. He is a member of the American Academy of Otolaryngology, is a member of the American Board of Otolaryngology and a Fellow of the American College of Surgeons. Dr. Currier taught at Harvard Medical School before moving to Pasadena fourteen years ago, where he has since been practicing his specialty. During the past fourteen years he also has been teaching at the University of Southern California College of Medicine. He served for five years as national secretary of the American Academy of Nutrition and now serves on the Board of Directors. In 1949 he was commissioned by the Surgeon General of the United States as a civilian consultant where he served as inspector of military and public health facilities throughout the Orient. A year later he served the Indian government in India in a similar capacity. He has a master of science degree in his specialty and has written numerous papers reporting research work done in the fields of Ear, Nose and Throat and nutrition.

Up to a few years ago stress meant to the physician little more than it does to the lay person — as best expressed in the phrase “stress and strain.” In medical dictionaries there was only a reference to the use of the word stress in dentistry, where it has strictly mechanical connotation, as for instance, in engineering the term “torsional stress.”

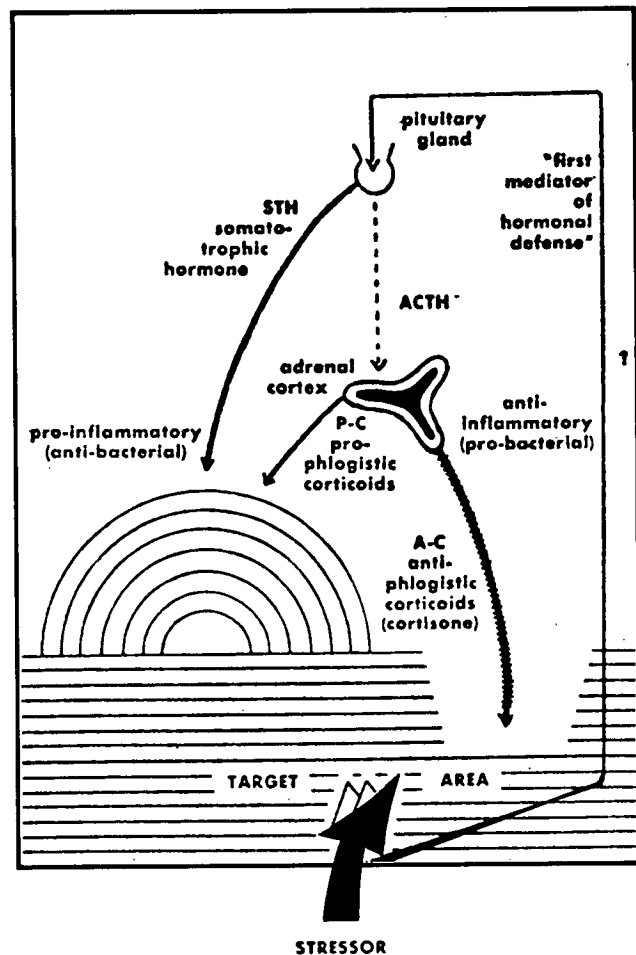
All this has changed within the last decade, mainly due to two interrelated facts: the recognition of the important role of the hormones — particularly cortisone, and — still more so — the thought-provoking theory of Hans Selye, which is essentially an attempt to evaluate the significance of various hormonal substances in health and disease.

The new concept of stress might well prove to be one of the greatest medical discoveries of all times. It establishes a common factor responsible for sickness of all kinds, bodily and mental alike. In the words of Selye: “Stress is essentially the rate of wear and tear in the body. Anyone who feels that whatever he is doing — or whatever is being done to him — is strenuous and wearing, knows vaguely what we mean by stress.”¹ Or to

give one of Selye’s more technical definitions: “Stress is the common denominator of all adaptive reactions in the body . . . It is a state manifested by a special syndrome which consists of all the non-specifically induced changes within a biologic system.”²

There are infinite numbers and kinds of stressful situations which we encounter in our daily lives. These stressors act upon our bodies, setting up a chain of responses, both local and general. Only a few of them are understood at the present time. As a result of stress an “alarm reaction” is initiated, which affects especially the adrenal cortex and the pituitary gland. These glands are called upon for immediate secretion of protective vital hormones, and as long as they are not worn out, malnourished or depleted, they can prevent lasting damage. The interplay of glandular activity and hormonal output is shown in a diagram (Figure 1) taken from Selye.

TRIPHASIC CONCEPT OF NON-SPECIFIC SYSTEMIC REACTIONS TO STRESS (GENERAL ADAPTATION SYNDROME) AFTER SELYE



It will be noted that the pituitary gland secretes an adrenocortico-trophic hormone, abbreviated as ACTH. This acts upon the adrenal cortex, causing it to secrete both an anti-inflammatory and a pro-inflammatory hormone. It seems contradictory that one and the same organ should be called upon to secrete simultaneously hormones with opposite functions. The defense against a stressful invader, through output of potent hormonal substances must in turn be kept in check, so that the body in the process of defending itself does not suffer permanent damage.

It would lead too far to trace the intricate actions of these opposing hormones in detail. But one point is of great importance: it was formerly believed that bacteria and viruses secrete an unknown substance which causes the body to react with local inflammation, general malaise, fever, and leukocytosis. However, the same signs and symptoms can be produced by injection of hormones. Bacteria, viruses, injuries, etc., all act as "stressors" and induce secretion of hormonal substances which in turn produce the various symptoms of "feeling sick."

As stated previously, there exists an infinite number and variety of stressors. Any kind of tissue injury will produce stress; local or general infections are damaging and stressful; excessive fatigue produces stress; so does exposure to heat or cold; an operation, anesthesia, or any medication also acts as a stressor.

In addition, the biochemical and, in particular, the hormonal balance of the organism is so frequently upset by common stresses and strains that until recently they have passed unsuspected. Emotional stress may produce bodily signs and symptoms,³ and even serious diseases, which formerly were thought to be due to infectious agents alone. A particularly harmful source of stress is chronic malnutrition,⁴ which as a rule develops imperceptively over a period of time and results in increasing impairment of bodily and mental health.

Stressful situations to the body, however, need not always be unpleasant.⁵ According to Selye, even a passionate kiss produces stress. Strenuous physical exercise, like a game of football or tennis, may be "fun," and yet it is a stress on the organism.

Nervous and mental stress is so common in our time that it deserves particular attention. All of us are subject to nervous and emotional tensions and when they become sufficiently severe over a period of time they lead to physiological

and biochemical deterioration. But what are the causes of these nervous and emotional tensions? Volumes, nay, whole libraries have been written on the cause of mental disease. Yet no other book goes more directly to the source of emotional disturbances than Bergler's "*Basic Neurosis*."⁶ According to that book, neurosis is the psychological consequence of emotional hurts and injuries in childhood. They result in a subconscious need and desire to hurt and punish ourselves or — to use a technical term — in an attitude of masochism. Of course, there are many degrees of neurotic conflicts and symptoms, but on the whole everyone suffers from inevitable traumatic experiences during infancy and childhood.

We all have eaten of the fruit of sin — we all labor under unconscious emotional stresses which impede our bodily and mental functions; what then can we do in order to rid ourselves of frustrations and lead happier and more productive lives? There are a number of possible avenues which will be briefly discussed in the following.

1. *Insight by Conscious Endeavor*

It has been said that he who understands all, forgives all. Hence, conscious efforts resulting in deeper understanding are the first steps to lessen emotional tensions. We can learn much about ourselves through studying, reading books, and listening. Such a chance to catch up with ourselves calls for leisure; to use the words of a great English surgeon: "Only leisure can rehabilitate the overstressed mechanism of the mind."⁷ The blunt advice to "stop worrying," "take it easy," "relax" is much easier said than done. Religion helps many people.⁸ But all need additional assistance in their quest for equanimity.

2. *Medication*

Various types of medications will quiet strained nerves. In prescribing, the physician has the choice between the barbituates, the rauwolfia products, Thorazine, Milltown, and others. They all have their place, but some of them are habit-forming, others harmful. At best they alleviate the symptoms for the time being, but will never get at the underlying cause.

3. *Psychotherapy*

It is the aim of psychotherapy to lead the patient beyond a merely intellectual grasp of stressful situations. In order to achieve therapeutic

results it is necessary to arrive at a true understanding and emotional acceptance of the underlying problem.⁹ According to Kubie¹⁰ psychotherapy is a form of reorienting education. It consists primarily of efforts to alter the patient's habitual attitudes of guilt, fear, hate and depression, by educating him to tolerate his own conscious and unconscious needs and cravings, his instinctual hungers, his familial jealousies and hates. The goal is an adult level of maturity manifested in a balanced perspective regarding one's self, one's life and work in relation to others.¹¹ Psychotherapy, however, is not a panacea. Many people cannot afford it; others are too hostile and resistant, or too withdrawn to accept psychological consultation. Like any other type of therapy, furthermore, it is not effective in all cases.

4. *Exercise and Work*

"Man is still basically a muscular and motor animal. Habitual denial of this fact is sedentary living . . . produces ill health or, at least, malaise."¹² Wholesome exercise will relieve much stress. To quote Selye: "Simple rest is no cure-all. Activity and rest must be judiciously balanced, and every person has his own characteristic requirements for rest and activity."¹³ The more fortunate ones may find such productive activity in their daily work, while to others it is merely exhausting and increases resistance and stress. Even such simple physical exercise as hiking, swimming or gardening may be nothing but a burden for a deeply disturbed or very depleted individual.

5. *Nutritional Replacement*

There is no more direct approach to the relief of mental and emotional stress than nutritional replacement. Without detracting from any of the other treatment methods, none of them goes so straight to the heart of the matter as nutritional supplementation. Of course, the various approaches are mutually supportive. But it should be self-evident that an organism deprived of essential nutritional elements is ill-equipped to deal with the normal demands of life, let alone with extraordinary nervous and mental stress. While overt deficiency diseases are comparatively rare, a suboptimal nutrition status is much more frequent than commonly assumed. This was clearly brought out by a comprehensive study of 610 male industrial workers employed in four chemical and pharmaceutical plants in central

New Jersey.¹⁴ About one-fourth of them gave evidence of suboptimal nutrition with respect to one or more nutrients. This figure is, if anything, too low, as the study was limited to men who were physically fit to work and had steady employment; furthermore, each company provided a cafeteria, and the services of one or more full-time physicians.

All medicine is based on the fact that there is no better way of dealing with a disease than to treat its cause. It has been conclusively demonstrated that nutritional deficiencies can bring on various kinds of bodily and mental illness. Earlier evidence to this effect has been presented by Peterman and Goodhart, in a paper on the current status of vitamin therapy in nervous and mental disease.¹⁵ More recently Miller stated that disturbances of nutrition may be the cause of any form of psychiatric disorder, from transient neurosis to deep-seated and long-standing psychosis; he goes on to say: "It is not surprising to find that disorders of feeding are, as it were, first cousins to nervous disturbance."¹⁶ Maybe the most important observations have been made by Joseph Brozek, who is associated with the Laboratory of Physiological Hygiene of the University of Minnesota School of Public Health. He created a new descriptive name for the study of the psychologic impact of diet and nutrition: "experimental psychodietetics."¹⁷ Brozek, who worked with Ancel Keys and others on the monumental study of human starvation¹⁸ presented a most impressive description of the behavioral changes observed during experimental semistarvation and nutritional rehabilitation.¹⁹ The report should be read in its entirety in order to appreciate fully how closely nutrition and psychology are linked together. Don, the volunteer subject whose behavior during the experiment is described in detail, started out by being a pleasant, cheerful, active young man, full of initiative, cooperative and sociable, highly altruistic, sensitive to the world's social problems, and eager to play his part in the rehabilitation of a war-torn world. After twenty weeks of semistarvation he was nothing but a shadow of his former self: weak and edematous, lacking physical endurance and mental initiative, grouchy and self-centered, without interest in female companionship, a childish slave of food, primarily concerned with individual security rather than with the larger issues. There was regression to old nervous patterns, for instance finger-nail biting; hearing was disturbed, capaci-

ty for concentration reduced, self-confidence had markedly declined, and interest in personal appearance and hygiene was gone. Don became petty, aggressive, hesitant and inexact in speech and thinking, and was mentally depressed. This "semistarvation neurosis" was reversed through nutritional rehabilitation. After 33 weeks of normal feeding Don had largely returned to his former personality pattern, except for a somewhat less cheerful outlook and a heightened concern with matters of health. In other words, the experiment left its imprint even in a subject who voluntarily and knowingly underwent the ordeal. How much more devastating must be the impact of long-continued nutritional deficiency on people who are unaware of the cause of their troubles and unable to account for their mental and emotional deterioration.

Malnutrition thus produces emotional stress and strain. But the reverse is just as true. The various nutritional elements are burned up in prodigious amounts under conditions of emotional tension. Klenner²⁰ has pointed out that one severe fit of anger burns up between 3000 and 4000 milligrams of vitamin C in a matter of minutes. The normal daily minimum requirement of vitamin C is given as 75 mgs. Obviously one single fit of anger consumes many times the daily intake and causes vitamin C depletion. We must assume that similar devastating changes occur with respect to other vital elements. A violent emotional outburst, as nuclear physicists tell us, creates enough electrical energy to light a 30 watt bulb for a number of years. It is not difficult to imagine how much vital energy is being wasted in balancing such an emotional tempest as well as the day-to-day stresses and tensions.

How can we break the vicious circle of emotions depleting bodily stores of energy, and depletion of these stores in turn creating new mental and emotional stress and strain? The answer is simple: we have to supply our bodies with sufficient amounts of nutritional building materials to guarantee normal tissue metabolism throughout life. Literally, we are what we eat. We must be ever so selective in the foods we eat, and see to it that the calories taken are not empty, but full of nutritional elements.

Watson,²¹ in testing the clinical value of nutritional replacement therapy of patients with various types of mental illness, used a more complex basic formula,* which in addition to large doses of all the known vitamins and minerals also contains enzymes, amino acids, natural concentrates, etc. Over the years²² fifty subjects

were treated. All but six of them showed clinical improvement which was confirmed by the Minnesota Multiphasic Personality Inventory test. Prior to replacement therapy patients were placed on placebos in order to weed out those easily suggestible people who feel better when they receive a pill containing nothing more potent than sugar and starch. Watson²³ summarizes his findings as follows: "Some states which are psychologically diagnosed as functional mental illness may be relieved by appropriate nutritional therapy." Intrapsychic conflicts manifesting themselves in morbid concern with health, depressions interspersed with manic episodes, extreme emotionalism, obsessive-compulsive drives, delusions, unpredictable behavior, and withdrawal, were resolved or at least reduced. After a few months the subjects became emotionally stable, arrived at a correct appraisal of themselves, paid attention to their physical appearance, were again able to work, and made rational plans for the future.

The psychological effects of nutritional replacement therapy are so amazing that two representative case histories from Watson's most recent paper are reported in the following.

A young man, 19 years of age, suffered from facial dermatitis, which was believed to be at least partly of psychogenic origin. He was withdrawn, very depressed, and afraid to meet people. He would not eat his meals with the family, and had not talked with his father for more than two years. He secluded himself in his room and confided only in his mother. In the initial interview he hardly opened his mouth. After one month on placebos he felt slightly worse, and the total score of the Minnesota Multiphasic Personality Inventory rated ten points worse. At the end of one month of substitutional therapy he was considerably more at ease and talked quite freely. Improvement continued steadily and at the end of four months the boy's mother reported: "He is coming out of it. He cut the lawn voluntarily for the first time in years; he has come out of his room and watched television in the living room with the family. He also has had several long, confidential talks with his father for the first time in several years. His recovery, frankly, is more than we had hoped for." After several months of therapy he had improved considerably, but was still not fully recovered. However, on the Minnesota Multiphasic Personality Inventory his profile had

returned to normal. Treatment is being continued, and the boy seems to be making further progress.

A woman, 44 years of age. There was no organic disease; a former alcoholic, she had been helped by Alcoholics Anonymous. She scored extremely high on both the psychopathological deviation and the schizophrenia scales of the Minnesota Multiphasic Personality Inventory test. In the initial interview she broke down and sobbed, and said that she was feeling on the verge of a complete collapse. She was hysterical, hostile and excitable. After one month on placebos she reported: "They may have helped me; I didn't expect any amazing results and I didn't get any." After being switched to nutritional supplementation without her knowledge, she stated: "I experienced a tremendous improvement this past month. Previously I had a perpetual lump in my throat, but this month I felt it only a couple of times. I have also felt happier, and my outlook is somewhat different. Frankly, I've never amounted to anything in my life, but now I'd like to go on and learn something." At the end of four months of nutritional therapy, when asked why she had not completed her final Minnesota Multiphasic Personality Inventory test, she said: "I know this sounds funny, but I have felt so wonderful that I didn't want to lose time by sitting down to answer the test." Her total Minnesota Multiphasic Personality Inventory score had improved 128 points, and she had made a complete clinical recovery.

It is too early to evaluate the significance of this continuing research project. Watson himself states: "The available data on the relation of sub-clinical nutritional factors to emotional disturbance appears to support the view that psychological stress causes nutritional displacement, and nutritional displacement causes mental illness."²³

When Selye formulated the basic theory of stress and its effect on human health and disease, he was mainly concerned with one particular aspect of metabolism, i.e., the interplay between various hormones. Selye's theory proved so stimulating to research in different fields because it drew attention to the well-known but all too frequently neglected fact that man is a unit consisting of many functions. What we call "fitness" is nothing else but harmony between these various functions. On the other hand, psycho-

logical conflict and related bodily disturbances are expressions of defective integration of the organism. Recent research in biochemistry²⁴ and in psychiatry²⁵ has independently arrived at this same conclusion.

It may be true that nutritional stress has only the effect of amplifying weaknesses in the personality structure, thus bringing them to the surface.²⁶ Or personality defects may be the result of nutritional deficiencies.²⁷ At any rate, nutritional stress is definitely a fact to be reckoned with under all circumstances. It is a gratifying development that in nutritional replacement therapy we now possess a means of relieving nutritional stress and to lay the foundation for a happier and more productive life.

SUMMARY

It is not generally recognized that there may be a nutritional basis for the stress reaction which complicates and may even cause both functional and organic pathological conditions.

Correcting the nutritional deficiency is essential in any therapeutic management of the stress reaction.

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Whole Seeds for Energy

Dr. William Pelly writes in *Herald of Health* "whole seeds and whole grains are an excellent source of energy. Any person who consumes the soaked grains will have an abundance of energy and health. When you eat the whole soaked grains, your body will generate an amazing youthful stamina and will give you vim and vigor because of higher potency of minerals and vitamins."

Some time ago, we printed a thermos-cooked method for preparing the whole grains that retained all of the natural elements to obtain the highest nutritional value for best synergism.

If grains are ground or chopped, they lose

some of their value through oxidation. And we all know that when ground, they tend to become rancid. But whole grains can survive for years if stored properly and when planted, will produce a live plant.

Dr. Pelly states that he has had a lot of success with his patients by using whole, soaked grains and raw vegetables and fruits in the diet. He likes his patients to have one fruit meal a day, preferably at suppertime. No wonder. The whole grains, properly prepared, are rich in minerals and vitamins, and retain their natural balance. Some of the minerals found in whole grains are iron, calcium, zinc, phosphorous, iodine, magnesium, as well as others. Food of this quality, with its amino acids, builds healthy cells for repair and maintenance of one's health. These complex carbohydrates are a better source of roughage for good colon function than even fruit and vegetable fibers.

For those who did not get the recipe for thermos-cooked cereal when first printed, here are the instructions: Place 3 tablespoons of whole grains, one kind or any mixture, in a thermos. Pour in 1 cup of hot water, let stand overnight or for about 8 hours. Raisins or dates can be soaked with the grains for flavor or raw honey or maple syrup (processed without formaldehyde) may be added. Bananas or other fruit in season make the cereal even more wholesome. For some people who prefer a less chewy or need a more finely ground food, the grains can be blended just before serving without losing any nutritional value.

When one observes the natural order of life, the rewards are better health and a more relaxed body.

Behind the Warning Label: 10 Reasons Why Our Medical System Makes Healthy Women Sick

1. The highest rate of surgery in the world! Congressional reports revealed 250,000 unnecessary hysterectomies last year — 1 out of every 3.
2. Breast cancer strikes 1 in every 13 women — yet survival rates have not improved since 1930.
3. Hong Kong, Japan, Canada and 8 other industrial nations have lower maternal and in-

fant death rates than the U.S.

4. Birth control pills and IUDs which first appeared as "breakthroughs" have proved life-threatening to thousands of women.
5. Forced sterilization of poor, Hispanic, Black, and Native American women continues in America today.
6. Each year thousands of women develop endometrial cancer from taking menopausal estrogen drugs they don't need.
7. 30 million American women are regular users of potent tranquilizers and anti-depressants.
8. Women over 65 suffer from diabetes, bone fractures, arthritis and malnutrition more so than men. Yet little research is done on older women's health needs.
9. If you live in a rural community, you may not be able to find adequate medical care at all.
10. 10% of your family income may be spent on needless x-rays, surgery and medication. By 1985 an average day's stay in the hospital will cost \$400.

Reprinted from National Women's Health Network, 224 Seventh St. S.E., Washington, D.C. 20003

Water Fact Sheet

by Bruce Molholt, Ph.D.



Dr. Bruce Molholt has taught molecular biology in three United States colleges and universities. He has done research for six years in various European universities. His research activities include viruses and cancer, and the epidemiology of cancer.

At present he is examining how carcinogenic chemicals change DNA to initiate cancer. Dr. Molholt earned his Ph.D. from Indiana University and is presently teaching at Haverford College in the Department of Biology.

This Water Fact Sheet will be divided into three parts:

- A. Water Carcinogens – A National Problem
- B. The Water Problem
- C. Solutions to the Water Problem

A. Water Carcinogens – A National Problem

In the United States, we have prided ourselves on uncontaminated drinking water supplies ever since the turn of the century. With no small amount of smugness we chortled at the Montezuma's Revenge our friends brought back as a souvenir from Mexico. We avoided the waters of Rome and Paris, and were glad when we could come back home to that good clean chlorine taste. Chlorination has abolished water borne bacterial plagues such as cholera, dysentery and typhoid fever. However, chlorination has not stemmed the tide of another, more insidious plague, carried into each of our homes in the public water supply. This modern plague, cancer, is on the rise, and, think some experts, will reach epidemic proportions within this century. Chemicals in our water supply play a role in this cancer plague, how great a role we shall discuss further. Chlorination does not help remove carcinogenic chemicals. On the contrary, it exacerbates the problem by creating more of the same.

Industrial pollution of our drinking water supplies is nothing new, but has grown at an alarming rate. The synthetic chemical industry derived a dazzling array of new products such as DDT, PCBs, TCE and 2, 4, 5-T much faster than our ability to test them. Most adverse health effects of these chemical carcinogens take years to manifest their cancers and then we notice a cause-and-effect relationship only among discreet populations, such as pesticide workers. Between 1931, when PCBs were first synthesized, and 1971, when their manufacture was banned, over 300,000 tons of PCBs were produced, 60,000 tons of which have found their way into the environment. A similar story holds for DDT and many other chlorinated hydrocarbons, which have been the mainstays of the synthetic chemical industry. In addition to their other chemical properties they: 1) are very stable, and 2) they are fat-soluble. Hence, the final reservoir for many chlorinated hydrocarbons like PCBs and DDT is animal fat, measuring fat of an Antarctic penguin, of a fish two miles deep in the Atlantic trench or in human breast tissue, these substances are everywhere.

In addition to their direct contamination during manufacturing processes, many substances contaminated by these chlorinated hydrocarbons have been illicitly dumped. For example, at Love Canal it is estimated that at least 60 pounds of dioxin were among the thousands of tons of chemicals dumped into the canal. Dioxin, a con-

taminant of 2, 4, 5-T, is the most potent synthetic organic chemical known. This chlorinated hydrocarbon is carcinogenic in parts per *trillion* quantities. Whether dumped directly or contaminating the groundwater beneath an improperly designed dump, many of these synthetic organics have worked their way into our drinking water supplies.

Cities at the mouths of major rivers are especially privy to pollution by chemical carcinogens. New Orleans, at the end of the nation's longest river system, is notorious for its bad water supply which has been recycled through innumerable industries and homes lining the Missouri-Mississippi system. New Orleans also has one of the nation's highest cancer rates. But so does Philadelphia. And in a recent Ames test of the two cities' water supplies, Philadelphia's wound up containing more carcinogenic chemicals than did New Orleans'.

B. The Water Problem

In the Northeast we have faced a drought this past year which may last as long as five years. As the volume of our river waters shrink the concentration of carcinogenic chemicals contaminating these waters increases proportionately.

An additional effect of the drought has been to increase fecal contamination of our rivers. In Passaic, New Jersey, in response to higher coliform counts due to the drought, chlorination levels were increased by four times the normal level. This heavy chlorination of organically polluted water will cause the formation of much more chloroform and other chlorinated hydrocarbons. The net effect of the drought for affected communities may be as much as a tenfold increase in the concentration of carcinogenic chemicals in their drinking water supplies from both industrial and chlorination sources.

In a preliminary study, the Environmental Cancer Prevention Center has compared cancer mortality rates in Philadelphians who consumed either Schuylkill River-derived or Delaware River-derived drinking water for the years 1968-78. The study was designed to compare cancers at different organ sites for these two populations who reside west or east of Broad Street, respectively. Residents on the west side of Broad St. (Schuylkill) were found to have had 67 percent more cancer fatalities due to cancer of the esophagus than residents on the east. East side residents (Delaware), on the other hand, suf-

fered 83 percent more fatalities due to malignant melanoma, 59 percent to brain cancer and 32 percent more due to colorectal cancers than west side residents. These variations in cancer mortality patterns may be linked to contamination of the Delaware River by the chemical industries and variations in chlorination treatments accorded the two water supplies.

C. Solutions to the Water Problem

Although industries are changing their habits of water pollution either voluntarily or under pressure from environmentalists and regulatory agencies, it will be many years before our waters are free of chemical pollution. Stringent rules regulating hazardous waste disposal will prevent future abuses, but Superfund and other legislations to clean up extant, abandoned sites will have little immediate impact and represent less than 5 percent of the effort required to clean up all dangerous hazardous waste sites. Hence, in order to protect the public, we must find other short-term solutions.

One practicable solution is granular activated carbon (GAC) already used by some European metropolitan communities and commonly by industry in the U.S. to remove disagreeable tastes from water for the manufacture of beverages. Particles of GAC have enormous surface areas and absorptive properties for chlorinated hydrocarbons. Virtually all carcinogenic chemicals can be removed by filtration through GAC. It can be installed most conveniently above the sand beds normally employed in municipal water treatment plants. In Philadelphia, a pilot GAC filter is operating at the Torresdale Plant on the Delaware River. Installation of such a system would cost about \$1 million and maintenance about \$1 per month per household.

Filtration with GAC would remove carcinogenic chemicals contaminating our water supplies as they enter water treatment plants. To prevent further formation of carcinogenic chemicals through chlorination, ozone may be substituted for chlorine as disinfectant. Again, this substitution has met with success in European municipalities and would be inexpensive to adopt and maintain.

"Improper eating, living and thinking habits are the prime cause of degeneration."

Sir James Mackenzie, M.D.

President's Report

SOMETHING NEW — OZONE THERAPY

I was invited to sit in on a lecture/demonstration by Lee Devries about Ozone Therapy. He explained a complicated theory about how cancer develops and what it is. A good deal of his theory is validated in some of the medical literature, but theory is very different from actual practice. And every system, even in practice, must be able to do more than destroy cancer cells. It must also affect a repair to body chemistry so the patient can fulfill his/her life cycle without a recurrence. Judging a cure solely by the reduction of a tumor does not necessarily produce a healthy body that avoids a recurrence of cancer after a time. It is more important to maintain life, than to remove or reduce a tumor and lose the patient.

Conventional so-called, cancer "cures" have always concentrated on destroying cancer cells but have not emphasized making a repair to the dysfunction that produced the cancerous condition originally. Unfortunately under conventional care, cancers recur more often than not in spite of the advertised statistics claiming "cure" in 50% of the cases. What "cure" means in conventional practice is survival time (over five years). If cure was a reality, the research and fund-raising could be discontinued.

Mr. Devries has certainly done his homework and makes a valid case for the ability of ozone to destroy cancer cells. His work is worthy of further research and hopefully will be sponsored by one of the major institutions such as the American Cancer Society or the National Cancer Institute, and subsequently, lead to clinical trials. It certainly shouldn't be ignored. Especially at a time when cancer is at epidemic levels and increasing constantly, nothing that shows promise should be shoved aside without adequate review.

Since the evidence at this time is a bit limited because of the short time ozone therapy has been in existence, we (the Board of Trustees) at FACT will keep a watchful and interested eye on its progress and keep our readers informed as we collect additional data. We look forward to the data ultimately showing long-term recovery.

FEVER: THE HEALING AID

"Natural forces within us are the true healers of disease" — Hippocrates.

How does fever develop? When disease strikes, the body sends a message to the brain to release a hormone called endogenous pyrogen. This hormone acts on the hypothalamus which regulates body heat. The body is then told to raise its temperature to fight off illness. *This is a natural healing process.*

The old concept of fever being a villain is wisely doing an about-face. For many years, practitioners using biological methods to affect healing have nurtured a fever. It is very important that their philosophy of fever is now officially categorized as a healing process. The revised thinking considers a temperature below 104° as not dangerous enough to be medicated, only to be watched in case the condition becomes complicated.

The new studies which came to this recent conclusion were sponsored primarily by the National Institutes of Health (NIH). The research produced a clear physiology of the fever process: It is activated by bacteria, a virus or other foreign matter which stimulates the T-cells (part of the immune system) that directly attack foreign organisms. Fever also triggers the immune substance, interferon, to help in destroying viral infections as well as tumor cells which are more sensitive to heat than normal cells. Artificially induced fever is used professionally to destroy cancer cells.

It seems as though most fevers are self-limiting and rarely go above 106°, a point that is of greater concern. A patient with fever needs supervision and treatment if the fever becomes uncontrollable or prolonged. Prolonged, high fever is debilitating and probably not tolerable for the elderly or infants.

Dr. Thomas Sydenham, a 17th century English physician, whom I've quoted before because of his understanding of the physiology of the body's natural ability to cooperate in the healing process, said, "Fever is nature's engine which she brings into the field to remove her enemy."

"When you cough, the air rushes out of your breathing tract at a speed sometimes reaching hurricane force. Your chest acts like a powerful air compressor. The cough removes dangerous foreign bodies from the lungs. The outgoing air carries with it all the rubbish from your air passages. So, usually, coughing is good for you."

Dr. Sam Rich, Chicago physician and an expert on chest diseases.

Orthodox Medicine

by Alonzo J. Shadman, M.D.

I had occasion recently, as a guest of County Medical Society, to visit one of the large Veterans' Hospitals, and I have never been so depressed in my life as the result of what I saw there.

Case after case was exhibited, all pronounced incurable. None of the cases which they demonstrated had ever seen actual service. They were healthy young men, in A-1 condition when they were inducted. They all received their immunizing shots and were sent to different parts of the country to training camps, where they developed colds, bronchitis, and pneumonia; for which they received the usual heavy doses of sulfa drugs. After that, they were hospitalized and there they will remain until they die.

Some of them show strange, unheard-of pathology, and the doctors put all their effort into making diagnoses that will fit into their preconceived philosophy of disease, and not one of them suspects for a moment that these diseases are artificial ones; conditions which are produced by unnecessary, ridiculous and harmful drugging for which they themselves were responsible. Naturally diseases produce, by-and-large, an orderly process of symptoms, as nature reacts in her effort to produce a cure.

These strong medical measures, in vogue in the present wave of chemotherapy, have no curative effect whatever, but they do distort the picture, change the symptoms and even prevent nature from her proper reaction which would result in cures. Almost any type of pathology may eventually ensue from such methods, and usually does. This accounts for the strange and unfamiliar cases that are filling veterans' hospitals today. Isn't it a terrible thing that the public is so unaware of what is taking place in these veterans' hospitals in our lands?


The public thinks these hospitals are devoted to the care of veterans who have been injured in battle, and of course their sympathy goes out to them; and they think probably, what a wonderful thing our government is doing for these boys who fought to save our freedom.

How little they know that the medical profession itself is directly responsible for destroying the health, and even the life, of some young men, by subjecting them to so-called medical measures

which are founded on theory only, with absolutely no evidence of any kind to support their flimsy theories.

I have practiced medicine for 43 years. I built and constructed my own hospital of a hundred and twenty-five beds, and had a courtesy staff of 400 allopathic doctors. I did the surgery for nearly all of these men, and during all these years I have seen every doctor in Boston in action. I have observed their limitations, their inefficiencies and their awful blunders: and I do not believe I exaggerate when I say that orthodox medicine is killing more people yearly than the war and diseases combined.

(NOTE: The above appeared in the Oct.-Nov., 1951, PHYSICAL CULTURE.)


——
Dear Mrs. Koepfel:

. . . I had contacted you by phone in August 1982 regarding my mother who was found to have a cancerous lump in the right breast. After talking to you, we did get many opinions and two weeks later it was successfully removed surgically. You also helped me in October when you suggested Dr. Navarro's Immuno-Diagnostic test after I had been having serious intestinal problems for months. Thank God, the result was negative and I am thankful.

. . . My mother, who had never been interested or even aware of the "health" movement and preventive care, has been constantly after me now to write to you. She is looking for something to keep a recurrence from happening. She was scared to death and it opened her eyes.

. . . I am including a check for a small amount. It is to help FACT to continue the really super job they do. People like you are needed. I am sorry it could not be \$500 instead of \$50. . .

We thank you,
H.S.C.

——

"If we were to use the knowledge about foods which is now available to us, practically all sickness and dental problems could be wiped out in one generation." Jonathan Forman, M.D.

Book Review Corinne Loreto

Encyclopedia of Medicinal Herbs

by Joseph Kadans, N.D., Ph.D.

For \$1.95 the student of natural healing can have at his fingertips a neat little pocketbook which tells how to prepare and use hundreds of herbal remedies. The back of the book has a Herb-o-Matic Locator Index which is a wonderful guide in helping to select the right herb for a particular ailment or condition. For instance, under tonic for muscles, the reader is directed to page 171 and to the use of Peruvian Rhatany, as follows:

RHATANY, PERUVIAN

Also known as Rhatanhia.

Botanical name: Krameria triandra.

Effects and reported uses: This herb is both an astringent and a tonic. It draws tissue together and reduces discharges from tissues. It is also a tonic, restoring strength and tone to the muscles. It is used in hemorrhages to stop bleeding and is useful in other discharges of mucus from the mucous membranes. It has been found beneficial in menstrual disorders where discharge of fluids occurs, and it has also been found valuable in cases of diarrhea to restore normal functioning of the bowels. It is also of value in cases of incontinence of urine, a condition of inability to retain urine through loss of sphincter or muscle control. This herb is also useful in cases of spongy or bleeding gums, associated with the condition known as pyorrhea. One-half teaspoon of the powdered root is a sufficient dose for internal use. A small amount of the powder may be applied directly to the gums for treatment of the gums.

My own experience with herbs has been limited to the use of Golden Seal which I find extremely beneficial in shortening the severity and duration of a cold. Comfrey, too, has been used by me to speed up the healing of burns and bruises. For a sinus condition, I use nose drops made with garlic juice and warm water.

I like using herbs. They are handy, easy to prepare and comparatively inexpensive when compared with the price of prescription or non-prescription drugs.

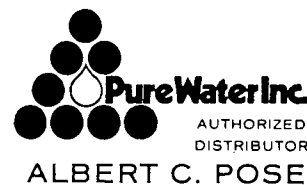
At a price of \$1.95, this is a lovely book to give to friends to acquaint them with herbal medicine.

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- FREDERICK I. SCOTT, Vice President of FACT,
FACT: The Cancer Patient's Resource
- RUTH SACKMAN, President of FACT, *The Importance of Effecting a Biological Repair and How to Accomplish it*
- RICHARD MOTT, A Recovered Cancer Patient,
A Personal Case History
- DR. ANTON SCHENK, Cellular Therapy Specialist,
How Cellular Therapy Effects a Biological Repair
- DR. BERNARD JENSEN, Iridologist and Nutrition Specialist, *Tissue Cleansing Through Bowel Management and Nutrition*
- DR. THOMAS FRAZIER, Surgeon, Oncologist,
The Principles of Hyperthermia and Hyperthermia as an Alternative
- RUTH SACKMAN, President of FACT, *Cancer Causes and Prevention*
- DR. JANE GOLDBERG, Psychologist, *How Stress Hampers the Normal Function of the Body*
- DR. WILLIAM D. KELLEY, Nutrition Specialist,
The Importance of Metabolic Individuality
- BARBARA SEED, A Recovered Cancer Patient,
A Personal Case History
- PROFESSOR ALBERT SCHATZ, Microbiologist,
Biochemist, *Food and Water Pollutants Unsafe for the Cancer Patient*
- DR. LEO ROY, Nutrition Specialist, *Individualized Nutrition for the Cancer Patient*

1981 Cancer/Nutrition Convention

- FREDERICK I. SCOTT, Master of Ceremonies,
Fluoridation: Its Effect on Health
- DORIS SOKOSH, A Recovered Cancer Patient,
A Personal Case History
- BRUCE MOLHOLT, Ph.D., Research Scientist,
The Effect of Food, Water and Air Pollution on the Body
- KARL OTTO ALY, M.D., Director of a
Nutritional Clinic in Sweden, *Better Nutrition for Better Health*
- LEO ROY, M.D., N.D., Nutrition Specialist,
The Individuality of Diagnosis and Treatment
- ALBERT SCHATZ, Ph.D., Biochemist, *Fluoridation, the Great Brain Robbery*
- DR. WILLIAM D. KELLEY, Nutrition Specialist,
Individualized Metabolic Therapy for the Cancer Patient

- PAT JUDSON, A Recovered Cancer Patient,
A Personal Case History
- KURT EBERT, Ph.D., Chief of Clinical Neuropsychology at Temple University Hospital, *The Cognitive Control of Internal States: Biofeedback, Hypnosis, and Autogenic Training*
- RUTH SACKMAN, Executive Director of FACT,
Symptoms Associated with the Restoration of Health

1977 Cancer/Nutrition Convention

- MICHAEL WHITEHILL, A Recovered Cancer Patient, *A Personal Case History*
- DR. JOSE RODRIGUEZ, Kinesiologist, *Balancing the Endocrine System by the Use of Kinesiological Procedures*
- EYDIE MAE, Recovered Cancer Patient,
How I Conquered Cancer Naturally
- DR. KARL O. ALY, Director of Tallmogaerden,
The Waerland Dietary System and Its Special Cancer Therapy
- DR. BERNARD JENSEN, Iridologist and Nutrition Specialist, *Moving the Whole Body to Health*
- DR. HENRY NORRID, Osteopathic Physician,
Osteopathy in Health and Disease
- V. EARL IRONS, Long-Time, Health Advocate,
The Colon - Mirror of Your Health
- DR. DONALD COLE, Physician, Oncologist,
Modern Concepts in Cancer Therapy
- DR. EVA REICH, Daughter of Dr. Wilhelm Reich,
The Cancer Biopathy
- HY RADIN, A Recovered Cancer Patient,
A Personal Case History

Miscellaneous

- DR. KEITH SEDLACEK, *Biofeedback*
- DR. LAWRENCE BURTON, *Immunology*
- DR. ANN WIGMORE, *Wheat Grass & Sprouting*

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