

# CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.



# Foundation for Alternative Cancer Therapies

**IN MEMORIAM**

Fay Adams	Abe Schechter
Irving Kaplan	Josephine Ferlito
Florence Vourlos	Angela Rainville
Chester A. Hence	

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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*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.*

*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.*

**IN THIS ISSUE:**

The New Health by Arnold Fox, M.D. ....	3
An Approved Drug .....	4
Nutrition Update by Ruth Sackman .....	5
Letters .....	6
Operation by Lucille Paisner .....	7
Recipes .....	8
British Physician: The Holistic Approach to Cancer by Susan Silberstein, Ph.D. ....	8
Spotlight by Harold J. Peters .....	9
Kerosene by Dr. Kossakowska .....	10
Book Review by John R. Lee, M.D. ....	12
Tapes .....	14
Book List .....	15

Jorge Dumas, the artist who did the cover of this issue of *Cancer Forum*, has exhibited his work in the United States, South America and Europe. He was commissioned to do a mural in the Pan American Union building in Washington, D.C., and a series of etchings by the Ferdinand Rottin Galleries of Baltimore. This experience led to the development of lithography techniques that have been used by Karel Appel, Salvador Dali, Peter Max, Peter Hurd, and others. We want to extend our sincere thanks to him for his generous offer to do this cover.

He can be reached at 212-736-7997 by anyone interested in the original art.

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## The New Health

By Dr. Arnold Fox, M.D.

*[Arnold Fox, M.D., is in the practice of internal medicine and cardiology with strong interests in stress, anti-aging and nutrition. He is Director of the American Institute of Health in Beverly Hills and Assistant Professor of Medicine at the University of California, Irvine, California College of Medicine.]*

A 50 year old man living in the United States can expect to live another twenty years. A 50 year old man living in Sweden will enjoy another twenty-nine years of life – almost 50 percent more than his American counterpart.

The United States is the most advanced nation in the world – it's also the sickest. We did not achieve this honor overnight. We had to work at it for many years. What good is the highest standard of living in the world, if you aren't able to enjoy it?

Disease does not "just happen"; disease is not a random misfortune. The evidence, overwhelmingly shows us that most of today's illnesses, major and minor, are due to poor nutrition, poor health habits, poor handling of stress and a lack of the realization that only you can keep yourself healthy. As an M.D. there is not a pill or surgery that I can prescribe that will give you vitality. Only you can give yourself the vitality that I call "THE NEW HEALTH".

In this and future columns, I will show you how to achieve the new health. The new health is not feeling "alright" as many of us do. The new health is feeling *great!* The new health is characterized by happy; healthy, zestful and natural living. A real joie de vivre – without the use of stimulants, anti-depressants, tobacco, alcohol or sleeping pills.

The key to the new health is learning about yourself. How to take care of yourself. Your doctor is important in this. However, do not rely solely on your doctor to tell you what he thinks is wrong with you. Learn about your body, what nutrients your body needs, how various substances harm your body, how stress affects you, how to deal with stress.

What kind of foods should you be eating? A woman at one of my complimentary seminars at my offices in Beverly Hills asked:

*"I'm very confused about the best diet for me. . . . The only diet that has worked for me in the past was a high protein diet with no carbohydrates. I would like to lose 20 pounds. Do you believe that some people are so sensitive to carbohydrates that it triggers compulsive eating? I have been advised to stay away from white flour and white sugar for relief from arthritis."*

In choosing foods, bear this in mind: You want to eat foods that will contribute to your health by giving you a bountiful supply of all of the nutrients, and you want to avoid foods that will stress you. A food is said to be a stressor (something that causes stress) if it is either directly harmful to the body (a poison) or if it creates additional work for your body. If your kidneys have to work overtime to screen out impurities from your food, that food is a stressor.

The ANTI-STRESS WAY OF EATING is the answer. Remove the stressors from your body. Remember this little pneumatic: Do not use or at least restrict, CATS from San Francisco. Now, what are CATS from San Francisco? Well, I'm not talking about those cats that howl all night long outside of your bedroom window. I'm referring to caffeine, alcohol, tobacco, sugar, salt and fats and to that I must add we should reduce our intake of processed foods because they are definitely stressors and foods which are high in cholesterol. We eat much more than we can possibly use. We take in too many calories. We force our body to break down the excess of these calories for sugar and/or fat. This is stress. You should be eating vegetables, whole grains, fruits and legumes, which are peas, beans and lentils. These should be eaten as "close to nature as possible." Increase the amount of complex carbohydrates you eat. What are complex carbohydrates? These are fruits, vegetables, grains, peas, beans and lentils with a minimum or no processing. These complex carbohydrates break down slowly to provide the body with the fiber, vitamins, minerals, various nutrients that the body needs to run this wonderful complex machine. Decrease the simple sugars, that is, sugar, molasses, and syrup. To lose weight emphasize the vegetables. These are the lowest in calories and are high in nutrients and fibers. Of course, it is important that what you do eat be balanced with the proper and essential nutrients.

Are some people so sensitive to carbohydrates that they become compulsive eaters? Well, I don't believe that complex "unrefined" carbohydrates can trigger compulsive eating. However, the simple carbohydrates can and I would advise the woman above to be tested for hypoglycemia.

In order to achieve the new health I spoke about it is necessary to go beyond simply providing your body with enough nutrients to "get along". Ms. Morgan wrote to me:

*"I recently heard you talk on WGN radio in Chicago. I would like you to tell me the way to stimulate our immune system."*

**Our immune system is a veritable armory that the U.S. Defense Department would be proud to**

**have.** We have the equivalent of Tiger Tanks, atomic submarines, jet fighters and Marines in our bodies in the form of T-Lymphocytes (white blood cells under the control of the thymus gland), Phagocytes and Complements. Their job is to recognize and destroy foreign invaders such as bacteria, viruses and cancer cells. Every day, countless invaders are destroyed by your immune system. You might "have" cancer several times in your lifetime and never know it, because your immune system destroys the cancer before it can destroy you.

Continual stress, whether the stress is due to foods or is emotionally or spiritually induced, wears down the immune system. Keep your body in tip-top condition, physically, emotionally and spiritually. Eliminate the "ERRORS OF LIVING", which include poor handling of stress, sedentary styles of living, caffeine, tobacco, too much salt, nutrient-poor eating, high fat foods, chemicals and additives, cigarettes and a lack of vitamins and minerals. Vitamins and minerals are very important in helping keep your immune system in good working order — especially vitamin C.

Ms. Morgan goes on to ask:

*"... what harm is there in drinking lots of Diet Pepsi, about four to six bottles a day? How much caffeine is there in one bottle of Pepsi, compared to one cup of regular coffee?"*

The various diet colas are destructive to the immune system, and eventually to the body, due to the heavy chemical load. The increases in cancer have been attributed to the great increases in chemicals in foods and in the environment as well as to the increased stresses of all types. Soft drinks have between 42 and 72 mg. of caffeine per serving. They also have lots of phosphorus, which may interfere with calcium absorption. Regular coffee has 100 to 150 mg. of caffeine per cup. Instant coffee has 50 to 66 mg. of caffeine. Tea usually contains 50 to 77 mg. of caffeine.

Caffeine is not a natural substance for your body. It is easy to show physiologic changes in the body when even small amounts of caffeine are ingested. Caffeine is a stressor.

When you adopt the ANTI-STRESS WAY OF EATING you can often do away with various medications and drugs you have been taking. P. Cozzola wrote from Illinois:

*"I have had high blood pressure for quite some time and medication seems to have no effect. In fact, it is higher when I take the medication than when I do not. I am 55 years old and hope that I am not over-the-hill as far as changing my pattern of living."*

High blood pressure is often a manifestation of the "errors of living". Your doctor should first make sure that you don't have forms of "curable" high blood pressure, such as that due to narrowing of the arteries to the kidneys or to certain adrenal abnormalities, etc. If you have what is known as Essential Hypertension, you, with your doctor's concurrence, might want to start on the ANTI-STRESS DIET. THE ANTI-STRESS DIET combines the anti-stress way of eating, with daily exercise, learning how to handle the effects of stress, learning how to approach life in a very positive manner. I have a great deal of success in reducing blood pressure, often, at times, with lesser amounts of medications than I have used in the past. Instead, I use methods I described above, especially the ANTI-STRESS DIET. I use biofeedback, counseling, meditative procedures, mind as a healer mechanism and other techniques, as part of the overall plan. You are never too old to change from destruction to positive health habits.

*Reprinted from Public Scrutiny*

## 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.*

**Diabinese**  
**(chlorpropamide)**

**CONTRAINDICATIONS:** Diabinese is not indicated in patients having juvenile or growth-onset diabetes mellitus, severe or unstable "brittle" diabetes, and diabetes complicated by ketosis and acidosis, diabetic coma, major surgery, severe infection, or severe trauma.

Diabinese is contraindicated during pregnancy. Serious consideration should be given to the potential hazard of its use in women of childbearing age who may become pregnant.

Diabinese is contraindicated in patients with serious impairment of hepatic, renal, or thyroid function.

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**ADVERSE REACTIONS:** Usually dose-related and generally respond to reduction or withdrawal of therapy. Generally transient and not of a serious nature and include anorexia, nausea, vomiting and gastrointestinal intolerance, weakness and paresthesias.

Certain untoward reactions associated with idiosyncrasy or hypersensitivity have occasionally occurred, including jaundice (rarely associated with severe diarrhea and bleeding), skin eruptions rarely progressing to erythema multiforme and exfoliative dermatitis, and probably depression of formed elements of the blood. With a few exceptions, these manifestations have been mild and readily reversible on the withdrawal of the drug.

Diabinese should be discontinued promptly when the development of sensitivity is suspected.

Jaundice has been reported, and is usually promptly reversible on discontinuance of therapy. **THE OCCURRENCE OF PROGRESSIVE ALKALINE PHOSPHATASE ELEVATION SHOULD SUGGEST THE POSSIBILITY OF INCIPIENT JAUNDICE AND CONSTITUTES AN INDICATION FOR WITHDRAWAL OF THE DRUG.**

Leukopenia, thrombocytopenia and mild anemia, which occur occasionally, are generally benign and revert to normal, following cessation of the drug.

Cases of aplastic anemia and agranulocytosis, generally similar to blood dyscrasias associated with other sulfonyleureas, have been reported.

**BECAUSE OF THE PROLONGED HYPOGLYCEMIC ACTION OF DIABINESE, PATIENTS WHO BECOME HYPOGLYCEMIC DURING THERAPY WITH THIS DRUG REQUIRE CLOSE SUPERVISION FOR A MINIMUM PERIOD OF 3 TO 5 DAYS,** during which time frequent feedings or glucose administration are essential. The anorectic patient or the profoundly hypoglycemic patient should be hospitalized.

Rare cases of phototoxic reactions have been reported.

Edema associated with hyponatremia has been infrequently reported. It is usually readily reversible when medication is discontinued.

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### **CHEMOTHERAPY REDUCES SURVIVAL RATE FOR COLON CANCER PATIENTS**

Colon cancer is the nation's number two cancer killer. A report of a recent five-year study following 572 colon cancer patients in 13 hospitals showed that patients not treated after surgery with chemotherapy had a higher survival rate than those treated with drugs.

## **Nutrition Update**

By Ruth Sackman

For many years now, the Foundation for Alternative Cancer Therapies has advocated better nutrition for the cancer patient. Our complicated investigations and experience showed that a cancer/nutrition link existed. Nutrition programs were used by numbers of practitioners working independently of each other in both the United States and Europe. Because of the extreme caution exercised by the cancer-medical establishment about cancer advocacy outside the traditional medical mode, all that could be said publicly was that better quality nutrition was helpful for the cancer patient. Today, the nutrition/cancer link is backed by the recent report issued by the National Academy of Science that has officially supported using better nutrition to prevent cancer. After all, where else could the body receive the required elements to produce healthy cells and repair a biological breakdown except through the food it ingests?

The National Academy of Science report emphasizes the use of raw foods and whole grains as Nature intended for man's consumption. Nature has determined the foods for all creatures — herbivorous, carnivorous or omnivorous. FACT also emphasizes raw foods and whole grains too, but we add other foods for a balanced nutritional approach to create a biologically sound eating program.

Now that the cancer/nutrition relationship has been acknowledged, we need to turn our attention to another vital area — vitamin and mineral supplements. Unfortunately, many of the manufacturers have little or no understanding of the need to retain all essential nutrients in their products for competent synergism. Nor do they understand the need to avoid the use of chemicals to color or preserve the vitamins and to process the supplements with care in order to avoid the destruction of enzymes. Chemical additives usually have a harmful cumulative effect which can cause physiological problems after a period of time. This can be manifested in chronic ailments or general malaise.

Fragmented supplements, such as tablets of calcium, selenium, manganese, magnesium, phosphorous, iron or other minerals, or the alphabet of vitamins separated from natural components or synthesized, require intrinsic factors to be metabolized properly by the body. The missing elements are therefore drawn from the body's reserve (bone, teeth, hair, nails, muscle) to complete the metabolism, in time, causing unexpected deficiencies.

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Recently, a rash of stories appeared in newspapers and other publications about doctors finding patients suffering from health problems caused by the misuse of supplements. The unfortunate patient probably couldn't imagine that an item promoted as essential and beneficial for one's health could cause an illness.

One reported case was of a woman who overdosed on B6. She became so weak that she was unable to perform some very simple tasks like trimming her fingernails, holding a fork, putting on jewelry, or climbing a few steps without assistance. Fortunately, her doctor's ultimate diagnosis pinpointing B6 as the culprit saved her from a useless life of chronic illness. Other doctors have reported similar case histories:

Dr. H. J. Roberts of the Palm Beach Institute of Medical Research, West Palm Beach, Florida, reported in the *New England Journal of Medicine* finding neurological and other disorders in patients who used considerable amounts of dolomite. Many of the patients were found to have unexpectedly high concentrations of arsenic, mercury, lead and aluminum in their systems. Dolomite was never intended for human consumption. If it was, Nature would have provided it in an edible form.

Using vitamins of good quality when needed can be very beneficial, but using them carelessly can imbalance the human system. The constant intake of the wrong vitamins, poor quality vitamins, unneeded vitamins or overdosing can produce biological complications. Take, for example, the fact that an overdose of vitamin C can produce an iron or calcium deficiency. Both of these minerals are important in maintaining competent blood levels.

An experiment conducted by Elizabeth B. Finley and Florian L. Cerklewski, Ph.D, of the Oregon State University in Corvallis and publicized in the *American Journal of Clinical Nutrition*, showed that vitamin C could reduce a person's copper levels, which in turn can inhibit the recycling of iron in the body. Recycling of iron is an essential function since we cannot obtain enough iron from our diet. Thirteen young men were given a 500 mg tablet of vitamin C with each meal for about two months. Testing after this period showed a decrease in blood copper, and the reversal when the supplements were discontinued.

Excessive use of vitamins also place an additional burden on the body to eliminate the oversupply as waste. In this age of food, water and air pollution, the body has more than enough to do to throw off toxins without the deliberate intake of unnecessary, over-processed or overchemicalized vitamins and minerals, especially those of poor quality. Consider some of the additives found in vitamins. Here is a list of some of them: sugar, dextrose, lactose, mannitol, sorbitol, cal-

cium sulfate, dicalcium phosphate, cellulose, zein (corn protein), ethylcellulose, methylcellulose, acacia, talc, kaolin, beeswax, carnuba wax, certified dyes, polyvinyl pyrrolidone, magnesium stearate, stearic acid, vegetable stearine, polyethylene glycols, artificial sweeteners, silica, propyl and methyl paraben. It is important to note that propyl and methyl paraben have been found to interfere with normal cell production. You certainly wouldn't want to take these substances daily.

It is not my intention to leave the impression that FACT opposes the use of supplements. The intention of this article is to create an awareness so that people become more knowledgeable buyers and users of health products. Years of experience have helped make the health activist more sophisticated about the value of supplements and how to use them to achieve the greatest benefit and eliminate any risk.

Eventually, suppliers will cater to our demands for quality products.

For those who prefer a guideline for vitamin intake, there is a test available through your doctor to determine twelve circulating vitamins except for vitamin D and K. The telephone number of the Vitamin Diagnostic Laboratory is 201-583-7773. They will provide instructions for your doctor to draw blood and prepare it for shipment to the laboratory.

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## Letters

*This letter was typical of a few letters received by FACT from people who were concerned that the organization was opposed to vitamin use. Our only concern is its misuse and unfortunately the misuse of vitamins is becoming evident.*

Dear Mrs. Sackman,

After reading the lead article in the Winter Quarter 1984 FACT, I felt the need to write you.

Most everyone that has been involved in nutrition and alternative cancer therapies understands that the intake of nutrients in large amounts can result in some possible side effects. Even the eating of too many bananas or too much whole grain foods, as fine as they are, can have undesirable effects. However, generally most of us know how much is too much. Nowhere in any article I have read that warns of too many vitamins and minerals, has it been stated how much is too much. For instance, Vitamin A. Dr. Roger Williams, the nutritionist who discovered pantothenic acid, B5, has said that in Vitamin A some people need one hundred times the amount of others. When one needs megadoses of supplements to com-

bat some ailment, to tell them that it is dangerous is mostly useless, unless they can also be told how much to take.

In another context, I am wondering from what point of view does APPLIED TROPHOLOGY write from when discussing the intake of vitamins and minerals. I know you are aware of the consistent downgrading of supplement intake by the medical establishment and their cohorts in the sale of drugs that are thousands of times more dangerous than vitamins and minerals sold in so-called health food stores. The American Cancer Society for years ignored supplements and nutrition in the treatment of cancer until lately. Now they are supporting both as very important.

Over twenty years ago I began taking megadoses of all the vitamins and minerals with nothing but good results. In the last few years (I am now 72) I have 'cured' myself of a prostate condition, diverticulosis and other minor ailments without doctors and there has been no return of the problem unless I again overeat. This was the cause in the FIRST place, not the supplements. If there are any side effects, I am not aware of them. This is not to say that there cannot be any.

When I married my wife in 1967, she had hypoglycemia, anemia, arthritis, and a lung condition (due to surgery early in her life) that made her subject to pneumonia (she had had it several times before we met) and other respiratory problems. With megadoses of vitamins, minerals and other supplements, she has been *cured* of everything except the arthritis and has had no recurrence since 1970, and we both still take large amounts.

Finally, a third story. My daughter, age 42, who did not take much in the way of supplements. About one year ago she had surgery for a cancer block of the colon. It was successful, but the doctors gave her two months to live. So, we went for an alternative therapy in Zion, Ill. The cancer had spread to many parts of her body when she went there. The only place that cancer can now be found is in her one lung. She has been on megadoses of many supplements, about fifty a day, plus other treatment, and considering the severity of the problem from day one, she is doing remarkably well. The final outcome is not known for sure, due mainly to much stress she is subject to that is not related to the cancer problem. The point here is that there have been no known bad effects from the supplements. She feels pretty good, has a good appetite. It appears that if she does not make it, the reason will not be so much the cancer as the other problems she has to contend with.

I have a friend that has cancer and went for the orthodox therapy. She did not look good and was hav-

ing problems of energy, etc. I had given a talk in the church we attended about alternative methods and nutrition that included vitamin/mineral therapy. When told, she called her doctor and asked him about large doses of Vitamin C. He laughed and said it was useless. She got rather angry and told him she knew about the medical effort to downplay vitamins. Then she told him it was her life and she would like some cooperation. Then she hung up. Later in the day he called her back and told her to take 10,000 mg of Vitamin C daily.

There is a large hospital here in Denver that is known all over the world. One of the wives of a doctor there told us that he had told her that all the doctors in this hospital took 1,000 Units of Vitamin E every day, but they do not prescribe it for patients.

Pardon for the length of this letter. I did not know how to make the point otherwise. I am not defending the intake of megadoses, only have stated some facts.

*J.B.*

I want to thank you, most gratefully, for all the effort you put into the convention. It was a privilege to be with all those wonderful dedicated people and I learned so much. *G.K.*

Ruth:

Thanks so much for all you do to continue this work – I'm so grateful. You may be interested to know that a close friend to whom you recommended the Lukas Clinic in Switzerland, even though he had surgery for kidney cancer (he had hoped he wouldn't need surgery) is doing beautifully, that is, since 1976. He is living in California and follows the natural laws – he eats mostly all raw fruits and raw organically-grown vegetables, some whole grains. Feels and looks marvelous, is very active physically. He knows his well-being depends on consistent obedience to Nature's laws and he loves it. He is happy and grateful. *E.B.*

## Operation

The heavy heart is a load to carry.  
Empty the downs and it becomes light.  
Throw out the hates  
Throw out the hurts.  
Send in the love.  
Pack in some laughter –  
Shove in some warmth.  
It's health we're after.

– Lucille Paisner

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## Recipes

### CASHEW SOUR CREAM

1 cup of cashews  
1/2 cup of water

Blend cashews and 1/2 cup of water until smooth. Pour into jar, cover loosely. Let stand at room temperature for 2 or 3 days, depending on the weather, until slightly fermented. Can be done in the refrigerator as well.

Scrape top layer, cover tightly and refrigerate. Fermentation continues.

*Submitted by Rachel Belden.*

### CANTALOUPE FRAPPE

1/2 cup diced ripe cantaloupe  
3/4 cup ice water  
1 1/4 tsp fresh lime or lemon juice  
2 tsp raw honey  
2 tbsps crushed ice

Place cantaloupe in blender and puree. Add remaining ingredients. Whizz or shake until frothy. Serve with slice of lemon or fresh mint.



## Warning!

Several manufacturers of protein supplements and other mixtures are using FRUCTOSE as a sweetener. True, it is very sweet, and also true as they state, that it is a "fruit sugar." It is NOT obtained from fruits, however, as implied, although most sweet fruits contain it.

It is usually prepared by enzyme reaction on sucrose. While we consume some when we eat fruits and honey, the amount would be relatively small. Regular use of fructose, according to Edward R. Pinckney, M.D. (cardiologist), can be very harmful. During the digestion of sucrose, it splits up into two other simpler sugars, dextrose and fructose. There is scientific evidence that large amounts of fructose can result in a great increase of blood serum glycerides which can be far more dangerous than the much publicized cholesterol. If you are avoiding sucrose, better read the labels and stay away from fructose.

## British Physician: The Holistic Approach to Cancer

By Susan Silberstein, Ph.D.

Stating that no one — not even scientists — has a monopoly on the truth, Ian C. B. Pearce, M.D., medical director of the Association for New Approaches to Cancer, London, England, began his recent lecture at the Philadelphia Hilton Hotel with a prayer for openness of mind: May the Almighty "deliver us from the stubbornness of mind that clings to preconceived ideas" and may He "grant us the humility and courage to examine without prejudice new sources of knowledge."

He then outlined the four major premises of the holistic view of medicine:

(1) Man exists on material, intellectual, emotional, and spiritual levels, all of which are interrelated; health exists when there is harmony and balance among the levels, and disease exists when there is disharmony and imbalance.

(2) There is an innate power of self-healing within each of us which is the natural expression of the life force within; everything we do must be directed towards setting right any forces that disrupt it.

(3) There should be an equal partnership between patient and physician, for while the physician is specialist in his field, the patient is specialist in himself; when physician and patient are able to embrace each other without causing embarrassment to either, then their relationship is on the proper footing.

(4) Each patient is an individual and must be responded to as such; it is far more important to know what sort of person has the disease than to know what sort of disease the person has.

Noting that host resistance is the key to why some persons get cancer and others do not, Pearce urged that we should be paying much more attention to the difference between the two groups. The two major ways in which the body's natural mechanism of self-protection is interfered with are poor diet and psycho-emotional stresses, particularly the latter. Quoting Lawrence LeShan on the cancer personality, Pearce cited the following characteristics:

- (1) despair following a very significant loss
- (2) repression of anger, grief, resentment, guilt, or other negative emotions
- (3) failure of emotional bonding within the family and with others later in life
- (4) poor self-image and a tendency to subordinate personal needs to those of someone else



If we confine our approach to attacking the tumor (with chemo-therapy, surgery, radiation, or whatever) and leave the unresolved area of stress still operating, we are condemning that patient to a relapse at a later date, he added.

One of Pearce's major themes was the disguised blessing that cancer may bring to a person's life. It has been his experience that patients who are declared terminal or incurable and then get well are people who let cancer serve as a teacher, people who pass through some kind of personal transformation and spiritual growth process, finding new directions and objectives in their lives. According to him, changing the focus of a patient's life can have very positive biological effects on host resistance. We must learn to have as fierce and tender a concern for ourselves as for those whom we love; we must learn to adjust life to ourselves instead of adjusting ourselves to life; we must find our own special music in-life and learn to sing our own special song.

## SPOTLIGHT

### Light, Man and his Environment

By Harold J. Peters

*Consolidated Edison, one of the world's great power companies, publishes "Spotlight" to keep its personnel abreast of latest technical developments. The following are direct excerpts from the March 1971 issue.*

The light spectrum both visible and invisible affects us in living and seeing . . . psychologically, as well as physiologically. Sunlight . . . nature's light provides the proper balance for living. However, man has gone indoors seeking comfort and increased productivity and at the same time, in order to survive with increased population has extended the day of work and play into the dark hours of the night. Man also moved out of the optimum temperature zones of his origin in ancient times to areas of adverse temperatures and conditions. As a result he had to invent means of using fire for heat and light which today have evolved into uses of natural gas, electricity and other fossil fuels. The lamp is the device which transforms electrical energy into the particular form of light or radiant energy which we need to exist independent of sunlight when indoors.

Light for living as well as light for seeing is important for survival. So far light for seeing has been used for that alone, but the day is not too far off when

we will be designing lighting systems to provide the ultraviolet which we lose by being indoors.

One lamp manufacturer, the Duro-Test Corp. offers a fluorescent lamp known as "Vita-Lite" which gives the long wave or near ultraviolet necessary for well-being in addition to a color rendition that closely approximates natural daylight. This lamp supplies the same proportion of UV to visible light as the sun gives. However, there will be no tanning or sunburning effects because we are in most cases living under 100 footcandles instead of the possible 8500 footcandles that is recorded outside on a cloudless day.

Researchers have come up with some interesting information as to how light . . . the various wavelengths of which determine colors such as red, blue, etc. . . . and the near ultraviolet affects plants, animals and man. Some of these are now discussed. . . .

Working under pure pink fluorescent lamps (not deluxe lamps) one group of men became irritable and performed their jobs poorly. The pink lamps were replaced with white ones and within a week the men returned to normal. There is a feeling that the various colors of light when not in the balanced proportions of white light, *might affect the health and growth of animals and possibly human beings.* Investigations are going on as to how colors of light and near ultraviolet affects the health of animals and human beings through their eyes.

Tail spotting in mice was more rapid under gold and pink fluorescent lamps than under standard cool white or daylight-white. Tomato plants that had developed a tomato virus while growing in a greenhouse of ordinary glass which filters out most of the ultraviolet in natural sunlight put forth a new healthy growth and produced fruit when transferred to an ultraviolet transmitting plastic greenhouse.

The lack of ultraviolet in natural sunlight entering the eye may be a contributing factor causing certain people to be sensitive to ragweed pollen so that this investigation ties in with the thinking that there are benefits to be derived from the full spectrum of sunlight including the near ultraviolet that penetrates the atmosphere to the surface of the earth.

One thing that is definite, however, is the use of the full spectrum lamp in hospitals for new born babies to reduce bilirubin levels. Exposure to rays of "Vita-Lite" corrects this condition. Hospitals are using this light source to help to detect early some forms of mild jaundice and mild cyanosis which are difficult to diagnose. Cases of hyperbilirubinemia (jaundice) are treated under 500 footcandles of "Vita-Lite." This condition occurs in premature and newborn infants and is known to lead to degrees of physical and mental retardation as severe as cerebral palsy.

Reports from a number of zoos around the country indicate noticeable improvement in the general health of fish, reptiles, birds and other zoo animals that had "Vita-Lite" installed in their cages or above aquariums.

Many common objects, particularly textiles, papers and plastics are subtly fluorescent. Under a light source that does not have the UV output of natural sunlight those objects cannot be seen with complete accuracy. They contain details which show up fully only when illuminated by sunlight or "Vita-Lite".

It has been known and accepted for many years that UV increases the rate of calcium absorption (necessary for proper bone metabolism) due to Vitamin D synthesis.



## Kerosene

*The following report was given to us by a woman from Michigan. Nothing has been done to verify the information as it sounds quite unusual compared with the knowledge we already have that benefits the cancer patient. It is being printed only to pass on information that arrives at the FACT office, and possibly, for someone doing research to conduct a project to validate or negate the information. If the research is undertaken, we would appreciate receiving the report.*

A report of Caro Huptn, editor of the newspaper "TAGO".

"Kerosene cures diseases which are derived from the blood," thus maintains the wife of a Tyrolese butcher, Paula Canner.

Paula Canner (age 50) has cured more than 20,000 sick and received a patent in several countries. Caro Huptn visited her to learn about her method. Paula, herself, had cancer and cured herself by using kerosene. She helped cure people sick with cancer, when all other methods had proved fruitless. How did it happen, that she learned about the healing characteristics of kerosene?

Paula Canner was sick with cancer that had already spread (metastasis) and lost 14 kilograms. Surgery was used to remove [a large part] of her intestines. It was too late for another operation, a colostomy, because she became paralyzed and her rectum became atonic. Even her right kidney was attacked by the cancer. According to her doctors, her condition was hopeless. After an eight-day stay in the hospital she was sent home as an incurable patient. *She was given two days to live.*

While lying at home, paralyzed, she remembered what the soldiers used to say when they were at Bosnia and Hercegow during World War I. They said that the people of those towns used to drink kerosene, to cure all types of illnesses and also used it as a substance for rubbing-down the sick. She asked someone to buy her some distilled kerosene at a drugstore in Insbruk. When she received, it, immediately she took one tablespoon. In less than an hour there was a slight improvement in her condition. The paralysis and the pain disappeared. In three days she got out of bed for the first time. After some time she began to eat and did not vomit after eating. After 6 weeks, she felt a terrible hunger and got a taste for veal cutlets, meat, vegetables and salad. Later she reached her normal weight of 56 kg. After 11 months of illness she bore a son, who weighed 5.6 kg. One month after the child's birth, she volunteered to give blood. The doctor in the clinic said, "I wish every person had your blood, you must have never been sick." Since that time, the Canner family is not frightened by the terrible disease, for which up to this time there has been no cure.

Mrs. Canner's youngest son contracted infantile paralysis (polio). In a short while the paralysis reached his hips and spread to the other leg. Finally he could not stand up and his knees began to turn toward his back. Injections and medicine did not help him. At this time he took some kerosene. After 7 days he was able to run and play with the other children. Her other son cut his finger while cutting meat in his father's butcher shop. He got blood-poisoning. He lost weight and had 1.5 million too few red blood corpuscles. Iron tablets did not help him. After taking kerosene for 5 days, he could once again work in the butcher shop. In 4 weeks he was completely recovered.

The year 1962: Helena Maglere from Honduras was dying. A year ago, at the age of 48, she noticed in her breast a lump which was growing in size and was very painful. Her breast was surgically removed but it was noticed that the cancer had spread to her ovaries and uterus. Her bladder became paralyzed and it had to be opened. The case was hopeless. She was given one teaspoon of kerosene on an empty stomach. After 4 weeks she could eat once again, her repugnance for meat disappeared completely, the pains stopped, her pulse and blood-pressure became normal. After taking kerosene for 4 weeks, the morphine injections could be discontinued. She had three cancerous lumps in her abdomen, had had a hemorrhage, and yet in 4 weeks she had completely recovered.

One day after dinner, Margaret Weber felt sick and went to bed. In the evening she had no appetite, stopped eating, she felt sick for weeks, and did not know

what was wrong with her. The diagnosis was — a stomach ulcer. A part of her stomach was surgically removed. At first she felt better, but the pains did not stop. The second diagnosis was — stomach cancer. For two weeks she took a teaspoon of kerosene a day. After a 14-day break, she repeated the treatments. On the 12th day of the first treatment she felt somewhat better. Gradually she regained her dexterity, her physical well-being, clarity of mind; the pains, the pressure in her stomach, the constant indisposition of her stomach and the lack of appetite disappeared. The blood test results were excellent. Before the treatment she was constantly on a special diet and was terribly thirsty — she had diabetes. This disease also disappeared and she no longer needs to take any medication.

— Kerosene used in the treatment of prostate gland: Józef Szober, age 57, was suffering from prostate. For 4 weeks he took a teaspoon of kerosene in the morning and in the evening. After only 14 days he was able to once again hold his urine. After two more weeks of taking kerosene, the prostate gland, which the doctors were unable to cure, returned to normal. Two years later he became ill with a stomach ulcer, but after taking kerosene for three weeks he was well.

— The son, Jungo Canner, age 24, five years ago cured himself of a chronic bladder disease by taking a teaspoon of kerosene for some time. Before the illness, he was weak and ate very little. Today he is healthy and looks well.

— Paula Canner's poodle was shedding all its fur and contracted leukemia. After being given kerosene for 7 weeks, his fur grew back and the leukemia disappeared.

— Maria Josacker, age 60 (1963), noticed a lump in her right breast. Three radiation treatments produced no results and the breast was surgically removed. For 14 days she took a teaspoon of kerosene, 3 times a day. After a 10-day pause, she repeated the treatment. Since this time, she hasn't had any illnesses and her weight became normal.

— Kles Weller's (age 55) stomach was opened. At this time, a large cancerous tumor was found around her pancreas and it was determined that both of her suprarenal glands had been attacked by cancer. Four days after the surgery she regained consciousness. At this time she was given a teaspoon of kerosene. A few days later the first signs of improvement are noticed. On the 4th day of the treatment she feels so well that she wants to get out of bed and says "There's nothing wrong with me and I am completely well." She is not allowed to get up, however, and must take kerosene for 10 more days.

Paula Canner maintains that kerosene helps in cases

when the disease is due to cancer. It is extremely important to use kerosene which has been *distilled* at a temperature between 100-150° C. At a high temperature of distillation the healing elements are evaporated from this mixture of hydrocarbons; the rest could be harmful to the blood. It is best to use kerosene imported from Poland, as it has these boiling properties. *Many people who were not helped by radiation treatments or surgery were cured by taking kerosene, without any harmful side effects.*

Dr. Richard from Ischal maintains: It has been proven through research, that the defensive strengths of our system, against tumors, is found in the soft part of our reticular structure (not medical terminology). That is why it is necessary to strive to maintain and strengthen this structure. Experiments done in this area show that radiation unfortunately weakens the defensive strengths of this regenerative tissue.

1. Kerosene heals cancer, even when it has spread.
2. Kerosene heals infantile paralysis (polio).
3. Kerosene heals blood poisoning.
4. Kerosene heals diabetes.

It is suggested that those who have diabetes use 15 drops for the sugar. Kerosene stimulates the lymphatic glands and in this manner penetrates to the blood.

— *One should take a few teaspoons of kerosene a year (as a preventive measure).*

In order to prevent the reoccurrence of cancer, for 13 days in succession, Paula Canner takes one teaspoon of kerosene a day, on an empty stomach. Paula Canner received a medical patent and a special patent in France; she also received patents in England, Ireland, West Germany and Switzerland.

— Ameliorations of the primary kerosene, this mixture of hydrocarbons, are filtered through active coal.

*The address of Paula Canner: Vola/Tirol/Dorfstr. 24, Austria.*

— In Warsaw, kerosene may be purchased in the following stores:

- u. Hibnera 5 (Hibner Street)
- ul. Wilera S, phone: 20-07-59
- ul. Swierczerskiego 145, phone: 20-42-55
- ul. Przemyska 5 (the store of Mr. Kowalczyk, across from the movie theatre "Sawa")

— Ask for distilled kerosene "PETROL". On the bottle it will say "for cleaning metals". Please do not be frightened by this. This is kerosene which may be used orally.

*P.S. My stipulations:*

— Since not everyone is immediately able to tolerate taking ½ or 1 teaspoon of kerosene a day, it is

better to start from 1 to 2 drops of kerosene mixed in boiled water, 2-3 times a day (2 hours after eating). One of my friends who has cancer of the uterus, takes kerosene twice a day, 3 drops, 2 hours after eating. Presently she is working, not increasing the dosage, and interrupting the treatment periodically.

— The treatment usually lasts a month to 6 weeks. then its use can be discontinued and resumed if the need arises, simultaneously, paying attention to the basic laboratory tests (urinalysis, blood morphology and liver tests).

— I have not had any reports that this kerosene has ever harmed anyone. On the contrary, it has markedly helped many people. Sometimes, when taken on an empty stomach, it causes looser bowel movements.

Dr. St.: KOSSAKOWSKA  
41 Hoza Street, Apt. 54  
4th floor, 2nd stairway  
00-516 Warsaw  
Phone: 28-45-92

I am willing to give any information known to me (by phone only). Please call between 3 and 4 p.m. or 7 and 8 p.m. on Monday, Wednesday or Saturday. I do not treat patients, I simply provide information about the reports that I have. I no longer have a private practice. I do not accept any honoraria. I think it would be beneficial to copy this report and to give it to those who might need it, of whom there are truly many.

*Dr. Kossakowska*

## Cancer Notes

Flagyl has been shown to cause cancer in mice and possibly in rats. Its label warns that "unnecessary use" should be avoided. — from *Mademoiselle*

\* \* \*

Georgia Institute of Technology has issued a report claiming that 3000 cancer deaths annually can be attributed to careless and excessive use of X-rays taken unnecessarily. — from *Moneysworth*

\* \* \*

Exposure to fluorescent lighting has been statistically linked to an increased risk of a form of skin cancer known as malignant melanomas, according to a study of women in Australia. The study involved 274 women with malignant melanomas and 549 control subjects. The risk seemed to grow with increasing duration of exposure to fluorescent light.

An earlier study of melanomas in men showed an even stronger relationship between fluorescent lighting and malignant melanomas.

This might help explain why melanoma incidence has more than doubled throughout the world in the last 30 years. — from *New York Times*, 8/17/82.

Jeanette Lieberman of Brooklyn, New York, in a letter to the editor of *Prevention Magazine*, writes that if any reader is interested in a natural cosmetic, she makes a preparation out of beets. She boils a beet or two until she gets all the color out of it. Then she boils it down to concentrate it. It can be refrigerated and preserved with two drops of vinegar. She claims it gives her lips and cheeks a natural pinkish glow with no side effects.

## BOOK REVIEW



### **FLUORIDE: The Aging Factor** By John Yiamouyiannis, Ph.D.

By John R. Lee, M.D.

*[Dr. Lee was graduated "cum laude" from Harvard in 1951. He received his M.D. degree in 1955 from the University of Minnesota Medical School, served in the U.S. Navy and Marines as a Medical Officer, and since 1959 has practiced in Mill Valley, CA]*

*Fluoride, The Aging Factor* is an incisive, engagingly brief (160 pages of text) yet thorough account of our greatest national health error, fluoridation. The author, Dr. John Yiamouyiannis (Ph.D., Biochemistry) pursues his favorite subject with admirable clarity, precise documentation, and obvious author-

ity. One gets the impression that Dr. Y, as his friends and colleagues call him, enjoyed his task immensely. Though written for the layman, it is a book that can be offered to the professional – physician, dentist, scientist – without embarrassment. In the field of fluoridation literature, it is a gem.

It is Dr. Y's contention that the vast field of fluoride research, especially the area that pertains to the fundamental properties of fluoride biochemistry, can be summarized and interpreted in the context of debility we call aging. He is not reluctant to call this effect poisoning and plainly sets down his proof for so doing. The prime physiological effect of fluoride is enzyme inhibition; it does this by forming hydrogen bonds with amides which comprise the operative chemical structure of enzymes; it therefore disrupts collagen synthesis which results in dental fluorosis as well as damaged cartilage, ligaments, bone, skin, arteries and other elements of connective tissue in a manner identical with aging. Furthermore, this fluoride-induced enzyme inhibition interferes with our immune system so that it "not only causes the immune system to act like the immune system of an 'old' person, it causes autoimmune damage to the entire body and accelerates the aging process of that body." And, finally, fluoride interferes with DNA repair, damages chromosomes, and induces higher cancer death rates – yet another morbid characteristic of aging.

Dr. Y's claims are decidedly not modest. Yet he lays it all down – biochemical mechanism, the physiologic results, the clinical evidence – all buttressed by appropriate references and enhanced by a clarity of exposition not usually found in our technical literature.

But he does not stop there. He goes on to present the data derived by himself and Dr. Dean Burk, eminent oncology researcher now retired from the U.S. National Cancer Institute, that clearly show the fluoride-induced increases in cancer deaths. He does this in six brief pages comprising chapter 10, eloquently entitled "The Human Sacrifice." Here we have theory and reality, the 30,000 to 50,000 extra U.S. deaths annually, brought into clear and sobering perspective.

How, one might ask, could this calamity have come about? It is here that Dr. Y. really warms to his task. As an editor for Chemical Abstracts Service some years ago, he first became aware of the forces that created, defended and still perpetuate the myths that made fluoride so attractive. With terse lucidity he demolishes the myth that fluoride is a proved essential element and that it reduces tooth decay. He then proceeds to name agencies, administrators, and scientists of the fluoridation bureaucracy – a veritable who's who of what only can be called the fluorida-

tion conspiracy – that has literally forced this poison down our throats. Strong stuff indeed.

Dr. Y, it must be admitted, is in a position to know. His scientific credentials are beyond dispute. He has been at the forefront of Congressman Fountain's subcommittee hearings (1977) and the four major legal challenges to fluoride – Pittsburgh, Pa (1978); Alton Ill. (1982); Houston, Tex. (1982); and Glasgow, Scotland (1983). In these cases Dr. Y met the most formidable adversaries the fluoridation bureaucracy could muster and his views and findings stand successfully unrefuted. Chapters 17-19, as well as the related appendix pages, are filled with his opponents' verbatim quotations that reveal their own abuse of scientific honesty and credibility. To his credit, Dr. Y allows the quotations to speak for themselves and, with new-found courtliness, desists from exercising the opportunity for derision that they so easily present.

In fairness, one might ask – is fluoride the aging factor? Clearly, it is an aging factor. Admittedly there are others. Our environment contains a host of exogenous and endogenous free radical oxidants. They also age us. How does fluoride stand relative to these? Dr. Y does not address this. What about unfettered biological aging such as the so-called Hayflick limitation of cellular replication? Again, Dr. Y declines to comment. Is there an aging without disease? Authoritative medical opinion holds that "Although most organs undergo functional declines with aging, none is compromised sufficiently, even at extreme ages, for death to result in the absence of disease . . . i.e., a specific pathologic insult."<sup>1</sup> It is this presence of disease, the pathologic insult, associated with advancing years that most of us (and Dr. Y, I believe) refer to when we speak negatively of aging. Dr. Y contends that fluoride is an important specific pathologic insult. The tragic irony of it is the fact that it is unnecessarily foisted upon us by the very bureaucracies that ostensibly exist to serve us. The inescapable conclusion from *Fluoride, The Aging Factor* is that relief from this pathologic insult requires no great expenditure of funds or energy or change in life style – all it requires is the decision to quit putting fluoride in our public water systems. Simple.

Read *Fluoride, The Aging Factor*. Give one to your doctor. And ask your congressman to read it. You have nothing to lose and only your health to regain.

<sup>1</sup>Schneider, EL, Brody JA. Sounding Board – Aging, Natural Death, and the Compression of Morbidity: Another View, *N Engl J Med* 1983; 309: 854-855.

*Fluoride, The Aging Factor* by Dr. Yianouyiannis; available from FACT at a special discount price of \$8.95, plus \$1.00 for postage.

# Tapes

\$5.00 each; \$50.00 for 12.

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DR. RICHARD BLASBAND, *Reich Therapy Research.*

BETTY FOWLER, *A Personal Case History.*

DR. LUELLE HAMILTON, *Osteopathy: A Tool for  
Total Well-being.*

FILM-EXPLORING THE SPECTRUM.

EDWARD BERK, *Botanicals for the Restoration of  
Health.*

DR. ARTHUR HOCHBERG, *Stress Can Cause Cancer  
and Undermine Treatment.*

DR. LEO ROY, *Enzymes: Life's Miracle Workers.*

KAY WINDES, *A Personal Case History.*

Dr. KARL HYNES, *Applied Kinesiology.*

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Keys to Restoring and Maintaining Health.*

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*FACT: The Cancer Patient's Resource.*

RUTH SACKMAN, President of FACT, *The Importance of  
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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 Manage-  
ment and Nutrition.*

DR. THOMAS FRAZIER, Surgeon, Oncologist,  
*The Principles of Hyperthermia and Hyperthermia as  
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RUTH SACKMAN, President of FACT,  
*Cancer Causes and Prevention.*

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*The Importance of Metabolic Individuality.*

BARBARA SEED, A Recovered Cancer Patient,  
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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

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*Fluoridation: Its Effect on Health.*

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*The Effect of Food, Water and Air Pollution on the  
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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  
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psychology at Temple University Hospital, *The  
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DR. ANN WIGMORE, *Wheat Grass & Sprouting.*


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