

# CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.

COMPLIMENTARY COPY

## The Golden Rule in ten of the World's Great Religions

### CHRISTIANITY:

"... All things whatsoever ye would that men should do to you, do ye even so to them..."

### SIKHISM :

"As thou deemest thyself so deem others. Then shalt thou become a partner in heaven."

### CONFUCIANISM:

"Do not unto others what you would not they should do unto you."

### HEBRAISM :

"What is hurtful to yourself, do not to your fellow man."

### BUDDHISM :

"In five ways should a clansman minister to his friends and familiars—by generosity, courtesy and benevolence, by treating them as he treats himself, and by being as good as his word."

### JAINISM :

"In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self."

### HINDUISM:

"Do not to others, which if done to thee, would cause thee pain."

### ZOROASTRIANISM:

"That nature only is good when it shall not do unto another whatever is not good for its own self."

### MOHAMMEDANISM

"No one of you is a believer until he loves for his brother what he loves for himself."

### TAOISM :

"Regard your neighbor's gain as your own gain and regard your neighbor's loss as your own loss."

## 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.

The material contained in *Cancer Forum* is not copyrighted. Our role is to disseminate information as widely as possible; therefore, we encourage the reprinting of articles, but would appreciate credit.

### Board of Trustees

Ruth Sackman, Executive Director  
 Martin M. Fall, Treasurer  
 Leon Sackman, Librarian  
 Rhoda Koepfel, Counselor  
 Corrine Loreto, Secretary  
 Pat Judson, Vice Chairman  
 Prof. Albert Schatz, Scientific Advisor

### National Headquarters

**F.A.C.T., LTD.**  
 Box HH, Old Chelsea Station  
 New York, N.Y. 10011  
 Tel: 212-741-2790  
 Ruth Sackman, Executive Dir.

### F.A.C.T. Chapters

**Philadelphia F.A.C.T.**  
 Post Office Box 48  
 Wynnewood, Pennsylvania 19096  
 Tel: 215-642-4810  
 Susan Silberstein, Pres.

**Boston F.A.C.T.**  
 28 Buckmaster Drive  
 Concord, Massachusetts 01742  
 Tel: 617-369-0402  
 Linda Cohen, Pres.

**Pat Judson**  
 Post Office Box 882  
 Dearborn, Michigan 48121  
 Tel: 313-277-1108

Ruth Sackman, Editor  
 Compositype Studio, Typesetting  
 Minerva Printing

## IN MEMORIAM

Louise Pearson  
 Ann Resnikoff  
 Irene Besen  
 Norman Blank  
 Helen Williams Schmidt

*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:

Fermented Foods.....	3
Chlorophyll – Nature's Green Magic.....	4
Going Nuts, by Jack Soltanoff, D.C. ....	5
Your Healing Crises, by Edward L. Carl, N.D. ....	6
More On Fluoride, by John Yiamouyiannis, Ph.D. ....	7
Letters .....	9
Health Gems.....	11
The Living Fame of Harvey W. Wiley .....	11
HCG Immunity Link, by Ruth Sackman .....	12
Book Review, by Corinne Loreto .....	13
Recipes .....	13
Tape List .....	14
Book List.....	15

---

## Fermented Foods

As well as raw fruits and vegetables, fermented foods are also eaten at the [Hippocrates Health] Institute, the most popular being rejuvelac, sauerkraut, and fermented seed dishes. These foods are included in the diet for an important reason — they are extremely rich in enzymes, predigested protein, and lactobacillus bacteria.

In a healthy person, the enzymes are manufactured by the body. It is thought that aging occurs because the body loses the ability to synthesize new enzymes. The researchers are now convinced that diseases are traceable to missing enzymes.

Food that is fermented is filled with enzymes. People known for longevity — the Hunzas, the Georgians — use much fermented food. In Georgia, Russia, people eat yoghurt, sour bread, sour milk, soured vegetables. They also eat naturally made sauerkraut and sour pickles. These people seldom have digestion problems.

Dr. Kuhl, a German researcher, has this to say regarding fermented foods:

---

**“The natural lactic acid and fermentive enzymes which are produced during the fermentation process have a beneficial effect on the metabolism and a curative effect on disease.”**

---

The natural lactic acid and fermentive enzymes which are produced during the fermentation process have a beneficial effect on the metabolism and a curative effect on disease. Lactic acid destroys harmful intestinal bacteria and contributes to the better digestion and assimilation of the nutrients. Fermented foods can be considered predigested foods: they are easily digested and assimilated even by persons with weak digestive organs. Fermented foods improve the intestinal tract and provide a proper environment for the body's own vitamin production within the intestines. They also help a person with constipation problems.

### REJUVELAC — THE ENZYME DRINK

Rejuvelac is rich in proteins, carbohydrates, dextrines, phosphates, saccharines, lactobacilli, saccharamyces, and aspergillus oryzae. Amylases are derived from aspergillus oryzae and they have the faculty of breaking down large molecules of glucose, starch, and glycogens. This is the reason rejuvelac is an aid to your digestion.

*(Dr. Harvey C. Lisle, Food Chemist)*

Rejuvelac, the “water” of the Institute, puts into your body the enzymes cooked food doesn't. Enzymes help friendly bacteria such as lactobacillus bifidus to grow. Lactobacillus in turn gives off lactic acid, a natural astringent, which helps your large intestine maintain its natural, healthy, vitamin-producing environment. This leads to a clean colon where sludge does not collect on colon walls, and where harmful, disease-producing bacteria are unable to survive.

---

**“Lactobacillus in turn gives off lactic acid, a natural astringent, which helps your large intestine maintain its natural, healthy, vitamin-producing environment.”**

---

### REJUVELAC

Rejuvelac is a pre-digested food — the proteins are broken down into amino acids, the carbohydrates into simple sugars (dextrines and saccharines). These nutrients are readily assimilated by your body with little expenditure of energy. Rejuvelac is extremely rich in eight of the B vitamins, as well as Vitamin E and K.

Rejuvelac is also used as a “starter” in the production of other fermented dishes, particularly the protein (nut and seed) sauces, cheeses, and loaves. Drink glasses of it between meals to flush the system out, and help cleanse the intestinal tract.

### TO MAKE REJUVELAC:

(For approximately 3 cups)

You will need: 1 C wheat berries (organic soft white pastry wheat)

2 C water

a container — a glass jar with a wide mouth

1. Wash seed by rinsing well (in tap water), and scrubbing seeds with hands to remove any outer residue. Allow dead seeds to float to top of container — skim them off and discard — they will not promote fermentation.
2. Soak the wheat berries the first time for 48 hours. (The seed is becoming porous). Place a small, neat bundle of freshly cut wheatgrass on top of water for further filtering. Remove each day before pouring rejuvelac off; replace.
3. After 48 hours, pour off your rejuvelac. Use that for the day. It needn't be refrigerated, but will keep several days if it is.



4. Pour another 2 cups of spring or filtered water into the jar. Allow water to ferment only 24 hours before pouring off.
5. Repeat 24 hour cycles for 3 days, so wheat berries are soaked a total of 3 times.

A dark quiet place is ideal for setting your jars. The temperature of the fermenting environment is important. Warmer temperatures will decrease fermenting times. In the summer, try soaking the seed 36 hours to start, and 16 hours instead of 24. Ferment the rejuvelac to your taste – until tart, not sour.

You can experiment and use any hulled seed – try different varieties of wheat, or millet, oats, rice, barley, rye, buckwheat, etc. At all times, use only organic seed.

---

*Reprinted from Recipes for Life by Dr. Ann Wigmore. Book appears on book list on page 15.*

## Cancer Notes

Numerous studies have shown that cancer of the bowel increases with the increased consumption of beef. A number of doctors noted that the countries with the highest bowel cancer rate – Scotland, Denmark, New Zealand, Canada and Northern United States – are heavy beef users.

It is interesting that Japanese use more fish in Japan but when they migrate to Hawaii and have beef-rich American meals, the incidence of bowel cancer increases. Those who continue to use the more traditional diet of fish and vegetables have much less bowel cancer.

A four-year epidemiological study of 536 Japanese immigrants and their offspring living in Hawaii showed that those who continued their traditional Japanese diet of fish and vegetables showed the lower incidence of bowel cancer.

## “Chlorophyll – Nature’s Green Magic”

Dr. Richard Wilstatter in 1915 and Dr. H. Fisher in 1930, received the Nobel Prize for outstanding research on chlorophyll. They observed that the chlorophyll molecule closely resembles hemin, the pigment which when combined with protein, forms hemoglobin. The latter is present in the red corpuscles of the blood and, by carrying oxygen to the tissues, makes the production of energy, the ability to work, possible. One of the major differences between

chlorophyll and hemin is that chlorophyll contains magnesium while the hemin molecules contain iron. Owing to their close molecular resemblance, it was believed by Franz Miller, another scientist, that chlorophyll is the natural blood-building element for all plant eaters and humans. He writes, “Chlorophyll has the same fast food-building effect as iron in animals made experimentally anemic.”

Emil Burgi of Berne, Switzerland, made further researches on chlorophyll which were destined to establish sound therapeutic values of chlorophyll. He says, in part, “Chlorophyll is recommended as an excellent specific for influencing anemia of various kinds, for bettering the general condition of health, for improving the action of the heart and for reducing blood pressure in cases where it is abnormally high. In cases of heart block, weakness of the heart, etc., in conjunction with abnormal blood pressure (usually due to arteriosclerosis) the administration of chlorophyll brought about a slow but rather considerable improved action of the heart. It stimulated peristalsis, improved the intestines and was a mild diuretic.

---

**“They observed that the chlorophyll molecule closely resembles hemin, the pigment which when combined with protein, forms hemoglobin.”**

---

It appeared, moreover, that chlorophyll had a valuable tonicizing property in chronic consumptive diseases as tuberculosis and this greatly enhanced the improvement of health.

Chlorophyll exercises a stimulating action on the part of the bone marrow which produces hemoglobin. It has a direct action on the cells. It enables the body to digest and utilize food; thus increases resistance to sickness and old age. The appetite and digestion improves. Bowel movements become regular. Nursing mothers will improve lactation. The heart beat improves and chlorophyll definitely stimulates tissue growth.

Offen Krantz, a research scientist, in 1950 reported successful treatment of peptic ulcers of long standing with water-soluble chlorophyll.

In all these reports, there seems to be a general

---

**“Chlorophyll exercises a stimulating action on the part of the bone marrow which produces hemoglobin.”**

---

---

agreement that chlorophyll is bacteriostatic and that its wound-healing property is due to the stimulation of tissue granulation. All indications are that water-soluble chlorophyll is bland and non-toxic.

Wescott concerned himself with the effect of ingested chlorophyll on body and breath odors. He says it is effective in neutralizing obnoxious odors in the mouth from foods, beverages, tobacco and metabolic changes (halitosis). It effectively neutralizes obnoxious odors from perspiration due to physical exercise, nervousness, etc., obnoxious foot odors, menstrual odors and many urine odors from ingested materials.

Most informed people believe we have not even scratched the surface in learning the possibilities of the use of chlorophyll. Truly without chlorophyll there would be no life on earth. It is well named, "Nature's Green Magic."



## Going Nuts!

By Jack Soltanoff, D.C.

Any knowledgeable vegetarian will tell you how versatile nuts are, and what an excellent source of unsaturated oils, proteins, vitamins and minerals they are.

And, any gourmet will tell you that nuts add style, character and delicious new flavors to dishes as different as chicken or ice cream. So, if you tend to think of nuts as just a pre-meal appetizer you should do some rethinking.

This fine versatile family of natural foods can add to dozens of energy packed tasty dishes, salads, main meals, cakes, cookies, etc. . . . which will give your meals a completely new texture and taste.

Some people still think of nuts as second-class protein because unlike animal-based foods, they lack two of the essential amino acids we require. But those two missing protein elements are present in so many other

foods . . . green vegetables and legumes for example, as well as in eggs and dairy products, that unless you are a nut fanatic, and eat nothing else but nuts, any of the above foods will supply the necessary complete proteins.

---

**"On the contrary, they are not only high in protein but also in B vitamins, vitamin E, calcium, iron, potassium, zinc, magnesium, phosphorus, copper and unsaturated fats."**

---

That's why nuts are not a second-class substitute for meat. On the contrary, they are not only high in protein but also in B vitamins, vitamin E, calcium, iron, potassium, zinc, magnesium, phosphorus, copper and unsaturated fats.

You would find it very difficult to put together any kind of meat dish that would even come close in value to a small dish of nuts.

Many nuts are between 50 to 60 percent oil. See this for yourself by leaving some chopped nuts on a paper napkin for several minutes . . . the oil will quickly stain the paper.

---

**"You would find it very difficult to put together any kind of meat dish that would even come close in value to a small dish of nuts."**

---

Nut oil is high in polyunsaturated fatty acids and Vitamin E, the kind that helps keep your brain and nervous system working at optimum health.

But, this high oil content also means a high caloric value, 5-10 nuts as a snack have been the downfall of many a reducing diet. They look so small and harmless but every ounce of Brazil nuts, for example, equals 183 calories. That's the equivalent of four large apples; certainly not a dieter's snack! However, the high calorie count should be seen in a more positive light.

You don't have to eat many nuts to get a meal's worth of energy and valuable nutrition.

That means that nuts are not quite as expensive as they seem. You are buying a very concentrated food.

The price of nuts fluctuate every year with the world's crops but they all cost about the same, except for chestnuts. Peanuts, by the way, are not true nuts; they are part of the legume family, growing in pods like beans.

---

Nuts in their shells are freshest and best. You can keep them for months in air tight jars or cans. Should you buy shelled nuts, it is much better to buy whole ones rather than chopped or broken nuts which become rancid quickly. Even whole, shelled almonds, walnuts, pecans, etc. won't keep fresh for more than three or four months. The warmer the weather and the hotter the storage place, the quicker rancidity develops.

So keep them in a cool, dry, airy place.

If you buy shelled nuts remember that they have already been dried to some extent. You can freshen them and pick up their flavor by soaking them in water, as you would dried fruit for 24 to 48 hours.

Your breakfast cereals such as granola or muesli can be nutritionally improved by adding ground or chopped nuts such as almonds, walnuts or filberts. They add to the protein value and make a pleasant crunchy contrast to the smooth texture of the cereal.

A nut-butter spread for your toast makes a healthy change from butter and jam. Put two cupfuls of nuts into your blender and grind for one minute to chop finely. Remove. Place one quarter cup back into your blender again, add one tablespoon of oil and blend until creamy. Remove blender top and add balance of the ground nuts. Blend until a crunchy texture is achieved . . . longer for smoother consistency. Add a little more oil, if necessary.

Rough chopping of nuts can be done with a knife. For finer grinding put them through a Moulinex grinder. (Purchased in any health food store).

## Your Healing Crises

By Edward L. Carl, N.D., HMD

"Give me the power to create a fever and I can cure anything." — Hippocrates.

Imagine that you have just purchased a large house which some ignorant people had filled with garbage and filth in every nook and cranny. Now you will start to clean the house, removing the garbage from one room at a time. It might take you as much as a week or a month to clean one room and in the process you might run into some problems such as a damaged floor or contaminated wall which would require disinfecting and rebuilding. Some rooms would be fairly easy to clean, and others would be quite difficult presenting serious problems.

Your own body has a similar problem when you embark upon a natural healing nutrition and supplement program. Nature begins to houseclean the gar-

bage and waste accumulated during many years of ignorant wrong eating and living. Some garbage foods like white flour, sugar, pasteurized milk, cooked oils and greases, leave sticky garbage waste deposits in the organs and blood vessels and often cause serious damage to vital organs. As soon as you give Nature the opportunity she will start housecleaning and rebuilding, but with her great wisdom she will adapt a cleaning program to suit your individual needs and capabilities.

### NATURE'S HOUSECLEANING

For example, if you have only a small amount of detoxification you may be cleaned out with a few days of fever, diarrhea, and flu type sickness. This is Nature's housecleaning of your body, by which toxins and waste are removed so that healing can proceed. Other varieties of housecleaning are found in nausea, colds, bronchitis, sinusitis or rashes, etc. In cases where there are large amounts of toxins. Nature may give periodic housecleaning over a period of weeks, months, or even years. Your job, then, is to understand that these are Nature's healing housecleaners, and to cooperate fully by helping Nature with such natural therapies as colon irrigations.

### NOT PLEASANT, BUT BEST

Having myself had cancer, twice, diabetes, asthma, sinusitis, and hemorrhoids, I have experienced quite a number of Nature's housecleanings. Needless to say most of these crises are not entirely pleasant experiences, but you can learn to appreciate them more when you realize what Nature is doing and trust her to do the job in the way she knows to be best for you.

Now you should be able to realize that a cold or flu is a blessing in disguise. Nature is flushing out and burning out waste through mucous membranes and in thus doing is saving you from cancer or other much more serious toxin sickness. Of course it is better to live according to the natural laws so your body will not need even the little housecleanings. In my own case I can remember years of frequent colds and sinusitis, but now for the past 15 years I seem to be immune to these little problems, even in cold wet climates such as during 2 years I spent in Chicago.

To help you better to understand the healing crisis let me give a few little examples. When I myself had cancer the second time I had painful lumps on both breasts and in the lymph glands under my arms. For almost 2 months I followed a strict vegetarian raw food cleansing diet with the exception of

---

a few steamed vegetables 2 or 3 times weekly. There was no apparent improvement in my condition until I developed a high fever. Knowing that this was the healing crisis I had been waiting and working for I was happy to have it and for 2 days and 2 nights I rested, burning with this high fever, and taking only some water and lemon for nourishment. On the morning of the third day I awoke to find the fever gone. Then I checked to see what effect it had had on my many lumps. To my surprise every single one had vanished, dissolved by the body's marvelous healing forces during that wonderful fever.

### THE CLEANING OUT

Another time, I can remember well, took place after I had been living on a strict raw food diet of nuts and seeds, vegetables and juices, and fruits for 6 months. I thought that by then I must be quite clean inside, in spite of years of wrong eating previously. But Mother Nature knew better. Suddenly one day I started with profuse diarrhea with gallons of the foulest smelling liquid pouring out of me during the next 3 days while I burned with a fever of 104. Where was this foul liquid coming from? Certainly not from the raw seeds, nuts, vegetables, juices, and fruits of the past months. It had to be cellular waste from years past which Nature had now chosen to clean out. During 3 days I lost 10 pounds in weight and afterward felt so clean and rejuvenated that, I believe, that healing crisis added 10 years to my life. Often since I have wished that I had the power to repeat that experience.

Just as no two persons are exactly the same, or have exactly the same eating and living habits, no two healing crises are the same. Often the healing crisis will take the form of pains or sickness that the patient experienced in years past. Apparently during the long past sickness. Nature did not have an opportunity to produce a complete healing and cleansing so now she takes the time to complete the process. The patient must realize then that this is not a return of the former illness but instead a complete healing of this illness. Sometimes the crisis comes in the form of a strong cold, flu, a rash, boils, increase of arthritic pains, nausea, weakness, etc. If the patient understands that this is part of the healing process and will pass shortly, with a great increase of health, he will be a better patient and will not be tempted to turn back from Nature's healing road to better health at the point when victory, is in sight.

---

*Reprinted from Herald of Health.*



John Yiamouyiannis, Ph.D.

## More On Fluoride

William D. Ruckelshaus  
Administrator  
U.S.E.P.A.  
401 M Street SW  
Washington, DC 20460

Dear Mr. Ruckelshaus,

As a biochemist who has read over 20,000 articles and abstracts of articles concerning the biological effects of fluoride and who has published articles as well as the enclosed book on fluoride, I urge you to consider the following.

Because of its omnipresence and relatively high toxicity, fluoride is the most serious pollutant in our drinking waters today. Presently, over 100,000,000 Americans are suffering from chronic fluorosis. Furthermore, the purposeful addition of fluoride to the water supply is the number one cause of chronic fluorosis in the U.S. today.

---

**“Twenty to thirty percent of the children growing up in fluoridated areas suffer from a fluorosis so severe that the resulting deformities are visible to the naked eye.”**

---

Twenty to thirty percent of the children growing up in fluoridated areas suffer from a fluorosis so severe that the resulting deformities are visible to the naked eye. Latest figures alone indicate that 30,000 to 50,000 deaths each year may be attributable to fluoridation.

With this letter, I am enclosing a list of 29 statements along with page numbers which refer to pages in the accompanying book *Fluoride: The Aging Factor*. For the scientific citations you may refer to pages 165-198 of the book. Please look it over or have a member of your staff look it over. If you disagree with any of the statements, please let me know and substantiate a reason for the disagreement with a sound argument and the supporting citations to the scientific literature. If you do not have any disagreements, I again urge you to let me know.

Again, consider the following. The data I am supplying you indicates that for optimal health, a person should reduce his/her intake of fluoride to as low as humanly possible. Certainly fluoride should not be added to water purposely. The inadvertant fluoride pollution of air and water should be severely restricted. In areas where fluoride occurs naturally in levels exceeding 0.5 ppm, attempts should be made to reduce fluoride levels to 0.2 to 0.3 ppm fluoride. At levels as low as 0.4 ppm, visibly detectable levels of fluoride poisoning have been observed (p. 26).

Sincerely,

John Yiamouyiannis, Ph.D.  
Acting Director, Center for Health Action  
May 28, 1984

(1) The combined killing power of all the fluoride in the environment is greater than that of any other naturally-occurring toxic element.

(2) Over 100,000,000 people in the United States are currently drinking water containing fluoride at a concentration of approximately 1 ppm or more.

(3) Fluoride at concentrations of 1 ppm and less inhibits a number of important enzymes. (p. 8)

(4) Fluoride concentrations of the soft tissues of people exposed to fluoride and not even drinking fluoridated water exceed 1 ppm. (p. 8)

(5) From (3) and (4) fluoride should be expected to interfere with the enzyme activities of people who consume fluoridated water.

(6) From (2) through (5) it is likely that over 100,000,000 Americans are suffering from chronic fluorosis.

(7) One of the important enzymes inhibited by 1 ppm fluoride is the DNA repair enzyme system; inhibition of this enzyme might be expected to lead to an increase in genetic damage or cancer. (pp. 53-54)

(8) Fluoride is a known mutagen and even one part per million fluoride in the drinking water has been

shown to cause chromosomal damage. (pp. 54-56, 59)

(9) From (7) and (8), it is possible that fluoridation may contribute to an increase in birth defects. (pp. 56-57)

(10) From (7) and (8), it is not surprising to find that fluoride is capable of transforming normal cells into cancer cells and able to induce tumor formation. (pp. 57-58)

(11) From (3), (4) and (5), it is not surprising that fluoride, even at levels below those used to fluoridate public drinking waters, is capable of impairing the ability of the immune system to respond to foreign agents such as bacteria, viruses, and chemicals as well as the body's own obsolete, damaged, or cancerous cells. (pp.45-50)

(12) From (11), it is not surprising that 1/2 to 1 ppm fluoride in the drinking water has been shown to increase tumor growth rate in mice by 15-25% since one would expect tumor cells to grow faster in animals whose immune defense system has been impaired. (p.51)

(13) From (10) and (12), it is not surprising that human epidemiological studies have shown a link between fluoridation and cancer and that this link has been proven in two courts of law (Pennsylvania and Illinois) in the United States and conceded to as being possibly the case in another (Texas), since 1978. (pp. 60-68)

(14) Data from this office as well as data from the Centers for Disease Control (CDC) indicate that 30,000 to 50,000 deaths each year from various causes may be attributable to fluoridation and that 10,000 to 20,000 of these deaths are attributable to fluoride-stimulated cancer deaths each year. (pp. 68-69)

(15) At least one health official from CDC has testified falsely in court in an attempt to cover up the link between fluoridation and cancer. (pp. 152-153)

(16) Fluoride levels in the drinking water as low as 1 ppm lead to a disruption in collagen metabolism which is evident from the excretion of hydroxyproline and hydroxylysine in urine as well as direct examination of collagen itself. (pp. 20-21)

(17) The disruption of collagen and collagen-like proteins in the body is responsible for dental fluorosis (pp 23-27), chronic to crippling bone disorders (pp. 28-37), and breakdown and calcification of collagen rich tissues such as ligaments, tendons, muscle, arterial walls, skin, etc. (pp. 38-42) along with their clinical manifestations, such as arthritis, stiffness, etc.

(18) The chronic, subclinical and clinical effects



of fluoride in the drinking water are well-documented. (pp. 72-88)

(19) Another enzyme inhibited by 1 ppm fluoride is acetylcholinesterase. (p. 8)

(20) It is not surprising then that Russian studies as well as studies in the current (June 1984) issue of OMNI report that fluoride appears to interfere with nerve conduction.

(21) Adenyl cyclase is an enzyme that is actually stimulated by fluoride at 1 ppm. (p. 48)

(22) Thus, it is not surprising to find that fluoride has been shown to disrupt blood glucose levels, i.e. as any elementary biochemistry student knows, the stimulation of adenyl cyclase also stimulates the production of cyclic AMP which gives rise to an increase in blood glucose levels. Increased blood glucose levels in some then cause hyperinsulinemic responses that sharply depress blood glucose, giving rise to irregular blood glucose levels.

(23) For this reason, hypoglycemics and diabetics would be expected to be at greater risk when exposed to fluoride.

(24) Evidence also indicates that increased levels of cyclic AMP (whose formation is stimulated by fluoride) interfere with the immune system's ability to destroy foreign substances (called phagocytosis) and induce the release of free radicals from white blood cells which would be expected to result in tissue damage. (pp. 48-50)

(25) The means by which fluoride, previously thought to be chemically inert, produces its disruptive effects has recently been explained by Dr. John Emsley at King's College in London, who found that fluoride forms the strongest hetero-hydrogen bond found to date with amides, the chain links of proteins and enzymes. This explains how low levels of fluoride disrupt protein structure and enzyme activity. (pp. 10-16)

(26) We do not know all the enzymes that are inhibited by fluoride but we do know there are other adverse physiological effects of fluoride that have not been explained at the biochemical levels as yet. One such effect is the ability of fluoride to depress thyroid activity. (pp. 179\*-180\*)

(27) There is no health risk in reducing fluoride levels to as low as possible. Despite claims to the contrary, fluoride is not an essential nutrient. Laboratory studies show that animals maintained on diets with ultra-low fluoride levels (less than 0.005 ppm) experience no difficulty in general health, dental health or weight gain and not one case of anyone suffering from "fluoride deficiency" has ever been found. (pp. 93-98)

(28) While numerous attempts have been made to show that the amount of fluoride used to fluoridate public water systems reduces tooth decay under laboratory conditions, both the U.S. Centers for Disease Control and the British Ministry of Health admit that no laboratory study has ever shown that 1 ppm fluoride is capable of reducing tooth decay. (p. 107)

(29) Nor have there been any double-blind studies done showing that 1 ppm fluoride added to the drinking water reduces tooth decay. (pp. 99-116)

(30) The conclusion to be reached is that for optimal health, a person should reduce his/her intake of fluoride to as low as humanly possible. Certainly fluoride should not be added to water purposely. The inadvertent fluoride pollution of air and water should be severely restricted. In areas where fluoride occurs naturally in levels exceeding 0.5 ppm, attempts should be made to reduce fluoride levels to 0.2 to 0.3 ppm fluoride. At levels as low as 0.4 ppm fluoride, visibly detectable levels of fluoride poisoning have been observed (p. 26). At 0.2 ppm, the most ardent advocate of the harmful effects of fluoride would have a hard time making a case.

## Letters

Dear Ms. Sackman,

In regard to your invitation to speak at the annual cancer/nutrition convention, I am sorry to say I will not be able to.

Please understand that I would have been happy to relate my experiences for the benefit of others. However, I am very active religiously as one of Jehovah's Witnesses and a commitment to address a congregation had already been made for July 15, to be followed by attending our annual district convention in Glens Falls, New York, the 18th to the 22nd. As you can see from the schedule it would have been terribly tight even if I had cancelled the appointment on the 15th to attend your convention.

I definitely have a sense of obligation to you for assisting me and the many others I referred to you. Should you have any need for my experience in the future, please feel free to get in touch.

When you asked me in our phone conversation how long it had been since my treatment began my reply was incorrect; it had been six years in March, not five and to date I am doing well.

My wife and I want you to know that you have a very special place in our thoughts and hearts.

Very sincerely yours, Walter Carter

Dear Ruth:

Enclosed in a \$100.00 contribution to F.A.C.T. Let me introduce myself, I am Vera Hirschhorn's brother.

My family and I are eternally grateful for the time you spent in advising my sister to regain my mother's health back.  
Regards, *H.R.*

Dear Ruth Sackman,

Thank you for keeping me informed of your activities. At this time of year I think of the most interesting weekends my son and I spent with you folks at your New York seminars. Such a gratifying experience knowing Edyie Mae, Dr. Jensen, Dr. Cole, to name three of my favorites.

I treasure the photos (x-rays) of my Iris with its accompanying explanation for it fully agreed with tests, x-rays, etc. taken just the month before the Iris test.

Dr. Cole seems to have disappeared, which disturbs me, for his method of raising the body temperature seems so logical; it dispelled my fear of cancer, since patients have been known to recover from illnesses after struggling through extremely high fevers.

I retain my books (Iridology, all of Edyie Mae, my looseleaf notebook of the F.A.C.T. conventions), the tapes, etc. to remind us of our lovely, all-too-few, informative days with you people who devote your time and energies to helping others. Thank you for our memories.

Trust the enclosed modest check will assist your labors.  
*E.R.A.*

Dearest Ruth:

Just a note to tell you it was a great convention. I don't know how you do it, but each year the FACT conventions get better. It was an honor and privilege to be a part of it. I also learned so much. I always do. I wish I lived in New York. I'm so alone out here.

I want to thank you for the time you gave to my brother. He's coming to my place in August. I hope I can help him; I hope he starts eating better SOON.

I had hoped by now to be a little ahead of the game in my finances, but instead, find that I'm a little bit behind. As soon as I can, I shall send check for \$10.00 (wish it could be more; lots more) for what I consider the best investment anyone can make: the support of FACT.

Bye for now. Say hello to Leon, Rae, et al.  
Love, *B.F.*

Dear Editor:

Am glad to see, from your Winter '84 issue, that there still is a movement to de-fluoridate. By my own analysis, the original experiments disproved the claim that fluoride benefits teeth, but the statisticians misled the public. (However, one of my premises may not be correct — I accepted the then contemporary principle that fluoride does not get inside fully formed teeth). You are free to use any part of my analysis in the enclosed pamphlet.

Your article on megadoses reports side effects from excessive amounts of vitamins, A, B, C, D, E. Please report the range of doses causing the side effects, and cite your sources. Readers need to see whether those doses approach their own, or are much higher. We don't want to confuse your warnings with the false scare campaign by the Establishment, which does not believe in alternative cancer therapies.

Yours truly, *R.H.S.*

Dear Mrs. Sackman,

We have found your information most helpful. Thank you for your kindness — we feel we are making some progress.  
Sincerely, *A.Y.*

Dear Friends,

With honor I join you in your fight for health and freedom.  
Love, *L.R.*

Dear Mrs. Sackman,

Enclosed find a donation to FACT, a token to be sure for the wonderful work you are doing.

I wish to thank you personally for all the support and help you have given me. . . . I appear to be getting better day by day. Though I wish not to be over-optimistic, I hope this will be soon.

Sincerely, *P.M.*

To The Board of Trustees of FACT

Thank you for the splendid convention last weekend. I bought an R & M Midi-D water distiller — which I am completely happy with. Also found a new dentist in the Natural Living Convention flyer I picked up on the registration table. Dr. Roeder is a new breed of dentist — incredible.

Cheers and Best Wishes, *S.D.*

---

## Health Gems

"Millions of Americans would benefit more from changing their dietary habits, losing weight exercising, stopping cigarette smoking and cutting down or ending their consumption of alcohol and other drugs than from having more physicians and more hospitals available to treat them after their bad habits had laid them low." By *Harry Schwartz, member of the editorial board of the New York Times, 6/28/71*.

---

The Greek physician Hippocrates (born 460 B.C.) has been looked upon as the "Father of Medicine." His oath to graduating physicians is famous. Unlike his many modern sons, this great teacher used few drugs. He stated that "Our natures are the positions of our diseases and this tendency to natural cure should be fostered, laying down much stress on diet and using few drugs." Would that modern medicine would revert to the more sensible and simple teaching of other days and forget the myriad of chemicals that have little to offer except "side effects."

---

How many of you are aware that raw honey does not spoil? And do you know that it is a bacteriacide?

The Journal of the American Medical Association (JAMA) printed a letter to the editor quite some time ago signed by Dr. Robert Bloomfield of Chelsea, England that bears repeating frequently. The title was *Honey for Decubitus Ulcers*. Dr. Bloomfield writes: "I have been using pure natural honey for the past few months in the accident and emergency departments where I work, and I have found that, applied every two or three days under a dry dressing, it promotes the healing of ulcers and burns better than any other local applications I've used before.

"It can also readily be applied to any other surface wounds, including cuts and abrasions, and I can recommend it to all doctors as a very inexpensive and valuable cleansing and healing agent.

"It even has a delicious taste!"

---

*FAITH* — Faith is the body's ability to heal. Believing in its power. Holding on to that belief in the midst of pain and difficult times. Having faith that Nature is the ultimate healer.

## The Living Fame of Harvey W. Wiley

*To document completely the accomplishments, the noble character, the contributions to the advancement of science, and the dedicated service to mankind's welfare of Harvey W. Wiley would demand many pages and, indeed, many volumes. The reasons for his enduring and ever-increasing fame are summarized here . . . in the trust that Dr. Wiley's name will become enshrined with the company of Great Americana, a symbol not of his achievements alone, but also of a great democracy's will to confirm its soul in self-control, its liberty in law.*

### HIS SERVICES TO MANKIND

**As Teacher . . .** First professor of chemistry at Purdue University, he also was professor or lecturer at Butler University, Indiana Medical College, George Washington University, and Brooklyn Polytechnic Institute, as well as Redpath Chautauqua.

**As Physician . . .** He focused his knowledge of medical science on the problems of food adulteration and marshalled the attention of his fellow physicians on the necessity of legal standards to safeguard food and drugs.

**As Technologist . . .** His experiments with sugar-producing crops led to the modern era of cane sugar production and formed the basis of the United States beet sugar industry, of which he is known as the "father."

**As Chemist . . .** He introduced the polariscope into America, devised new pieces of apparatus, and originated new methods of procedure as he modernized and standardized the methods of chemical analysis. The development of analytical chemistry, in which his was a major role, revealed the chemical composition of foods and made possible the detection of adulteration.

**As Author . . .** His monumental *Principles and Practices of Agricultural Analysis* accumulated for posterity his work in analytical chemistry. *1001 Tests of Foods, Beverages and Toilet Accessories*, ten other works on foods, drugs, health, and hygiene, and numerous editorials during his years as director of *Good Housekeeping's* Bureau of Foods, Sanitation, and Health advocated the cause of pure food and drugs.

**As Public Servant . . .** He authored and championed the country's original pure food and drug law, "the

---

most significant legislation since the Emancipation Proclamation.”\* In three decades of Federal service as Chief Chemist of the U.S. Department of Agriculture, he assembled essential scientific evidence as the foundation for the law, led the successful crusade for its enactment in 1906, and established standards for enforcement personnel and methodologies which today constitute a “vital, increasing force for human well-being.”\*\*

\*Charles Wesley Dunn, President, Food Law Institute, 1956.

\*\*George P. Larrick, Food and Drug Commissioner, 1960.

Justice William O. Douglas of the United States Supreme Court, who states, “I have long thought that Dr. Harvey W. Wiley should be in our Hall of Fame,” has given permission for the reproduction of this his book, *An Almanac of Freedom*.

*Pure Food and Drug Act* JUNE 30

We have had a glorious list of “muckrakers” in America – Henry Demarest Lloyd, Lincoln Steffens, Ray Stannard Baker, Ida M. Tarbell, Samuel Hopkins Adams, Upton Sinclair, to mention only a few. They conducted many wars against social, financial, and political evils. Perhaps the most important of all was their war against poison, which resulted in the *Pure Food and Drug Act* and the *Meat Inspection Act*, both enacted June 30, 1906.

The most powerful document was *The Jungle* by Upton Sinclair, which in novel form laid bare the awful picture of contaminated food turned out by the meat-packing houses. Dr. Harvey W. Wiley, Dr. E. F. Ladd, Dr. James H. Shepard revealed an amazing use of adulterants and preservatives in other canned and prepared foods.

Dr. Wiley submitted twelve healthy young men (dubbed the “poison squad”) to tests to show that preservatives used in food were harmful to health. In other studies, it was shown how from an average breakfast one got eight doses of harmful chemicals and dyes, at lunch, sixteen, at dinner, sixteen. In patent medicines, one often got poisons or habit-forming drugs.

*Collier's*, the *Ladies Home Journal*, *McClure's* took up the cudgel. The *New York Evening Post* lampooned the packers:

*Mary had a little lamb,  
And when she saw it sicken,  
She shipped it off to Packing-town,  
And now it's labelled chicken.*

Theodore Roosevelt made the issue a political one. The disclosures of the muckrakers and of a commis-

sion appointed by Roosevelt were revolting. Public indignation reached the boiling point. The country resolved to have done with the practices of merchants who built fortunes by undermining the health of the nation. The passage of these laws was a victory of the muckrakers over some of the most powerful lobbies ever brought to Washington, D.C.

---

*Reprinted by the FEDERATION OF HOMEMAKERS, INC.  
from a brochure prepared by the late Mrs. Harvey W. Wiley.*

## The HCG Immunity Link

By Ruth Sackman

Dr. Howard Beard, a biochemist and cancer patient, found that he could monitor his condition by doing the human chorionic gonadotrophin (HCG) measurement to determine how actively his body was producing unnecessary cells or controlling cell production at a normal level. This same test is used to

---

**They reported in the British journal *Nature* that they believe birth is really a process of rejection initiated by the body's defense system.”**

---

determine pregnancy, a natural process whereby the body is producing excess cells for the development of a fetus. Dr. Beard's theory was that if hormone levels rose but no fetus was developing, then an abnormal degree of cell reproduction was taking place which to him signified a cancer problem. This phenomenon was not necessarily clinically evident immediately but might manifest a tumor in due time in men as well as women.

---

**“HCG, they believe, prevents the mother's sentry cells (lymphocytes) from recognizing the foreign protein (fetus).”**

---

Two scientists with the West London hospital, S. F. Contractor and Helen Davies, were interested in one of the most mysterious biological processes – how the body knew when birth was ready at the end of nine months gestation. They reported in the British journal *Nature* that they believe birth is really a process of rejection initiated by the body's defense system. But the reason this rejection is controlled is

because larger than normal amounts of HCG appear in the mother's blood during pregnancy. HCG, they believe, prevents the mother's sentry cells (lymphocytes) from recognizing the foreign protein (fetus). Without such recognition, antibody production and rejection measures cannot take effect.

The HCG levels remain high until just before birth when a drop takes place. Contractor and Davies conclude that the drop in hormone levels triggers the rejection of the fetus and birth occurs.

There is substantial evidence of the relationship between immune efficiency (rejection factor) and cancer control; therefore, Dr. Beard's theory of measuring HCG levels appears to have a sound scientific basis. Low levels of HCG release the body's ability to reject abnormal protein just as it rejects the fetus, and high levels interfere with the body's ability to build the lymphocytes necessary to effect rejection of cancer cells.

This theory validates Dr. Beard's conclusion that the level of HCG found in the urine was a competent system to measure cancer activity, and probably why he was able to monitor his cancer problem.

#### CORINNE LORETO BOOK REVIEW

## Foods For Health & Healing (Remedies & Recipes)

By Yogi Bhanjan

The author advocates a vegetarian diet to maintain or restore health. He says we are now once again trying to understand the basics of healthful living and emphasis has shifted to preventive medicine. The fact that health food restaurants are flourishing is indicative that we are becoming more and more aware of the correlation between the food we eat and good or bad health.

Regarding raw and cooked foods, we are told it is true most foods lose a certain amount of their vitamins and minerals when they are cooked, but in some vegetables, nourishment is not available unless they are cooked. The potato is one of these.

The book tells us too much protein will kill us — slowly. . . . There are ten rules to follow to remain healthy. Some are: eat slowly, chew food thoroughly, rest after each meal, give the digestive system a rest, eliminate foods from our diets which are difficult for us to digest, etc.

Another factor to consider in choosing our food is

how it affects our acid/alkaline balance. For maximum health and mental balance, our blood should be slightly alkaline. When our blood becomes acidic, than a pathologic condition results.

The Fifth Chapter lists foods in alphabetic order. I.E., "Apples . . . they are cleansing any way you prepare them. Two or three baked apples eaten just before going to sleep will help relieve and prevent constipation. . . ."

"Celery . . . is very soothing to the nervous system, and drinking celery juice is a sure way to calm the nerves. The celery heart is a food which protects against heart attacks."

The Ninth Chapter is on Fasting and Therapeutic Diets. Yogi Bhanjan recognizes fasting as a powerful method for healing and strengthening our body. His cautions that how to fast and how to break a fast are extremely important.

Other diets in this chapter are the rejuvenating diet, the mucusless diet, and the green diet.

Chapter Ten deals with Body Systems & Their Ailments. It contains remedies for maintaining youthfulness, cleansing and purifying our bloodstream, and for the proper functioning of our brain and thought processes. A prolonged carbohydrate-free diet can adversely affect thought processes. Brain foods include bread, corn, rice, seeds, oranges, olives, onions, tomatoes, walnuts, and the herb gotu kola.

The back of the book contains recipes and I am eager to try some of these. *Food for Health & Healing (Remedies & Recipes)* based on the teachings of Yogi Bhanjan sells for \$6.95 and is available in bookstores, healthfood stores and directly by mail from KRI, P.O. Box 1550, Pomona, CA 91769.

## Recipes

### Homemade Vegetable Cocktail

- 2 cups fresh tomatoes  
(or home canned tomatoes or juice)
- 1/2 beet — cut in pieces
- 1/2 cup carrot pieces
- 1/2 cup celery pieces or leaves
- Wedge of lettuce
- Piece of cabbage
- Piece of onion or onion tops
- Handful of parsley
- Pieces of red or green peppers

Blend well, then add cracked ice cubes to chill as you serve it. Use any vegetable from your garden and your favorite herbs to flavor.



# Tapes

\$5.00 each; \$50.00 for 12.

Mail to FACT, Box HH, Old Chelsea Station, New York, NY 10011

## 1984 Annual Cancer/Nutrition Convention of The Foundation for Alternative Cancer Therapies

SUSAN SILBERSTEIN, Ph.D., Executive Director,  
FACT, Philadelphia, *Welcoming Address*; WILLIAM  
D. KELLEY, D.D.S., Nutritionist, *Metabolic Ecology*  
PHILIP S. LANSKY, M.D., Specialist in Stress Manage-  
ment, *Clinical Psychoneuro-Immunology*

Panel of Recovered Cancer Patients: DANIEL FRIEDKIN,  
DORIS SOKOSH, RUTH WILLIAMS

RUTH SACKMAN, Pres., FACT, *Errors Most Often  
Made By Patients Using A Biological Repair Program*

BERNARD JENSEN, D.C., Ph.D., Nutritionist &  
Iridologist, *Rejuvenating The Body*

JORGE ESTRELLA, M.D., Cellular Therapist, *The  
Biological Basis of Cellular Therapy*

Panel of Recovered Cancer Patients: BETTY FOWLER,  
PAT JUDSON

JOHN YIAMOUYIANNIS, Ph.D., Biochemist, *The Link  
Between Fluoride and Cancer: An Epidemiological Study*

EDWARD BERK, Herbalist, *Rebuilding the Immune  
System*

EDWIN FLATTO, M.D., *The Importance of Exercise and  
Diet in the Restoration and Maintenance of Health*

LUELLE HAMILTON, D.O., *Skeletal Integrity: An  
Important Key to Stable Health*

LEO ROY, M.D., N.D., *The Art of Patient Management*

## 1983 Cancer/Nutrition Convention

INTRODUCTION, and VICTOR EARL IRONS,  
*Colon Health.*

RUTH SACKMAN, *Cancer Update.*

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.*

DR. EDWIN FLATTO, *Diet and Exercise, Essential  
Keys to Restoring and Maintaining Health.*

## 1982 Cancer/Nutrition Convention

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 Manage-  
ment 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 Neuro-  
psychology 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 Pro-  
cedures.*

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.*

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.*

# Books

Add \$1.00 for postage and handling on all book orders. Make checks payable to FACT, Ltd. and mail to FACT, Ltd., Box HH, Old Chelsea Station, N.Y.C. 10113. Add \$2.50 for first-class postage.

- Bieler, Dr. Henry G.: *Food Is Your Best Medicine* (\$2.95)  
Buchman, Dian Dincin: *Herbal Medicine* (\$7.95)  
Diamond, Dr. John: *Behavioral Kinesiology* (\$8.95)  
Fere, Dr. Maud Tresillian: *Does Diet Cure Cancer?* (\$4.95)  
Flatto, Dr. Edwin: *Conquer Constipation* (\$5.00)  
Gerson, Dr. Max: *A Cancer Therapy, Results of Fifty Cases* (\$9.95)  
Harris, Ben Charles: *Compleat Herbal* (\$2.95)  
Harris, Ben Charles: *Kitchen Medicine* (\$1.75)  
Haught, S.J.: *Has Dr. Max Gerson a True Cancer Cure?* (\$1.75)  
Hay, Dr. William Howard: *How To Always Be Well* (\$1.75)  
Heede, Dr. Karl O.: *Sure Ways to Health and Joy of Life (Waerland Dietary System)* (\$1.00)  
Heritage Press: *Composition and Facts About Foods* (\$5.95)  
Hunsberger, Eydie Mae: *How I Conquered Cancer Naturally* (\$2.95)  
Hunsberger, Eydie Mae: *Eydie Mae's Natural Recipes* (\$2.95)  
Jensen, Dr. Bernard: *The Chemistry of Man* (\$19.95)  
Jensen, Dr. Bernard: *Doctor/Patient Handbook* (\$3.50)  
Jensen, Dr. Bernard: *Food Healing for Man* (\$14.95)  
Jensen, Dr. Bernard: *Nature Has a Remedy* (\$9.95)  
  
Jensen, Dr. Bernard: *What Is Iridology* (\$5.95)  
Jensen, Dr. Bernard: *Health Magic Through Chlorophyll* (\$3.95)  
Jensen, Dr. Bernard: *Seeds and Sprouts for Life* (\$1.75)  
Jensen, Dr. Bernard: *Vital Foods for Total Health* (\$5.25)  
Jensen, Dr. Bernard: *Tissue Cleansing Through Bowel Management* (\$5.95)  
Jensen, Dr. Bernard: *A New Lifestyle for Health & Happiness* (\$3.50)  
Jensen, Dr. Bernard: *You Can Master Disease* (\$4.95)  
Jensen, Dr. Bernard: *Science and Practice of Iridology* (\$22.50)  
Jensen, Dr. Bernard: *Slanting Board* (\$1.50)  
Kadans, Joseph: *Encyclopedia of Medicinal Herbs* (\$1.95)  
  
Kelley, Dr. William Donald: *One Answer to Cancer* (\$2.50)  
Lane, Sir W. Arbuthnot, M.D., *The Prevention of the Diseases Peculiar to Civilization* (\$2.00)  
Nolfi, Kristine, M.D.: *My Experience with Living Food* (\$2.00)  
Ott, John N.: *Health and Light* (\$2.95)  
Ramos, Dr. Federico: *Treatment of Cancer with Cellular Therapy* (\$1.00)  
Rohe, Fred: *Metabolic Ecology* (\$5.95)  
Stickle, Robert W.: *Cancer, One Man's Fight to Control Malignancy* (\$2.50)  
Tilden, Dr. John H.: *Toxema Explained* (\$2.95)  
Waerland, Are: *Health Handbook* (\$6.95)  
Waerland, Are: *Health Is Your Birthright* (\$3.00)  
Waerland, Ebba: *Cancer, Disease of Civilization* (\$1.50)  
Waerland, Ebba: *Rebuilding Health* (\$1.45)  
Walker, Dr. N.W.: *Your Fountain of Health* (\$0.95)  
Walker, Dr. N.W.: *Becoming Younger* (\$4.50)  
Walker, Dr. N.W.: *Colon Health* (\$4.50)  
Walker, Dr. N.W.: *Diet and Salad Suggestions* (\$4.50)  
Walker, Dr. N.W.: *Raw Vegetable Juices* (\$2.25)  
Walker, Dr. N.W.: *Vibrant Health* (\$4.50)  
Walker, Dr. N.W.: *Water Can Undermine Your Health* (\$4.50)  
Warmbrand, Dr. Max: *How Thousands of My Arthritis Patients Regained Their Health* (\$1.65)  
Wigmore, Dr. Ann: *Be Your Own Doctor* (\$3.95)  
Wigmore, Dr. Ann: *Recipes for Life* (\$8.95)  
Dr. John Yiamouyiannis: *Fluoride, The Aging Factor* (\$11.95)  
Enlarged Information Packet (\$2.50 + \$1.00 postage)



FACT is a non-profit organization.

All proceeds from book sales are used by the Foundation for Alternative Cancer Therapies for your benefit.

Foundation for **Alternative Cancer Therapies, Ltd.**  
P.O. Box HH, Old Chelsea Station  
New York, N.Y. 10011

Non-Profit Org.  
U.S. Postage  
**PAID**  
New York, N.Y.  
Permit No. 5769

*ADDRESS CORRECTION REQUESTED*

Please notify us if you change your address. Our non-profit mail will be returned to us at a charge of 25¢ and you will miss copies of Cancer Forum until your address is corrected. This mail is not forwarded.

-----

**Foundation for Alternative Cancer Therapies, Ltd.,** Box HH, NY, NY 10011, Tel: 212-741-2790

To help us help you and to support alternative cancer therapies, make your most generous, tax-deductible contribution to FACT. We plan to send receipts only upon request, to ensure more funds for FACT programs. If you do wish a receipt check here.

(please check amount)

\$1,000     \$500     \$100     \$50     \$25     \$10     Other \$\_\_\_\_\_

Please make checks payable to FACT

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Contributions of \$10.00 or more include a subscription to the informative CANCER FORUM  
Your cancelled check will serve as proof of your deduction. Thank you.

*A copy of the last annual financial report filed with the New York State Board of Social Welfare may be obtained upon request by writing to: New York State Board of Social Welfare, Office Tower, Empire State Plaza, Albany, NY 12223 or Foundation for Alternative Cancer Therapies, Ltd., Box HH, Old Chelsea Station, New York, NY 10011.*