

CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.

Gandhi's Seven Sins



1 Wealth
Without
Work

4 Commerce
without
Morality

2 Pleasure
Without
Conscience

5 Science
without
Humanity

3 Knowledge
Without
Character

6 Worship
Without
Science

7 Politics
without
Principle

Foundation for Alternative Cancer Therapies

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

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Reuben Resnikoff

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

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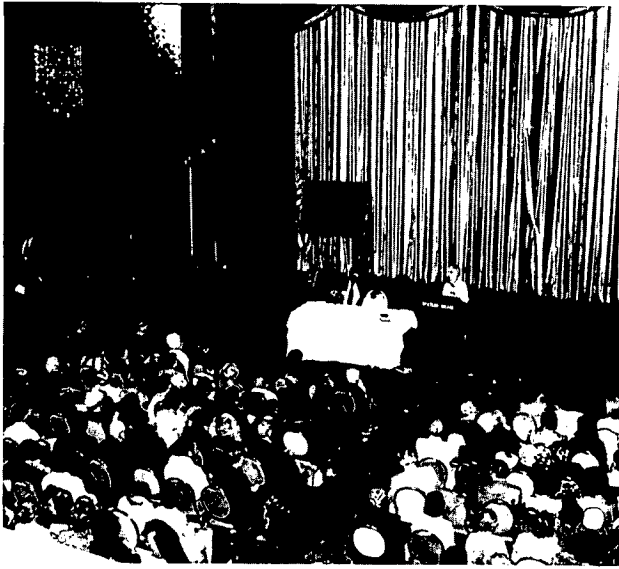
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Assumptions have been made that the above names represent patients who have died using an alternative cancer therapy. We would like to correct that misunderstanding. Contributions are made by friends of FACT wanting to help FACT while simultaneously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

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

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Convention 1985 in Philadelphia

Foundation for Alternative Cancer Therapies: A Choice and a Challenge

By Robert D. Grappel

Cancer! What is it about cancer that engenders such fear and misunderstanding? Nearly everyone has felt its touch . . . a friend, a family member, a loved one. Cancer appears daily in the media . . . a new treatment tried, a new cause uncovered. "If it doesn't cause cancer it might cure it."

The medical profession seems to have a problem dealing with cancer. There are polio vaccines and

"Cancer is more like the wear building up on each piston and gear until the car can't run anymore."

kidney transplants. Repairing a heart seems almost as routine as repairing an automobile, yet cancer seems to evade our doctors. Statistics over the last 20 years do not seem to show that medicine is "winning the battle" against cancer. No consistent pattern of success in cancer treatment is apparent. Researchers even argue about the definition of the word "cure" when dealing with cancer. What's the problem with cancer?

A convention of FACT (Foundation for Alternative Cancer Therapies) was recently held in Philadelphia. Serving as an information center for biologi-

cal and non-toxic approaches to cancer treatment, FACT provides a range of information and support to those seeking to take an active role in their treatment. FACT also serves as a referral agency, directing patients to practitioners who can provide appropriate care. Speaking to laymen and practitioners alike, FACT seeks to treat the whole cancer patient, not restricting the focus to the symptomatic "tumor." In contrast to conventional treatments, FACT's alternative approaches stress the individual's participation. The question heard over and over again was "What shall I do?" "Tell me what to do." "Give me the diet, the name of the clinic, the magic remedy." The answers had a common thread; you must be part of your own cure, you must take charge of your treatment.

"... cancer is the result of the body's inability to rid itself of toxins which accumulate over time."

"Wait a minute!" you say. "When I'm sick I go to the doctor and he or she prescribes the necessary treatment. The proper medicine is administered or I have the operation performed . . . what do you mean I've got to be part of the cure? What choices do I have? Do you mean chemotherapy or radiation or surgery? You don't mean oddball stuff like Laetrille, do you? I'm no doctor . . . how am I supposed to make treatment decisions?"

How do you take care of your car? Some people simply accept that their car will start each morning and get them where they want to go. It might be a little noisy and temperamental: some smoke here or a drop of oil there. Sure it idles rough and the brakes squeak, but it's still O.K. Then, one day, something fails. The car's towed to the mechanic who tries to fix what's broken. If you're lucky, he just gives you a bill and you drive home again.

Perhaps you're the kind of person who regularly takes the car to a mechanic for maintenance — every 5,000 miles for an oil change; every 10,000 a tune-up. You pay to have the mechanic check everything out for you. You tell him about the spots on the garage floor, and the time it wouldn't go into gear. You expect him or her to make everything right.

Some people try to understand their machine. They get involved in the maintenance of the car. They do some of their own repair work. Parts might be replaced before they break, and small problems caught before they become big trouble.

A lot of people treat their bodies like their cars.

It's a wonderful machine that runs a long time before something breaks. When it does, call in a doctor to repair it and go on about your business. As long as you can pay the bill, everything's fine.

No, FACT maintains, everything is not fine. You can't treat cancer like a broken fan belt. Cancer is more like the wear building up on each piston and gear until the car can't run anymore. No single part is defective, yet the car doesn't work smoothly. The symptoms of cancer are like the rattles and oil leaks that indicate a neglected engine. Something is out of balance in the body chemistry; a gradual erosion of the system has allowed cancer to appear. Doctors, like auto mechanics, can deal with split hoses and dented fenders. It's much harder to rebuild a worn out transmission. The car might have to be scrapped.

“The human body has an amazing capacity for self-repair; we must give it the necessary “raw materials” to rebuild its damaged parts.”

There doesn't seem to be a precise biological definition of cancer, yet the view outlined at the FACT convention makes a great deal of sense. Just as the oil in a car breaks down and collects dirt that must be removed from the engine, so cancer is the result of the body's inability to rid itself of toxins which accumulate over time. There are natural excretory paths to remove waste material, but sometimes the body must “wall off” a collection of material to prevent its spread throughout the system. Such a “tumor” is a symptom of the underlying problem. It is an indication that there is an imbalance somewhere in the system; a breakdown that is allowing the invasion and spread of dangerous substances. There is strong evidence that our bodies form little “cancers” from time to time . . . but the body is usually strong enough to control these “tumors” and eventually eliminate them. It is when our biological “defenses” are weakened that cancer gets the upper hand and rages out of control. The cancerous growth can be likened to the dirty oil filter which must be removed from the car. Unfortunately, a doctor can't just “lift the hood” and “change the oil.” What we eat, how we live, our level of stress, our environment, etc. . . . it all affects how well our body functions. Our body is a biological “machine.” We repair and maintain it using biological techniques — modifications of our dietary patterns and lifestyle. Each individual must take ultimate responsibility for his/her own body maintenance.

Conventional cancer therapies seek only to remove

the dirty “oil” from our bodies. There is no cure for the wear of our “motor parts,” no rebuilding of our “transmissions.” They do not prevent new impurities from contaminating the system. A lead-footed driver will wear out one clutch after another until his or her driving habits change. Cancer cannot be “cured” unless the pattern of poor maintenance is changed. The treatment must include the entire person . . . FACT's wholistic approach includes elements touching every phase of a patient's life.

What “alternatives” were suggested? In the simplest terms: put good stuff in and get the bad stuff out. Changing the diet is one major aspect of alternative therapies, as the old saying goes: “you are what you eat.” The human body has an amazing capacity for self-repair; we must give it the necessary “raw materials” to rebuild its damaged parts. The imbalance that “set off” the cancer must be corrected, so that the body will be able to fight its return. The emphasis on proper nutrition was strong at the FACT convention, but there were other aspects represented. “Detoxification,” the removal of the accumulated toxic material through stimulation of the body's natural excretory functions, was also stressed. Pouring fresh oil into your engine while leaving the dirty oil filter in place just spreads the dirt around.

““Detoxification,” the removal of the accumulated toxic material through stimulation of the body's natural excretory functions.”

It only makes sense to remove the dirt . . . but removing the body's toxins isn't as easy as replacing an oil filter. The body isn't able to deal with the stuff in the first place; dealing with the accumulation of years must be done slowly and carefully. The “alternative” approach can be likened to the loving restoration of a fine, old house which has suffered years of neglect. Rotten parts must be torn out, damaged parts replaced, weakened structures strengthened . . . all in balance. A broken beam can't be removed until alternative supports are in place. The house will have to be cleaned and cared for, or it will slide back into decay. The aspects of lifestyle which apply stress to the system need to be modified. There is a strong psychological component in cancer therapy. Mental and emotional problems can “open the door” to cancer — they can divert vital energy from the body's cleansing and rebuilding processes. A positive state of mind improves the chances for recovery. Speakers told of the support of family and friends, religious

faith, inward strengths. They also told of how difficult it can be to rebuild a life.

The variety of cancer therapy options can be both bewildering and frightening. These are literally "life and death" decisions . . . try this diet, that clinic, some drug discussed on TV. There are many contradictions and few hard facts. A cancer patient is tempted to give up hope of understanding it all, and to simply entrust his or her life to the doctor. This seems the easiest way . . . but as in the case of caring for your car, it doesn't always yield the best results. We are not all trained auto mechanics — we may need a skilled professional to help us through difficult procedures — but our knowledge of automobiles can help us to choose a capable mechanic and to communicate the "symptoms" we see and how the recommended "therapies" are working. FACT helps patients thread their way through the claims and rhetoric. The publications available through FACT's book list can help chart a consistent course of treatment. FACT publishes a magazine, and many taped talks (including the talks given at FACT conventions) are available. This is not to suggest that a patient should try to design his or her own therapy. A "pinch of this and dash of that" approach can be very dangerous. FACT's aim is to refer the patient to a practitioner whose method of treatment is appropriate to the patient's individual needs. FACT personnel have carefully investigated the options and can provide a realistic and unbiased view. They provide a sympathetic and knowledgeable ear, helping the patient along the path to recovery. There is still the challenge of taking charge . . . of being an active participant in one's treatment. It isn't easy taking responsibility for one's health . . . no easier than doing your own auto repairs.

You can get away with poor car maintenance; it's simple enough to buy another car after the first breaks down. If your mechanic doesn't do the repair job properly the first time . . . bring the car back. You can tear down a disintegrating house to erect a new one . . . but each of us must live within the singular body we received at birth. In the final analysis, each person must take responsibility for their own "maintenance program." No doctor or mechanic can rebuild us. Also, since each person is unique, there is no single "handbook" that can tell you in detail how to care for yourself. (Would you expect a Chevrolet repair manual to cover Volkswagens?) FACT serves as a clearing house for valuable treatment information; it is up to the individual to make good use of the information provided. After all, your body didn't come with an "owner's manual."

Autointoxication Caused By Chronic Intestinal Stasis

By Ruth Sackman

Is a doctor right when he says it is not abnormal if you do not have bowel evacuation daily? Has the medical view of intestinal stasis been sound or is the less accepted view that complete and daily evacuation is crucial for the maintenance of good health?

Sir William Arbuthnot Lane, M.D., an innovative and respected physician, knighted for his improvement of many surgical techniques and honored by his colleagues, spent the last twenty-five years of his life

"...trying to convince the medical community that nearly all chronic disease stemmed from chronic intestinal stasis"

trying to convince the medical community that *nearly all chronic disease stemmed from chronic intestinal stasis* (the delay of the contents of the intestinal canal long enough to produce an excess of toxic material from putrefaction, thus causing absorption of this stagnation in the circulation beyond what the organs of elimination can deal with). These poisons produced from the putrefaction, he concluded, polluted the blood stream producing degenerative changes in *every single tissue* of the body and lowered the body's resistance to "deleterious organisms."

Dr. Lane lectured widely to the medical profession. Many of his papers have been published and can be found in medical libraries. In one of his many lectures he reported an experiment conducted by Dr.

"Kinks, prolapses and obstructions developed in the duodenal, intestinal and bowel areas that ultimately affected vital organs and processes."

Alexis Carrel of the Rockefeller Institute. Dr. Carrel maintained the life of chicken heart cells for 22 years until he discontinued the experiment. This remarkable experiment demonstrated that tissues can be kept healthy indefinitely providing they are nourished properly. It also demonstrated that cells sickened if their toxic waste products were not drained regularly.

As a consequence of the "general drainage system"

of the body being inadequate and the delay of fecal matter in the large bowel, Dr. Lane found a downward displacement of the colon and “kinks” in the intestines. This tended to reduce the freedom of the passage of material through this section of the body becoming a frequent “seat of cancer later in life.” Dr. Dennis Burkitt’s later research found that Africans who ate whole grains and had good bowel elimination did not suffer from colon cancer – a confirmation of Dr. Lane’s advocacy.

“In time he recognized the value of nutrition to avoid intestinal stasis and lectured and taught his concepts to those colleagues who were receptive to his work.”

Many biological changes in the anatomy were noted by Dr. Lane during his surgical work. He outlines, in an address on chronic intestinal stasis, the physiological effect on body chemistry that contributed to various disease states. Kinks, prolapses and obstructions developed in the duodenal, intestinal and bowel areas that ultimately affected vital organs and processes. These changes, he noted, caused an engorgement of the mucous membrane of the first part of the duodenum, ending up in ulceration and perforation. Changes in the mucous membranes of the pylorus, he claimed, could later cause cancer. Infection of the ducts of the pancreas could produce inflammatory consequences. Cancerous changes, he concluded, must result from damaged organs or be a source of chronic disease.

Dr. Lane lists some of the outward symptoms associated with chronic intestinal stasis which he observed in his medical practice:

- Wasting of voluntary and involuntary muscles (heart, kidney, lung, bowel, liver, etc. are involuntary muscles).
- Alteration in the color of the skin and pigmentation.
- The temperature of the body becomes subnormal, especially the extremities, and can be diagnosed as Reynaud’s disease.
- Damage to the nervous system by toxins can be diagnosed as epilepsy.
- Rheumatic aches and pains.
- Blood pressure may be raised or lowered.
- Breasts show degenerative changes. Cancer develops in this condition of the breast.
- Organs collapse because of the wasting of muscle fibre.

- Kidneys can be affected by the abnormal strain thrown upon them, and the resultant diseases can be grouped under the term “Bright’s disease.”
- The pancreas becomes infected by extension of the stagnating contents of the duodenum. This results in inflammation and finally cancer of the organ.
- In the same way the “ducts of the liver” and gall bladder are affected. Gall stones, cholecystitis (gall bladder inflammation), and cancer may be produced, besides many acute or chronic diseases of the liver.
- Those diseases of the eye which are degenerative in origin are produced by and vary with the degree of auto intoxication.

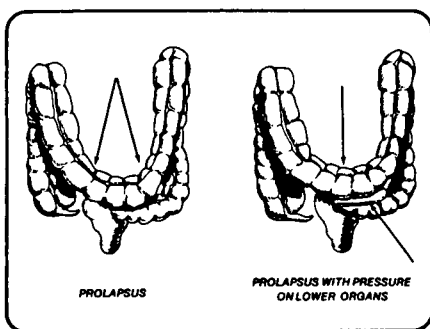
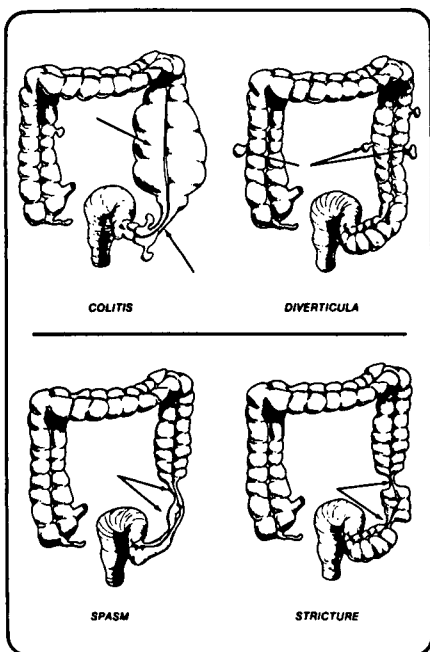
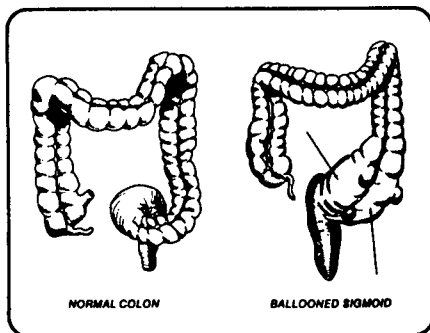
Dr. Lane was able to cure rheumatoid arthritis, a chronic degenerative disease, by surgically removing the inflamed part of the colon causing stagnation. Since colon surgery was a drastic procedure to relieve intestinal stasis, he used this method only in advanced cases, otherwise, he advocated using paraffin oil as an intestinal cleanser or prevention of disease. In time he recognized the value of nutrition to avoid intestinal stasis and lectured and taught his concepts to those colleagues who were receptive to his work.

Unfortunately, the medical community at large was not ready at the time for such a radical departure from the established systems. Today, I think, there has been enough change in medical thinking for Dr. Lane’s concepts to be reexamined with a more receptive attitude. More lay people too, are taking toxicity into account as a factor contributing to many of their untreatable health problems.

“Unfortunately, the medical community at large was not ready at the time for such a radical departure from the established systems.”

“I shall not die of cancer. I am taking measures to prevent it. What I am doing anybody can do. It is not a matter of money. It is a matter only of forethought and forbearance.”

“What I am doing everybody should do if he would avoid the risk of death from disease more terrible than tuberculosis, syphilis and a number of other awful diseases rolled into one.” This quote is the introductory statement from one of Dr. Lane’s many talks designed to inform his associates of the importance of maintaining a healthful lifestyle and avoiding auto-intoxication caused by chronic intestinal stasis.



Fasting – A Real Health Experience

By Leo Roy, M.D., N.D.

Fasting allows the body physiology the rest it requires to regenerate lost vitalities and youthfulness. Fasting brings about body changes which promote elimination of accumulated body wastes and toxic materials that have been interfering with vibrant, healthy living. If you have never tried fasting before, you have not experienced awareness and pleasure of renewed life coming back to your body, mind, and even your emotions.

Fasting means eliminating all solid foods for a time sufficient to allow the body to flush out abnormal chemicals and the debris of cells which constantly die by the millions – the toxins which cause illness when they accumulate. Fasting is a valuable means of making possible the restoration of body biochemistry and balance.



Dr. Leo Roy

“Our body often tries to suggest a fast by “turning off” the appetite.”

Fasting is not starvation, nor is it unnatural. All animals instinctively stop eating when sick until they feel better. Most people fear missing a meal, as if to do so might cause harm. With this attitude we deprive ourselves of a valuable healing tool.

These sketches have been reproduced from the book, “Tissue Cleansing Through Bowel Management” by Dr. Bernard Jensen. Permission granted.

Our body often tries to suggest a fast by "turning off" the appetite. Disease chemicals in the body have actually reached levels where they paralyze certain appetite centers in the brain. The lack of desire for food is saying – "stop, give me (your body) a rest and a chance to clear out dangerous elements in the blood and cells!"

Always listen to your body. But when you do – do not do it blindly. Do not read up on a system or philosophy of healing and apply it to your body without first knowing what your body nature is – what its needs are, its weak points, and the specific cause and nature of problems you want to normalize.

Fasting should *not* be done without a prior health evaluation or without awareness of deficiencies and inadequacies of all body functions – liver, glands, and the organs of elimination and restoration – without knowing the state of your body chemistry.

The system whereby each person, including you, should fast must necessarily be individualized. It must include compensating supplements for each body need. It must be followed with continuous awareness of body changes from day to day. It must be worked out so that you can obtain maximum health advantages, without any real side effects or detriments to any part of your body.

TRIAL FASTING

The time is right when everything says "GO" for a good fast. Your state of mind is positive, deficiencies are being corrected and your health program has been worked out. For best results preliminary fasting preparation is important. A simple preparation includes one or two days of:

1. Taking herbal laxatives to flush out surplus intestinal poisons and wastes.
2. A diet of only fresh fruits and vegetables preferably uncooked or undercooked, and a lot of fruit and vegetable juices.
3. Faithfully taking all supplements required to correct any body deficiencies.

After fulfilling the above you are ready for a 24 hour preliminary fast. It involves leaving out food from supper one day to supper the next day – no breakfast, no lunch, except liquids or juices.

If your body is not ready, if the fasting would be too difficult for you, you will experience a real hangover – miserable feelings, headaches, sickly feelings, loss of energy. These are not the result of lack of food. You will be able to accept this when you fast again later. It is actually withdrawal symp-



Dr. Leo Roy

“Fasting allows the body physiology the rest it requires to regenerate lost vitalities and youthfulness.”

toms resulting from body poisons passing into the blood on their way to being flushed out of the body. The blood goes to the brain. The brain is poisoned by these toxins, wastes and causes of disease.

If this is your experience, eat fruits and salads after 24 hours then go back on regular but good foods for the next week. You can then prepare for another fast and try again. This can be done weekly if necessary. When you can pass the first 24 hours tolerably, getting through the discomforts without serious difficulty – then continue on the fasting program which follows, until the time is right to stop.

FASTING PROGRAM

Permitted and prescribed liquids:

- 1-2 teaspoons only of fresh squeezed lemon juice in distilled water to which has been added 1 teaspoon of raw honey.
- Distilled water.
- Herbal teas. The best are peppermint, chamomile or others helpful for digestion or

the stomach. Make with distilled water and honey. Do not use sugar.

- Grape juice or papaya juice.
- Take no more than 4 or 5 normal glasses of any juice or honey containing drink in a day.
- Water can be taken at any time. The more the better.
- Vegetable juices.

SUPPLEMENTS DURING FASTING

- If you have had serious intestinal problems, bowel elimination is quite important. Take any herbal laxative formula, or Carter's Little Liver Pills.
- Cholacol tablets (a brand of bile) is to be used whenever hunger is too much for you, or when bowel movements are not dark brown.
- Cataplex AC (totally natural vitamin-enzyme preparation) is important for handling body toxins. Take 3-6 per day.
- Most detoxification and body normalization take place in the liver. The liver carries most of the fasting load. Don't let it get exhausted. When you feel miserable and depleted, usually the liver is also. Best supplements are Betacol, Hepatrophin or formula 17606. Your doctor will indicate the best one for you. Take 1 or 2 a day.
- Cell waste products require digestion even in tissue levels. One or two tablets a day of enzymes greatly increase efficiency of elimination and detoxification.
- If fasting during very hot weather, you may perspire excessively. Add a little sea salt to distilled water to replace minerals lost through the skin.
- If you are subject to a lot of intestinal gas, take acidophilus tablets; they neutralize the gas. Take each time you pass wind. Take enough to completely eliminate the gas. Intestinal gas can be as toxic as a drug.
- Springreen or Catalyn are food concentrates which contain all the vitamins and enzymes and intrinsic factors required for sustaining peak well-being and detoxification processes.

Most books on fasting say do not take anything during fasting. Most wisdom on fasting was developed in the past when food was nourishing and people had health reserves. Food contained trace minerals and enzymes and everything required to maintain health. This has changed so radically in recent years that changes in our thinking and hand-

ing of fasting should take place also, and compensate for deficiencies that would turn a fast into a period of starvation. Twenty Springreen a day or 5 Catalyn a day may double both the efficiency, tolerability and comfort of fasting and make it a gratifying experience.

POSSIBLE PROBLEMS OR REACTIONS DURING FASTING

Weakness, dizziness, faintness, or headaches indicate a build-up of toxins in the blood or a need for more glucose. The body needs proper quality sugars to burn up toxins the same as we need air to burn up wood or fuel. At such times take, quickly, another glass of liquid with honey or a juice. If energies do not return quickly and a feeling of relief from the discomforts is not definitely experienced, then intense intestinal flushing out – enemas – may be indicated.

“The lack of desire for food is saying – “stop, give me (your body) a rest and a chance to clear out dangerous elements in the blood and cells!”

Constipation may be a reaction to fasting. It is usual to have no bowel movements after the first or second day. If you are fasting routinely, that is, have no serious ailment, especially involving digestion or the intestines, and fasting for only 3 to 5 days, then do not be concerned.

If constipation accompanies any discomfort just mentioned, or if any other complications or markedly upsetting body changes are experienced, then it becomes important to persist in the use of herbal laxatives, enemas or cholacol tablets already mentioned.

Consult your doctor about enemas.

HOW LONG SHOULD OR CAN A FAST BE MAINTAINED?

There is no pat answer. The answer varies with individuals, with specific needs of the body and severity of the ailments. Listen to your body and consult with your doctor frequently. He will interpret the body's reactions and guide you for the best results.

As a rule of thumb, persist in fasting as long as you feel some improvement from day to day, or at least a continuing feeling of well-being. When weakness, fatigue, or marked hunger increase, and you are not feeling as good as the day before, it is

time to consider stopping the fast. Report all reactions to your doctor.

What does one usually expect during fasting?

- First day: Headaches, fatigue, feelings of a hangover.
- Second day: Much relief. Less fatigue, hunger, feeling low.
- Third day: Starting to feel better – less fatigue, less hunger.
- Fourth-Fifth days: Starting to feel good – head clearer, less craving for food, energy good.
- After this a slow steady improvement in health until a peak is reached.

“It is actually withdrawal symptoms resulting from body poisons passing into the blood on their way to being flushed out of the body.”

Is rest compulsory or required during fasts? Not necessarily, unless it is a long fast like 15 days or more. Resting is the only time the body heals. If you have had severe ailments, resting is advisable, but they need not be forced rests. When you feel really good, live normally.

BREAKING FASTS

- First snack: Vegetable juices or fruits.
- Second snack: Fruits and vegetable salads or homemade vegetable soup.
- Third snack: Add to the above to satisfy your cravings.
- Next, back to normal, natural, good quality meals.

Fastings should not be undertaken during times of extreme exhaustion, tension, emotional difficulties or any upset. Do not fast over 3-4 days if you fear a fast.

WHAT ABOUT WEIGHT LOSS DURING FASTS?

Normally weight loss is little and slow. Any quick, marked loss of weight means merely that the body has lost much toxic wastes which were stored in the tissues – little of the tissue itself has broken down.

If you are underweight and fear losing more, rest assured that a healthy body normally returns to a weight level that is healthiest for your body.

Holistic Alternative Supplementary Anti-Cancer Therapy & Prevention

By Karl Otto Aly, M.D.

Dr. Aly is medical director of Tallmogarden, a Swedish health spa and center for alternative medicine. This is a lecture given at the 1985 FACT convention in Philadelphia on July 26, 1985.



Tallmogården

There has been and still is an intense debate in Sweden about alternative cancer therapies after several TV programs about the story of a breast cancer patient, her feelings, her treatment and the alternative treatment given to her at Tallmogarden. After the TV program was shown several times at prime time, there was intense debate in our biggest daily newspaper – *Dagens Nyheter* – between representatives of unorthodox medicine and oncology. The holistic view on cancer and cancer therapy cannot be suppressed any longer and our methods be ignored, as they now have been discussed widely and publicly and the counter-arguments against our holistic view are not convincing. Furthermore, the discussion has had the positive “side effect” of the leading Swedish oncologist, Professor Jerzy Einhorn of the Karolinska Institute in Stockholm, having invited Tallmogarden to have a scientific collaboration to prove our methods on motivated patients from that internationally and highly respected hospital and clinic.

Is there any need of alternative cancer therapy? Well, you and I apparently feel — yes! Why? The traditional (orthodox medical) view on cancer is that cancer is a local disease which in later stages is spread throughout the whole body by means of metastases. It is the single cell that is considered to be aberrant along with a deranged metabolism, and it is the sick cancer cell, or rather conglomerations of sick cells, that have to be fought and eliminated. And with regard to the seriousness of cancer, preferably methods and treatments which affect the tumor are mainly approved and used, even if they are aggressive and highly toxic. At the center of orthodox medical interest is the tumor and how it can be destroyed, preferably, by means from the outside — almost at any price! But what about the patient attached to the tumor?

No doubt, modern medicine has been successful in treating certain cancers in accordance with the “localistic” theory and utilization as its main strategy: surgery, radiation and chemotherapy

“The holistic view on cancer and cancer therapy cannot be suppressed any longer and our methods be ignored.”

(cytostatics). But that strategy is apparently not sufficient, as approximately only about 50% of all cancers achieve 5-year survival (which is the yardstick for cure). But still at least 50% of all cancer victims face a dreadful fate, and many of the survivors are frightened and or mutilated. The price for survival is often very high and the quality of life not always the best after all conventional treatments. No wonder people and especially cancer victims are looking and asking for alternative therapies or at least supplementary therapies. No doubt, many cancer patients feel — painfully — that it is not they who are in the center of interest; it is their tumor! They feel that it is the tumor and the cancer that are treated, and not the sick and suffering patient. Although conventional medicine admits that it doesn't know the reasons for cancer, its practitioners have to treat the cancers (and as almost no causes are accepted) independent of and with no regard to the many possible and probable causes of the disease. Insofar as medicine is searching for one single cause of cancer, such as a special cancer-producing virus, they will never solve the cancer problem and never be able to give a really successful and nontoxic therapy. It is a

pleasure for me to notice and to state that there is a growing awareness, also in orthodox medicine, that cancer etiology is multifaceted, that is to say, probably all cancers have many causes. More and more it is accepted that environmental factors play the main role in cancer development, and that it is especially our lifestyle that decides whether we get cancer or not. Among the most important lifestyle factors are diet, alcohol-drinking and smoking. Between 70% and 90% of all cancers are considered to be related to lifestyle factors. Other causative factors are: air and water pollution; occupational risk-factors such as radiation and asbestos; different drugs such as tranquilizers and estrogens; certain food additives; excessive exposure to sunlight; sexual behavior; living conditions, and of course heredity too (but probably less important than usually assumed). Very important in this connection are, furthermore, psychological factors such as severe emotional stress, loss of close relatives, and mental depression. A general “I am always a loser” attitude is often connected to the breakout of cancers.

As far as tobacco and especially cigarette-smoking is concerned, we can only state that even the medical establishment now at last — after more than 60 years time of consideration — agree that tobacco smoking “might be dangerous to your health.” Dear friends, it not only “might be,” it is, and is very dangerous, and not only related to lung cancer but also —with regard to all the many toxic and carcinogenic substances in tobacco smoke — to all other types of cancer. The question is no longer: tobacco and health, the question now is: tobacco or health! And I think there is not now and never will be any successful treatment of any cancer whatsoever without immediate and complete cessation of smoking.

Let me put this very clearly! Alcohol too is a systemic poison; it destroys cells, especially brain, nerve, and liver cells. And the nervous system as well as the liver are of great importance for our immune defense. Alcohol, even in moderate quantities is noxious and detrimental to the cancer patient and should be avoided by all of them.

As to the importance of diet/nutrition, there is now a large body of scientific evidence, founded on many epidemiological and experimental studies, that the traditional viewpoint of orthodox doctors that nutrition and diet are of no value for cancer patients or in cancer prevention is no longer credible and cannot be maintained any longer on a scientific basis. In order not to be considered as

partial and just a believer in this question, I would like to cite some of the highly interesting statements made in the fairly sensational (in view of former attitudes) report from the Committee on Diet, nutrition, and Cancer, 1982. There are some very essential statements from that scientific report that cannot be denied any longer by anyone. What is interesting in this report are primarily the review facts – but not always the conclusions.

[At this point Dr. Aly read directly from the report to prove his statements. It is too lengthy to reprint here but the report can be obtained from the National Academy Press, 2101 Constitution Avenue, NW, Washington, D.C. 20418].

Since the NRC report so scientifically validated the cancer/diet connection, nobody can doubt any longer the fact that there has been a tremendous change in attitude on the cancer problem in regard to this question, and that more of the scientific evidence produced is very much in favor of the dietary program that F.A.C.T. and representatives of the biological medicine and alternative therapies have maintained for decades.

“At the center of orthodox medical interest is the tumor and how it can be destroyed, preferably, by means from the outside – almost at any price! But what about the patient attached to the tumor?”

In consequence of the biological view on humans, nutrition and cancer, our anticancer diet at Tallmorgarden is very much consistent with the latest scientific findings. Our basic diet is mainly vegetarian, supplemented by dairy products such as sour milk, acidophilus milk and homemade cottage cheese. The vegetables are preferably – if possible – organically grown in our own garden, with no toxic additives or pesticides. Most of the green vegetables should be eaten raw if possible, but cooked foods such as millet, brown rice, buckwheat, corn and barley are included in the diet. Our diet is rich in natural fiber, e.g., foods high in fiber content such as whole grain products, pulses, green vegetables and fruits. Our anti-cancer diet is vegetarian, since meat produces toxins in our body, and is too rich in fat. Our diet is also relatively low in fat. The fats we use are mostly natural, from nuts and seeds, and only small amounts of high-quality minimum-processed fats such as fresh butter and vegetable oils, cold pressed

and non-hydrogenated. We have a lot of sprouted seeds in our diet, similar to that used by Ann Wigmore in Boston. There are no charcoal-broiled or smoked meats. No salt, no white or brown sugar, no white flour, no refined carbohydrates or other refined or highly processed foods are used. There is no coffee, black tea, alcohol, soft drinks. Small amounts of naturally fermented foods such as sauerkraut are part of the program. No eggs or fish are used in our place, though the nutritional value of these foods might be accepted in certain cases.

Generally speaking, our anti-cancer diet is much the same as that propagated by F.A.C.T., where you can get more detailed information. It is important to state that the diet has to be modified individually and in accordance with the nutritional state of the patient and his or her individual tolerance. The tolerances may be improved by and by, and can sometimes be facilitated by digestive enzymes and diluted lemon juice, in case of the absence of gastric juices (hydrochloric acid). It is also important to stress that this diet alone cannot cure cancer. As to vitamins and minerals, we prefer natural sources of these essential nutrients and have demonstrated scientifically that most essential nutrients (all those which have been measured) are found in optimal quantities in our special lacto-vegetarian diet. In many cases when the patients apparently are depleted in vital micronutrients, we may give supplements, carefully selected for the individual. Much of the food in our diet is rich in potassium, magnesium and trace minerals.

Diet therapy is often combined or started with a detoxification program to improve all excretional functions (bowel, kidney, skin – sweating and sauna, and breathing.) Fasting as a rule is indicated only for a short period in special cases.

Furthermore, our therapy implements different kinds of psychotherapy, individually and in groups, in order to help the patients in crisis to help accept the disease and to strengthen their will to live, survive and fight, to visualize healing forces, to gain self-confidence and understanding (awareness of the underlying factors that promote cancer).

Furthermore, we use certain herbal medicines to stimulate the immune system, such as Iscador, Helixor, echinacea and others.

Withdrawal treatment from alcohol, coffee, drugs and tobacco are instituted.

Another of our therapies is hyperthermia. We also use exercise, hydrotherapy, massages and physiotherapy. Sometimes to relieve pain, acupuncture or neural therapy are necessary.

Change of milieu from the ordinary (stressful, urban, polluted) to a positive atmosphere dedicated to promoting health, with enthusiastic believers and promoters (including doctors), the stimulating atmosphere of an unspoiled, unpolluted natural rural environment in Sweden with no aeroplanes, noise, cars, are helpful. Also important is our health education and promotion program – motivation by lectures and living examples.

In sum, then, this is our total therapy – an attempt at holistic therapy. Generally speaking, I am



Food at Tallmogården

not negative to conventional therapy, even if I am critical of indiscriminate radiation and chemotherapy, but I think that conventional therapy alone is not sufficient; it has to be supplemented with several biological methods – and that is what we are doing. We are trying to activate the healing forces of the patient, to support the health-promoting endeavors of the cancer victim. We try to give them tools to work with around their disease and to give them all possible support in order to recover and survive! But it is not only the question of survival – we have to die sooner or later. There is also the question of quality of life and growing mental awareness. Even if we cannot cure cancer patients, we can always improve the quality of life. We can make life at least somewhat easier to live, alleviate severe pain, and give our humane support and empathy. If aggressive treatment, such as cytostatics and radiation are necessary, and or already given, our therapy is of value anyhow. Iscador, for instance, may very well be combined with chemotherapy and radiation, and it apparently diminishes the severe toxic side effects of those treatments.

I do not think that our way and therapy is the only way; certainly much more could be done. But what we do provide is good, and almost all patients feel better and get into better shape after having been treated at our place. Many have survived and resumed a new quality of life and they are still our grateful and believing patients. Orthodox doctors, believing in our methods, come to us when they get cancer. We don't maintain that you have to do all that we recommend. We say, try what you feel or what seems to be good for you. We do not advertise. We work on a non-profit basis.

I do not think that I, or we, have found the ultimate truth, we are continuing to search for it. In the meantime we are trying to do our best. What I think cancer patients – and also other patients – need is more natural science research. We also need more devoted doctors engaged in natural science research.

What we try to do is: not only treat the cancer and the tumor, but first of all to meet and treat the whole suffering human being.



Dear Ruth,

It is with regret that I am unable to attend the Annual/Nutrition Convention being held this month in Philadelphia.

The Foundation for Alternative Cancer Therapies deserves great credit for its avant garde efforts to battle cancer.

Your group was the first to be aware of the effect of total body thermo therapy.

My only claim to this therapy is being one of the first to utilize it using general anesthesia. It is a relatively non-invasive technique which in my experience relieves pain and destroys tumor cells.

When you and your group came to visit me back in 1969 – total body hyperthermia under general anesthesia was considered quite radical – today it is now an accepted technique being used along with other modalities in the treatment of cancer.

The Foundation for Alternative Cancer Therapies should receive the same support given to the American Cancer Society.

More effort should be directed toward non-invasive and non-destructive methods in combating cancer.

Success to your efforts,
Sincerely,

Bob Berman, M.D.

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

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Sweden

Better Nutrition for Better Health
Tallmogården Nutritional Program
Waerland Dietary System

Berk, Edward, Herbalist

Rebuilding the Immune System
Botanicals for the Restoration of Health

Blasband, Richard, M.D.

Reich Therapy

Goldberg, Jane, Ph.D., Psychoanalyst

How Stress Alters Normal Body Function
Psychological Contributions to Cancer Contraction

Hamilton, Luelle, D.O.

Skeletal Integrity
Osteopathy, A Tool for Well-being

Hochberg, Arthur, Ph.D.

Stress Can Cause Cancer and Undermine Treatment

Irons, V.E.

Colon Management
The Colon-Mirror of Your Health

Jensen, Bernard, Ph.D., D.C.

Rejuvenating the Body
Tissue Cleansing Through Bowel Management and
Nutrition
Moving the Whole Body to Health

Lansky, Philip, M.D.

Clinical Psychoneuro-Immunology

Reich, Eva, M.D.

The Cancer Biopathy

Rodriguez, José, D.C., Kinesiologist

Balancing the Endocrine System

Roy, Leo, M.D., N.D.

The Art of Patient Management
Enzymes: Life's Miracle Workers
Individualized Nutrition for the Cancer Patient
The Individuality of Diagnosis and Treatment

Sackman, Ruth

Cancer Causes and Prevention
Symptoms Associated with the Biological Restoration of
Health

Schatz, Albert, Ph.D.

Fluoridation: The Great Brain Robbery

Yiamouyiannis, John, Ph.D.

The Link Between Fluoride and Cancer

Lee, John R., M.D.

Connection Between Fluoride Toxicity and Cancer

Case Histories

Betty Fowler (skin cancer)

Walter Carter (pancreatic cancer)

Pat Judson (colon cancer)

Richard Mott (lung cancer)

Hy Radin (cancer of the spine)

Michael Whitehill (thymoma)

Kay Windes (breast cancer)

[Daniel Friedkin (embryonal)

[Ruth Williams (melanoma)

[Doris Sokosh (breast cancer)

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