

CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.



1847 - 1931



The doctor of the future
will give no medicine
but will interest his patients
in the care of the human frame,
in diet, and in the cause and
prevention of disease.

Thomas A Edison

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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FACT has always stressed a different concept of what cancer is, how it develops and how it should be treated from that held by the medical community. It has been quite difficult for people to shift from an entrenched concept of cancer — that the cancer cell is an independent entity without any connection to body function, to one that emphasizes the systemic nature of the disease, that it is a breakdown in body chemistry and not an unrelated phenomenon.

The articles selected for this issue of *CANCER FORUM* are aimed at solidifying FACT's concept of cancer. Although Dr. Warmbrand's lecture was delivered in 1971 when his ideas were accepted by the more enlightened, it should be much more acceptable and better understood today. It deals with the systemic biological nature of the disease, prevention and control.

Adaptation to the systemic concept of cancer is important to those people who are following a different system from the conventional radiation and chemotherapy to treat their cancer problem. The medical system is to destroy the cancer by any means short of immediately killing the patient, but that does not mean the treatment does no harm to the victim.

If one applies the same yardstick to the alternatives by using an injectible, tonic, tablet, vitamin, etc. to reduce the tumor without attending to the whole body's needs, failure is more likely than success — especially temporary success that becomes ultimate failure because nothing was done to correct the dysfunction of the body or to provide it with life-sustaining material — *carefully balanced nutrition*.

The body must receive all of its essential nutrients or the machine will not function properly, nor will it have the material with which to build healthy cells instead of abnormal ones. Ruth Sackman, Pres.

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CANCER

Where Are We Heading?

Asks Dr. Max Warmbrand, N.D., D.O.

This article is based on a lecture delivered at the Seventeenth Annual Convention, in Switzerland, of the International Society for Research in Nutrition, Vital Substances and the Diseases of Civilization, September, 1971.

That the problem of cancer is not lessening is now well-known; indeed, the picture becomes steadily worse with each year. The latest figures show that in the United States the point has been reached where more than 300,000* lives are being lost yearly from this tragic body- and life-destroying disease, and still the end is not in sight.

“It is well known that practically every human being, at one time or another develops cancer cells in his or her body, but when the latter is in a healthy condition, it can usually destroy these cells and so no cancer develops.”

In short, in spite of the vast sums of money that have been spent in the search for a cure, very little if any progress has been made towards finding the answer to this frightening affliction. It is because of this that many of our leading scientists are now beginning to wonder whether a cure for cancer will ever be found, and whether it would not be better to direct our major efforts towards *prevention*.

If we are to understand what can be done to solve this problem, it is necessary to know what the disease is, how it originates and what we must do to check its development. To begin with, it should be remembered that a cancer cell is a mutant. A normal cell changes and becomes a cancer cell not of its own volition, but because it has been forced to adapt itself to certain stimuli or irritants, which may develop in the body as by-products of an abnormal or disordered metabolism, or be taken into the system from without in the form of drugs, chemicals, unsuitable foods, or other toxic substances.

FUNDAMENTAL CHANGES

When these stimuli or irritants threaten the life of the cell the latter either dies or succeeds in remain-

*Today nearly 500,000 deaths occur in a year.

ing alive by adapting itself to the changes in the environment, in which case, however, its whole character and nature undergo fundamental changes. The mutant cell is no longer a normal member of the community of cells to which it originally belonged, but has become an abnormal cell, a deranged cell — a cancer cell.

Similar changes in nature can be observed everywhere. Benign or innocuous bacteria become virulent when the soil in which they live change from a healthy condition to an unhealthy condition. We notice similar changes when bacteria become drug-resistant, and when the use of pesticides leads to the development of pests which become resistant to the chemicals that are used in an effort to destroy them.

These and other examples could be cited to illustrate how living entities adapt themselves to their environment in a desperate attempt at self-preservation; they exemplify the part played by the defense mechanism of the living organism.

Nevertheless, while certain cells, in their effort to adapt themselves to a change in their environment, become abnormal cancer cells, this does not mean that they are necessarily a threat to our life. It is well known that practically every human being, at one time or another develops cancer cells in his or her body, but when the latter is in a healthy condition, it can usually destroy these cells and so no cancer develops.

“...not only against the foreign and health-threatening substances which find their way into our bodies from without, but also against the toxins which develop as end-products of our body metabolism.”

NATURAL DEFENSE

I could quote many noted cancer authorities who have observed *what actually takes place in the healthy body when cancer cells are present*. For example Dr. Cornelius P. Rhoads, one of the most renowned cancer authorities, when appearing some years ago before the Royal College of Surgeons in London, pointed out that “persons in normal health appear to have a natural defense against cancer and can throw off the disease after it attacks body tissue”.

The *Journal of the American Medical Association* (May 7, 1960) also explained that the body possesses the power to destroy cancer cells. Reporting what happens when, after an operation, cancer cells start floating freely in the blood stream, it was stated that

“there is a time when they (the cancer cells) do appear and are killed by the patient’s natural defenses, and a time when the patient’s resistance is low and these cells grow, metastasize and kill the patient”.

DRAMATIC PHOTOGRAPHS

Still later, as reported in the *New York Times* (February 7, 1962), Dr. Harry Rubin, of the University of California, at a scientific meeting conducted by the New York Academy of Sciences, presented a dramatic series of photographs which showed how cancer cells are fought and ultimately destroyed by the defense mechanism of the body. The *New York Times* summed up what these photographs showed in the following words: “The photographs showed defense cells, called lymphocytes, attacking cancer cells, tearing holes in them and leaving them battered carcasses incapable of manufacturing more of the virus particles that turned them into tumors.”

The late Dr. Kasper Blond, a noted authority on cancer, presented another thought which explains how the body protects itself against cancer, when he emphasized that the liver is the key organ which protects the body against the onset of the disease, and stated that so long as the liver is in a healthy condition, it can protect itself against the onset of cancer.

All this clearly proves that the real answer to the problem of cancer lies not in the discovery of an elusive cure, but in *prevention* — in the adoption of a way of living that keeps the body in a healthy condition.

“...“internal polution” that is brought on by drugs, chemicals, the wrong kind of food and wrong living habits...”

SEARCH CONTINUES

Nevertheless the search for a cure for cancer continues unabated, and only recently the President* of the United States, in his message to Congress, requested that one hundred million dollars be allocated in any endeavour to find a cure for this dreaded disease.

This was not the first time that Congress had been asked to allocate funds for this purpose. In 1949, a spell-binding cancer researcher appeared before Congress and, in a most dramatic way, stated, “Give us the money and in ten years we will give you a penicillin for cancer.”

In mentioning “penicillin,” which at that time was considered to be one of the major break-throughs in medicine, he sought to dramatize the fact that if Con-

gress would only provide enough money for research, a cure would be found.

Now, 20 years later, and after more than two billion dollars have been spent in an effort to find a cure for this baffling and life-destroying affliction, what have we accomplished? As I have already pointed out, the mortality from this disease continues to mount from year to year, and we have now reached the point where more than 300,000 American lives are being lost yearly to this ruthless killer.

SERIOUS PROBLEM

A publication recently issued by the U.S. Government illustrates how serious this problem has become when it points out that of the 200 million Americans now living, “50 million will develop cancer . . . and 34 million will die of this painful and ugly disease.” It further stresses that this disease “causes more deaths among children under age 15 than any other disease”. I do not know the exact situation in other parts of the civilized world, but the picture is undoubtedly very similar.

This explains why many of our most noted cancer authorities are finally beginning to wonder whether a cancer cure will *ever* be found, and whether research should not be directed primarily towards *prevention*.

There can be little doubt where the responsibility of the present-day physician lies. He should begin to re-evaluate his approach to his patients’ health problems, and make sure that he takes care of them in conformity with the more fundamental concepts of health-restoration. He must take care of the *whole* person, the *whole* human being, discontinue his dependence on symptom-relieving drugs, and once again become the teacher who explains to his patients how they can protect themselves against the onset of these dangerous diseases.

THE ONLY WAY

This can, in fact, be accomplished very simply. Our efforts to induce people to discontinue smoking constitutes one step in the right direction, and we must also discourage the use of all toxic and carcinogenic drugs and chemicals. In addition, we must do everything possible to clean up the pollutants which poison the environment we live in, and adopt a way of living that will keep our bodies strong and healthy, since this is the only way in which we can make certain that they will be able to defend themselves against any of the influences which threaten their existence — not only against the foreign and health-threatening substances which find their way into our bodies from without, but also against the toxins which

*Nixon’s War On Cancer.

develop as end-products of our body metabolism.

Where our feeding habits are concerned, this means avoiding all refined and processed foods, discontinuing the use of cakes, pastries, ice-cream, and all kinds of denatured sweets, eliminating coffee, tea and chocolate, omitting heavily seasoned foods, and controlling the intake of the rich and heavily concentrated foods. It also means keeping the body fit by providing it with sufficient rest and sleep, adhering to a well-planned programme of physical exercise and healthful outdoor activities, the development of emotional control and peace of mind, and a discontinuance of all senseless and health-undermining practices such as the use of drugs, chemicals, alcohol, tobacco, etc.

“...and make sure that he takes care of them in conformity with the more fundamental concepts of health-restoration. He must take care of the whole person, the whole human being, discontinue his dependence on symptom-relieving drugs, and once again become the teacher who explains to his patients how they can protect themselves against the onset of these dangerous diseases.”

SPECIAL SIGNIFICANCE

Next to the diseases of the heart and the circulatory system, cancer is one of our major life-destroying ills. This is why a statement issued recently by a team of internationally renowned scientists is of special significance. It warned against the effects of our present day unhealthful practices, and stressed the harm that results from the “internal pollution” that is brought on by drugs, chemicals, the wrong kind of food and wrong living habits, and warned that an entirely new approach is needed if mankind is to be saved from continuous deterioration and maybe even total extinction.

THE BASIS OF HEALTH

The findings of these scientists were published in the June 15, 1971, issue of *Experimentia* — a scientific journal published in Switzerland — and as I kept thinking about their conclusions, I could not help realizing how close they have come to what the natural health movement has been stressing during all

these years. They reiterate that the only way we can save ourselves from cancer or any of the other serious or life-threatening disorders is by changing from our present-day unhealthful living habits to a healthful way of living. They reiterate also what some of the most noted authorities in health education have emphasized constantly — namely, that *internal cleanliness is the basis of all health*.

The seriousness of this disease cannot be minimized, and it may be some time before we are able to understand all the facets which contribute to its onset. It should be apparent, however, that the best protection against its development is a way of living and care that keeps the body in a healthy condition. Nevertheless, even where the disease has already made its inroads, our best hope for its remission or control lies in the adoption of the kind of regimen that has been advocated as a preventive measure, provided that the body's healing powers have not yet broken down to the point where a reversal is no longer possible.

Reprinted from Health For All, December 1971.

Editor's note: The reason for printing this article by Dr. Max Warmbrand is because it is as applicable today as it was in 1971. It is a concept that must be applied by the medical establishment if cancer is ever to become routinely controllable and curable. The article recognizes the role of the body's defenses (immune system) in protecting the patient, something which was not readily understood and accepted in 1971. The use of the concept is also important in helping cancer patients avoid recurrences by supporting the body's own ability to protect itself.



The Medicine In Your Kitchen Cabinet

By M. C. Holmes, M.D.

"Satan is the originator of disease, and the physician is warring against his work and power." — *5T 443:4*.

"There are more who die from the use of drugs than all who would have died of disease had nature been let to do her own work." — *HL 244*.

"Drugs never cure disease; they only change its form and location." — *HL 243:1041*.

"God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering." — *HL 245:1048*.

"Mothers, you are the teacher and doctor in your home. The following are some remedies found in your kitchen cabinet.

— **ALOE VERA:** Excellent. The outer coating of the leaf for bowels, the inner part of the leaf for cancer, burns or any wounds.

— **APPLE OR PINEAPPLE JUICE** (unsweetened): Will stop a gall bladder attack. Apples contain malic acid.

— **BEETS:** Grated raw, put in salad are good for the blood.

— **CAMPHO-PHENQUE:** Cheaper purchased at grocery store than at drug store. Apply up each nostril and on each tonsil in throat when a cold is approaching.

— **CAPSICUM:** Heart, asthma, cramps, fever blisters, hemorrhage, boil, and anywhere else you want to use it.

— **CINNAMON:** Dries the blood, is not good to use.

— **FENNEL, ANISE, DILL and PEPPERMINT:** For gas of flatulence, indigestion.

— **FIGS::** Excellent for constipation and boils.

— **FLAX SEED TEA:** Very good for gastric ulcers and making child birth easier.

— **GARLIC:** For worms, and detoxification against flu cold. Hemorrhoids — prick garlic cloves, soak in olive oil for a few hours, insert in the rectum nightly. Cloves may be kept in olive oil in small jar for handy use. **A sure cure. Hemorrhoids should not have surgery, which does more harm than**

good. Slow down on roughage and seeds, for hemorrhoids are just an indication of irritation higher up.

— **GINGER TEA:** Good for menstrual cramps.

— **GRAPEFRUIT:** Wash thoroughly, cut in chunks and cover with water. Steep for 10 minutes, **DO NOT BOIL.** Drink when cool. This is good for colds, sore throats and arthritis.

— **GRAPE JUICE:** Good for anemia, either alone or with a beaten egg, taken one hour before breakfast, or around 10 o'clock. Grape juice is good for infections and for cancer, as it has a built-in antibiotic.

— **HONEY:** Added to a little water is a good heart stimulant in a weak animal, or for a heart attack.

— **IODINE:** (Dark kind with skull and cross bones) Take 8 drops in a glass of water 3 times a day for an approaching cold, with sneezing and chills. May be taken for one or two days. This overcomes tiredness and raises the resistance and may even abort the cold. For a scratchy sore throat, 10 drops of iodine in ¼ glass of water as gargle.

— **LEMON:** Of all God's created fruit, lemon heads the list for treatment of illnesses. Apply lemon juice for a sore hangnail, burns from fire, sunburns. Apply lemon juice on a rabid dog bite.

— **LEMON, GRAPEFRUIT and ORANGE JUICES::** Best used in cases of colds, upper respiratory infections of any kind, or for one day of fasting.

— **LETTUCE, CELERY, ONIONS and POTATO:** Good foods to relax an over-stimulated individual. All fruits are best for sedentary workers and to clear the mind.

— **MUSTARD** (powder): A can in a bath of hot water is excellent for aching muscles.

— **NO SUPPER:** For kidney troubles, bedwetting, and dropsy, especially swollen ankles.

— **OIL OF CLOVES:** Good for toothache.

— **ONIONS:** In poultice on chest for pneumonia or made into syrup for a cough.

— **POTATO:** (1) Red potato, freshly juiced, using 2 tablespoons every two hours replaces a shot of penicillin.

— **POTATO:** (2) For gangrene of the foot, grate potato, add powdered charcoal to absorb liquid, and add comfrey, if available. Make poultice fresh each morning and evening. This poultice treatment is excellent when used together with hot and cold foot baths.

- **POTATO, ONION, CELERY and GARLIC:** Best used when it comes to any digestive difficulty.
- **PRUNES:** Excellent for constipation if person is not subject to arthritis.
- **RADISHES** (especially black): Good for liver.
- **RASPBERRY LEAVES:** Tea made from dry leaves good for internal hemorrhage, and should be included in prenatal care.
- **RED PEPPER, CAPSICUM and CAYENNE:** All names for the same thing. May be used for hemorrhages inside or outside the body. In case of heart attack, take from ¼ teaspoon to one teaspoon by mouth. Also good for menstrual bleeding.
- **SAGE:** Hot tea good for headaches; cold tea for menopause.
- **SALT** (sea salt is best): Read label to make sure no aluminium, dextrose or sugar is added, as is in the one that pours when it rains.
- **SANAFRIO:** (Purchase at the drug store.) We keep this in our cabinet at all times for emergency - for colds, coughs, **bee stings and insect bites.** Best remedy for bee stings you can find.
- **SUGAR:** Most damaging item in our cabinet. **Dispense with it as food.** A sugar-free diet is excellent to promote health. However, it is good to put in an old sore as osteo-myelitis to clean out the pus. Sugar applied to a wound will stop hemorrhage. Sugar in the toilet encourages proper bacteria to dissolve waste.
- **TURNIPS:** Used raw, help keep one healthy.
- **VINEGAR:** Good for hair rinse, or for gargle (for a sore throat). Do not use in food such as salad or pickles. Replace vinegar with lemon.
- **WATER:** God's greatest remedy for the eradication of disease.

The Story of Sugar

By Fred Rohe

No organic merchant sells white sugar or any products containing white sugar because it is a foodless food. It is 99.96% sucrose and when taken into the human body in this form is potentially dangerous. It is touted as an energy food, but such propaganda is misleading for there is ample evidence that white sugar robs the body of B vitamins; disrupts calcium metabolism and has a deleterious effect on the nervous system.

The above material can be concluded by anyone through reading, but in addition to the reading, I have taken the trouble to visit sugar refineries in both Hawaii and California. Aside from general curiosity, my reason for these visits was that I had been selling "raw" or brown sugar without understanding what they are. There was no information available which seemed dependable.

Sugar cane is grown with the use of synthetic fertilizers and weed sprays. The fields are burned just previous to harvest. These are destructive agricultural practices; nothing truly good can come from soil so mistreated. I would, therefore, be uninterested in consuming anything derived from commercially grown sugar cane, either brown sugar or molasses.

Sugar refining is largely a mechanical process done in truly huge machines which boil, spin, filter and separate. Aside from water, the materials which enter the processing are lime, phosphoric acid and diatomaceous earth. I don't consider any of these additives significant where white sugar is concerned because one thing is certainly true about white sugar; it is "pure." No chemical residues could possibly remain at the end of the line, so effective is their purification process.

There are three kinds of sugar which are not white: light brown, dark brown, and Kleenraw. They are all made the same way - by adding back molasses to refined sugar. For years I had heard several different versions of how these so-called "raw" sugars are made. All of them led me to believe that the so-called "raw" sugar which has traditionally been used in the health food industry is a "partially refined" product removed from the refining process sometimes before the final stage of white sugar. But my investigation has proved this impression erroneous. All forms of non-white sugars are made from a base of white sugar.

The numbers go like this: Partially refined or "raw" sugar is 97% sucrose when it leaves Hawaii and goes through a gigantic California refinery to produce refined sugar, 99.96% sucrose. For Kleenraw they add back 5% molasses, for light brown they add back 12% molasses, for dark brown they add back 13% molasses. A special crystallization process is used for Kleenraw designed especially to create a raw-like illusion.

All sugar companies use similar processes, as it is against the law to sell sugar which has not been refined. Ostensibly, the purpose of this law is to protect us; in reality it means we have no freedom to choose what kind of sugar we would use. Personally, I would like to be able to buy sugar from organically grown cane in the form of an almost black,

syrupy mass of crystals. It is rumored that the law which prevents us from buying such true raw sugar was enacted as a result of powerful lobbying on the behalf of the sugar refining companies.

Organic merchants do not sell brown or "raw" sugar or any products containing brown sugar either, because the plain fact is that brown sugar is a shuck (for those not familiar with the term let's call brown sugar phony).

It does not seem to me to be good judgment to ban white sugar because it is refined to the point of foodlessness containing neither vitamins nor minerals, a definite potential human health hazard, and then turn around and sell a product which is made from 87% of the very same white sugar. Having done a thorough personal investigation, I can assure you that brown sugar is nothing more than white sugar wearing a mask.

Besides not like the 87% part of brown sugar — meaning the white sugar — I don't much like the 13% part either — the molasses. For one thing, the ecologically unsound agricultural practices I mentioned previously; for another thing, those mammoth filtration units the molasses comes out of which are filled with charred beef bones. A representative from one of the sugar companies who came to see me to answer some questions from a letter I had written said the burned beef bones were to give the white sugar a more pleasing "aesthetic" effect. He explained that burned beef bones make white sugar whiter. Of course it's purely personal opinion, but I say God save us from such "aesthetics."

Can the Cancer Problem Be Solved?

By Dr. Virginia Vetrano

In 1931 there came from the press a little book by Dr. Shelton on Cancer.

On page 101 of this same book he says. "I have often thought that where operations are made for the removal of early cancer, they might prove ultimately successful if they were followed up properly. The patient is sent away from the hospital without any instruction about how and what to eat and how to live. He or she is allowed to return to the same mode of living that laid the foundation for the cancer in the first place. There is quite naturally a recurrence in a short time."

REMOVAL OF CAUSE

In this quotation it is strongly suggested that were the removal of cancer followed by a strict adherence to all of the rules of Hygienic living, recurrence would be rare. Discussing this thought with Dr. Shelton, he said: "Physicians and surgeons place too much stress upon the removal of all cancerous tis-

sue, thinking that if they leave behind only one cancer cell, this will result in a recurrence of cancer; but they place no stress at all upon the need for removal of cause. It should be obvious that there were no cancer cells present prior to the initial beginning of the cancer, and yet cancer developed. If cause can result in the evolution of cancer, initially, where there has been no cancer, the persistence of this cause can result in the evolution of another cancer after all cancerous tissue has been removed. That removal of cause is far more important than the removal of every vestige of cancerous tissue is shown by:

1. The fact that it has been shown experimentally that cancer cells arise in great numbers of instances and are destroyed by the body without ever developing into cancer.
2. That cancer, even in advanced stages, sometimes gets well spontaneously.
3. That under Hygienic care cancerous growths are often reduced to less than a fourth their original size.
4. That great numbers of precancerous stages and what are considered early cancer are completely recovered from through a process of Hygienic care."

He thinks that all of this means that the body itself can take care of a few remaining cancer cells, once its condition has been greatly improved. No cancer cell has ever been observed to revert to a normal cell. Once a cell has become cancerous, the condition is regarded as irreversible. But they die easily and it is Dr. Shelton's view that, until the systemic condition of the body has deteriorated below a certain standard, it easily rids itself of any cancer cell that may arise locally. He thinks that spontaneous recoveries, which are very rare, indicate that bodies that are greatly deteriorated, sometimes recover sufficiently from their state of deterioration, that they are able to free themselves of masses of cancer cells, not perhaps by restoring these cells to a normal state, but by treating them as foreign bodies; that is, by disintegrating them and casting out the debris.

THE GREATEST ADVENTURE

My interest in all this was aroused when, upon recently viewing *The Greatest Adventure*, Jack Troup's Hygienic movie, I saw the scars where a malignant melanoma had been removed from the right upper chest of R. J. Cheatham, of Detroit, Mich. This melanoma was removed in 1948. Mr. Cheatham tells us that his surgeons gave him but a relatively short time to live. Not wanting to die, he says he tried everything that was advised, including X-rays, radium, massage and other things. He says that he grew worse

rather than better under these forms of treatment. Then he procured all of Dr. Shelton's available books, including some that can be had only through the used book stores, and read and studied these carefully. He adopted a Hygienic way of life, whereupon his health began to improve. To me his case seems like verification of the suggestion made by Dr. Shelton in 1931, that, if cause is removed coincident with or following the removal of the growth, recurrence will be rare. I realize that one case of this kind is not sufficient to establish the truth of Dr. Shelton's idea but think that it is a significant indication that his suggestion may have great merit.

I asked Dr. Shelton why he had not followed up this idea and he replied that he had not had opportunity to do so. He says that as a rule people who submit to operation for the removal of cancer and of so called benign tumors do not come to him for after-care and instruction in a correct way of life. "As a general rule," he added, "these people are in such a rush to get back to the mode of life out of which their troubles evolved that they have to wear asbestos-soled shoes to prevent burning their feet."

MIGRATION OF CELLS

The melanoma gets its name from the fact that it is composed of melanin-pigmented cells. Melanin is the dark, amorphous pigment of the skin and hair. Malignant melanoma, which was the diagnosis of Mr. Cheatham's disease, is a tumor (cancer) which usually develops from a nevus (mole) consisting of black masses of cells with a marked tendency to metastasis. Metastasis is the transfer of disease from one organ or part to another not directly connected with it.

Metastasis in the case of cancer may be described as the migration of a cancer cell or cells from the cancer to some other part of the body, and a spontaneous grafting of the migrated cell into or upon the part to which it has migrated. Dr. Shelton doubts that these migrations and spontaneous grafts ever really occur. It is his thought that when cancer develops in two or more parts of the body, either concomitantly or successively, they are evolutions out of systemic causes. He says that if and when the medical and surgical professions ever recognize the true causes of cancer, they will be forced to revolutionize their whole conception of it.

OPERATION AND FASTING

In the Sept. 1957 issue of *Natural Hygiene*, Muriel Egizi tells her story. Briefly, she had a breast removed for *carcinoma*, "all infected tissue, glands and muscles" being removed. Her red blood count was low and she was unable to bring it back to normal. For five years following the operation she and her physician struggled with her blood count, but they could do nothing about it. Then she came in contact

with *Hygiene* and, after several attempts to fast, she says: "I decided to take a trip to Texas and put myself under the care of Dr. Shelton. My fast lasted 21 days and I am happy to report that the results were all that I had hoped for, and more than I really expected . . . It was over five years since the operation for cancer and for the first time in all those years my blood count was back to normal."

When I asked Dr. Shelton if she had cancer, he said: "I don't know. The anemia would suggest that this may have been a correct diagnosis, but there is still the possibility that she had nothing more serious than a *diagnosis* of cancer." Assuming that it was *not* cancer, it is still something to the credit of *Hygiene* that she regained a normal blood count. It is difficult for the average person to understand how a fast can enable the body to build blood; the common thought is that this requires much food, with the emphasis usually on flesh food. Dr. Shelton says: "The finest materials in the universe out of which to build blood are the reserve stores of the body. The blood-making organs do a remarkably fine job of building blood when the body has been freed of its toxic load."

RECOVERY WITHOUT OPERATION

Another case, that of Mrs. C. E. Doolin of Dallas, Texas, who was told that she had cancer of the breast and advised to have her breast removed, but who made a full recovery without operation, should emphasize the importance of not submitting to the knife unless and until the existence of cancer is unmistakably established. Mrs. Doolin's case is recorded in the film. Dr. Shelton, who supervised her fast and after-care, assures me that she did not have cancer but that she was merely one of many thousands who are yearly told that they have cancer when they have nothing more significant than an enlarged node or a hardening in the breast. He says that he has witnessed great numbers of recoveries of such patients in his practice, several of them much more dramatic than that of Mrs. Doolin. As thousands of such cases have recovered health under Hygienic care and thousands more have died as the result of operations and a still greater number have been severely crippled by the mutilation of the operation, certainly nobody should think of undergoing an operation without first giving Hygiene every possible opportunity to restore health. Even if an operation must ultimately be resorted to, a previous period of Hygienic living will build in the patient the best possible condition for the operation. Dr. Shelton says that even this is not an adequate safeguard in all cases. For, in many cases in which the enlargement is not totally obliterated by a Hygienic way of life, it is rendered harmless and no operation should be thought of.

Organic, Synthetic or Crystalline?

By K. W. Donsbach, N.D., D.C. B.T.S.

This article has been stimulated by the constant question as to the efficacy of the cheaper, synthetic varieties of food supplements which flood our stores today. It also should help those who have mistakenly purchased a synthetic product under the assumption that it was an organic because it was purchased in a Health Food Store. It is an unfortunate fact of life that there are many who demand high potency products and therefore the Health Food Store proprietor must stock them in order to keep his business. This mistaken concept (that high potency is equivalent to high activity) is a result of the chemical houses advertising programs which indicate that 'Potency equals Quality.' Research and experiments have determined that this is far from the truth, but the advertising goes on. It is under this assumption that we often hear the hopeless wail, "Oh, I've tried every kind of vitamin that there is and it never did me any good."

The chemist can produce what he considers is a perfect chemical replica of the natural vitamins. But we have the same condition existing as the curator who did not have a supply of sea water to keep his ocean fish in. His chemist assured him that this was no problem as the chemical composition of sea water was well known and he would make him some. When the fish were introduced into the 'chemical' sea water they soon died. The chemist, feeling that he had probably erred in his composition, made another batch with careful attention to proportions. The fish still died and several subsequent batches were also failures. Then a curator with some common sense added minute parts of real sea water to the artificial concoction and the fish lived happily ever after.

Even in the face of evidence of this nature, most chemists still will not believe that there is a difference between a synthetically manufactured vitamin and one derived from natural food source. Such stubborn adherence to theory not based on fact is a true stumbling block to proper clinical evaluation of a food concentrate, be it a vitamin complex, a mineral complex or whatever. If one research group uses a substance derived from natural food source and notes the response in many different patients thus eliminating the variables, then publishes its findings in a professional journal, another group may decide to try to duplicate this experiment. The second group obeys every rule of research, identical environment,

diet, controls, etc. but fails to question the source of the substance under surveillance because it was tagged with a name such as 'Vitamin M' and their source of 'Vitamin M' is from their local pharmaceutical supply house. The results of this test may be completely different from the original because of the lack of some unknown substance, as yet unidentified, which is present in an organic complex but not in a chemical complex. I personally know that this has occurred in our day and age and to a great extent contributes to the squabble over the effectiveness of supplementation as a means of therapy.

Products made from chemicals will never compare favorably with the product of nature, which is the living cell of the plant — a complex compilation of the life-giving rays of the sun, minerals derived from a fertile soil, vitamins, enzymes, amino acids and many unknown substances which make up life. An excellent example of this is the commercially sold ascorbic acid, also labelled Vitamin C. It is my opinion that ascorbic acid should not be labelled Vitamin C because the original concept of Vitamin C was that it would cure scurvy. Ascorbic acid, synthetically produced, will not alleviate the condition of scurvy, although a product containing ascorbic acid from a natural source with all the associated factors will relieve the condition with ease.

Now we come to the little known differentiation between a synthetic, a crystalline and a natural vitamin. The synthetic is obviously just what it says — the end product of a chemist's compilation from inorganic substances. These are the products which are sold at cut rate prices because their source material is cheap — usually coal tar or other petroleum derivatives. A crystalline vitamin is a natural substance subjected to various means of processing in order to get a single substance in concentration. High heat, toxic chemicals and filtration are all a part of this process. The end product is a highly refined, concentrated, crystalline substance without any contamination with the elements it was originally associated with. This product is usually sold under the banner — From Natural Sources — but the discerning buyer will note that the high potency listed on the label is not found in nature. It is difficult to perceive that such a product could conceivably bring health, after having been heated beyond the point where the activity of a vitamin substance ceases. On the other hand we have a completely natural vitamin which is of necessity low potency, but does contain the synergistic substances naturally associated in an organic combination.

Another good reason for not taking highly purified, single substances is the imbalance which the excess

intake of a single vitamin factor may produce. Vitamin B-1 is an excellent example of this. We know that without adequate amounts of Vitamin B-6 in the system, the excess B-1 may produce a deficiency of B-6 with resultant severe symptoms. Vitamins are associated together in nature and work together in our bodies. It is folly to take isolated, high potency substances and expect to receive benefits. Incidentally, Vitamin E is another good example of this. A large intake of Vitamin E should always be balanced with adequate calcium as this is a synergistic necessity for Vitamin E utilization.

It behooves everyone who is interested in regaining or maintaining his health to distinguish which is more important and which makes more sense: a one-sided, unbalanced, enzyme deficient, synergist deficient, synthetic, high potency vitamin, or a natural food complex containing the balances of ingredients as found in nature. The answer is, or should be, quite obvious.

Reprinted from WHEN

X-Ray Warning

At least three types of diagnostic X-ray procedures could expose a pregnant woman to enough radiation to seriously endanger the fetus, warned Drs. Roberts Rugh and William Leach of the F.D.A. They involve fluoroscopic examinations of the abdominal area. Such X-rays should be scheduled only during those days of the month when it is least likely that a woman has become pregnant without yet knowing it. In the case of a woman who is already known to be pregnant, he said, the doctor in the case must weigh carefully the relative risk to the woman and her unborn child.

Diarrhea Not Always Bad

Diarrhea may be nature's way of rushing harmful bacteria through your intestinal tract — and taking medicines to stop it may give the bacteria more time to make you sick.

Researchers at the University of Maryland School of Medicine reported that finding in the JAMA.

"In the case of infectious diseases, coughing, vomiting and diarrhea may represent protective mechanisms, and interferences with them may not always be wise," said Drs. Herbert DuPont and Richard Hornick who performed studies on 25 volunteers.

If diarrhea is in fact caused by infectious bacteria, the drug Lomotil — which physicians often recommend — should not be used, the doctors said.

Productive Coughing

When you cough, the air rushes out of your breathing tract at a speed sometimes reaching hurricane force, says Dr. Sam Rich, Chicago physician and an expert on chest diseases. He says when you cough your chest acts like a powerful air compressor. *The cough removes dangerous foreign bodies from the lungs.*

The outgoing air carries with it all the rubbish from your air passages. So, usually, coughing is good for you.

Oranges, Oranges

Florida and Texas oranges picked between October and December may be dyed to cover up their green color. They say if you peel the orange, you remove the dye. Studies suggest that the dye may be a carcinogen. On typical fashion, so-called experts say the risk is almost nil. What is *almost* nil in a carcinogen? FDA requires that the use of dyes be disclosed. Yet few supermarkets post notices.

The True Healing Art

The grand fundamental error of medical men, and the great primary mistake of physiologists and chemists, and of philosophers, psychologists, and metaphysicians, and even of theologians, so far as their doctrines and dogmas apply to the subject in hand, consists in mistaking the relations of living and dead matter. They have erected all of their systems and philosophies on a false basis — on a reversed order of Nature. And, think you, the superstructure can be reliable and enduring if the foundation be laid in error?

Medical schools and books teach that medicines — acids, alkalies, salts, earths, minerals, mere drugs — which are dead, inert and inorganic substances, act on the living system. Nature teaches the contrary: that the living system acts on the medicine.

Medical schools and books teach — and the whole drug system is predicated on this idea — that particular medicines, in virtue of "inherent affinities" which they possess for certain parts and organs of the body, act upon or make impressions on them. Nature teaches the contrary. Nature teaches that the relation of medicines to the vital tissues is that of antagonism, not affinity.

By Russell T. Trall, M.D.

This is a statement by Mr. Nicholas Daflos before a joint state committee in opposition to Block Grants intended to facilitate fluoridation in communities around the state. Hearing took place in September, 1987

Foundation For Alternative Cancer Therapies, Ltd.
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RE: FLUORIDATION IN BLOCK GRANTS

Gentlemen: Thank you for the opportunity to present the views of the Foundation for Alternative Cancer Therapies regarding fluoridation. We are concerned with the amount of carcinogens that are polluting our air, our food and our water. Recently, a caption in the *New York Times* read — 493,000 Cancer Deaths Predicted For This year. Ten years ago the caption could have read 350,000 cancer deaths predicted for that year. This tells us that there has been a fifty percent increase in cancer deaths in a single decade. It is estimated that one of three persons in the United States may expect to become a cancer victim in his lifetime. At the present rate of increase the cancer rate will soon be one of two. Must we wait until we arrive at one of one? The fact is that we are losing the war against cancer and it is time we did more than throw money at the problem. Gentlemen, you have an opportunity to help in the struggle if you would heed the message we bring today

In 1975, John Yiamouyiannis, Ph.D., made an epidemiological study covering a period of twenty years to find how fluoridation affected the people residing in fluoridated areas. The study compared ten of our largest cities which had fluoridated their water with ten comparable cities which remained unfluoridated. Both groups of cities prior to fluoridation, between 1940 and 1950, had comparable cancer death rates. The findings of the Yiamouyiannis study indicated a drastic rise in cancer death rates in fluoridated cities as compared with that of the unfluoridated cities. A study by the Center For Disease Control, using a larger group of cities confirmed the results of the Yiamouyiannis study. The Yiamouyiannis study has been challenged by profluoridationists but it has never been refuted.

The scientific literature is replete with evidence proving the harmful effects of fluoridation. The notion being promoted by profluoridationists that the movement to end fluoridation is the creation of demented ideologues is nonsense. The movement is fueled by a torrent of information flowing from the laboratories and universities around the world.

In 1968 Dr. Mukerjee and Sobels from the University of Leiden, Holland found that fluoride increased the frequency of genetic damage in sperm cells which were produced by laboratory animals exposed to x-rays. In 1973 Dr. E. Vogel of the West German Central Laboratory for Mutagenicity found that fluoride caused genetic damage in sperm.

In the summer of 1982 at a meeting of the Japanese Association of Cancer Research in Osaka, Drs. Tsutsui and Mazumi reported:

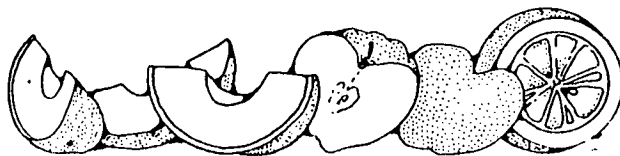
“Last year at this meeting we showed that sodium fluoride which is being used for the prevention of dental caries, produces chromosomal aberrations and irregular synthesis of DNA. This year we report our finding that a malignant transformation of cells is induced by sodium fluoride.”

Dr. Ludwik Gross, Chief of Cancer Research of the Veterans' Administration, speaking for himself not for his organization, expressed this opinion:

“The plain fact that fluoride is an insidious poison, harmful, toxic and cumulative in its effects, even when ingested in minimal amounts, will remain unchanged no matter how many times it will be repeated in print that fluoridation of the water supply is safe.”

Time does not permit us to cite all the developments in the scientific community which have demonstrated the danger of fluoridation. The justification for fluoridation has been that it prevents caries in teeth. Europeans enjoy dental health equal to that of Americans yet they live in a fluoride-free environment. European governments have discontinued or rejected fluoridation with no ill effects. They listened to the scientists; we have ignored them. Teeth that are diseased are repairable or replaceable. Malignant tumors are too often terminal. To risk cancer for the sake of healthier teeth is a bad bargain.

Fluoridation is forced medication. It denies people the right to choose what they wish to ingest. Its end will deny nothing to anyone. Those who wish to continue using fluoride may do so through other sources at very low cost. With your responsibility to allocate public monies goes a parallel obligation to secure the health of the populace. I would like to present this committee with a copy of Dr. Yiamouyiannis' book, *Fluoride — The Aging Factor*. I urge you to read it. Thank you.



Cancer Overcome By Diet: An Alternative to Surgery

By Louise Greenfield

Told in 1977 that she had breast cancer, Louise Greenfield took control of her own destiny. She decided against a mastectomy and sought another way. Fortunately for her, her podiatrist was Dr. Jack Goldstein who had cured himself of a very serious ulcerative colitis condition with natural healing methods. She turned to him for help and guidance.

Louise had the courage to give up all drugs and medicines she had been taking for a colitis condition and went on the Natural Hygiene regimen which consisted of raw vegetable juices, vegetables mixed in a blender to a puree consistency which she ate with a spoon, some nuts which she could not always tolerate because of her intestinal condition, and fresh fruits. Louise found that when she adhered to her diet, she did well. But, as soon as she strayed and succumbed to temptation, her breast lump would return. Now, ten years after receiving the diagnosis of "an infiltrating adenocarcinoma of the breast, ductal, comedo cell type", she is well. Again we are shown that cancer can be controlled by diet ... maybe not always totally cured, but controlled.

I admire people like Louise Greenfield and Dr. Jack Goldstein who take responsibility for their own health. Dr. Goldstein really had little choice. He had become so ill that if he did not try another approach, his prognosis would have been quite serious. If more of us would take control of our health then without any doubt the statistics on longevity and well-being would improve enormously.

Louise also pointed out that although the Natural Hygiene diet (she does not refer to it as such) worked for her it may not work for everyone since we all have different body chemistries. At FACT we stress that each person must have a diet tailored to their own specific needs.

Dr. Jack Goldstein's book, *Triumph Over Disease by Fasting and Natural Diet*, was previously reviewed in Cancer Forum and it, too, is recommended reading for natural healers.



Letters to the Editor

Dear Mrs. Sackman,

On behalf of the Colostomy Society of New York and myself, I am writing to thank you for the excellent talk you gave us on March 6. As you must have realized from our response, you were a great success.

We were deeply touched by your patience and understanding and very concerned that you stayed until so late.

Again, thank you and I do hope we shall see you once more as our guest speaker.

Sincerely yours, M. M., Programming

Thank you for your kind help over the phone. (I believe I spoke to a Mrs. Sackman). And thank you in advance for the dietary information. I look forward to receiving it and passing it on to my sister who lives in Israel. We all hope that it will be of value in helping her 2½-year-old daughter who is suffering from stage 3 to 4 neuroblastoma, and has been undergoing chemotherapy for a year now.

If anyone there has additional information that would benefit my niece, please do not hesitate to contact me. I am especially interested in reaching other parents of children who have dealt with this disease.

Thank you again. A.M.

Dear Ruth,

You may have forgotten my long conversation with you via telephone in which I described the desperate situation with my husband, Henry, who had CA of the pancreas. I had Dr. ... administering to him at home.

I was told he had only a short time to live by many doctors at the hospital. Actually it was barely 4 weeks. The doctor and I worked very hard at home doing as much of the Gerson program as was humanly possible between the two of us. But we were too late. The story is so grotesque as to be hardly tellable, and heartbreaking to me because, early on, I could not break the barrier of orthodoxy with my husband and his total trust in his brother, a pathologist, and his other physicians.

My thanks once again to you for your support the day we talked — it gave me strength to work as hard as I could. Gratefully, M.L.M.

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