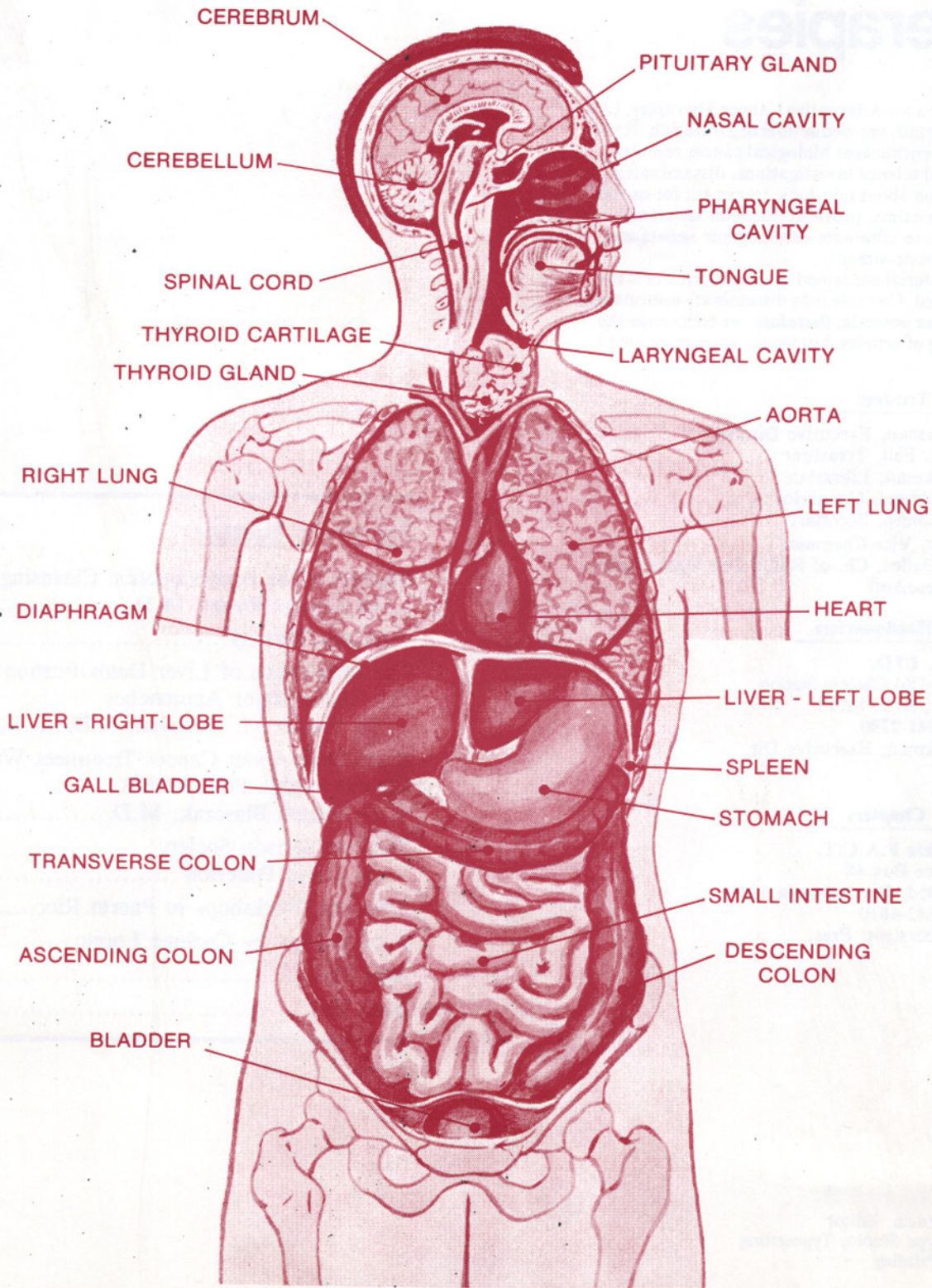


CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ALTERNATIVE CANCER THERAPIES, LTD.

HEAD, CHEST & ABDOMEN



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 printed a little blurb in Cancer Forum in the Spring 1988 issue by an unknown author. Jo Willard, president of Natural Hygiene, Inc. recognized the item, found the original article and sent it to FACT. It is printed here because it is one of the best articles to inform people of the importance of adequate drainage of the wastes from the body. Dr. Weger's article echoes the position of Sir William Arbuthnot Lane, a respected British physician, who stated that nearly all chronic degenerative diseases stemmed from poor drainage.

Thank you, Jo, for helping FACT to keep its readers well-informed.

Marvels of the Body's Internal Cleansing System

By George Weger, M.D.

Many persons live under the mistaken impression that bowel evacuation represents the whole system of human drainage. This is far from the truth. Only fourteen percent of the unusable waste in the form of toxic poisons finds its way out of the body through the bowel. It is true that many lateral and branch drains empty into this main sewer. Of far more importance to the health of the human race are the large and small arteries, the veins and the lymph channels that maintain the circulation. Of still greater importance to life and function are the millions of microscopical channels and intercellular spaces that act as middlemen or distributors between the source of supply, which is the blood, and the ultimate consumer, which is the cell.

OVEREATING A WIDESPREAD HABIT

Under prevailing conditions of life, drainage becomes the paramount issue. The world produces food in abundance. Man finds a ready means to convey this food to his insides after first dressing and altering it to suit the discriminating taste of a pampered palate. Consequently, he eats more than he actually needs. Everybody admits this.

OVEREATING CLOGS BODY'S DISPOSAL SYSTEM

What has all this to do with drainage? Everything! What happens to any sewer system that is crowded beyond its capacity? It fills up, circulation becomes slow, then sluggish, and finally stops. In the man-made sewerage systems, choking or clogging is more likely to start at the distal end of the main trunk sew-

er and back up, eventually to occlude and obstruct the lesser channels in turn. To a certain extent is this true also of the human body, as in obstinate chronic constipation. Long before this condition can become a serious menace to health, clogging of the small channels in the body has been going on insidiously because of the excessive food intake which taxes the organism beyond its capacity to absorb, assimilate, liquefy, and carry away.

CONSTIPATION OF BODY'S DRAINAGE SYSTEM RARELY FELT

Everybody knows the harmful results of incomplete intestinal drainage, itself an effect rather than a cause. What everybody does not know is that *imperfect drainage throughout the entire organism is but another form of constipation, going on continuously as a result of wrong eating even though the bowels move freely every day.* In most persons drainage is obstructed very early in life, due entirely to an overcrowded nutrition. The functional capacity of the body is not equal to the burden imposed upon it. When nature sees fit to rebel against the practice of overeating we develop what is known as disease or discomfort. These discomforts do not, except in occasional instances, come on at once. It may take years before we find out that we have been injuring ourselves.

THE NECESSITY OF PROPER DRAINAGE

What precedes and accompanies local swelling, congestion, or inflammation? Imperfect drainage! This is true regardless of whether the immediate or exciting cause be an injury or an infection. What prevents blood poisoning following wounds or abrasions? Proper drainage. What relieves the pain and removes the infection from an abscessed tooth? Drainage. What do inflamed or infected tonsils need? Drainage. What does a boil or an abscessed appendix need? Drainage. What about a congested liver, an obstructed gall duct, an infected and debris-engorged gall bladder? They need drainage. What about lumps in the breast or swollen mammary or lymphatic glands? Drainage needed. How about certain venereal infections — for rapid healing? The need is drainage. What does the engorged lung in pneumonia need to relieve it? Drainage. The mucous surfaces that are congested in acute or chronic catarrh? Drainage. The sinuses or a mastoid abscess? Drainage. A post partum infection? Drainage. We are mentioning common conditions that all of us know and many of us have experienced. Why do these diseases occur in the first place? *Lack of drainage.* If

drainage had been perfect there would have been no local manifestation. What was undrained? The veins, the capillaries, the lymph channels, the cells themselves. What caused them to clog? Unusable food, resulting in imperfect combustion and in clinkers instead of an easily removable or soluble waste: (EDITOR'S NOTE: *There are many causes of impaired drainage other than overeating. Improper foods, cooked foods, poisons and enervating practices also impair excretion.*)

Can you see in this condition the cause of arteriosclerosis in which the caliber of the blood vessels is gradually lessened by the accumulation of waste? The child who is being continually overfed is actually starting to build arteriosclerosis if its diathesis is in that direction. When the individual reaches the age of forty or fifty the condition is recognized. The man or the woman has hardening of the arteries. Possibly also high blood pressure and an organically unsound heart.

IMPAIRED BODY CLEANSING BEGINS A SLOW DEATH

What is the condition of the body when arteriosclerosis is already quite easy to diagnose? Imperfect nutrition plus imperfect drainage. Take, for instance, an organ such as the liver. For years the capillary blood vessels have been carrying a diminishing supply of nutritive blood to the liver cells, what happens? These cells no longer function vigorously. They become apathetic, sluggish, and slow to respond to stimuli. As a result of malnutrition, certain areas may break down and undergo fatty degeneration. What happens to the rest of the body. The same identical impairment. The person is dying on his feet, all over, and all the time. The condition is progressive.

What then is the crying need of the body? Drainage — removal of obstruction, opening up of the channels that supply nutrition; and, what is of equal importance, clearing of lymph channels and venous circulation that carry away the debris. When such conditions have progressed to the point of ready recognition, it is difficult to make perfect repairs.

The same process goes on in the kidneys, ending in Bright's disease. Why seek forever and a day for causes outside the human body when there is so much within that needs correction or drainage?

ONE WAY CANCER BEGINS

Thoughts also persistently turn to the subject of cancer. Take for example the simpler form that usually starts as a benign lump in the breast. Often a his-

tory of a blow or bruise or injury of some kind can be elicited. What happens? The glandular structure is fragile and held together by loose connective tissue. Bruising or crushing of the cells even in a small area causes local swelling and enough inflammation to obliterate the lymph channels. The walls of these channels virtually adhere or grow fast to each other so that the lymph can no longer flow through them. This gland structure suffers from lack of nutrition, lack of active and passive circulation. In time this area breaks down and becomes tender or painful. Drainage of the dead or dying cells is obstructed. Nature does not permit dead material to remain in any part of the body without making an effort to remove it. Dead cells and the substances into which they break down are toxic in character and they gain entrance to the blood stream by breaking through whatever boundaries nature has previously built around them as protection. This toxic material comes in contact with neighboring lymph glands through communicating lymph channels. Secondary processes or infections are thus set up, and the activity continues until sufficient tissue has broken down to cause a fatal ending.

What can be done about this condition in either the early or late stage? *Drainage and circulation must be established.* Surgery can remove such local areas *but it does not remove or correct the primary cause,* which is obstruction of drainage throughout the body. We cannot conceive that a body developing lumps in the breast can have a free and unobstructed general circulation. In the affected area the injury prepares the soil. Toxic, undrained waste supplies the irritation and the stages of degeneration follow in natural sequence. In the last stages of cancer the toxic material becomes so powerful that it virtually destroys the life of the blood. A condition allied to septicemia or blood poisoning supervenes, and this is invariably fatal.

In the early stages of lumps in the breast the great majority of cases recover completely if living and eating habits are corrected. What had diet to do with this? Much. The highways and byways in the body become clogged because of too much food, bad food or stress. To be specific, too much carbohydrate (in the form of starches and sugars) and too much protein; too little of the fruits, salads and vegetables which contain the alkaline bases. These are nature's most effective alternatives.

RAW FRUITS AND VEGETABLES NECESSARY TO BEST HEALTH

Why are fruits and vegetables beneficial? Because they are converted into chemical reagents, solvents

and neutralizers. Fruits and vegetables are potent factors in liquefying excretions in the tissues, thus promoting drainage of protein and carbohydrate waste. However, at the same time it dilutes the normal secretions of the body while placing additional labor on the organism in carrying it off, mainly through the skin and kidneys. If the circulation is obstructed and drainage impaired, too much water remains in the tissues, resulting in hydremia or water-logging. If drainage is unimpaired, the fluids of the body can circulate without being diluted with water. We refer of course to *excessive* water drinking as a therapeutic measure. For actual thirst there is no substitute for water.

PROPER DIET CORRECTS A CLOGGED SYSTEM

The arguments we have presented can be applied equally well to most pathological conditions not mentioned here. Successful treatment of many diseases resulting from imperfect drainage consists of a well-balanced diet, suited in quality and quantity to the needs rather than the desires of patients. The outgo must keep pace with the intake. Any other treatment that stimulates activity and does not enervate may effectively relieve venous congestion and lymph stasis. Well-regulated, methodical exercises and general hygiene are very important as preventatives supplementing any other form of treatment. We should look well to our drainage systems and thus prevent the rapid encroachment of the diseases of middle-life that are now taking as great a toll of human life as did the plagues of old.



Selenium Toxicity

Selenium is the newest of the essential nutrients. It has been around forever, of course, but it is only within the past ten years or so that nutritional science has given this essential mineral any serious study. It has been found to be a powerful anti-oxidant, an active and very important guardian against cancer, and in other ways, too, of great importance in human nutrition. These discoveries, still going on, have led to what we can only term a Selenium fad.

The mineral has been included in many types of supplements where it does not belong, promoted in health publications and eagerly purchased by devotees of health foods. More than once we have had occasion to point out that Selenium first came to notice as the cause of a fatal cattle disease known as the "blind staggers." It is undoubtedly toxic when taken in excessive amounts and it has been determined that the maximum safe intake for a human being is 200 micrograms a day — two-tenths of a single milligram. Yet until just a few months ago, nobody really knew the nature of Selenium toxicity in humans or how to recognize a toxic reaction.

It is by virtue of an accident — a batch of Selenium supplements that contained far higher potencies than they were supposed to that we have begun to learn what happens when you get too much of this essential mineral. The first sign of toxicity is that the hair on the head starts to fall out in clumps. Shortly after, nausea and vomiting develop. Then the fingernails develop white horizontal stripes, ooze at their bases and fall off. That is about as far as our positive knowledge goes because all cases have been caught by this point. There is little doubt, though, that excessive Selenium taken long enough can kill. So this is another case where you must not let yourself think that if a little is good, more must be better. A little Selenium is very good indeed, but more can be just terrible.

Reprinted from Natural Food Associates publication.

Natural Sources

Natural Sources

Brewer's yeast (not primary grown yeast), sea water, kelp, garlic, mushrooms, organically grown foods, seafoods, milk, eggs, butter, cereals, wheat germ and most vegetables.

The Importance of Liver Detoxification: The Three Major Approaches

By Patrick M. Donovan, N.D.

Detoxification is perhaps the most essential initial step in the treatment of any disease. Along with supportive therapies such as a diet of whole, natural, unprocessed, living foods, specific nutrient supplementation, exercise, sleep, rest, and play, it should be the first therapeutic intervention in the treatment and prevention of any disease or pathological condition. As Samuel Hahnemann, the "father of Homeopathy", taught, "first and foremost remove all obstacles to cure".¹ The organism must be allowed and encouraged to discharge and eliminate ... "and so, raise the vitality of the patient."² Therefore, a good detoxification program should include stimulating the eliminative organs (bowels, liver and biliary tract, kidneys, lymphatic system, lungs and skin) in a functional, supportive, and regenerative manner.

The liver is of primary importance in this approach due to its central role in the processing, detoxification, and elimination of metabolic waste products (estrogens and other hormones, cholesterol, proteins, etc.), drugs, toxic chemicals, immune-complexes, and bowel toxins (bacterial toxins and products of incomplete digestion and putrefaction) and should be the center of focus in any detoxification program. Its ability to perform these functions, as well as the synthesis of proteins, storage of vitamins and metabolites, secretion of bile (the primary route of toxin, metabolic waste and cholesterol elimination), and the vast array of enzymatic functions, has to be supported and maintained in the highest capacity to ensure optimal functioning and health of the total organism.^{3-6, 14-16}

Through our daily lives, at home, travel, and work, these processes and functions may become stressed and compromised to differing extents by chronic exposures to chemical-environmental toxins, drugs, alcohol, and bowel toxins, and may be complicated by inflammation (hepatitis), fatty infiltration (cirrhosis), sclerosis, biliary inflammation and obstruction (cholecystitis and gall stones), and nutritional-enzymatic cofactor deficiencies.^{6, 14-17} Also, any antimicrobial, antifungal, chemotherapeutic, surgical, or otherwise stressful, potentially toxic therapy can further compromise liver functions resulting in enhanced toxicities, increased environmental sensitivities, and overall worsening of the total organ-

ism. Therefore, liver detoxification and support is an essential therapeutic tool which could be employed routinely as a preventive to disease and optimizer of health and should be employed in the treatment of disease, and prior to or along with any of the above mentioned therapies.

WHAT CAN BE DONE TO DETOXIFY THE LIVER?

When considering liver detoxification there are three phases or actions that must be supported and stimulated. First, bile production in the liver and bile flow through the biliary tract should be encouraged (lipotropic activity) to prevent "liver congestion" and cholestasis. Third, augment toxin and cholesterol excretion and decrease fatty infiltration. A good quality fiber supplement containing psyllium, pectin, etc., should be included when encouraging excess bile flow into the intestines to ensure toxin and bile acid binding and elimination, preventing reabsorption and the formation of procarcinogenic compounds.⁵⁰⁻⁵⁵ Second, the primary liver cells (hepatocytes) must be protected from inflammatory damage, stimulated to regenerate, repair and optimally perform their enzymatic-metabolic functions. Fourth, and finally, the immunologically active liver macrophages (Kupffer cells) should be activated to phagocytize (engulf and digest) immunogenic material.

It is very important that the enzymatic cofactors are also provided in adequate amounts prior to and during this detoxification process to support optimal functioning.

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References are available on request.*

"The risk associated with hospitalization has almost certainly not diminished in comparison with the situation 15 to 20 years ago, and the risk of a serious problem may well have increased."

New England Journal of Medicine

"The promotion of health is the part of preventive work furthest from most doctors' habits of thought and action."

The Royal College of General Practitioners England

"There is a growing feeling that people should take control of their own health care. What better way than to shift from drugs — a passive solution — to self-management."

Stanford University psychiatrist
Dr. Stewart Agras

The following presentation was given at the FACT convention in 1973. It is reprinted here just to inform our readers about Polonine and to see if we can collect additional data from anyone familiar with Polonine or anyone doing research.

When Dr. Blaszczak made the original presentation, we had very little personal experience about its success or limits to its efficacy, therefore, we did not use Polonine as a referral. The policy of FACT is to wait until, through actual experience with patients, we can provide competent information.

We have a number of therapies on file which are going to be presented in Cancer Forum to see whether some readers have had a personal experience with the therapies or whether they have been evaluated by someone doing research or whether anyone is interested in doing research. In this way, we are hoping to expand our knowledge about the programs as well as provide accurate information about the value or lack of value of some of the claimed alternatives.

Some Data About Cancer Treatment with Ribonucleoside POLONINE

By Joseph Blaszczak, M.D.

It is not easy to give sufficient information about the existence of a therapeutic agent which just now eliminates the danger of cancer. Due to the present psychosis of cancer incurability it would be hard to believe that an effective remedy just now may save the lives of cancer patients, and it does not require complicated measurements, statistics, double-blind tests, etc. It is readily apparent to everybody — to both patient who sees the disappearance of lumps and physicians who cannot find any symptom of cancer after the treatment with Polonine is terminated.

The treatment with Polonine is being privately performed in Europe, mostly with patients in the terminal stage of cancer incurable by surgery and radiotherapy. There are numerous cases of complete recoveries from different types of cancer. To cite a few:

A lady from London, England, who was cured with Polonine of cancer of the urinary bladder in 1957, is now in good health.

A lady from Germany treated with Polonine in 1959 for cancer of the breast continues her normal life without any lump in the breast or any symptom of cancer.

An elderly woman teacher, who was in great danger due to pancreas cancer in its terminal stage (50 pounds of weight), treated with Polonine in 1965 now is fully active and conducts a normal life.

A gentleman from Paris with cancer of the stomach and whose prognosis was three months to live, conducts his full business activities after two years since the termination of the treatment.

A patient with cancer of the uterus from Poland treated with Polonine in 1964 continues her normal life without any sign of cancer.

An interesting case of necrotic breast cancer with metastases to ancillary glands was treated with Polonine. The patient refused the treatment with surgery and radiotherapy for eight years. She is now in the process of recovery. The tumor transformed into an abscess and specific investigations show there is no malignancy. Her blood picture is normal.

The treatment of a case with a melanoma on a finger spread to axillary lymph glands resulted in full regression of melanotic lymphates and protection against further spread of this rapid process.

A woman of 89 inflicted with lymphosarcoma, a leukemia-like disease, restored her normal blood chemistry and returned to her normal condition for two years. She then died due to old age, but without any symptom of the disease.

A German physician treated about 500 cancer cases inflicted with different types of cancer with Polonine. He states that practically all primary cancer cases can be cured within six to twelve weeks. The curability decreases with advancement and duration of the disease, but even the cases abandoned by hospitals as incurable can be cured in 25%. Recent improvement in the method of the treatment increases even this index of curability.

The treatment with Polonine consists of conversion of malignant ribonucleic acid (RNA) into that of normal cells. The RNA is found in ribosomes of the cytoplasm and in the nucleus of the cell in association with deoxyribonucleic acid (DNA). The ribosomes are the "nerves" of the cells and site of synthesis of proteins. Only 1/100 part of DNA genetic material influences the RNA to produce a new material which insures the same generation of cells to be born. The participation of DNA seems to be limited only to this action upon RNA and, therefore, cancer is not an hereditary metabolic disorder. Thus, the treatment with Polonine is aimed to convert ab-

normal production of the RNA into that antecedent composition which is responsible for normal structure and function of the ribonucleo proteins and the cells.

The abnormal RNA composition is deficient in methylene precursors, excessive in the enzyme polynucleotide phosphorylase which is responsible for nucleic acid synthesis, as well as in content of phosphates which are responsible for functional dynamism of malignant cells.

Polonine is a mixture of seven monomers produced from riboflavin or ribose and methylene compounds. It is a very reactive preparation, absorbed by the malignant cells within fifteen minutes, strongly acidic and of bitter taste. It is a precursor for normal synthesis of RNA and thus also for normal formation of the ribonucleoproteins and conversion of malignant cell structure and function into normalcy. It combines with the enzyme polynucleotide phosphorylase and thus normalizes the synthesis of nucleic acids. Details of the mechanism are still being investigated. Polonine is harmless at therapeutic dosage. One human dose of 200 units for liver injected to rats shows no toxicity and no side effects. The weight-corresponding human dose of 200 units is close to about 70,000 units, a dose which is never given in therapy.

The treatment with Polonine is based upon the following considerations. The dosage must be strictly selective to each organ separately, or additional small doses are given until they reach a quantity of units of a selective dose (specific tissue therapy). The number of doses depends upon the stage or duration of the malignant process and may vary from three doses for a primary cancer to several courses, each of six to ten selective doses, administered within several months. Each course of the treatment must be terminated within two weeks, a period of time corresponding to life span of the nucleic acid. An interval of two weeks follows in order to allow the treated cells completion of synthesis of nucleic acid, amino acid and other constituents necessary to cells' gain in size during their interface. This method of the treatment is the condition sine qua non of successful cancer treatment not only with Polonine but also with any therapeutic agent.

The studies point out that genesis of cancer is caused by a total disorder in the cell metabolism when its overall balance is struck by chronic irritations of somatic cells which become autonomous, malignant and foreign to the host. The onset of malignant process seems to originate directly in ribosomes of the cells, or indirectly, in the ribonucleoproteins of an organ's irritated nerves. In both cases

various chemical, physical and pathological agents affect the cellular ribonucleoproteins with a final effect of formation of carcinogenic metabolite which diffuses from cell to cell like a virus thus altering the neighboring cells and organs. At that stage a symptom of cancer, i.e. tumor, appears.

This outlined information is intended to be given to the public for the first time. Different obstacles have handicapped the earlier spread of this news. Several attempts have been made in vain to publish the work in scientific papers. Two hundred letters with invitation to participate in this work addressed to scientific communities remained unanswered. Most scientific people, with some exceptions, seem to forget about the spirit and moral existence of temple of science which should be the highest symbol for progress and benefit to humanity. Polonine cannot be given to patients without prior exemption of FDA for its clinical use. Application for the exemption of Polonine for the treatment of human patients was filed with the FDA but the present regulations and requirements cannot be met due to lack of funds to perform expensive tests. Polonine, however, is given to open-minded cancer patients abroad as a life-saving drug and as a most effective agent in the treatment of great human significance. It is handicapped by lack of funds to pay for the employment of scientific personnel for performance of additional tests which are required by the FDA. The Polonine Research Laboratory with its own colony of experimental animals provides facilities to perform basic tests. There is now contemplated the foundation of a non-profit organization in order to introduce Polonine into cancer therapy.

These statements are selected from data of performed tests, hospital records, and letters from patients.

The McCarrison Society

by David Potterton

The average family physician's knowledge of nutrition and dietetics leaves much to be desired. Many doctors, indeed, are the first to admit that what they learned about nutrition at medical school isn't worth knowing.

In Britain, at least, things are stirring. Although nutrition research has been going on over the years, the Medical Research Council declared only recently that it had been a neglected subject for 30 years. It has called for a nutrition committee to be set up

to act as a bridge between it and the Agricultural Research Council.

Meanwhile, a growing number of medical people have become deeply interested in the role of nutrition in health and disease. A few years ago a group of them who felt strongly about the subject founded the McCarrison Society. It is named after Sir Robert McCarrison, a pioneer in nutritional research, who died in 1960 at the age of 82.

McCarrison was the first to *demonstrate* that faulty diets damage the body and impair health in numerous ways. His research diets were composed of natural foods rather than artificial laboratory mixtures of purified ingredients.

“Many doctors, indeed, are the first to admit that what they learned about nutrition at medical school isn’t worth knowing.”

He created a public awareness of the dependence of good health on good food and he established a center for nutritional research.

His followers are firm believers in wholefood nutrition. The McCarrison Society’s basic concepts are simple and to the point: Food should be left as close to its *natural state* as possible. Stored, canned, packeted or pre-cooked food should whenever possible, be replaced by fresh food.

“Food should be left as close to its *natural state* as possible.”

The protective value of a wide range of fresh vegetables, fruits and dairy produce is particularly important.

Breast feeding should always be encouraged.

Cereal carbohydrate should not be refined.

Sugar consumption should be at the absolute minimum.

McCarrison was undoubtedly a man ahead of his time in his conception of human nutrition. He ranks as one of the greatest pioneers and his thesis “that the greatest single factor in the acquisition and maintenance of good health is perfectly constituted food” remains as true today as ever.

Sir Robert, director of nutritional research in India in the 1920s, observed that the health of the peoples in India directly related to the food they ate.

He confirmed his observations by extensive laboratory work.

He showed that where food was fresh, whole and reasonably varied, normal growth, good physique and good health followed. He emphasized the ill effects of diets containing a high proportion of refined carbohydrate foods; polished rice in the East, white flour and white sugar in the industrial West.

Single mineral or vitamin deficiencies as artificially produced in laboratory animals were, he realized, unlikely to occur in man; and he deduced that ill health might well be caused by combined deficiencies.

He fed rats on exactly the same poor diets being used by various Indian races and produced in them diseases similar to those frequently occurring in the Indians.

One remarkable experiment of McCarrison’s involved feeding one group of rats on a diet similar to that used by the Sikhs — a diet he considered to be well constituted — and another group on a diet as used by the poorer classes in England during the 1920s.

This “English” diet consisted of white bread,

“He demonstrated that tissue damage was caused by faulty diets and also that the adrenal glands are enlarged in various deficiency states.”

margarine, over-sweetened tea with a little milk, boiled cabbage and boiled potato, tinned meat and tinned jam of the cheaper sorts.

Such a diet has many faults, of which vitamin and mineral deficiencies are the chief.

The first thing McCarrison noticed as the experiment progressed was that the rats on the Sikh diet lived happily together. They increased in weight and they flourished.

Those on the working-class diet did not increase in weight. Indeed, their growth was stunted; they were badly proportioned; their coats lacked gloss; they were nervous and apt to bite; and they lived unhappily together.

By the sixtieth day of the experiment they even began to kill and eat each other!

McCarrison was born in Portadown in County Armagh in 1878, a descendant of the Scottish settlers who established plantations in Northern Ireland in Elizabethan times.

After qualifying in medicine in Dublin in 1900, McCarrison passed the stiff examination for the Indian Medical Service and sailed for India on his 23rd

birthday.

It was McCarrison's work on goiter which first won him world-wide fame and a series of honors and distinctions. But his work did not receive much attention in Britain. He was better known in the United States where goiter was then a serious problem.

Although he accepted the importance of iodine deficiency, McCarrison maintained that the causes were multiple. He was convinced that there was a link between goiter and impure water supplies, and of the importance of goitrogenic agents such as are present in cabbage.

McCarrison's work with the Hunza people, however, has become of much greater significance. He described them as a race unsurpassed in perfection of physique and in freedom of disease in general.

Their life span, he reported, was very long; and diseases such as appendicitis were unknown. Their diet consisted of grains, vegetables and fruit, with a little milk and butter. Goat's meat was eaten only on feast days.

“Single mineral or vitamin deficiencies as artificially produced in laboratory animals were, he realized, unlikely to occur in man; and he deduced that ill health might well be caused by combined deficiencies.”

Taking into consideration the severe winters in the part of the Himalayas inhabited by the Hunzas and also their primitive housing conditions, McCarrison was forced to the conclusion that their restriction to a diet of unsophisticated foods was compatible with long life, vigor and perfect physique.

McCarrison was among the first to draw attention to the effect of infection and parasites in precipitating food deficiency states. *He demonstrated that tissue damage was caused by faulty diets and also that the adrenal glands are enlarged in various deficiency states*, findings that were confirmed by later workers.

The McCarrison Society was set up in 1966, six years after his death, by doctors, dentists and veterinary surgeons. Among its ranks today are qualified practitioners of natural therapeutics and homeopathy, dieticians and nutritionists, chiropractors and medical herbalists, as well as eminent physicians and surgeons.

Among the American members are Dr. Miles Robinson, who has been involved in the dispute over the recommended daily allowances of vitamins with the FDA, and Mrs. Anne Jones Haas of Vermont,

who is known for her organization, CABOL, the Consumer Association for the Betterment of Living.

Canadian members include Professor Ross Hume Hall, of McMaster University, who wrote the controversial book *Food for Nought* and Professor Hoffer of Saskatchewan.

Strong links are maintained with the Price-Pottenger Foundation, of Santa Monica, California and Citizens For Health Information, Potomac, Maryland.

The aim of the society is to apply the principles of McCarrison to present day living and to educate the medical profession at large about the value of wholefoods.

The five principal components of a good healthy diet are as follows: (1) whole grain cereals (e.g. wholemeal bread and muesli); (2) (cheese and yogurt); (3) fresh vegetables; (4) fruit; (5) meat on occasions.

All refined carbohydrates, including white bread, biscuits, cake and sugar are to be avoided, together with fried foods. Fat consumption (cream, butter and eggs) should be controlled. Meat, if eaten, should be light meat and lean. Sir Robert McCarrison recommended that meat should be eaten only once a week and he favored stock soups.

The wheel is turning. Some members of the medical profession, at least, have realized that good health can be maintained by balanced eating.

Reprinted from Bestways, August 1976.

Wholistic Workshops in Puerto Rico

F.A.C.T. is pleased to inform its readers about a wholistic health center that has recently come to our attention. The Instituto de Vida Natural (Institute for Natural Living) is located in the foothills of the famed Puerto Rican Rain Forest (El Yunque) on 10 majestic acres, with a panoramic view of the ocean.

The Instituto shares with F.A.C.T. a philosophy of health that stresses the importance of assuming an active role in one's physical and psychological well-being through natural and biological methods. As we at F.A.C.T. emphasize, a good nutritional program is essential to health. Food here is prepared fresh daily, and is vegetarian, with some local fish. Only the very freshest foods are used (unrefined and unprocessed), grains, fruits, vegetables and protein sources. Much of the food is grown on the farm, and guests are encouraged to enjoy avocado, coconut, banana, lemon, grapefruit, oranges and root vegetables, as well as breadfruit, guava, mango, passion fruit, and plantain — often minutes after they are

picked.

In addition, the farm has almost 20 identified indigenous wild edibles which have been cultivated and can be used medicinally as herbal teas, in topical applications, or blended with distilled water to make fresh green water: berenjena, cimarrona, used for hemorrhoids and intestinal inflammation; juana la blanca, for kidney stones and urinal problems; clavelillo, a blood cleanser; cadillo de perra, a liver cleanser; insulina, helpful for diabetics; pelataria, a kidney cleanser; yerba bruia, good for ear problems; aloe vera, effective for burns, including sunburn; coitre, good for the liver, blood, energy, and high

ing with some important aspect of mind/body health, and providing in-depth instruction and discussion. The Director of the Instituto is Dr. Jane Goldberg, a psychoanalyst who is well-steeped in biological approaches to disease reversal. She has been a frequent speaker at the F.A.C.T. annual convention, is one of the nation's leading authorities on mind/body health, and has authored two books and numerous articles on the subject.

HISTORY

The story of the beginnings of the Instituto will sound like a familiar refrain to our *Cancer Forum*



in calcium and B12; verdobagay, effective for osteoporosis; lemon sillo, for digestion and as a nerve tonic; eucalyptus, good for respiratory problems; naranja, effective for fever.

The nutritional philosophy of the Instituto also emphasizes distilled water and freshly prepared carrot and vegetable juices as a daily supplement to one's diet.

The extra added attraction of the Instituto, however, is its emphasis on a concept that we at F.A.C.T. have increasingly come to understand as vital to physical health: emotional well-being. Workshops are scheduled throughout the year, each deal-

ing with some important aspect of mind/body health, and providing in-depth instruction and discussion. The Director of the Instituto is Dr. Jane Goldberg, a psychoanalyst who is well-steeped in biological approaches to disease reversal. She has been a frequent speaker at the F.A.C.T. annual convention, is one of the nation's leading authorities on mind/body health, and has authored two books and numerous articles on the subject.

readers. Ivan and Carmen Martinez, native Puerto Ricans, were terribly concerned when their son, Ivan Jr., was diagnosed at an early age with severe scoliosis (curvature of the spine). When he was 13, the Martinezes moved to the U.S. in order to seek the medical treatment of a renowned scoliosis expert. Ivan Jr. was subjected to hundreds of diagnostic x-rays, and before too long, came down with a diagnosis of childhood leukemia (in all likelihood, induced by the excessive radiation). Frustrated, frightened, and desolate, they turned to natural healing. Ivan Jr. was fed gallons of carrot, celery and beet juice — nothing else. A mere two weeks later, he

was retested and the leukemia diagnosis was reversed. Today, Ivan Jr. is a healthy 29-year-old father of two.

In 1976 Ivan and Carmen set up the Instituto. They had spent years training with pioneers in the wholistic health movement, including Bernard Jensen, Paavlo Aerola and Jose Rodriguez, and had acquired along the way masters degrees in herbology and doctorates in naturopathic medicine, and decided that it was time to bring their findings back to their homeland. Under their stewardship, the Instituto has been used as a day treatment facility, serving thousands of patients in Puerto Rico and throughout the Caribbean.

In January 1988, Dr. Goldberg assumed the position of Director, and it is through her efforts that the facilities are now available for intensive 4- and 5-day workshops. Arrangements can be made for short-term residence even when the workshops are not in session.

THE WORKSHOPS

Workshop titles will vary, but each will deal with a different aspect of the mind/body dynamic. Typical is one workshop entitled "Building a Psychological Immune System." We are all familiar with the idea of a biological immune system which has the function of protecting us from foreign invaders and from pathogenic toxins arising within our own bodies. Similarly, a properly functioning psychological immune system will recognize when we are in emotional danger. This workshop focuses on helping its participants to recognize psychological toxins, and to find methods of coping with these emotional pathogens.

Dr. Goldberg carries the mind/body analogy even farther in her "Feelings as Food" workshop. She reminds us that the body provides us with a nearly perfect conceptual frame with which to understand how the psyche works. Feelings, like food, have nutrient value. The emotional system functions like the digestive system, digesting, assimilating, eliminating. Psychological toxins — those feelings we label as "bad" — are neither digested, nor eliminated; they stay stuck inside of us, and like undigested food can make us sick. This workshop focuses on how we might digest and use to our benefit *all* of our feelings.

Some of the workshops particularly welcome those who are struggling with physical diseases. The "Reversing Disease" workshop goes into the host resistance concept of diseases. The "Unfelt Diseases: Cancer and Heart Disease" workshop presents the notion that these are diseases that are generally unfelt and unrecognized until they are in a relatively late stage, often making cure difficult. Psychological pat-

terns that have been identified in these patients, however, can serve as early predictors of future problems. It is identifying and understanding how to manage these patterns that constitutes the essential task of this workshop.

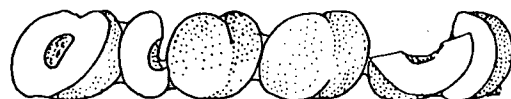
ON-CAMPUS ACTIVITIES

The Instituto provides its guests with a wide variety of therapeutic activities and services. Supervised exercise includes early morning mountain hike, jumping on a 13-foot trampoline, and use of exercise machines, such as a stationary bicycle and a gravity inversion machine (a super-duper slant board, where you can adjust the slant up to 180 degrees). Therapeutic mud packs are offered, with the mud coming from the peak of El Yunque, pristine, rich in minerals and effective in aiding in detoxification. A highly trained staff offers the services of a masseur (Swedish or shiatsu), reflexology, colonics, iris diagnosis, acupuncture, Reiki, and hydrotherapy.

OFF-CAMPUS ACTIVITIES

Instituto de Vida Natural is located in an area of Puerto Rico noted for its natural beauty and recreational facilities. Guests have plenty of time to enjoy the magnificent scenery or engage in a wide variety of activities. In addition to hiking in the rain forest, guests can snorkel, swim or fish at Fajardo or other local beaches, ferry to the virtually undiscovered islands of Culebra and Vieques, visit Coamo de Banos, a natural hot spring thought to be the "Fountain of Youth" described by Ponce de Leon. Horseback riding is nearby.

The combination of physical beauty and tranquility, the emotional and intellectual stimulation of the workshops, and the delicious natural food surely results in a valuable and lasting learning experience — about the healthiest vacation you could treat yourself to. The Therapeutic services offered are important aids in the restoration and maintenance of health. Single and double room accommodations, some with ocean views, are available. The rate is \$75 per day for a single, or \$95 per day for a double. Meals are included and shares can be arranged by the Instituto on an availability basis. Those seeking more complete information should contact Jane G. Goldberg, Ph.D., 222 Park Avenue South #6D, New York, N.Y. 10003; (212) 260-5823.



Beyond the Relaxation Response

By Herbert Benson, M.D.

At FACT, the emphasis is on proper nutrition to activate the body's immune defense system, but we are also very much aware of the "mind/body" influence and of the impact stress can have on one's well being. How one handles stressful situations can determine whether or not we will become ill. In fact, we believe there is a personality that is prone to cancer.

In his book, Dr. Benson says in the foreword that since writing his books, he has seen how the principles and practices presented in his books can bring about better health and well being. "The Relaxation Response when coupled with the power of belief can lead to remarkable health-promoting elements." He calls this the "Faith Factor". It is important to have strong personal religious or philosophical beliefs.

Dr. Benson quotes Epictetus: "Man is disturbed not by things, but by his opinion of things." "Evil eye... as he thinketh in his heart so is he."

His term "relaxation response" refers to the ability of the body to enter a special state which lowers blood pressure, heart rate, slows down brain waves, and reduces the speed of metabolism. In this peaceful condition, the individual breaks free of his "worry cycles."

Dr. Benson says the way to do this is:

- 1) Find a quiet spot.
- 2) Consciously relax body muscles.
- 3) Focus on a mental device — a word or brief prayer.
- 4) Assume a positive attitude toward intrusive thoughts.

Dr. Benson goes on to prove what extraordinary feats the mind is capable of. In the Himalayas, Tibetan Buddhists could radiate enough heat with their meditative efforts to melt surrounding snow or to dry wet sheets which were wrapped around their bodies. The power of the mind may well range far beyond these areas to encompass many other medical problems — even those regarded as untreatable!

In summary, it is not what happens to us that matters, but how we react to it. If we have a strong personal belief that we can overcome our problems and learn the meditative techniques he suggests in his book, then we can conquer ill health. It is important to alter the way we perceive life and to perceive it in a more positive vein.

There definitely is a mind/body connection and stress reduction programs have helped millions. This is an excellent book which sells for only \$3.50 in paper back and its wisdom can help you become a more relaxed, positive person. I heartily recommend that you read it and start perceiving life in a rosier hue.

Letters to the Editor

Dear FACT:

I just received the Spring issue of your publication. It was so filled with such good information I had to send it to my brother and his wife in Arizona to introduce them to your organization. Now I have so many more people I would like to show the publication to. I am writing to ask for another copy of the recent 1988 issue. Also I would appreciate a copy of the Spring or Summer issue of 1987 — the issue that had a picture of a cabbage on the front cover.

Thank you very much for everything you have taught me in these publications. Sincerely, M.E.W.

Dear FACT: Enclosed please find check for \$15. Sorry that's all I can spare with the medical bills I've been getting. As always continued blessings to all of you in your endeavors on our behalf. Please continue my *Cancer Forum*. THANKS! M.R.

Dear Ruth, I enclosed my check for this year's subscription to *Cancer Forum*. It feels so bad to send only \$25 when I feel I owe you my whole life. I hope you know, though, how thankful I am to you from the bottom of my heart. Love, M.

Dear FACT, I want to aid in the battle against cancer by supporting Alternate Cancer Therapies. Enclosed is my contribution of \$50.00, which, please accept as my participation in strengthening FACT. Thanking you in advance, I remain. N.D.X.

Dearest Mrs. Sackman, I've been trying to get you on the phone to thank you for all you have done for me and are still doing. I am pleased with the magazine. I hope and pray it will help many people that love life as I do.

... In 1975 I was so sick, never thinking in 1984 I would be on the cover of *Cancer Forum* helping others. Love always, D. & J.

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