

CANCER FORUM

PUBLICATION OF THE FOUNDATION FOR ADVANCEMENT IN CANCER THERAPY, LTD.



CONVENTION GUESTS IN THE LECTURE HALL



CONVENTION GUESTS IN THE EXHIBIT AREA

Foundation for Advancement in Cancer Therapy

Foundation for Advancement in Cancer Therapy, 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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Dear reader:

FACT has reached another milestone in its life of nearly 20 years. The name has been changed to FOUNDATION FOR ADVANCEMENT IN CANCER THERAPY. As the years passed from the time we took the name of Foundation for Alternative Cancer Therapies, we found that our original intent of applying it to non-toxic, biologically safe and sound programs became distorted as so many people and groups began to use the word "alternative" to promote and support many therapies only because they were rejected by the establishment.

The word became a catch-all for many systems that could not be classified as effective or even safe. On the other hand, we also found fit to support some therapies that were not alternatives as they were accepted by the establishment. Whole-body hyperthermia and immunotherapy are natural therapies and hardly can be labelled alternatives as they are available in conventional institutions.

The Board of Trustees feels that the new title will eliminate a lot of confusion and not leave an image that FACT is opposed to therapies because of conventional acceptance just for the sake of opposition. FACT is an educational organization and hopes to bridge the gap between harmful therapies as practiced today and healing therapies that do no harm.

Sincerely,
Ruth Sackman

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Introduction to the 1988 FACT Convention



By Susan Silberstein, Ph.D.

I am the founder and executive director of the Delaware Valley, or Philadelphia, area chapter of FACT. I'm really happy to welcome all of you to our organization's national annual cancer convention. And, for the benefit of those who have never before attended one of our programs, let me give you some background about our agency and its policies.

We are, of course, a non-profit organization, an educational organization, which was established in the cancer patient's interest as an information clearinghouse and a referral agency. We distribute information about cancer prevention and non-toxic approaches which can be used as either adjuncts or alternatives to traditional or conventional cancer treatments. We support biological cancer research and nutritional science investigations and we work to eliminate carcinogenic substances from our environment.

The Delaware Valley Chapter was established eleven years ago as a local branch of the national organization which is sponsoring this convention. The Delaware Valley FACT offices are located in Wynnewood, Pennsylvania, and, of course, the executive headquarters are in New York City.

In our eighteen some years of existence FACT has served thousands of persons throughout the country and abroad. We've provided assistance to doctors, nurses, social workers, dieticians, students, medical students, cancer patients, their families and friends. We have offered resources for cancer prevention. We have offered nutritional and psychological support for the diagnosed patient; safe, effective biological alternatives for patients who are either not candidates for, have failed on, or who simply do not choose conventional cancer treatments; and also, referrals to professionals, products and services. In eighteen years we have never charged a fee for any patient counseling.

FACT was established because cancer is, frankly, on the increase. because despite the fact that the United States government has spent billions of dollars on cancer research since the war on cancer was officially declared in 1971, a Harvard biostatistician, John Bailar, stated in *The New England Journal of*

Medicine in May of 1986 that we are losing that war. We were established because a patient's chances of complete and permanent recovery are for most cancers not significantly better than they were forty years ago. Because cancer strikes two out of three American families and one out of every three Americans. For all those reasons our organization was established.

We believe that current concepts of cancer should be re-evaluated if real progress against the disease is to be made. Rather than defining cancer as the tumor or the abnormal blood picture, these things should be thought of as only a symptom of a much larger systemic problem resulting from a gradual breakdown in the balance of body chemistry. And we believe that only by restoring this balance can cancer, as well as other chronic degenerative diseases, be truly controlled. In other words, instead of treating the symptom, treat the cause. Instead of focusing only on the tumor, treat the body that produced that tumor and those abnormal cells. And, instead of measuring success in terms of only tumor reduction, concentrate on the host. Concentrate on host resistance — which is the theme of this convention.

We believe that if given the support that nature intended it to have, the body's own immune system can prevent or control cancer in the majority of cases. If the correction is not made in terms of the entire organism's functioning, then there is the enormous likelihood that the cancer will recur again and again no matter what therapy — toxic or non-toxic — is used.

I'd like now to make a restatement about our policy. Although FACT is a lay organization, its resources are professional and documented. Although we believe that the public has a right to information about non-toxic treatment approaches and that the ultimate responsibility for getting well should lie with the patient, by no means do we encourage patients to go on a do-it-yourself program. We strongly urge you to seek the help of a competent medical advisor and it's our role to help you find such a person. Our main goal is to make available to you carefully verified information.

As you will hear later this weekend, some of the therapies labeled "alternatives" are not, in fact, safe. Many of the so-called natural cures have not undergone long-term clinical testing. Some of the persons who call themselves health advisors are not qualified to advise the cancer patient and we warn all of those who may be desperate for help to be very discriminating. Even with the best of intentions, overzealous persons may offer recommendations based on

their own personal experience or expertise, but we urge you to check this information with our office so that we can offer you the most recent data and the assistance that is most appropriate for you. What is fitting for one patient may be totally inappropriate for another. We take great care in offering our resources and our referrals. And they're always tailored to the patient's individual needs.

Finally, the most important reason that FACT came into existence is because we know there are people out there who need us. I and most of the individuals in this organization are here because of our own personal experiences with cancer. We know how it feels to be very desperate for help and we want to help you find that help.

The convention is designed to be taken in as a comprehensive whole. We have invited speakers with expertise on as many different disciplines as time permits, so that we can present the concept of making a biological repair to the human system in all of its varied aspects. So we urge you to listen to as many of the lectures as possible, so that you can get a broad range of information about the total healing process. There isn't any one speaker who is THE authority, or any one topic that represents THE CURE, but all taken together encompass the body's essentials and each one may be a part of a complete program for body repair. We do attempt to take into account every system of the body and there are a number of speakers who will address that issue this weekend: the circulatory system, the digestive system, the glandular system, the nerve system, the immune system in all of its complexities, and the waste elimination system. Our goal is always to support these systems to the point of optimum function possible. And the crucial element for the patient's recovery is always to do no harm.

This weekend you'll have an opportunity to learn ways of actively participating in maintaining and regaining health. You will hear from doctors who've been working steadily and successfully outside the limelight of the mainstream cancer establishment. You will listen to the exciting case histories of recovered cancer patients who have used biological alternatives. If you are unable to remain here for the entirety of the conference, there are cassette tape recordings of every lecture that will be prepared and they may be purchased either on the convention floor in the exhibit area, or they may be ordered through the mail after the convention.

The most important thing to remember is to stay in contact with the FACT organization for guidance once you have left this convention. There isn't any one professional who is likely to have all the answers

for everyone and no one recovered patient has used a method that is perfectly applicable in any individual patient's case. But we at FACT have eighteen years of experience with thousands of patients, doctors, and clinics. That experience is here to benefit you if you take advantage of it.

I urge you also to purchase our complete information packet if you haven't already done so. It's available at the Delaware Valley FACT book table and it contains a wealth of information on the whole concept of non-toxic biological treatment alternatives. You should read it and re-read it.

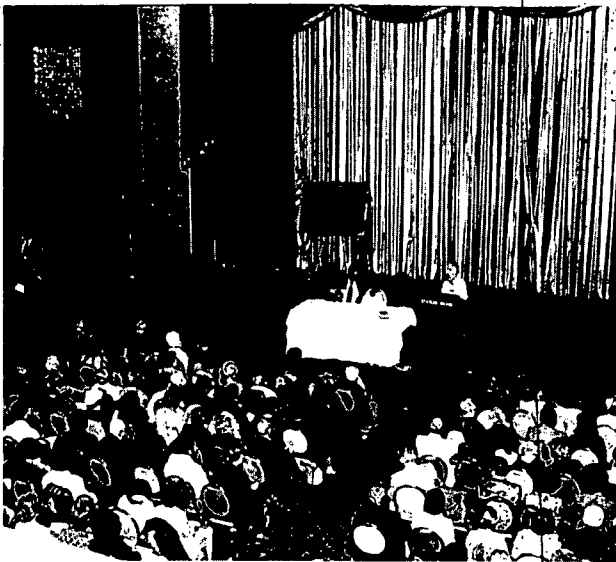
Now, let me take a moment to discuss with you FACT's name. Until now, the acronym FACT has stood for Foundation for Alternative Cancer Therapies. With this convention a new milestone in FACT's growth has been reached. The acronym will be retained as FACT, but the name will be changed to the Foundation for Advancement in Cancer Therapy.

By vote of our national Board of Trustees it was recently decided to change our official name because "Alternative Therapies" no longer really communicates accurately the thrust of our work. The term "alternative," as you may or may not have realized, has often been negatively interpreted by conventional medicine as meaning something non-scientific and without careful documentation and also suggestive of an unwillingness to cooperate with the medical community. As it relates to FACT, the term was sometimes interpreted to imply a passive endorsement of everything that called itself an "alternative therapy," whether it was safe or effective or not and to imply also a separation of our goals from those of the most forward-thinking physicians and scientists in the field of oncology who are finally beginning to recognize that essential shift in focus in cancer therapy from the tumor to the host and from toxic to non-toxic biological treatments. Clinical nutrition, botanical medicine, psychoneuroimmunology, hyperthermia and immunotherapy are simply too widely researched in the world today to be considered fringe and quack science anymore.

What is needed now is only, firstly, an honest open-minded examination by the cancer establishment of the work that has already been documented to be effective by many scientific and clinical studies and by the experience of numerous non-conventional practitioners. And, secondly, further controlled testing on large patient populations. When the marriage is reached between the body's own natural healing abilities and the best that medical science has to offer, we at FACT will have reached our greatest goal: to close our doors.

Cancer Convention

By Consuelo Reyes



Convention 1985 in Philadelphia

Those few disgruntled faces of late comers (who had misread directions and gone to the wrong Holiday Inn!), soon metamorphosed into looks of intense concentration as the 1988 FACT Convention got under way on August 27th and 28th in Elizabeth, New Jersey. Indeed, the large turn out, along with the avid interest expressed in all aspects of the program, attest to the fact that the majority of attendees were extremely glad they had made the trip.

"In seventeen years," observed Mrs. Ruth Sackman, executive director of the organization since its inception in 1971 and master of ceremonies for the annual event, "this is the most enthusiastic audience I've seen yet!" She said that she could tell by the questions asked and the responses of people who spoke with her that the concept was being grasped better than ever before.

The 'concept' can be summarized in two words — "Host Resistance," the theme of this year's convention which Mrs. Sackman defined as the primary emphasis on restoring the well-being of the host so that the body's natural healing processes can take over. While conventional methods focus on the destruction of the tumor, all too often these treatments destroy healthy tissues as well, and, thus, lead to the suppression of the body's innate curative powers. Without this restoration of the breakdown of the

host's ability to sustain life, Mrs. Sackman stressed, recurrence of the disease is practically assured and true recovery usually rendered impossible. It is FACT's position, she noted, that failure by traditional treatments to address the condition of the host has made the cure of cancer elusive and that the role of the foundation is to help patients find the treatment most suitable for their biological individuality that will allow the body to make that restoration.

To exemplify this point the convention presented a wide array of speakers including recovered patients and experts in the fields of non-toxic non-invasive therapies, psychology, biological research. Nicholas Gonzales, M.D. told about a physician criticizing alternative therapies by saying to the patient, if 10 cancer patients were all told by their physician to cross the street in order to facilitate their cure, by the time all of them had reached the other side of the road, one of them was bound to be cured. Such he felt was the capricious nature of anecdotal evidence. Stories of cures — often inspiring in their accounts of suffering and misfortune overcome — are not the stuff of which medical science is made, and are, most often, regarded by researchers as meaningless nuisances, difficult to account for by scientific precepts.

In spite of this dismissal of testimonial evidence, the fact remains that there are hundreds, thousands of these anecdotal stories of cures for cancer. While we may not be able to irrefutably "prove" cause and effect, it may be only science that, in the end, cares. If we're the ones with the unfortunate luck of a disease diagnosed as terminal, we want what *works*, not necessarily what science has given its priestly blessing to.

We at F.A.C.T. make it a policy to give strong credence to the feedback from the patients whom we serve. Patients know with astonishing sensitivity, and often better than their physicians, which substances make them get better and which make them worse. Patients' own accounts of the effect of a particular treatment is a powerful resource in terms of evaluating the efficacy of that treatment. The generous allotment of time to its recovered cancer patients is always a very special part of the F.A.C.T. annual convention.

Expert speakers on the platform of the '88 convention included Leo Roy, M.D., who emphasized the important role of high quality foods for both the prevention and treatment of cancer. He spoke, as well, of a life force, and concluded that the physician can only give to the patient tools for healing. His experience, in working with thousands of cancer patients, has revealed that the patient's own wish to

live is a powerful factor in the healing process, and that without this "will to live," recovery from a life-threatening disease is not possible.

Jorge Estrella, M.D., spoke on live-cell therapy, a treatment widely used in Europe for over half a century, but blissfully ignored by the United States. Clinical practice has shown that embryonic tissues from animals injected into humans will often bring about an improvement in host resistance and enhance the reduction of symptoms for a wide range of diseases. Live-cell therapy works because embryonic cells from unborn animals are immunologically inactive and thus are not rejected as non-self by the immune system of the person receiving the treatment. The effect of the therapy, using as many as 40 kinds of glandular or tissue cellular suspensions, is to harmonize hormones: balance the intricate hormone-producing and feedback mechanisms of the endocrine system. Dr. Estrella has found it to be an effective form of treatment in restoring immunological competence to the cancer patient, and in improving arthritis, arteriosclerosis, allergies including dermatological disorders, hormone-dependent dysfunctions ranging from impotence to early menopause, neuromuscular disorders including epilepsy, sclerosis, and muscular dystrophy, and over-all regeneration and rejuvenation.

Ranulfo Sanchez, M.D., spoke on whole-body hyperthermia, a technique where the entire body is heated to 108 degrees. Cancer cells die at this temperature while normal cells remain unharmed. In its ability to reduce tumors, hyperthermia accomplishes the same goal as radiation and chemotherapy, but without the destruction of healthy cells. It is a procedure which has been shown to be effective and safe in all cancers except brain tumors.

Jane G. Goldberg, Ph.D., addressed aspects of the psychology of illness. Dr. Goldberg stressed the point that it is time that patients and physicians alike stopped considering psychotherapy as a mere adjunctive aid in the treatment of cancer and other psychophysical diseases. She considers it a requirement, not a luxury, if one wants to maximize one's potential for health and healing. She made the point that just as our physical immune system protects us from biological pathogens, so too do we have protective mechanisms from psychological toxins. The psychoanalytic method of putting our thoughts and feelings into words is this protective mechanism, insuring that our feelings will not damage us.

"What works" was dramatically expressed by the recovered patients who told their stories. Kay Windes, a retired school teacher and 24 year survivor of breast cancer, spoke of her success with cellular

therapy supported by diet which defied the dismal prognosis she had received from conventional doctors. Kay is a vibrant example of the rewards of adhering to a sound biological program.

June McKie, whose talk is transcribed in this issue of *Cancer Forum* (p. 7) told of her panic at the appearance of two large tumors on either side of her neck. With the guidance of FACT, her strong trust in the body's wisdom, and her commitment to taking control over her life in psychological as well as

physical areas, she stuck to the program and saw the tumors recede over the course of a year.

Louise Greenfield, whose book, "Diet Overcome By Cancer" was recently published, discussed the many ramifications of stress and life style that contributed to her struggle with the disease. When asked about her specific dietary regimen, she presented only a general outline, explaining that there is great danger in thinking that what worked for one can work for anyone because we are all so unique. She strongly urged patients to seek the help of a competent medical advisor in order to design a program based on one's biological individuality. She added that it is in this area of guidance that FACT plays such a vital role.

Despite the gravity of his situation, Bernie Nevins presented his case history of colon cancer in the charming, rather off-hand comedic style of a stand-up comedian. He told of watching his mother and father succumb to colon cancer and the fear that perhaps this was his manifest destiny. When he developed the disease, however, he decided to deal with it differently than his parents who had been treated with surgery and had colostomies. Both died within a year. Aided by FACT and with the strong conviction that he had nothing to lose, Bernie is now enjoying a 15 year recovery! This story is valuable evidence that we are not genetically programmed to suffer the same fate as our parents. Because we experienced the same environment, foods, etc., there is the likelihood that we will be at risk for the same illnesses as family members. But Bernie's experience demonstrates that it is what we DO with this information that decides the outcome — that we can help ourselves to a state of good health.

All in all this was an impressive and FACT-filled (pun intended!) weekend. The sharing of so much information on the part of expert speakers, the clinical experience of recovered patients, all melded together by the warmth, wisdom, and dedication of purpose on the part of emcee, Mrs. Ruth Sackman, surely will stand as a beacon of hope for those suffering from diseases that medical science has thus far failed to cure.

June McKie — Recovered Cancer Patient

RS: This next patient has a very interesting and dramatic case history to tell you about. It's important for you to hear some of these things so that if you're going through one of the therapies, you'll have some guidelines — learn what someone else did, what the experiences were — so that you know how to conduct yourself and handle yourself under the circumstances. She has been involved very closely with the organization. We've gone through the experience with her practically breath by breath, moment by moment and so I know the case history thoroughly and we have become very good friends. As a matter of fact, June McKie is responsible for a number of the covers of "Cancer Forum". She's an artist, and a good artist.

June, I enjoy having you here and introducing you.

June: I'm unaccustomed to public speaking so I hope you'll bear with my nervousness.

"About 15 years ago I saw a notice in my local health food store for a two-day convention on nutrition given by FACT. I went and I was impressed."

There was a struggle for me at first to decide how I was going to deal with all this. I just don't like to think of what I would have done if I hadn't run into Ruth Sackman and FACT.

Nearly five years ago I discovered a lump in my groin. My doctor advised me to wait a month to see if it would go down. It didn't. He advised a biopsy and I decided to see a surgeon at New York Hospital for another opinion. Then, he thought it was a lymph node as well and explained that a needle biopsy was not accurate, that a node should be completely removed and a sliced section taken. This was done and diagnosed as lymphoma.

Up to then I was concerned, but I wasn't frightened. I really wasn't expecting bad news, but there it was. I really did kind of panic at that point.

Well, what was I going to do about it, I asked myself. In the meantime I went to see an orthomolecular M.D. I had seen a few times some years earlier.

It is fitting at this point to interrupt and tell you that about 25 years ago I had a recurring health problem. I went to several doctors looking for a cure and they gave me various things to do and to use while only one of them gave me something to take by mouth, which I accepted because I had read about

it in the New York Times. How foolish, to accept something just because you read about it in the newspaper! Years later it was found out the drug was carcinogenic.

I don't mean to infer by this that that was what caused my problem; but I'm sure it didn't help. In any case, none of it helped me, really cured me, although all of it helped for a little while.

During this time I also had frequent bouts of cystitis and was treated for that as well.

After ten years of this, I got fed up. It just wasn't good enough; there must be another way, I thought. I went to bookstores and I did a lot of picking and scanning of the latest books on diet and nutrition. There were a lot of them and I bought the ones that sounded best, among them Adele Davis and Carl Pfeiffer, etc. It was a start.

At this point I was skeptical. My attitude was that I'd give it a good honest try and see what it did for me. About a year later I wasn't doing or using any of the medications the doctors had prescribed and I was feeling fine. I had made changes in my diet and

"It's all a lot of work and it takes a lot of time. I mean you really have to want to live. I do, and I think you do or you wouldn't be here."

had carefully set up a supplement program for myself and I was very happy about that. However, even though my diet was better, I still drank a small amount of alcohol on social occasions and still enjoyed a single glass of wine at dinner. I sometimes ate cake and ice cream and other things that I wouldn't consider eating today. So I wasn't a puritan yet!

After two or three years I went to this highly recommended orthomolecular M.D. I just mentioned — to check up on my self-made program. I had done quite well with it, but he made some diet suggestions and additions to the supplements, and did a hair analysis and suggested shots of B12 and Niacin and so on. I went for a short while but decided not to take the shots after the first time. I felt that I really didn't want to overdo anything. Nothing to excess, kept coming into my mind.

I mention him because years later when I found out I had cancer, I was curious to know what he would do in this kind of situation. He said he would go for the chemotherapy. So much for that....

About 15 years ago I saw a notice in my local health food store for a two-day convention on nutrition given by FACT. I went and I was impressed.

After that I even called FACT a couple of times to ask some questions and was impressed with how I was answered.

Well, back to my dilemma. What was I going to do? I was scheduled for a Cat Scan. I called to make sure of the time and they said the machine had to be repaired. Well, that did it! I felt skittery anyway and just suddenly remembered FACT at that point and I got Ruth Sackman on the phone and I was very lucky. Ruth was starting an experiment. After meeting with her and looking over the available material, I made the decision to start the Dr. Jensen program. Ruth then offered that I could join a group she had started with people who had cancer.

The experiment was this: we would be in group therapy with psychoanalyst Jane Goldberg, who I guess is going to speak next. And we would be with Dr. Goldberg once a week, one evening a week. Once a week for 1½-2 hours we would meet with Ruth and she would lecture on nutrition and answer any questions we would have.

At this point I was drawn instinctively toward the FACT program — 99%. There was that funny little 1% on the question of chemotherapy. Dr. Goldberg knew this and was very kind and helpful and offered

“After a year or more of these changes the small lump went down and disappeared. The large lump on the other side of my face slowly began to go down.”

me the option of joining another cancer group that she had with people who were having or had had chemotherapy and other orthodox treatment. The oncologist I had seen had told me his brother had lymphoma and was taking chemotherapy and suggested I talk with his oncologist. I did this and I liked the man very much. He even offered to let me talk privately with a young man in his waiting room who had lymphoma and was nearing the end of his treatment. After chatting with the young man, I was struck most by his final statement which was, “I’ve taken the medicine and I feel like I’ve paid my dues and from now on my life is my own.”

What was his life like to have made him so sick to agree to take such poisonous medicine in penance? I would have loved to have asked some more questions, but there wasn’t time. What kept recurring in my mind was the whole earth and human dilemma of pesticides, herbicides, toxic wastes. I kept remembering Rachel Carson and “Silent Spring” and out of this a little intuitive voice inside me said, “Do you

really want to deliberately put more poison into your body than it has already had to tolerate by what man has done to the air and the food and the water?” It just didn’t make sense to me.

So when I came across Ruth Sackman and FACT at this juncture in my life, I was ready because Ruth was putting into words things I already felt.

I want to tell you further how this organization has been of invaluable help to me. I did not take chemotherapy or further invasive tests. I went on the prescribed diet and supplement program, daily colonics, fasting and cleansing schedules. I went to group therapy. It’s all a lot of work and it takes a lot of time. I mean you really have to want to live. I do, and I think you do or you wouldn’t be here.

When starting out there’s so much to learn all at once. There are so many bad habits that have to be

“All I can say is, I think it would be good to believe in your body’s natural wisdom and be patient and not do battle with the laws of nature.”

broken and reformed into good ones. It really seems overwhelming. That’s where Ruth and FACT were so valuable and supportive. Ruth has had to repeat things to us over and over to assist us in forming our new health habits. She is also adroit at bringing out a quality that we all have: our own good common sense. She does this by giving us the benefit of her own excellent well-honed common sense. Many, many years ago that’s all man had and maybe it should get popular again.

Some time passed and other lumps in my groin went down. I had turned yellow from drinking carrot juice. Then one day I noticed I was getting a lump near my ear. Over a period of a year or so it got bigger and bigger and bigger. I got discouraged and I got frightened, especially when another started in the same place on the other side. A nurse friend suggested it might be an ear infection. I even went to see an ear doctor. He wanted to do a needle biopsy which I decided against. My dentist said it might be a blocked salivary gland.

I talked to Ruth. My diet was changed again: I went on cooked food only, temporarily. My fasting and cleansing program was altered. After a year or more of these changes the small lump went down and disappeared. The large lump on the other side of my face slowly began to go down.

At this point it hasn’t entirely disappeared. I’m glad I didn’t panic and do other than what I did. I have

Ruth and FACT to thank for that. They were always there ready to counsel and support me in a way that I instinctively believe is the wiser way.

All I can say is, I think it would be good to believe in your body's natural wisdom and be patient and not do battle with the laws of nature. Asssit them. If you don't know how, find out how. I've come to understand that it takes a while to get cancer and it takes a while and a lot of work to gain control over it.

I want to say something about stress. Good stress is one thing; bad stress is a real killer. Bad stress is when you're backed in a corner and you don't know what to do about it. Or you're in the corner doing your utmost, making some effect but knowing that the outcome is a no-win situation anyway.

There were some very basic things wrong with my life. Let me make a picture analogy for you: let's say life is a path of forward progression. Let's say it has many varieties in quality which range from a wide vista in scenery and all the things you love the most, to a very narrow path, perhaps even a tightrope in total darkness. I'm sure a lot of people have felt these extremes. What creates 'killer stress' is feeling trapped for too long periods of time in the more un-

"She is also adroit at bringing out a quality that we all have: our own good common sense."

pleasant or disastrous parts of this life path. For me some of the basic things that were wrong were worked out or changed. That helped tremendously. Though it still took its toll, I feel I have rallied well. There are other more subtle and illusive changes I still have to make and am still working on.

It seems a lot of young people today are not getting married. A few years ago we were together with two of our dearest friends on their wedding anniversary and my husband blithely asked, "Have you ever thought of divorce?" The wife retorted with a twinkle, "Divorce, no; murder, yes."

A philosopher once said, marriage is not a relationship, it's an ordeal. I am married to a truly marvelous, complex and challenging man whom I dearly love. I don't know how I could have come through all of this without him. Dr. Goldberg's group sessions were enlightening, difficult and sometimes devastating. I have to give my husband credit for going to these with me as long as he did. Also I have to give him credit for all the support he gave me. He gave me a lot of heartache and static too, but he also gave me a lot of support and that's the

important thing.

The sessions with Ruth were a real education and again the fact that my husband came to listen made what I had to do to change my health picture a lot easier because he was able to help me do some of the things that had to be done. He even joined in on the new diet and that wasn't easy. You know, changing your diet because you have cancer, I mean that's a pretty life or death situation, I think. But for someone to change his diet radically who doesn't really have to, I mean, that is really admirable! He was rewarded for his efforts; he lost some extra weight and ended up feeling better than he had in years. It was a real joy for me to see that, I can tell you.

We bought bicycles, and exercised a lot more. I still have occasional days when I don't feel well, but in general, I feel 100 times better than I did five years ago and have a lot more energy. I know from experience that the program works. I am so glad I have found something that I can do for myself.

I want to end now by saying that Ruth Sackman is one incredible person! She has really given her life to the work she is doing in spite of all the disappointments and the great frustrations. Frustrations that would cause anybody else I know to just throw in the boxing gloves. She is just what the organization has to have — a wonderful person who is very intelligent and one common-sense, tough lady. God bless Ruth Sackman!

RS: Thank you, June. I want to add something to what June has said because I don't think she stressed it as much as I would have stressed it. She's a very gutsy gal and it is for this reason that I say that: the side of her face swelled and you can see it isn't there now. It was from behind her ear all the way down to her shoulder. And she said, of course, a tumor appeared on the other side as well, but that was much smaller, but obvious.

Now, in spite of that, she stayed with her program. All she did was take my word for it that that was the usual system, that the body would take care of the problem and it would go down. I couldn't give her a guarantee, of course, I just told her that this was the way this type of program worked — that the body was moving the toxins from one place to another, maybe blocked in one area so that they stopped there temporarily, but it would work its way out. The body fights for survival at all times. It fights to heal itself. She stayed with that in spite of the little deviations that she spoke about. She went to see a doctor who said it might be a blocked salivary gland, which is probably pretty much on target. but you can imagine the patient, or those of you who are

patients, when you're dealing with a lump that's as obvious as that. I can imagine that most of you will panic. She was uneasy, but there was not panic and she stayed with that lump for nearly a whole year until it went down.

So we can help, but it's actually what the cancer patient is willing to do herself.

Question: What was the program?

RS: She didn't explain that too deeply either and I can understand that is what people want to know. She was in what we would call a metabolic program. In other words, it was a very carefully individually designed dietary program that would supply her body with all of its essentials. Without that, you're not going to get well.

I tried mentioning some of it to this patient with the osteogenic sarcoma, the patient that Dr. Sanchez spoke about. You can debulk the tumor in many ways, but until you go through the process of repairing the body, there's the best chance in the world that that body will still produce cancer cells and you'll get recurrences more often than not.

Question: Why did she change over to cooked food?

RS: All right, I'll tell you why we suggested that she change over to cooked food. When you're in a good metabolic program, its design is to start the body to heal itself which means destroy cancer cells, remove any carcinogenic substances that the body has accumulated over a long period of time — good elimination of waste in every way possible.

Now if the function of breaking down the waste materials is more rapid than the body's ability to eliminate the material, there's going to be a back up, a back-up in the bloodstream. In other words, the liver isn't able to clean out all that has dissolved rapidly enough to send it on out through the waste elimination system. When that bloodstream becomes too overloaded, it is the job of the lymphatic system to collect those waste materials, haul them out of the bloodstream until there is an opportunity for it to break down again into the bloodstream. Otherwise, you could suffer from or die from auto-intoxication.

You see, that's the place where the body suffers the most, when the bloodstream is polluted, or, as some people say, loaded with sludge, full of toxic matter. Then you get headaches, you get feverish, you feel debilitated and so by this marvelous design of our creator it is to take the waste material temporarily out of the bloodstream and have the lymphatics hold it.

So, we put her on cooked food simply to slow down the process of breaking down the bad material. Did I make that clear?

Wrong Calcium Sources Can Cause Bone Loss

We get frequent questions about some health craze that is bombarding the public through media programs and advertising. Right now it is osteoporosis.

I watch these presentations on television, aware of the erroneous recommendations for treatment and shudder to think of the harm caused by suggesting that people use artificial calciums to produce bone density when it will actually worsen the condition. I, of course, am helpless to do anything about it.

On one occasion while lecturing to cancer patients, I mentioned that the use of inorganic calciums such as dolomite, processed eggshells, Tums or other artificial calcium could cause bone porosity instead of correcting it. A woman came up to me after the lecture and said that that was exactly what happened to her. Her doctor, trying to protect her from bone loss, was responding to the unqualified information about calcium and prescribed calcium supplementation.

Finally, two wonderful letters appeared in *Medical World News* (9/12/88) written by Neal D. Barnard, M.D. of George Washington, University Hospital of Washington, D.C., and H. Robert Silverstein, M.D., of Hartford, Connecticut, responding to an article printed earlier in *Medical World News* (6/27/88), "Call for Building, Preserving Bone Mass Intensified."

Both Dr. Barnard and Dr. Silverstein are critical of the present treatment for porosity and blame the loss of bone mass on high protein in the diet. Dr. Barnard quotes research studies to validate his views. One was a report by Dr. B. Lawrence Riggs of the Mayo Clinic. Dr. Riggs measured bone densities and calcium intake in women for several years and reported, "We found no correlation at all between calcium intake and bone loss, not even a trend." Dr. Barnard also quoted a summary in *Summary* (August 1, 1986) "the large body of evidence indicated no relationship between calcium intake and bone density." He also faults the consumption of large amounts of dairy products as not improving osteoporosis but increasing cholesterol which can contribute to atherosclerosis and the use of dairy products also adds to the concentrated protein.

Dr. Silverstein and Dr. Barnard both suggest a low protein and high fiber diet.

Dr. Silverstein raises the spectre that Western medicine tends to treat one disease while simultaneously creating other diseases. He suggests that while treating osteoporosis, it would be better if we use approaches that will also prevent diverticulosis, obesity,

hernia, heart attack and stroke, diabetes, gallstones, hiatus hernia, cancer of the colon and breast, etc. He says "why not prevent all of these diseases by eating foods that are high in fiber; modest in protein; and adequate in calories, vitamins and minerals — rather than recommending the low-fiber approach of a diet high in dairy foods?"

Dr. Silverstein proposes foods like whole grains, beans, the known high-calcium vegetables such as collards, kale, Chinese cabbage, mustard and turnip greens, buckwheat, endive, scallions, watercress, bok choy, and other green leafy vegetables high in calcium

Yes, why not? The diet is similar to the one used by cancer patients to avoid a recurrence of cancer. It could be considered a program to prevent disease or simply to maintain or regain a condition of wellness as well as a reduction in bone loss and improved bone density.

Questions and Answers

These questions were asked via the telephone. Very few letter writers ask questions by mail.

Q. What about milk for calcium?

A. Milk is a food meant for babies not for adults. Babies have the enzyme needed to metabolize milk — lactase. Adults do not have lactase secretion. Nature has designed it that way for babies to be nursed by their mothers. Cows milk is not an ideal food for humans as it contains a high content of casein as compared to human milk. You no doubt ask then, where do we get our calcium? It is obtained from vegetables. It is one of the most prolific elements in the food supply, again as nature intended because we need so much of it for so many body functions.

Many people are taking calcium supplements without much regard for its original source. Calcium derived from inorganic sources can cause a calcium deficiency instead of improving the bone structure. Dr. Norman Walker, who died recently at about 115 years of age, wrote that water that contained minerals obtained from inorganic substances, like stones, contributed to the aging process. Calcium supplements from eggshells, dolomite, chalk, or other inedible sources should be avoided.

This would be true for all inorganic minerals. Minerals are more readily assimilated by the body after conversion from an inorganic state to an organic state through absorption by plants. Not only is it more readily absorbed but its potency is greater.

Doctors Persist With Outmoded Cancer Therapies

By Mark L. Fuerst

VENICE, ITALY — Some stubborn cancer specialists are using outmoded treatments on patients even in the face of damning research results, according to several of the world's leading cancer researchers.

Only a minority of the more than 1,200 clinical trials of cancer treatment in progress around the world will have a true impact in modifying therapeutic practices, said Dr. Umberto Veronesi, director and chief surgeon of the Italian National Cancer Institute in Milan. Some trials are never completed because of poor preparation, others give unclear results.

"About 20 percent of trials produce meaningful results, but all too often these results have not led to changes in the methods doctors use to treat their patients," Veronesi told the Sixth Annual Symposium on Cancer Research here. "If new techniques contrast with traditional methods, the medical profession may not be ready to bring the results into practice."

Pointing to his own experience with malignant melanoma, Veronesi said, "We did a trial showing that after removal of the primary tumor there is no need to remove the regional lymph nodes if they are not palpably involved." After studying 600 melanoma patients for 12 years, he published his findings five years ago. "But the reaction of general surgeons has been strong and hostile — the majority still remove the regional lymph nodes," he says.

Why? "Because," Veronesi said, "set in their ways, some surgeons are reluctant to change." Others are genuinely not convinced and want to see more data and additional studies confirming his results.

Several clinical trials have shown that radiation given immediately after a radical mastectomy is useless. Yet 50 percent to 60 percent of cancer specialists still do it, said Veronesi. These doctors claim they are trying to prevent regional recurrence of the breast cancer, said Dr. Gianni Bonadonna, director of medical oncology at the Milan Institute. "They just don't want to accept the prospective trials," he said.

Reprinted from Vegetarian Times.

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

More Errors About Calcium

How often have you read about using Tums or other antacid preparations to prevent osteoporosis (bone loss)? Perhaps the following research will put this erroneous information to rest.

Antacid preparations contain aluminum hydroxide alone or in combination with magnesium hydroxide. Such preparations can do damage to bones.

Dr. Herta Spencer of the Veterans Administration Hospital, Hines, Illinois, reports that in a group of men taking just small doses of such antacids – much less than amounts often recommended as the daily dose – calcium and phosphorous losses occurred. Prolonged depletion of the two minerals usually produces osteomalacia, a softening of bone structure.

*"Nature ever shows the true and perfect way
Therefore learn betimes – ne'er from her path
to stray"*

Comes the Dawn

Author unknown

After awhile you learn the subtle difference
Between holding a hand and chaining a soul,
And you learn that love doesn't mean leaning
And company doesn't mean security.

And you begin to learn that kisses aren't contracts
And presents aren't promises,
And you begin to accept your defeats
With your head up and your eyes open,
With the grace of a woman, not the grief of a child,
And learn to build all your roads
On today because tomorrow's ground
Is too uncertain for plans, and futures have
A way of falling down in mid-flight.

After awhile you learn that even sunshine
Burns if you get too much,
So you plant your own garden and decorate
Your own soul, instead of waiting
For someone to bring you flowers.
And you learn that you really can endure...
That you really are strong
And you really do have worth.

And you learn and learn...
With every goodbye you learn.

American Medical Student Association Opposes Food Irradiation

The American Medical Student Association 1988 House of Delegates passed the following resolution on food irradiation: "Be it resolved that the 'Principles Regarding Food Irradiation' be amended to include the following: The AMSA opposes the irradiation of food as a preservative process until such time as it has been shown beyond any reasonable doubt that such processing

- does not diminish the nutritive properties of the food more than other preservation processes.
- does not lead to harmful effects in the persons who consume such food,
- does not impose a health or safety threat to workers in processing plants, nor does processing or production, transportation and storage ... pose any risk of polluting the environment."

FACT already knows that irradiation of food alters the molecular structure of the food, produces radiolytic by-products; one of the by-products being aflatoxin, a known carcinogen.



Food Irradiation Red Alert!!!

The *Journal of Natural Hygiene*, Volume III, No. 6, November/December 1988, is urging everyone to protest the intention of the United States Department of Energy to approve an irradiation facility to be built in Washington State near the orchards where apples are grown.

The Port of Pasco near the Hanford Nuclear Reservation in Washington State recently signed an agreement with the U.S. Department of Energy to build a food irradiation plant to treat apples, cherries and asparagus.

The *Journal of Natural Hygiene* suggests that you write to Mr. Tom Hale, President of the Washington State Apple Commission, P.O. Box 18, Wenatchee, WA 98801, warning them that you will boycott Washington State apples if they proceed with this offensive plan.

VHS TAPES OF THE 1988 CANCER CONVENTION

Ranulfo Sanchez, M.D., DESTROYING CANCER CELLS WITH WHOLE-BODY HYPERTHERMIA.

Ruth Sackman, Pres. of FACT, BIOLOGICALLY SAFE SYSTEMS FOR REBUILDING HOST RESISTANCE.

Jane Goldberg, Ph.D., USING YOUR EMOTIONS FOR BETTER OR WORSE.

Leo Roy, M.D., N.D., INDIVIDUALIZED METABOLIC PROGRAMS TO IMPROVE HOST RESISTANCE.

Nicholas Gonzalez, M.D., METABOLIC APPROACH TO CANCER THERAPY.

Jorge Estrella, M.D., CELLULAR THERAPY TO IMPROVE HOST RESISTANCE.

Flemming Rasmussen, RESEARCH INTO ACID/ALKALINE BALANCE IN CELL MATURATION.

LOUISE GREENFIELD, Recovered Cancer Patient (breast)
JUNE MC KIE, Recovered Cancer Patient (lymphoma)
DORIS SOKOSH, Recovered Cancer Patient (breast)
BERNARD NEVENS, Recovered Cancer Patient (colon)
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- (91) Cellular Therapy for the Improvement of Host Resistance

Edwin Flatto, M.D.

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