

# CANCER FORUM

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



## 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,

*In my letter in the last issue of Cancer Forum, I noted the name change of FACT from Foundation for Alternative Cancer Therapies to Foundation for Advancement in Cancer Therapy. This is a very significant change and I think it is important that our readers appreciate the reasons behind it.*

*It is hard to imagine a time when the word "alternative" was not a catch-all term for any therapy that was not accepted by the conventional medical community. But, some 20 years ago when FACT was formed, "alternative" was just an adjective that according to Webster's meant "other." We chose the word primarily to complete the acronym FACT and because we felt it was in keeping with the concept of non-toxic therapies which is what we support exclusively because they focus on strengthening and maintaining the integrity of the host above all.*

*Today, it's a different ball game! Any and every treatment not sanctioned by established medicine now wears the alternative banner. While some of these modalities may have validity, many of them are unacceptable because they violate the non-toxic standard, therefore, ultimately they are harmful to the host.*

*It is an unfortunate and confusing situation. Being just "anti-establishment" is not good enough for the cancer patient. (Ironically, many of the "alternatives" by focusing on tumor reduction and symptom relief are more consistent with conventional treatment than a biological system that concentrates on restoring the well-being of the host.)*

*Struggling with this miasma of misinformation long enough, the Fact Board of Trustees felt it imperative that we clarify the organization's position and separate FACT from the term "alternative" and what it represents today. In choosing our new name, we reaffirm our original credo of supporting non-toxic, biologically-sound therapies. In this way we hope to make less murky for the cancer patient an already muddied situation.*

*Along with this, regrettably, we feel we must issue a caveat, something we never would have envisioned 20 years ago: beware, some alternatives may be hazardous to your health!*



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## Bernie Nevins — Recovered Patient

*RS:* I had occasion between the last convention and this to speak before the American Cancer Society Colostomy Group in New York City. At the end of the talk, typically, some people who didn't ask their questions from the floor came up and surrounded me with questions. But there was one man in particular who said, "Well, isn't the problem caused by genes?"

I looked at him strangely and couldn't imagine what he was talking about, talking about colon cancer being in the genes. I said, "Well, what do you mean?"

He said that there were two or three — a cousin or an uncle or a father, a brother, I can't remember all of that exactly — members of the family who also had colon cancer and so, therefore, he felt he was a product of this family and it was in the genes.

Well, when we started to plan this convention, I immediately thought of a patient that we had helped, I think, 14 years ago, and periodically were in touch with.

And I told this to this patient: I said I don't think so, because we have a patient who was a colon cancer patient whose mother had colon cancer, had a colostomy, died within a year, whose father had colon cancer, had a colostomy and died within a year. But this patient isn't dead. He's doing very well.

So when we started to plan this convention, I felt, this is the time for me to call Bernie Nevins and have him make a presentation because I'm sure there might be other people where there's a member of the family with cancer, assuming therefore, they're automatically going to be victims. Especially, if they

get breast cancer and have a parent die; they can be absolutely sure death is imminent for them.

So you can see the importance of this particular case history. He's a very pleasant outgoing kind of person with a smile on his face at all times. So how can a person like that possibly have a cancer problem and even succumb to cancer? I want him to tell you his case history. Bernie, it's a delight to have you here.

*BN:* I hope I don't pass out. I'm more scared than I was prior to the surgical procedure!

I made some memos while I was talking to a client one day and I'll ramble on. Ruth Sackman will get me back in line if I drift too far.

Tomorrow, I'll be 76. And that's the truth, thanks to Ruth Sackman!

Fourteen years ago I was released from Beth Israel Hospital in Manhattan where a resection of my colon was performed. It was a stage 2 cancerous growth. The doctor claimed it was the worst case he'd ever had. It seemed like fecal matter was backing up and coming out of my mouth. The pain was impossible to take.

I'd gone on with these attacks for some 8 months. I wasn't aware of what was going on because for the last thirty years prior to that I was very health conscious — a mixed diet: vegetables, fruits, nuts, meat, fish — a whole foods diet. I felt wonderful. Twenty or thirty years prior to that, it was hell. I had seen every doctor in New York, constipation all the time, couldn't accomplish anything — bad student, you name it. It was a problem.

Immediately after I changed my diet — a la Rodale, McFadden, Adele Davis — the mixed diet — I found that I was feeling great. Everything worked great: my business was doubling every few weeks or so. I couldn't figure it out and today I haven't been able to.

Well, I'm just gonna continue ... I thought this was just constipation so I consumed large amounts of figs and so forth. Nothing worked. The only relief I received during this period was taking an enema every 2 days or so. I was caught doing that down in Costa Rica. I was down in Costa Rica because for business reasons somebody gave me an award. I just got by. Without taking that enema every 2 days I would have died.

I was eating a good diet of whole foods; now why did I get cancer? Me of all people.

My mother died — had a colostomy at age 54 and my father at age 62. My mother claimed "we have the best foods." There were the chocolate eclairs and all the chocolate cake and the grease and the garbage.

We had the best foods!

Apparently, we didn't, because it didn't do me any good. Until I was about 35 I didn't get on my feet. My dad was 62 and Mom 54. Well, they're never going to get me at 54! No more, it's too late for that!

They both died one year after surgery at a young age.

I said to the surgeon, when he wasn't fooling around at age 84 with nurses who respected his senility, I pulled him aside and I said, "Hey doc, how the heck did I ever get this thing?" And I thought I was gonna get the magic answer. I was walking around with tubes in me — all over the place. I looked like I was wired for sound!

And he said, "Well, predisposition."

I'm here today thanks to the good and constant advice offered by Ruth Sackman. I bought many books on the subject, but without Mrs. Sackman's leadership and guidance I never would have made it. I use pancreatic enzymes daily with a diet consisting of vegetables, fruits, and nuts, a cup of yogurt daily with an egg, about 8 to 12 eggs or so a week. Carrot juice, freshly-made. I also run the urine test with Dr. Navarro occasionally. I've gone from 5 to 0 — down to negative. I was negative 3 years ago. Then I got a little careless and didn't take a test for 3 years. I took a couple of trips to Atlantic City, cheating here and there. I got the idea to take another test. It came back a 4 and I started to worry. I behaved myself again. I got in line and I ran another test a month or two later. It was down to 3. The 3 I'm not too happy with. I want the 0. I was working on that and I think I probably got down to a 1 or a 2 or I will be shortly.

Now, all this was accomplished without a doctor, because I know more than all the doctors, more than Ruth Sackman! That was the problem she had with me. She still does. It's that deluded ego that pops up all the time, and the fact that I was one of the organizers of the New York Natural Hygiene Group and all that. We think we know all the answers. Had I known what I do now, I wouldn't have gone around with this for 8 months. I could have called Ruth Sackman and asked her a couple of questions. I could have done a lot of things, but I felt, well, it's nothing — it's constipation. I wasted those 8 months.

Well, let's see the rest. The bottom line on all this, I guess, is a happy, positive attitude in life. I try. I'm a business man and I do business with the public and it's not always that easy. You do the best you can with a good, positive attitude in life, with a good diet of raw, unprocessed foods that will heal the body. I don't treat the tumor only — only the host: me, the cause of the cancer. I avoid stress where possible, get plenty of rest — I do that, I'll guarantee

you that. I lead the so-called "holistic life": sunshine within reason — and I don't always do it within reason — fresh air and organic foods, if possible. Now that's the whole story, that's what's kept me alive.... I love life, I enjoy working and that's about the whole thing.

Now if anybody wants to ask me, I'll say, this is what I did. I'm not going to tell you what to do because I might have to or want to change some of these modalities tomorrow or 6 months from now. But without the Captain here....

*RS:* "General!"

*BN:* ...I'm all over the place. I've spoken to a half dozen practitioners today. They'll all more or less start you out with a good basic raw food diet with all the live enzymes. A good deal of them, I guess, are recommending the pancreatic enzymes that I take after every meal. I don't cheat on those. I don't mind taking extras. I'll get up maybe during the night — 3 o'clock, 4 or 2 o'clock, or whatever time it is. If I wake up, I'll throw 3 down on an empty stomach. I got some of that business from Dr. Kelley. I don't know how good that is, but, here I am! You decide, if that will do you any good. I hope I've done something right. I know I've done a lot of wrong things and you be the guest. If anybody wants to ask me any questions....

*Q:* With 8 to 10 eggs a week, what's your cholesterol level?

*BN:* I never checked it and I'm not so worried because, now mind you, I live on raw food, and I need a certain amount of cholesterol. I have maybe a half to a cup of yogurt a day. It might be a good idea to take a cholesterol test. We'll get to that some day. I'm not too worried about that.

*RS:* I think there's a mistaken impression about eggs and cholesterol. Eggs have lecithin in the yolk — anti-cholesterol factor. Hard-boiled eggs I won't say the same thing about. That can build cholesterol. But if you use the yolk of the egg — and it doesn't have to be raw — keep the yolk uncooked. You've got lecithin there and it takes fat to dissolve fat. So it usually will dissolve cholesterol, not vice versa.

*BN:* Rodale wrote an article one time and my wife brought this to my attention. There was a chicken farmer who was eating 20 or 30 eggs a week. He had a cholesterol test taken — it was normal.

*RS:* You know, for years, the doctors were saying to patients, cardiac patients, that you can't have this fat or that fat. And now, of course, they've come to a sounder conclusion which fortunately happens in

many instances: you've got low density lipoproteins and high density lipoproteins. So that there are some fats that the body ought to use to reduce the cholesterol and some fats that will cause the rise in cholesterol.

Take something else into account: if you've got a grease stain on your clothing, you know what will take it out faster than anything else? Grease. You rub grease in it and then wash it out and it will usually take out the grease stain. So you've got to have oil to dissolve the cholesterol.

*Q:* I have two questions. It sounded like your first diet wasn't really that unreasonable. You seemed to be very conscious of trying to eat a good diet. Was there some kind of a stress factor that may have occurred at some point?

*BN:* There was a stress factor. My wife conked out, she had a mental depression for 2 years. I had her in a state mental institution four or five weeks. She was wonderful. Then we stopped the tranquilizers and the body uses that up in a few weeks and it started all over again. And I was ready to jump.

You go through something like that and that's stress. Now this was 10 years ago. She's wonderful now and twice as nasty. Aren't you sorry you asked me?

*Q:* The other part of my question was, since your diet was pretty decent to begin with, before you had the cancer, and since now we know there was some stress — a mind factor — my question is with the diet. When you made the changes, was the basic change the fact that you went from some cooked to all raw food? Are you on all raw foods now?

*BN:* I'm on the raw food diet. I don't like the taste of raw potatoes. I can sit down and eat 4 or 5 baked potatoes, a big bowl of rice with more garlic than I care to discuss in public here. I can eat that.

*BN:* The flesh foods, sure — the meat, the fish, the chicken.

*Q:* If you get organic fish and organic chicken, do you think that would be helpful?

*BN:* That's a dirty word in my lexicon. It's a relative term — "organic".

*Q:* You use no meats, no fish, no chicken?

*BN:* Well, in another few months if I run down to Atlantic City and I cheat, I might eat a piece of fish or something, but I'm trying to behave myself and keep away from that.

*Q:* So you think that was the big difference then in turning you around?

*BN:* There was the stress factor, there were many things. I don't know the answer.

*Q:* I just wanted to know what he did for himself?

*RS:* Well, he's been on a hygienist system primarily. But he does take the pancreatic enzymes and the other....

*Q:* Which ones?

*RS:* Which ones? It doesn't matter, enzymes can't be doctored too much. What I want to say is the real key is the balance in the diet, not whether he has cooked food or raw food. He does have baked potatoes.

*Q:* Do you still use enemas and things like that?

*BN:* That's a situation.... You know, I don't want to get too personal because then there'll be nothing left. You'll know so much about me, I'll lose my identity!

I called Ruth. There's a stress factor and I'm working under stress not so much in my insurance business, because if I didn't like it I'd dump it. But some of these problems are in my wife's end of things. Maybe I'm a coward looking for a cause, but it's kind of hard to close your mind to serious problems.

*Q:* So is it possible if you'd gotten some help in counseling along those lines that...?

*Q:* Seems like you've had quite a lot of overwhelming problems....

*BN:* Well, the stress is still there and I'm trying to build a fence around it.

*Q:* Good luck!

*BN:* Thank you. Good luck to you!

*RS:* Again I'm commenting about something. If you heard Dr. Goldberg yesterday and what she said. If you've got negative thoughts, some people say you must have positive thoughts. But if you have negative thoughts, the thing to do is express them. Well, I think Bernie Nevins is expressing all of his feelings about it and in spite of the fact that he might find some anguish with his wife, he's a good husband, takes care of her, and they're together.

*BN:* Well, I'm the cancer personality: loves to get beaten down. The psychologist who spoke about the cancer personality maybe enjoys having all these big things to face. I don't know, I think about the worst of everything has come my way and I rose above it. Maybe I'm looking for this.

*RS:* Thank you, Bernie. I told you it would be an interesting talk. And I enjoyed it, too!

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## Nature – The Only Healer

By Ruth Sackman

When a bone breaks, a doctor usually sets it in place, but what heals the bone? Nature is prepared to do its work and the bone knits so the break serves as though the area was never injured.

During Hippocrates's time physicians depended greatly on the ability of Nature to cure the patient. The physician's role was to supervise the process to see that nothing was done to interfere with Nature's design. Today, unfortunately, no one wants to give the body a chance to do what it can do before alleviating symptoms with drugs that have side effects.

Following are some quotes from some famous practitioners of conservative healing methods:

### **Thomas Sydenham, M.D. (1624-1689):**

"As it is palpable to all the world how fatal smallpox proves to many of all ages, so it is clear to me from all the observations that I can possibly make, that if no mischief be done, either by physician or nurse, it is the most safe and slight of all diseases."

### **Russell Thacker Trall, M.D. (1812-1877):**

"It is now more than 15 years since I have prescribed a particle of medicine of any kind, and although I have treated hundreds of cases of all the febrile diseases incident to New York and vicinity, including measles, scarlatina, erysipelas, smallpox, remittent typhus, typhoid, congestive and ship fevers, pneumonia, influenza, diphtheria, child-bed fever, dysentery, etc., etc., I have not lost one. And this statement I have repeatedly published in this city, where facts if otherwise than I represent, can be easily ascertained."

"No Physician has ever yet given the world a reason that would bear the ordeal of a moment's scientific examination, why a sick person should be poisoned more than a well person and I do not believe that the world will endure until he finds such a reason... If a medical man with good intentions administers one of these drug poisons, or a hundred of them, and the patient dies, he dies because the medicine can't save him. But if a malefactor with murderous disposition gives the same medicine to a fellow-being, and the fellow-being dies, he dies because the poison killed him! Does the motive of the one who administers the drug alter its relation to vitality!"

"All healing power is inherent in the living system. There is no curative 'virtue' in medicines, nor in anything outside the vital organism."

"There is 'no law of cure' in the universe; and the only condition of cure is, obedience to physiological law."

"Drug remedies are themselves causes of disease. If they cure one disease, it is only by producing a drug disease. Every dose diminishes the vitality of patient."

"To attempt to cure diseases by adding to the causes of disease is irrational and absurd."

### **John H. Tilden, M.D. (1851-1940):**

"Crises of Toxemia. – Every so-called disease is a crisis of Toxemia; which means that toxin has accumulated in the blood above the toleration point, and the crisis, the so-called disease – call it cold, 'flu', pneumonia, headache, or typhoid fever – is a vicarious elimination. Nature is endeavoring to rid the body of toxin. Any treatment that obstructs this effort at elimination baffles Nature in her effort... Drugs, fear, and keeping at work, prevent elimination. Nature can succeed admirably if not interfered with."

"Twenty-five years in which I used (prescribed) drugs, and thirty-three in which I have not used (prescribed) drugs, should make my belief, that drugs are unnecessary and in most cases injurious, worth something to those who care to know the truth."

I am certainly in agreement with the above statements but do feel there are instances, possibly more likely in our time than for Drs. Tilden, Trall, Sydenham and others, when one has to be grateful that drugs can relieve unbearable symptoms. The difference is when used casually or precipitately, without giving Nature a chance, treatment can interfere with the healing process and cause side-effects unnecessarily.



### **THE VANISHING WART – ATLANTA, GA:**

"Surefire cure for warts ... Garlic. Prick a garlic perle with a pin & apply to wart. Put more garlic oil on band-aid and wrap around affected area. This will work even more efficiently if wart is either sanded with emery board or if wart is pricked with pin. Be sure to disinfect pin with alcohol first. I came upon this method by remembering that warts are virus caused and we all know how good garlic is on viruses. I've rid myself and my 5 children of warts with this method when my husband threatened to take the kids to a doctor to have them burned off. Would like to know if any of your readers have tried this or other successful treatments ... Mrs. R.L."

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## “Facts on Enzymes”

1. *Enzymes rule over all other nutrients.* Without the proper enzymes which are responsible for nearly every facet of life and health, the other nutrients in our food chain, or taken as supplements have little chance of performing their expected benefits.
2. Enzymes are necessary in the digestion of food so the body can use its valuable store of body enzymes to help control all mental and physical functions. If your body uses its own enzymes for digesting dead food, it has to rob those enzymes from other organs, which in turn weakens them and makes them more susceptible to degenerative diseases. Cancer research has discovered certain enzymes are completely lacking in the blood and urine of cancer victims.
3. Enzymes must have the presence of co-enzymes to function properly. Co-enzymes are vitamins and minerals. These co-enzymes are not destroyed (completely) by cooking, as raw enzymes are. Raw food enzymes are completely destroyed after (3) minutes of processing in heat of over 118°F. Therefore, the co-enzymes in our regular diet are not fully utilized.
4. *Enzymes are necessary to extract chelated minerals from food.* They transform chelated minerals into an alkaline detoxifying agent which then combines with acid cellular wastes and toxic settlements within the body. Thus neutralizing them and preparing them for elimination. This process dissolves solids both inside and outside of the cells. Thus equalizing the cell's pressures, which is what we call osmotic equilibrium.
5. *Enzymes extract the minerals in our food,* thus allowing the vitamins that are required as co-enzymes, to work in every chemical reaction in every cell of our body. Without the minerals being extracted by enzymes, vitamins would be completely useless in performing their wondrous function.
6. *Enzymes are required for animals as well as humans.* Their food is also processed, which in turn has destroyed the enzymes. Cows, horses and all grazing animals that are considered to be on a raw food diet are even more confronted with the lack of enzymes because of the chemicals used for fertilizers and the tremendous amount of synthetics that are commercially added as supplements to their diets.
7. *Enzymes cannot be duplicated by synthetic scientific means because they are life itself.*
8. A farmer would never cook his seeds before he planted them because he knows that cooked seeds are devoid of all life.
9. *Eating enzyme destroyed (cooked) foods has been linked to obesity.* Foods that are enriched with enzymes will aid the body to reach and maintain its normal weight and firmness.
10. *To say that the body can easily digest and assimilate cooked foods may someday prove to be the most grievous oversight yet committed by science.* (Quote by Dr. Edward Howell.)
11. *Not to realize that most, if not all, degenerative diseases are traceable to a common denominator, and that common denominator being the food that we eat for nourishment, is an insult to human intelligence.*
12. *Nutritional value of food can no longer just be contented by calories, proteins, fats and carbohydrates, because none of these contents can be properly assimilated without their active enzymes.* Enzymes have now been shown to be an associated member of food contents, along with vitamins and minerals.
13. More and more physicians are now employing enzymes as supplemental dietary substances in replacement therapy, parallel with vitamin and mineral therapy.
14. Research has been proven, conclusively, that cooked food (lacking raw enzymes), even when fortified with organic vitamin and mineral supplements, failed to aid, significantly, in the prevention of diseases, when compared with an unfortified diet.
15. Without the proper enzymes the pancreas, salivary glands, stomach and intestines must come to the rescue and furnish these mandatory enzymes by robbing the valuable reserve of the muscles, nerves, blood and other glands. This extra activity can be destructive. In almost all cases researched, the pancreas of disease victims were all in a state of atrophy.
16. Dr. Edward Howell, in his more than 50 years of documented research has concluded it is extremely possible that every known degenerative disease may have its origin because of the enzyme deficiency.
17. *Food maintains life.* It is the condition of that food that will determine the body's ultimate capability to maintain maximum health and normal longevity.



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## What's Behind Glandular Therapy

Author unknown

*In brief: Glandular therapy — the use of raw concentrates of glandular and organ tissue — began near the turn of the century and has continued to attract the attention of European physicians. But in recent years, glandular therapy has begun to take hold in the United States as well. The theory is that like cells help like cells. In practical terms, this means that raw adrenal concentrate, for instance, contains a variety of known and unknown intrinsic factors that support adrenal function in the recipient (patient). The following report by Jack Challem considers the rationale of glandular therapy, some clinical experiences, a description of some of the glandular supplements available on the marketplace, and possible indications for use.*

### WHAT IS HEALTH?

It is probably safe to say that total health is the sum of health of our individual organs and glands. When we are ill, it is because our organs and glands, individually or systemically, cannot function at optimum levels.

The health of our glands and organs — in essence, the parts that compose the total you — are influenced by many factors. One of them is our biochemical individuality, that is the hereditary factors that determine our physiological capabilities. For such genetic reasons, some of us have stronger hearts than others, or perhaps weaker kidneys.

Diet is another influence on the health of our glands and organs, and it interacts directly with our genetics. Good nutrition can help a person attain the *genetic potential* of his organs and glands in terms of the highest level of functioning.

When a person's nutrition is not adequate, his glands and organs cannot receive the specific nutrients that they require. Among the many consequences of such deficiencies are an increased susceptibility to infection, an inability to deal with stresses, and overall degeneration of the body.

A third factor affecting health is the inevitable process of aging. As we grow older many of our nutritional requirements increase, and glands and organs do not function quite as well as when we were younger. Often organs and glands begin to atrophy.

These are all some of the reasons why we generally become more susceptible to degenerative and infectious diseases as we age.

Yet perhaps the greatest day-to-day influence on

our health is stress. Stresses can be physiological (physical labor, wounds and healing, infections, cold or heat) or psychological (pressure at work or home, anger, irritability). Stresses act directly upon our endocrine and other glands, depleting nutrients that are essential for the whole body and preying on possible genetic weaknesses in certain areas of the body. The endocrine glands, in particular, are subject to these stresses since they are inextricably involved in our responses to stresses.

While many nutritionally-oriented health professionals have begun to use megavitamin therapy to combat stress, another group of doctors has considered the value of "glandular therapy."

What is glandular therapy? Simply, it is the use of glandular and organ substances to bolster the function of a patient's organs or glands.

While this, at first glance, smacks of sympathetic magic, some modern physicians have taken the observations of anthropologists and placed them in a clinical and therapeutic situation. And they have done so with surprising results.

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### "Diet is another influence on the health of our glands and organs..."

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The key concept in glandular therapy is that *Like cells help like cells*. Many believe that raw glandular tissues contain intrinsic factors that are distinct from vitamins, minerals, hormones, or enzymes. The fact that these active agents have not yet been identified seems of little consequence. It follows that vitamins were believed to exist at a certain time but were not identified until Casimir Funk appeared on the scene.

These cellular factors, interestingly, are not species-specific but rather are organ-specific. This means that the raw cellular material of a bovine liver, for instance, will be picked up from the bloodstream by a living human being's liver when eaten. Skeptical? It was documented by Dr. A. Kment in German medical publications in 1958 and 1972. Kment demonstrated, through radioactive isotope tracing, that factors from glandular tissues were taken by the bloodstream and absorbed by corresponding glands in the recipient.

While this research was conducted with injectible glandulars, the clinical results of doctors using oral dehydrated glandular concentrates (in tablet or capsule form) strongly suggest that active factors are indivisible and are relatively undisturbed by digestion.

Historically, glandulars are not completely unfamiliar to us. When eating meat, most "primitive" peoples (as well as carnivores) ate the total animal including organs, glands, and muscle tissues. Nutritionally, eating all parts of an animal makes sense. Glands and organs vary in



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their levels of known nutrients. Zinc, for instance, is extremely high in the prostate; but it is low in other organs. Eating a total animal would seem to offer one type of balanced nutrition.

There was a time, not too long ago, when most American families would regularly eat heart, stomach, or other organ meats as part of their dinner. Today, we have a tendency to indulge ourselves in only the muscle meats of cattle, hogs, and chickens. The use of glands and organs is now generally reserved for haute French cuisine. Most Americans simply have acquired a distaste for organ meats or they just don't know how to cook them.

This problem, which is a significant one, can be dealt with easily by two means. To ground beef, a typical American staple, one can add one-quarter (by weight) of an organ meat. The nutrition will thus be provided without altering the taste of the beef. The other alternative is the ingestion of raw glandular and organ substances that have been dehydrated and processed at low temperatures in order to retain their "rawness" and formed into tablets. The problem of taste and cooking is thereby bypassed.

Glandular, or as it is sometimes called, cellular, therapy has roots that date from the turn of this

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**"The key concept in glandular therapy is that *like cells help like cells.*"**

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century. The first therapeutic use of glandulars came in 1912 with the administration of thyroid cells to children. What is considered a landmark day in glandular therapy occurred in 1931 when a surgeon, Professor de Quervain, consulted Dr. Paul Niehans to assist him in the treatment of a patient who developed muscular spasms after the removal of the thyroid and accidental damage to the parathyroid glands in surgery. Dr. Niehans, now considered to be the father of glandular therapy, chopped parathyroid glands from a young calf and administered it to the patient in injectible form. A positive response in the patient was noted within minutes, and she lived for more than 35 years without a relapse.

Writing in the July, 1977 *Journal of the International Academy of Preventive Medicine*, Dr. Ivan Popov and his colleagues explained the indications for glandular therapy. This modality would be used in instances of:

- "1. Congenital insufficiency.
- "2. Reduced functional capacity due to disease.
- "3. Decline in function of organs, groups of organs or function units (regulating circuits) due to aging."

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**"Glands and organs vary in their levels of known nutrients."**

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The use of glandular and organ concentrates follows this logic: that the glandular supplement improves the activity of the particular gland(s) by delivering cell-specific and gland-specific factors. Translated into practical terms, this means that raw adrenal gland or concentrate would support adrenal function in the recipient. By doing this, it would thereby offer nutritional and other subtle biochemical support to the anti-stress and anti-fatigue qualities that the adrenal is known to possess. Similarly, raw liver concentrate would assist liver function, thereby aiding the organ in detoxification of alcohol and other toxins.

Several firms have recently begun to manufacture — from raw glands — tablets that contain concentrates of these tissues. A brief description of some of these organ concentrates, as well as a review of that organ's function will be offered. In many cases, as well, a therapeutic rationale and indication will be discussed.

The *brain* is the source of all body processes, whether voluntary or involuntary. This organ is an amazing "computer" that records our perceptions and directs our responses to the environment. If a person's nutrition is complete, the brain will probably function properly. It is when particular nutrients and other biochemical factors may be limited that brain function is impaired.

How much of our brain capacity is determined by genetics, how much by environment, and how much by diet? Surely, each has a clear influence. But a fascinating laboratory study several years ago shed interesting light on this subject — and how raw glandular concentrates may influence brain chemistry.

In this study, flatworms were conditioned to respond in a certain manner to stimuli. This group of flatworms was sacrificed and then added to the food supply of a second group of flatworms. This second group then began exhibiting the behavior patterns that were learned by the first group. This research demonstrated that the actual learning process had a biochemical basis and, two, that the characteristics of these cells could be transferred with the delivery of cellular material from one organism to another.

While we are evolutionarily far more advanced than a simple flatworm, we are still faced with many psychiatric disorders. It is very possible that concentrates of brain tissue contain intrinsic factors that would improve our own brain chemistry.

The *pituitary* is one of the most important of our endocrine (hormone-producing) organs. It produces at least six hormones that govern a wide range of body processes.

Produced in the anterior pituitary lobe are thyrotropin (TSH), a hormone that stimulates thyroid function; adrenocorticotrophic hormone (ACTH), which stimulates activity of the adrenal cortex, follicle-stimulating hormone (FSH), that regulates the production of sperm or eggs; luteinizing hormone (LH), which triggers the manufacture of testosterone and the testes in the male and the corpus luteum (ovaries) in females, prolactin, which stimulates the secretion of milk as well as parental behavior; and growth hormone (GH), which governs cellular metabolism.

The fact that only one gland governs such diverse activities in the body seems mind-boggling, but the anterior pituitary lobe is only one of three sections of the pituitary. The midlobe stimulates the hormone intermedin, which is involved in the regulation of adjustable skin pigment cells.

And at least five distinct hormone fractions are produced in the posterior pituitary. These influence water metabolism, blood pressure, kidney function, and the action of smooth muscles.

Needless to say, supplemental pituitary concentrate would probably support and assist all of the areas in which the organ has activity. The pituitary, in many respects, is a cornerstone endocrine gland as it operates in a feedback system with other endocrine glands.

For two glands that weigh only about 1/8-ounce each, the *adrenals* are what we depend upon in times of stress. When confronted by either physical or psychological stresses, the adrenals increase their metabolism and brace us for either "fight or flight."

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### **"Similarly, raw liver concentrate would assist liver function..."**

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Each adrenal gland, located immediately above the kidneys, has two functioning parts, the medulla and the cortex. The medulla manufactures epinephrine (adrenaline) and norepinephrine (noradrenalin). Both hormones trigger a rapid response from the sympathetic nervous system, that is increasing heartbeat and respiration.

The adrenal cortex, which is the outer portion of the gland, produces a number of steroid hormones, including cortisone. These hormones regulate the body's excretion and retention of minerals, particularly sodium and potassium. Glucocorticoids, produced by the cortex, govern blood sugar levels.

The B-vitamin pantothenic acid and vitamins C are precursors to many of the adrenal hormones, and thereby support adrenal function. Poor adrenal function can result in *Addison's disease* which is characterized by weight loss, nausea, low blood pressure, malaise,

and brownish pigmentation of the skin and mucous membranes.

Of all the glandular concentrates used, raw adrenal has been generally one of the more popular — and perhaps even the first widely used. Clinicians have used adrenal for patients with fatigue and carbohydrate dysfunctions (hypoglycemia and diabetes), as well as to improve lowered resistance to infections and allergies.

The *thymus*, located at the forward base of the neck, is a key gland in our immunological defense system as it stimulates production of white blood cells, an important defense against disease and infection.

It is especially intriguing that the thymus is fairly large at birth and continues to mature in size until adolescence, when it begins to shrink in size. By middle age, only a few strands of tissue usually remain of the thymus.

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### **"The pituitary, in many respects, is a cornerstone endocrine gland..."**

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During the first few weeks of life, lymphocytes created in the thymus migrate to the bloodstream and colonize lymph nodes throughout the body. These lymphocytes later begin to manufacture the still more powerful antibodies that are vital for immunity.

If the thymus of a newborn infant is damaged, scientists have observed, growth is markedly stunted and susceptibility to infection is increased. A great many clinicians, such as Dr. Roy Kupsinel of Oveido, Florida, administer thymus concentrates to patients to improve their immune system.

Weighing in at four pounds is the *liver*, the largest gland in the body. Its functions are multi-faceted.

The liver produces bile, which is involved in digestion, as well as enzymes and red blood cells in fetal life.

Though it may surprise many persons, the liver is more important in glucose regulation than the pancreas since it stores and releases sugar when necessary.

Often considered a detoxifying gland, the liver breaks down nitrogenous wastes, alcohol, and other ingested substances that may be harmful. It produces lecithin, a fat emulsifier, and is supported in function by vitamin C. In addition to storing sugar, the liver also stores the fat-soluble vitamins (A, D, E, & K).

Recommendations for liver concentrate usually accompany liver diseases such as jaundice and hepatitis, toxemia, and alcoholism. Being the remarkable organ that it is, even cooked liver can influence how the body deals with alcohol and other poisons.

The *kidneys*, of which there are two, act as a unique biological filter that is involved in the removal of waste products from the body by way of the urine. As well,

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however, the kidneys maintain fluid and acid/alkaline balances, and proper salt levels, in the body.

Kidney damage sometimes occurs with hypertension, cadmium contamination, kidney stones, and infections. It follows that raw kidney concentrate would support kidney function in much the same way that other raw glandular tissues support glandular function — again, that like cell helps like cell.

The *pancreas*, resting just below the stomach and liver, governs glucose metabolism second only to that of the liver. Comprised of two types of cells, duct and ductless cells, the pancreas produces the hormone insulin. This hormone is essential for the conversion of glucose (blood sugar) to glycogen (stored sugar). Also produced by the pancreas is glucagon, which converts glycogen back to blood sugar as needed.

When too little insulin is produced by the pancreas, or when tissues become insulin-resistant, diabetes results. To control this disease of carbohydrate dysfunction, doctors often use insulin that has been obtained from the pancreatic glands of animals.

The *duodenum* is the first segment of the small intestine that extends from the pylorus to the jejunum. Manufactured in the duodenum is the hormone secretin, which stimulates the production of bile in the liver and digestive enzymes in the pancreas.

The largest of the lymphoid organs is the *spleen*, the others being the thymus and tonsils. The spleen forms blood cells, filters injurious substances from the bloodstream, stores iron for use in manufacturing hemoglobin (as well as storing blood itself), and produces the bile pigment bilirubin. Obviously, like the other lymph glands, the spleen is very much an integral part of our immune system and thus supports our resistance to disease.

One of the better known organs of the body, the *heart*, has also appeared in the form of a raw organ concentrate. As well as pumping blood, the heart itself contains an intricate system of blood vessels to supply itself with important nutrients. Being a muscle, too, the heart has needs similar to those of other

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**“...The liver is more important in glucose regulation than the pancreas...”**

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muscles — such as for adequate vitamin E, magnesium, and zinc. And consistent with glandular or cellular therapy, raw heart tissue probably contains minute intrinsic factors that support heart function.

Synthetic reproductive hormones, such as testosterone and estrogen, are prescribed widely. But the administration of raw *testes* or *ovarian* substance is increasing among many clinicians.

In the male, the testes produce the hormone testosterone and other androgens. These hormones are those which govern the development of primary and secondary sexual characteristics, sexual urge, and inhibit FSH hormone from the pituitary in a feedback system.

In the female, each ovary is composed of two distinct areas, the follicles and the corpus luteum. They have somewhat distinctive functions as well.

The follicle produces estradiol and other estrogens. These hormones are involved in the regulation of cellular respiration, blood circulation, the development of primary and secondary sexual characteristics, and inhibit FSH secretion in much the same way that testosterone does in the male. Low levels of female hormones can result in the atrophy of the reproductive system and in a reduction of secondary sexual characteristics.

The corpus luteum manufactures progesterone. This hormone stimulates secretions of the oviduct, uterus growth in pregnancy, and also inhibits LH hormone secretion from the pituitary. Both estrogen and progesterone interact in the regulation of the menstrual-ovulatory cycle and pregnancy.

Below and in front of each ear are the *parotids*, the largest of the three salivary glands. Each of these glands has a key role in initiating the digestive process.

While the functions of all glands and organs are largely determined by heredity, they are ultimately dependent upon nutrients and other biochemical factors — some of which are known and some of which are not yet recognized. Cellular therapy offers an opportunity to include substances which most likely contain those as yet unknown factors in abundance.

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**“...glandular therapy is only one part of a holistic treatment modality.”**

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The fact that these substances are active biologically has been well established — since the turn of this century. And, to be sure, they will be identified in coming years.

It should be remembered, however, that glandular therapy is only one part of a holistic treatment modality. As Dr. Ivan Popov wrote in the *Journal of the Academy of Preventive Medicine*, he and his associates “do not limit treatment modality, *but combine it with other biological approaches, vitamin therapies, and specific diets and nutritional programs.*”

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*Glandular Therapy, better known as Cellular Therapy, is a technique which helps the glands function as close to a normal level as they can achieve. For the cancer patient, it can be very helpful to achieve this optimum level so that the body can more effectively heal itself.*

## Health at the Crossroads

By Dean Black, Ph.D.

Consider this scenario: a village is occupied by enemy soldiers during a large-scale conventional war. The liberating forces see their task as twofold: 1) to kill the invaders and 2) to save the village. In the course of annihilating the aggressors, however, they end up destroying the town. The generals would have liked to rescue the folk, but at least they succeeded in their primary goal – to conquer the enemy!

In *Health at the Crossroads* author Dean Black, Ph.D. uses this bellicose logic to illustrate his thesis: that modern medicine is locked in crisis and destined to remain that way until the conflict between conventional medicine and natural healing is resolved.

In his analogy the village represents the patient besieged by some dread disease, such as cancer. The liberating forces are the doctors who attack the sickness with powerful and toxic drugs that may halt the tumor, but eventually weaken the patient to a point where he succumbs. The well-intentioned doctors would certainly prefer to preserve the patient. But, like the generals who separate the job of destroying the enemy from the preservation of the village, the doctors distinguish the patient from the disease, the treatment from the cure. The assault on the disease becomes top priority.

This medical modus operandi, according to the author, is common today. He notes the example of an 84-year-old man who had cancer. When chemotherapy wasn't working for him, the doctors tried "BCG immunotherapy," an experimental treatment involving injections of bacteria into the patient. The bacteria, however, caused an infection from which the patient died. During an autopsy, it was discovered that the tumors had shrunk. The doctors were pleased by this and published a report of the case in which they wrote that though the patient died of "disseminated BCG infection ... the arrested growth of his tumors is best attributed to the beneficial effect of BCG immunotherapy." So the patient died but the treatment worked – hardly your stereotypical success story!

Dr. Black contrasts this kind of thinking with that of natural healing. Here the disease and the patient are one in the same. A therapy which attacks the illness but devitalizes the person can never be considered effective. Rather, 'war is waged' by using every available means to strengthen the innate resources of the sufferer. Any agent, physiological or psychological, which enhances these natural powers is considered therapeutic. No single causative factor nor lone

outside active ingredient is sought because it is the body's inner reserves that will ultimately fight off illness and correct imbalance.

Herein, according to Dr. Black, lies the conflict. The conventional medical community values – above all – the objective scientific method which seeks to isolate a single dynamic factor effective against a particular pathology. They cannot accede the validity of an approach which endeavors essentially to ignore the protagonist and cure through an extremely multifaceted, perhaps scientifically unprovable system.

Natural healing systems by and large do not lend themselves to accepted laboratory testing, namely the coveted double-blind study. These tests compare a particular treatment to a control group. Any difference among the groups is attributed to the success or failure of the single substance. The fact that psychological state or a whole spectrum of components may play a role is not considered. That would be 'unscientific,' i.e. quackery.

Natural healing is in effect the antithesis of conventional 'scientific' medicine. While the former allows for anything that works, the latter regards with suspicion – albeit, contempt – anything unproven or unprovable by scientific method and will, therefore, discount the alleged workability.

Hence, the crisis: all too often conventional medicine's attraction to the single answer results in, to use Dr. Black's phrase, the "Whoops Factor." He explains that drugs are valued because under strict testing they relieve symptoms. They accomplish this by blocking or interrupting body processes. Our human systems, however, were not designed to handle these unnatural substances. What happens is that after initial relief, complications develop as the body resists or adapts to the intrusion of the man-made chemical. Some examples of the "Whoops Factor:"

- A cancer researcher, Robert T. Schimke, in 1985 admitted that though chemotherapy may shrink tumors initially, repeated treatments tend to make cancer worse because cancer cells resist chemotherapy and actually adapt by reproducing faster! He came to this conclusion from research sponsored by the American Cancer Society.

- After Pasteur formulated the germ theory and Robert Koch developed ways to isolate bacteria, antibiotics were hailed as the great antidote. Time has shown, however, that antibiotics also make bacteria more resistant. Today, bacteria are rampant that didn't exist fifty years ago, many of which remain unaffected by even the strongest antibiotics. When a patient is subjected to a battery of these antibiotics, the immune system is weakened, thus rendering the body more susceptible to bacteria. And the vicious cycle goes on.

• A variation on the “whoops” theme: marijuana was found to reduce eye pressure in glaucoma and nausea in chemotherapy patients. Because the plant is labeled a “Schedule 1” drug, that is, it has “no currently accepted medical use as a treatment in the United States,” scientists isolated the active ingredient, THC and the FDA approved it in 1985. *Science News*, however, reported that “many patients and physicians claim that purified THC is not nearly as effective as a “puff of pot.” In fact, several FDA-approved studies “have demonstrated marijuana’s effectiveness and in some cases advantages over THC pills.” Moreover, THC has side effects and though recommended as a drug for nausea, a study noted that “50 percent of the patients said they’d rather throw up.” It is an odd system that bans the therapeutic use of a natural substance in favor of its less effective, potentially harmful active ingredient. In this instance, as well as many others, science has simply failed to make a better “mouse trap” than Mother Nature!

The fundamental problem, Dr. Black contends, is really a philosophical one. In conventional medicine the underlying belief is that man can achieve control over nature. He produces drugs in the laboratory that act more quickly than natural substances to block symptoms or kill pathogens; he accepts only known proveable facts and regards the unproven as inferior. In short, he values knowledge above faith in the laws of nature, but he has failed to produce long-term recovery or cure for the most devastating diseases of our time.

Natural healing embraces the fact that controlling nature is a no-win battle. We may never totally understand her ways. Our best bet in the long run is to support, to strengthen our bodily processes rather than focus on blocking symptoms. Long-term restoration — dubbed “spontaneous remission” by the conventional community — can be accomplished by respecting nature. When we try to beat her into submission — witness the “Whoops Factor” — she seeks her revenge.

This confidence — conceit, really — in man’s ability to master nature shows up in areas beyond medicine. Indeed, whenever we deny the fact that nature has the final say, we find the “Whoops Factor.” The author offers some examples in our dealings with the environment:

• The moldboard plow with its long, straight furrows was hailed as a way to create the most productive farms in the world. However, time has revealed that its overuse has precipitated a crisis as the plow also allowed soil to erode too fast.

• Landfills for trash were set aside as a solution for waste disposal. But as confidence in the method increased and trash accumulation went unchecked, the decomposing wastes released tons of methane gas into

the atmosphere each year, creating a major threat to the planet’s climate and atmosphere.

Clearly, Dr. Black states, a new mind-set is needed — one that respects nature in all her mystery, that works with her instead of against her. But the author is not suggesting the abandonment of conventional medicine. Rather, he asks for a truce — that both sides cast off their antagonistic stance: the one looking on natural healing as all ‘quackery’ and the other condemning all conventional treatment as soleless greed and politics. Fraud and ineffectiveness can exist in both camps: amongst natural healing practitioners because so many intangibles are at play, as well as among highly credentialed physicians who are restricted to legally “proven” methods which have been known to inflict cures worse than the disease.

These two systems are not competitors, Dr. Black insists, but, rather, approaches applicable to different situations. He proposes a formula for the blending of the two that could lead to a truly effective medical order. Scientific methods are most effective in acute situations — emergency, life or death cases where control or containment is immediate priority. Here advanced diagnostics, surgery, fast-acting drugs (e.g. digitalis, penicillin) are superior to more gradual natural healing techniques. Once things are relatively under control, however, the gentler nurturing process should take precedence, particularly in chronic degenerative conditions, where the immune system is suppressed and must be reactivated.

Dr. Black emphasizes the need to strive for a balance between control and support. (*We at FACT know this from patient feedback — for instance, that a fever is a good sign that the body is doing its work. It’s important to rest and go with it — let the fever take its course. But if the temperature does go beyond a certain point, it may have to be brought down by outside intervention.*) Above all we must recognize that it is nature and not man in the final analysis that does the healing in ways that we may or may never comprehend. Scientists will always work to understand the unknown, but they ought never simply discount empirical or anecdotal evidence. Experience has shown that our best chance of success is to work with the laws of nature whenever possible.

*Health at the Crossroads* is an important book with a solid message. It is flawed only by the author’s rather cumbersome style and occasional unwieldy metaphoric escapades. But its worth slogging through. This is timely stuff: a call upon two systems to lay down arms and begin constructive co-existence; a signal to stop the reckless impoverishment of medicine and create a truly remarkable health care system.

For those who wish to consider the best of all possible worlds one could do no harm in prescribing Dean Black’s *Health at the Crossroads*.

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