

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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National Headquarters

F.A.C.T., LTD.
Box 1242, Old Chelsea Station
New York, N.Y. 10113
Tel: 212-741-2790
Ruth Sackman, Executive Dir.

F.A.C.T. Chapters

Philadelphia F.A.C.T.
Post Office Box 48
Wynnewood, Pennsylvania 19096
Tel: 215-642-4810
Susan Silberstein, Pres.

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Cover by Ellen Rixford

I received a call recently from a woman enquiring about the beet therapy for a sister in Czechoslovakia. She had heard about it and felt it was a good possibility for helping her sister who had exhausted all other therapies. Her information was limited so she sought additional information which we gladly sent from our files.

No one had asked for this material in such a long time that I thought this might be an appropriate time to reprint it in Cancer Forum to bring some of our new readers up-to-date.

The article mentions beet powder specifically but Dr. Ferenczi, who did the research and wrote papers for medical journals, did not confine his treatment to beet powder exclusively. Beets were juiced, cooked, eaten fresh and raw in salads, and taken as a lactic acid juice which was sold in health food stores under the Biotta label. Actually, Dr. Ferenczi used any product with red coloring (this is anthocyan) including red wine. A healthier substitute might be red grapes, cherries, watermelon, cranberries, etc.

The anthocyan-rich products had to be taken in large quantities for a very long period of time. Unfortunately, most patients became irritated and discouraged with the program and discontinued it.

A Special Report on the Concentrated Beet In Powdered Form

In the German medical publication entitled "ERFAHRUNGSSHEILKUNDE" in the last 3½ years have appeared several very important articles on the value of beet concentrations either in the form of juice or powder extracted from the juice by a special low heat spray-dry process where the vital elements in the beet are retained. The two most important articles were written by Dr. Siegmund Schmidt in the June 1966 edition and Dr. S. Ferenczi in the October 1968 edition. Dr. Ferenczi worked in Hungary. The Nobel prize winner Prof. Szent-Gyorgi of Budapest, also worked with Dr. Ferenczi to prove certain facts about the value of the beet in human nutrition. Dr. Ferenczi began his research in the use of the red beet especially in cancer patients in 1950. He has had 20 years of experience in this field and is respected among the medical profession in Europe. In the fall of 1969 he reviewed his work for the International Congress for Nutrition and Diseases of Civilization in Hanover, Germany. He brought out

in his lecture that there were many valuable elements in the beet which were very effective in cancer tumors and when his patients could take enough concentrated beet either in the form of juice for which he had a special concentration available or better yet a juice which had been carefully dehydrated by a spray-dry process which retains all of the valuable elements in the beet. It was pointed out that if the beets were grown in rich organic soil that contained all of the necessary humus and minerals including the valuable trace minerals that one taking the powdered beet would obtain all of the known vitamins, minerals and trace minerals known — because the beet has some magic quality of picking up something of everything available.

It is well known, of course, that the beet is a wonderful food which contains a high iron content acting as a regenerator and activator on the red blood corpuscles. The beet contains much potassium, magnesium, phosphorous, calcium, sulphur and iodine. The beet also contains many trace minerals which seem to be very valuable in the regeneration of the human body. We suspect that cobalt, gold, silver, vanadium, all have some function and Dr. Ferenczi and his German co-worker, Dr. S. Schmidt stressed the fact that the traces of rubidium and caesium were important. Many other foods contain iron and yet it is well known that the human body assimilates iron from the beetroot more easily than almost any other known food. Researchers suspect that there is some catalyst in the beet-root which helps utilize the iron available. This is not true of many other rich sources of iron.

One other fact brought out in the lecture of Dr. Ferenczi was the fact that if the cancer patient was on special cancer drugs which were used in Europe that he experiences no side effects from these drugs if on the *concentrated beet* and it was pointed out that beets alone used daily were not sufficient. One needed powerful concentrations and this was made very desirable in the form of a powdered beet formulated by a special process to keep all of the elements intact. It was very convenient, he pointed out, to take the powdered beet, for a level spoonful could be mixed with cultured buttermilk or yogurt or preferably acidophilus milk. In this form it was very desirable because one obtained lactic acid which helped the patient to utilize the beet powder.

In the concentrated beet are nucleic acids which nourish the cell so that when the cell divides healthy cells are born. These nutrients offered in the beet have the special ferments that are needed for cell respiration. This Dr. Ferenczi claimed, was a vital factor in the cancer patient for the malignant cell

lacked oxygen. He could not stress this factor enough. Bringing perfect oxygen respiration in the cell was one of the big factors in stopping the malignant cell and turning this cell into a normal healthy cell.

In addition to the minerals and trace minerals mentioned above Dr. Ferenczi referred to Dr. Schmidt and stated that research had shown that because the beet contained ample amounts of silicon that the mesenchyme cell was activated.

Dr. Ferenczi also mentioned that the big factor in the beet was the Anthocyan which influenced the metabolism of the cell. The Anthocyanins seem to have another function and that is to have a favorable influence on the intestinal milieu. This means that it will be easier for the cancer patient to reestablish his friendly bacteria through the use of the acidophilus milk and acidophilus concentrations plus the use of lactobacillus bifidus in viable form.

The lactobacillus bifidus received favorable comments by other lecturers in the Hanover Congress. Many researchers in Europe especially Dr. Muting, claim that lactobacillus bifidus has a very favorable function in the human intestinal tract. They claim it helps to keep down pathogenic germs, to stimulate peristalsis, to nourish the cells, to establish symbiosis, to create a soft smooth stool, to synthesize enzymes, to synthesize vitamins and to detoxify the body.

In a healthy intestinal tract 80% of the human symbionts are lactobacillus bifidus and 20% are acidophilus.

In lectures at the medical convention in Baden-Baden around the 1st of November 1969 Dr. Werner Zabel pointed out that all the friendly bacteria – not only the human symbionts, but also other lactic acid bacteria – were very desirable for the cancer patients. However, Dr. Zabel stressed that all cancer patients lack the necessary digestive enzymes to digest and utilize the food eaten. Hence the cancer patient's bowel was full of putrefaction and fermentation and this exerted an unfavorable influence on the whole body. It was suggested that the cancer patient cleanse the intestinal tract through the use of a short fast on juices or on a fruit fast for a day or two and then use adequate amounts of various digestive enzymes such as hydrochloric acid, pepsin, pancreatin, bile and many of the plant enzymes such as papain, bromelin, etc. It was recommended that he go on an adequate diet which included the concentrated beet which had all of the known vitamins, minerals and trace minerals along with lactic acid foods and adequate protein as well as good fruits, vegetables

and properly prepared grain products – all of which should be organic.

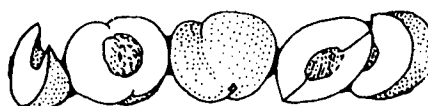
Dr. Zabel said the cancer patient should take the proper symbionts such as lactobacillus bifidus (80% of total human symbionts) and the lactobacillus acidophilus (20% of total human symbionts) along with other coli bacteria and lactic acid bacteria which come from plants or plant fermented products. When this was done then the intestinal tract would be brought into a state of symbiosis (harmony) and then the body could be properly nourished because these friendly bacteria would help utilize the food eaten and better assimilation would take place.

The beet in concentration also tended to help the proper pH factor of the intestinal tract which means the proper acid-alkaline balance. According to Dr. Tiyhak the red beets have a pH factor of from 5 to 6.

Almost every doctor stresses the respiration of the cell as one of the key factors in overcoming cancer. Dr. Schmidt writing for the "Erfahrungsheilkunds" June 1969 states that through the use of the proper amounts of concentrated beet that the respiration of the cancer cell will be activated from 350 to 400% better. Other writers have claimed that through the use of concentrated beet preparations they have been able to activate the cancer cell respiration in patients as much as 1000% better.

Dr. Zabel's basic plan for the cancer patient was to activate the body's own defense mechanism through the proper nutrition mentioned above and by using digestive supplements, anthocyanins from concentrated beet preparations, and by reestablishing the friendly human bacteria.

Many authorities in Europe such as the doctors mentioned above and Dr. Karl Winstosser of Bad Salzufflen as well as Dr. Joseph Issels of the famous Ringberg Clinic in Germany claim that the cancer patient has a good prognosis if he will undertake the recommended diet and go through other procedures such as blood washing, sweat baths, and mild exercise, especially walking in the fresh air. Using the sweat bath in the hands of an experienced medical doctor can be very helpful. The expert doctor can artificially raise the temperature of the body for a certain period of time and this has a destructive effect on the cancer cell they claim. It is amazing how many doctors in Europe are using the red beet therapy not only in cancer but in leukemia as well and this also applies to Hodgkinson's disease.



POTASSIUM



Max Gerson, M.D., who ran a clinic in Nanuet, New York and authored the book, *A Cancer Therapy: Results of Fifty Cases*, concluded through his work with cancer patients that they were potassium deficient at the cellular level, but had accumulated too much sodium. The balance between sodium and potassium should be half as much sodium as potassium. Every effort was made at the clinic to restore this potassium/sodium balance.

Potassium deficiencies manifest very subtly. There might be a loss of muscle tone, fatigue, a rise in blood pressure, abnormal heart rhythm, mental confusion, faulty digestion, or a combination of these symptoms.

Foods containing potassium are always balanced by nature with sodium. Following is a list of potassium rich foods in the order of their values. The list was excerpted from the book, *Composition of Foods*, by Ford Heritage.

POTASSIUM CONTENT OF FOODS, milligrams per 100 grams edible portion.

8060 Dulse	763 Raisin	500 Chinese water chestnut	377 Mustard greens
5273 Kelp	727 Parsley	489 Pilinut	372 Black currant
2844 Irishmoss	725 Sesame seed, whole	471 Broadbean, fresh	372 Kohlrabi
1529 Lima bean, dried	715 Brazilnut	470 Spinach	370 Banana
1477 Banana, dried	714 Rice polish	467 Rye grain	369 Winter squash
1201 Hot red pepper, dry	704 Filbert	464 Cashew nut	350 Sorghum grain
1196 White bean, dried	650 Lima bean, fresh	460 Black walnut	348 Granadilla
1100 Lychee, dried	648 Date	454 Chestnut, fresh	347 Leek
1028 Mung bean, dried	640 Fig, dried	450 English walnut	341 Carrot
1024 Cowpea, dried	606 Cream	450 Collard leaves	341 Celery
1005 Pea, dried	604 Avocado, Calif.	439 Breadfruit	340 Pumpkin
984 Pinto bean, dried	604 Avocado, Florida	430 Artichoke, globe	338 Dock
984 Red bean, dried	603 Pecan	430 Millet	335 Beet
981 Pigeonpea, dried	600 Yam, tuber	420 Chicory greens	334 Shallot
979 Apricot, dried	588 Coconut meat, dry	414 Mushroom	324 Coconut cream
972 Pistachio nut	573 Pear, dried	407 Jackfruit	322 Common radish
950 Peach, dried	570 Beet greens	407 Potato with skin	316 Pea, fresh green
940 Prune	569 Apple, dried	401 Collard leaves & stems	310 Persimmon, native
920 Sunflower seed	564 Horseradish, raw	397 Dandelion greens	306 Spoon cabbage
875 Chestnut, dried	552 Pigeonpea, fresh	397 Fennel	300 Elderberry
827 Wheat germ	550 Swiss chard	390 Brussels sprouts	300 Celeriac
797 Chickpea, dried	541 Parsnip	385 Plantain	299 Dameon plum
795 New Zealand spinach	541 Cowpea, fresh	382 Broccoli	296 Barley, Scotch pearled
790 Lentil, dried	533 Bamboo shoots	380 Salsify	295 Cauliflower
781 Tamarind	531 Jujube, dried	378 Kale	294 Nectarine
773 Almond	529 Garlic		294 Endive (escarole)
	514 Taro corms & tubers		

Microwaves and Radiowaves

The Facts

1. Radiowaves and microwaves consist of electrical and magnetic fields transmitted through space in the form of invisible, penetrating waves of energy known as non-ionizing radiation (which we shall abbreviate to NIR). NIR is different from the "ionizing" radiation produced by x-ray machines and nuclear power plants or nuclear weapons.

2. NIR is produced naturally by the sun but radio-waves and microwaves created in the home, in industry and in government (primarily military) activities can increase our exposure to levels a million times higher than natural levels.

3. The energy carried by the waves hitting a specific area is referred to as the power density and is normally measured in terms of milliwatts per square centimeter. mW/cm^2 .

4. Low levels (below $10 \text{ mW}/\text{cm}^2$) of NIR have been found to produce many adverse health effects in animals including temporary sterility, genetic changes and changes in the transmission of nerve impulses. The U.S. Environmental Protection Agency has found preliminary evidence that these low levels may affect the immune system, which means the body may be less able to fight off disease.

5. At high levels (above $100 \text{ mW}/\text{cm}^2$) NIR has been found to cause such adverse health effects in humans as cancer, nervous disorders, cataracts, heart disease, permanent sterility, genetic damage and, if exposure is prolonged, death.

6. The World Health Organization found a highly significant position correlation between an unusual increase in heart disease and cancer and the installation of a large radar station (which emits high levels of NIR at ground level) in an isolated part of Finland called North Karelia.

7. Unusual cataracts have been found in the eyes of radar workers who are exposed to high levels of NIR. Unlike cataracts caused by overexposure to high temperatures which form on the front surface of the eye lens, these cataracts form on the back surface of the lens, which is where radiation-caused cataracts could be expected to occur.

8. Radiowaves and microwaves are used for communication, in industry, for medical purposes and in the home. Radio and TV, long-distance telephone transmissions, citizen band radios (CBs), radar, taxi dispatch lines and communication satel-

lites all use NIR to send their signals. High voltage power lines also emit NIR. In industry and medicine, radio frequency equipment is used for drying, heating and cutting. In the home, burglar alarms, microwave ovens, garage door openers and electronic toys emit low levels of NIR.

9. The recommended allowable level of NIR on the job in the United States ($10 \text{ mW}/\text{cm}^2$) is 1,000 times higher than the standard set in the Soviet Union ($0.01 \text{ mW}/\text{cm}^2$). In addition, the Soviet Union has set a standard for exposure to NIR for the general public at $0.005 \text{ mW}/\text{cm}^2$. The United States has no such standard for the general public.

10. The use of microwaves and radiowaves is rapidly increasing in the United States. Today there are 35 million electromagnetic devices for drying and heating processes in industry, more than 10 million microwave ovens in use, over 30 million citizen band radios and over 20 million radar sources. Microwave and radiowave use in the United States increases an estimated 15 percent per year.

Explanation

Ionizing radiation, such as gamma rays (from radioactive materials used in nuclear power plants or nuclear weapons) and x-rays, has the ability to destroy or cause mutation in body cells. In contrast, NIR does not generally have enough energy to cause this serious damage. This is because it is of longer wavelength and lower frequency (a smaller number of waves pass a certain point in a specified time). The longer wave lengths of NIR allow radiowave and microwave energy to travel long distances and penetrate body tissue.

When the source of microwaves or radiowaves is turned off, emission of NIR is also stopped. This is different from many sources of ionizing radiation, like uranium, which emit constantly for many years.

The energy that microwaves and radiowaves carry is absorbed by body molecules and creates heat in the body. This is why microwaves cook food. The heat created by the microwaves or radiowaves in turn causes body molecules to be set into rapid motion, creating heat stress on all or parts of the body. Besides heat stress, many body organs have small blood vessels which make it difficult to carry heat away quickly, which could result in damage to that organ. Organs that are particularly sensitive to heat are the eyes, gall bladder, digestive tract, urinary bladder and the testes.

The U.S. Occupational Safety and Health Administration recommends that exposure to NIR for workers be limited to 10 mW/cm². This standard is not mandatory and many workers are exposed to levels much higher than this. One study found 90 percent of radio-frequency equipment operators and nearby workers are exposed to levels equal to or higher than 10 mW/cm². The highest exposure level found was 1000 mW/cm². About 25 percent of all workers in the United States are exposed to NIR.

The U.S. Food and Drug Administration has the authority to regulate the levels of radiation emitted from consumer products. Microwave ovens made after 1976 are subject to emission standards of mW/cm² or lower measured 5 centimeters (about 2 inches) from the oven's surface at the time of purchase. Most ovens emit radiation at levels between 0.1 and 1 mW/cm², a range well within the standard. However, in older ovens gaps sometimes develop between the door and the frame which can allow higher emission of radiation. If the door frames are not kept clean and unobstructed during use, radiation can leak out. There is no way to detect these leaks without the proper monitoring device.

The U.S. Environmental Protection Agency regulates levels of radiation in the environment. No federal standards protect the general public from exposure to NIR. All of us are exposed to NIR from communication systems. Radiation from these sources is highest near radio and television transmitters. Levels as high as 21 mW/cm² were found in the upper floors of office buildings close to the transmitters. On the whole, however, most city dwellers are exposed to levels lower than 0.0003 mW/cm².

Implications

High levels of NIR are known to produce serious adverse health effects in humans. Additionally, levels of NIR below 10 mW/cm² is a recommended level and not required by law. This level also ignores the increasing evidence of adverse effects at lower levels. Workers using radio frequency equipment should ask that their union or employer verify that at least the standard of 10 mW/cm² is being met. Letters of concern can be sent to: Director, National Institute for Occupational Safety and Health, Parklawn Bldg., 5600 Fishers Lane, Rockville, MD 20857.

Consumers can minimize their exposure to non-ionizing radiation by limiting their use of products emitting this radiation.

Unfortunately, however, the general public can do little to avoid exposure to NIR from communication sources. Public pressure can be put on the U.S. Department of Health and Human Services to establish and enforce a standard for exposure to the general public by writing: Director, Office of Health Legislation, Public Health Service, 5600 Fishers Lane, Rockville, MD 20857.

For More Information

The Zapping of America, Paul Brodeur. New York: W. W. Norton & Company, Inc., 1977.

"The Origins of U.S. Safety Standards for Microwave Radiation," N. Steneck, H. Cook, A. Vander, C. Kane, *Science*, June 1980, p. 1230.

"Biological Effects of Radiowaves and Microwaves." E. H. Grant. *Physics in Technology*. Vol. II, No. 3, May 1980, page 99.

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"The thing that bugs me is that the people think the FDA is protecting them - it isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day."

..Dr. Herbert L. Ley, Jr.
Former FDA Commissioner

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 breast cancer, said Dr. Gianni Bonadonna, director of medical oncology at the Milan Institute. In the process, "they make a lot of money. They just don't want to accept the prospective trials," he said.

The Nature of Enzymes, Vitamins and Minerals

Enzymes are organic catalysts produced by living cells (but capable of acting independently of the cells producing them). They are highly perishable proteins, very susceptible to change by heat, and most of them are very rapidly destroyed by temperatures of above 104°F (about 40°C). Although they are proteins, in many instances for an enzyme to be active, some co-factor of a non-protein nature is required (co-enzymes or co-activators; TABOR'S MEDICAL DICTIONARY). Cooking, pickling, pasteurizing, smoking and other such processes quickly destroy them.

Enzymes are very specific in their action — i.e., each will act only upon a certain substance or group of closely related substances and no other. The more common groups of enzymes are: (a) hydrolytic enzymes — fat, protein, starch and sugar-splitting enzymes; (b) coagulating enzymes

“Cooking, pickling, pasteurizing, smoking and other such processes quickly destroy them.”

— those which cause clotting; (c) oxidases, or oxidizing and deaminizing enzymes — those destroying amino groups during oxidation; (d) reducing enzymes; (e) those producing carbon dioxide without the use of free oxygen; (f) those enzymes which result in the breakdown of a larger molecule into a smaller one without changing molecular structure; (g) and muctases — those enzymes which bring about chemical rearrangement without change of the molecules in size. TABOR'S CYCLOPAEDIC MEDICAL DICTIONARY lists 23 enzymes required in the process of digestion alone.

Each enzyme has an optimum temperature at which it acts with greatest efficiency (usually from about 30° to 40°C. or 104° F.). Furthermore, each enzyme is influenced by the medium in which it acts, there being an optimum degree of acidity and alkalinity. Enzyme activity can be retarded or inhibited by (a) low temperatures; (b) the presence of salts of heavy metals (copper, mercury); (c) dehydration; (d) ultraviolet radiation.

During the growth of a fruit or vegetable, until it ripens, enzymes are essential to the manufacture of vitamins. When the fruit is gathered, the same en-

zymes bring about the destruction of these vitamins. Thus, preserving nutritional value when preparing foods depends largely on preventing enzyme action, and excluding oxygen and light. Vitamins A, C, and E are destroyed by combining with oxygen. This combination of oxygen with vitamins is brought about largely by enzymes. Enzyme action can be inhibited by exposure to cold (many en-

“When pasteurized milk was added to their diet, arthritis appeared as well.”

zymes are most active at room temperature and their activity decreases as the temperature approaches boiling, at which point they are destroyed; by the addition of acid (lemon juice or vinegar, for example); and by the absence of light, depending upon which nutrients you are trying to preserve. The action of the enzyme which destroys vitamin C, for example, is inhibited by acids, while the enzymes which affect vitamin B₂ are active only in the presence of light.

Preserving minerals primarily involves keeping the food out of water. When whole (unsliced) vegetables are soaked, washed or boiled for only 4 minutes, 20 to 45% of the total mineral content (and 75% of the sugars) they contain dissolve into the water. Vegetables are frequently soaked or washed before (and/or during) cooking for longer than 4 minutes, and the losses are accelerated when they are soaked after being peeled, chopped, sliced, minced or shredded.

Besides vitamins and minerals lost by cooking, enzymes are destroyed by temperatures above 104°F. Numerous diseases are known to exist

“Besides vitamins and minerals lost by cooking, enzymes are destroyed by temperatures above 104°F.”

which are caused by the deficiency or malfunction of certain enzymes. Digestive enzymes, for example, are necessary before proteins can be converted to amino acids, starches and complex sugars to simple sugars, and fats to fatty acids and glycerol. These changes must take place before nutrients can be utilized by the body efficiently and without causing allergies.

Many claim that it is an enzyme deficiency itself which produces signs of age such as loss of vitality, wrinkled skin, thinning hair, and sagging muscles. In one rather interesting study, Dr. Frances Potenger divided a group of 900 cats. Half of the animals were fed raw milk and raw meat; they remained extremely healthy and produced similarly healthy offspring for three generations. The other group were fed exclusively on cooked meat and pasteurized, evaporated or sweetened condensed milk. They displayed gingivitis, loss of teeth, loss of fertility, diminished sexual interest, allergies, infections, diarrhea, pneumonia, heart trouble, kidney and thyroid diseases and paralysis, besides sway backs and other skeletal anomalies.

These findings are supported by the work of Steiner, an investigator for the Swiss Board of Health in Berne, who took a large number of guinea pigs off their normally raw diet and fed them food cooked in a pressure cooker. The animals developed softened teeth, gum diseases, anemia, and goiter, among other disturbances. When pasteurized milk was added to their diet, arthritis appeared as well.

The Chinese use cooking methods which do not kill the food being cooked, but rather, enhance it. For example, the method of chow, or stir frying, consists in cooking with very high temperatures using only a small amount of vegetable oil (water can be used instead of oil), stirring the ingredients constantly so that they won't overcook. Cooking time is short, totaling 3 to 6 minutes, and allows for preservation of nutrients, color, flavor, and texture.

A word about the esthetics of eating: The preparation of food should be a joy. It should be gentle. Above all, it should be inspired. Eating *should* turn you on. That's what food is for — to make us *live!*

Q: I have heard that putting raw honey on an open wound speeds the healing process. Is this an "old wife's tale"?

A: There seems to be evidence that the remedy does work. In a recent study in Israel, subjects were treated with honey and the results confirmed the premise that the substance does speed healing. We also know that honey possesses anti-bacterial properties when applied externally. (Ref: *The American Journal of Surgery* (3:83)).

Headline: Occupational Hazard on the Cancer Ward

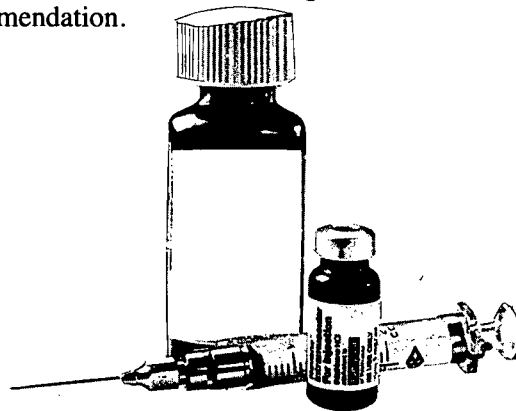
Handling cancer drugs can cause malignancies experts warn nurses! *The New England Journal of Medicine* and *Nature* both had articles of the hazards to nurses who were administering chemotherapeutic substances. Two separate studies about nurses exposed to or administering drugs to cancer patients found that miscarriage was more than twice as high and birth defects were also higher among the children of nurses using chemotherapy. A second study, at the University of North Carolina, found that in addition to the above problems, the chemotherapy nurses suffered hair loss, abdominal pains, skin rashes, and headaches.

But worse than the above symptoms, Edward Edelson, the medical writer, reported that an article in *Nature* warned that nurses handling chemotherapeutic agents were vulnerable to cancer.

I cannot help thinking of the latest system of treating breast cancer by routinely using chemotherapy after a lumpectomy, although there is no additional sign of cancer. This is the latest recommendation from N.C.I. (National Cancer Institute). If chemotherapy nurses are jeopardized only by handling the drugs, how can it be less hazardous to the cancer patient when it is injected directly into the blood stream?

It may be important for the cancer patient to think about and carefully investigate the doctor's suggestion. His decision to accept the N.C.I. position may be based on his lack of a thorough investigation but unquestioned acceptance of N.C.I.'s conclusion that chemotherapy can be helpful even though there is no sign of the existence of cancer.

It is important to note that the routine use of chemotherapy is controversial, as even more members of the panel which was established to do the evaluation for N.C.I. have disagreed with N.C.I.'s recommendation.



Menus and Recipes

By Drs. J. J. and N. Hajek

BREAKFAST

- Monday:** Egg Cream, topped on lettuce slices.
Tuesday: Pears and pecans.
Wednesday: Filled Apples.
Thursday: Bananas, almonds, soaked overnight.
Friday: Filled avocado, topped with grapes.
Saturday: Grapes and walnuts.
Sunday: Tobe's 3-V Cereal with pear, banana and nuts.

LUNCH

- Monday:** Healthful Confection.
Tuesday: Tomato Rounds.
Wednesday: Cranberry Salad.
Thursday: Mock Semolina Gruel.
Friday: Turnip Salad with Avocado Dressing.
Saturday: Simple Lunch.
Sunday: Fast Lunch.

SUPPER

- Monday:** Fast Salad with Fast Dressing No. 1.
Tuesday: Unfired Pudding.
Wednesday: Raw Spinach and Red Sauce.
Thursday: Cucumber Boats with Nut Filling.
Friday: Fast Supper and Fast Dressing No. 2.
Saturday: Sliced Persimmon with Almond Cream.
Sunday: Raw Salmon Meal.

RECIPES

ALMOND CREAM: Liquify 3 ounces almonds in little water and $\frac{1}{2}$ T unpasteurized honey.

AVOCADO DRESSING: Blend avocado meat with little unpasteurized honey and fresh lemon juice to taste; if desired, add apple juice in blender.

CRANBERRY SALAD: Chop fine $\frac{1}{2}$ cup raw cranberries, 1 sweet bell pepper with seeds and core, 1 stalk celery, $\frac{1}{2}$ pineapple and small portion cabbage. Mix and top with Lightfast Homemade Basic Mayonnaise.

CUCUMBER BOATS: Cut cucumbers in halves and scoop out center. Fill the cavity with NUT FILLING.

EGG CREAM: Blend two eggs with $\frac{1}{2}$ T unpasteurized honey and half fresh lemon juice.

FAST DRESSING NO. 1: Blend 2 T cold pressed oil, 2 tomatoes, 1 avocado meat, 1 whole cucumber with seeds and unwaxed skin, 1 garlic clove, 1 t. paprika, 1 red hot fresh pepper or cayenne powder to taste.

FAST DRESSING NO. 2: Liquify very cold pressed oil, tomato, garlic clove.

FAST LUNCH: Liquify 2 whole eggs with little unpasteurized honey to taste, and fill the blender to the top with diced, ripe fruit with seeds. Full blender, one serving.

FAST SALAD: Tear lettuce leaves, preferably Romaine variety, in bite size pieces and place on plate. Add 2 coarsely sliced tomatoes and 1 cucumber, preferably whole English one. Top with Fast Dressing No. 1. One serving.

FAST SUPPER: Form bed of the plate from whole leaves of two varieties of green vegetables, as spinach and Romaine lettuce. Add tomato or cucumber slices. If desired, chop fine, fresh hot pepper with seeds and add. Pour over Fast Dressing No. 2. One serving. Eat with fork and knife.

FIG CREAM: Blend whole coconut, its milk included, with 2 or 3 figs.

FILLED APPLES: Halve apples, scoop centers out, and fill with Fig Cream.

FILLED AVOCADO: Halve avocado and remove the seed. Fill with Almond Cream.

HEALTHFUL CONFECTION: Shred unsulphured raisins. Mix with sesame seed, preferably whole brown one, and add unpasteurized honey just enough to hold. Form balls or any snack forms.

LIGHTFAST HOMEMADE BASIC MAYONNAISE: Blend at medium speed 1 fresh lemon juice, 1 t. unpasteurized honey, 2 whole eggs for 5 seconds. Stop. Add 1 T cold pressed oil and blend again for 5 seconds. Remove blender top cap, without stopping the blender, and pour in slowly 1-3 C cold pressed oil. The more oil, the thicker the mayonnaise. Change speed, if necessary. Keeps in the fridge in glass jar without preservatives.

MOCK SEMOLINA GRUEL: Soak 1 C hulled sunflower seeds, 1 C wheat germ, few dates in 3-4 C water overnight. Next day, blend everything, if desired, add carob powder in blender.

NUT FILLING: Grind 1 part of nuts (one variety) with 3 parts of dried fruit like raisins, figs and dates.

RAW SALMON MEAL: Place salmon slices on lettuce slices; garnish with Special Dressing. Both

red and pink salmon may be used as well.

RED SAUCE: Blend till sauce consistency: 1 avocado meat, 4 tomatoes, 2 sweet bell peppers, 1 hot red pepper, ¼ English cucumber, 4 garlic cloves, little lemon juice and unpasteurized honey to taste.

SIMPLE LUNCH: Bananas and nuts. If desired, blend.

SPECIAL DRESSING: Blend, starting with little water: ½ T unpasteurized honey, 1 lemon juice, 2 bananas, 1 avocado meat, and 1 whole apple.

TOBE'S 3-V CEREAL: Mix well together about once a week: 10 volume parts oat groats, 2 volume parts each barley, soft wheat, rye, buckwheat, millet, powdered alfalfa herb, finely cut dried prunes, dried raisins, finely cut dried apricots, 1 volume part each sesame seed, flax seed, finely cut dried peaches, finely cut dried figs. Make certain that none of these grains or fruits have been heated, steamed, sulphured, or otherwise chemically treated. Keep this batch in the fridge. If you cannot get everything: grains and seeds are more important than fruits; dried fruits can be substituted by fresh fruits just at eating, if desired. Evenings, take 2-5 T per person and soak in unfluoridated water overnight. Eat everyday, or at least every other day for breakfast, or lunch.

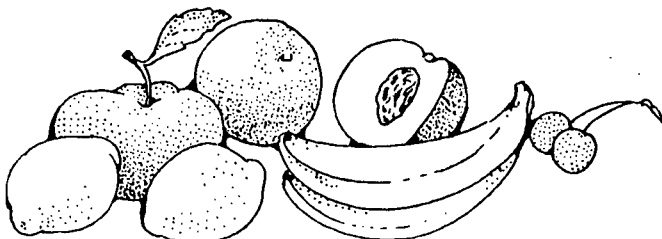
TOMATO ROUNDS: Slice tomatoes. Place on each round sweet bell whole pepper round. Top with Avocado Dressing. Garnish with ground coconut meal.

TURNIP SALAD: Shred fresh, young white turnips. Mix with chopped celery and parsley. Serve on lettuce hearts with Avocado Dressing.

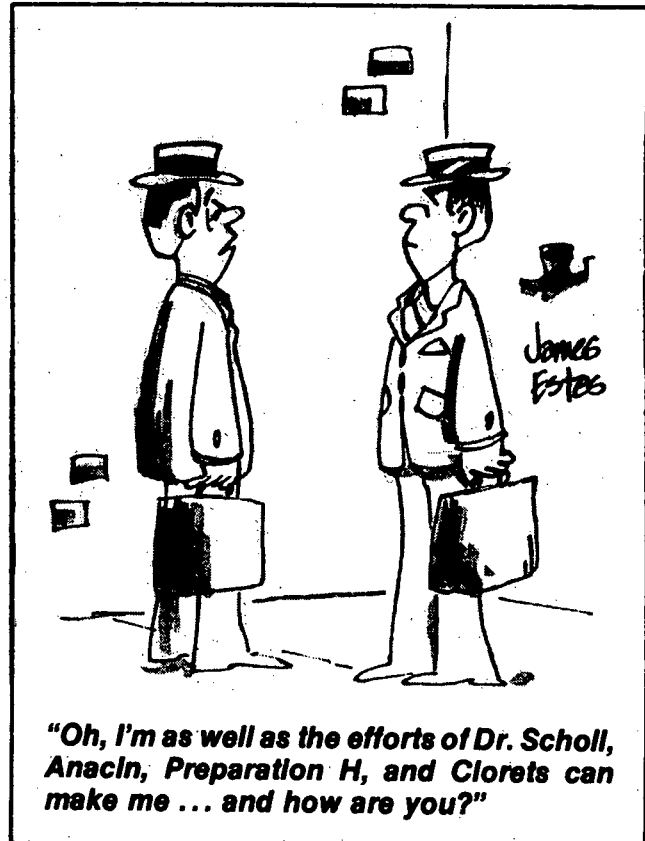
UNFIRED PUDDING: Blend 1 whole egg, 2 whole ripe pears with seeds and core and skin, 2 peeled bananas. Cool in the fridge before serving.

TECHNICAL KITCHEN TIP

Fastest blender cleaning: Fill the blender, still assembled, with hot water without detergent, without soap. Switch highest speed. Stop, pour water out, disassemble; let dry in kitchen.



Herbal "Aspirin": Stir ½ ounce willow bark in one quart of boiling water, boil for 5 minutes. Pour one cup and sip slowly (folklore healers say this delivers the same pain relieving benefits as chemical aspirin with none of the side effects). This can be used for up to 48 hours.



Since cotton is officially classified as not a food crop, it gets doused with incredible amounts of powerful poison sprays. Many organic food merchants, not recognizing the high probability for spray residues in cottonseed oil and cottonseed flour, are not removing these products from their shelves.

— from the Organic Merchants "NOT LIST",
Erewhon Trading Co., Inc., Boston, MA

Beyond Basic Health

by Dr. Bernard Jensen

As I was reading Bernard Jensen's "Beyond Basic Health," I found myself thinking of the Hans Christian Anderson fairy tale "The Emperor's New Clothes." This is the story, you may recall, of a pair of swindlers who convinced the local despot that the expensive vestments they were weaving for him would not be visible to fools. Word spread and, at last, when the emperor paraded his new 'attire' down the streets of town, everyone, not wishing to reveal their asininity, praised the wonderful outfit. It took an innocent child to call it as he saw it and shout, "Hey, he's got no clothes on!"

Bernard Jensen has this gift of guileless vision — the ability to objectively discern the world — an attribute all too often lost by adults as they feel pressured to conform and beaten down by the system. In "Beyond Basic Health" the author — doctor, teacher, philosopher, et al — tempers this ingenuousness with insight gained from over 50 years of clinical experience and comes up with an unobstructed look at the state of the healing arts today. He finds more than clothes wanting!

The author states: "Lack of teaching on the subject of health is a sign of man's immorality to man." In such refreshingly uncircumlocutory fashion he goes on to discuss how consumer rights might better be protected: "He (i.e. a chemist who would be entrusted with the welfare of the people) should positively forbid the manufacturer to rob food of its most essential nutrients."

Wow! At first reading, these pronouncements sound odd, perhaps naive. Everyone knows that in this world anything and everything goes — regardless of the 'common good.' But the author's utter sincerity soon compels us to ask, "Hey, why not?" Are we afraid to sound like idealistic fools? Why should stealing nutrients from foods be any less criminal than common thievery? Why should we be more concerned about keeping the emperor's ego intact than maintaining purity in our foods?

Of course, as the recent scare over pesticides, particularly alar, has shown, people are beginning to demand more. But Bernard Jensen has been sounding this call for years. Indeed, the good doctor has always been and will likely remain out-of-step with and ahead of his times.

"Beyond Basic Health" is really a tribute to this gentle man's "out-of-stepness." While highly specialized research scientists sequester themselves in their

laboratories probing for obscure microbes that may cause disease, Dr. Jensen states without equivocation that the reason is wrong living: unnatural foods, stimulants, drugs, environmental pollution, sedentary lifestyle, negative disposition... He asks, is it any wonder that our marvelous human bodies eventually become enervated and chemically deficient?

And what do we do when this happens? The author explains how we seek relief from pain and symptoms with drugs that block our natural 'housecleansings' (i.e. "colds, catarrh, phlegm, mucus, skin eruptions, diarrhea, boils, abnormal perspiration, hemorrhages, and many other forms of elimination") and drive the problem deeper. He avers:

"The greatest health problem of our time is the suppression of acute symptoms, because suppression increases both the chance of getting a disease and the severity of a disease. In my view suppression is the basic cause of 90 percent of the chronic diseases of our time. To use drugs only for relief of symptoms is a form of self-poisoning, a slow and shameful suicide."

The obvious antidote to disease, according to Dr. Jensen, is a return to natural ways of living and here is where we need the most guidance from our medical professionals rather than in the administration of more complex medicines and vaccines that allow us to maintain our devitalizing habits.

This is very advanced thinking. Many proponents of today's 'modern' drug-oriented medicine might view the doctor's logic as simplistic or old-fashioned, but his reasoning rings true: how naive it is to think that blocking symptoms rather than correcting cause can bring about optimum health! Indeed, dealing with cause in our "symptom relief" society is a very radical concept!

One of the major tools Dr. Jensen has used in his long practice to correct cause — and another area where he is completely out-of-step with medical orthodoxy — is iridology, the science of the changes in the eye, which he discusses in depth in this book. Years of study have shown that the iris reveals the health history of the patient — hereditary conditions, drug taints, immune system weaknesses, etc. *Before* any symptoms appear iridology can be used to design a program that will correct potential problems. The practitioner can monitor the regime by observing changes in the iris. If symptoms have become manifest, the iris analysis can detect the degree of abnormal tissue in terms of four states — acute, subacute, chronic and degenerative — and the program is focused on reversing these conditions. Dr. Jensen has found that all aspects of a healing protocol, but

most dramatically proper nutrition and elimination, help bring about positive tissue changes that register in the iris.

The current conventional medical 'wisdom' places iridology somewhere along the psychic-hocus-pocus continuum. But Dr. Jensen is confident that one day it will be appreciated. (*Of course, we at FACT know this is nothing new: not so long ago nutrition, now looked upon by the 'powers that be' with increasing interest and respect, shared this continuum!*) Iridology, he acknowledges, is still in its infancy and will eventually be standardized and computerized for easy access.

There is so much wisdom in these pages! Dr. Jensen approaches treatment in the true spirit of a 'healing art' where symptoms are appreciated as the body's attempts to communicate needs, rather than aberrations to be silenced. The 'art' is to answer these 'calls' in ways that will allow the body to bring itself to an ever higher state of health.

But it must be a team effort. The author feels that no one modality — iridology, nutrition, chiropractic, homeopathy, herbalism, osteopathy, acupuncture, massage, colonics, etc. — holds all the answers. All these non-toxic therapies need to work egolessly together to strengthen the host above all. And why not? All have the common goal: to help human beings enjoy the greatest possible quality of life.

Allopathic medicine also shares this goal. In his earnest and direct way the author calls for serious investigation of the biological therapies by the established medical community. He expects no less: what reason could there be *not* to look into anything that shows merit and may hold so much promise?

"Beyond Basic Health" should be read and reread slowly, highlighter in hand. Hopefully, such 'naive' and 'idealistic' volumes will help provide a pathway to an era of acute common sense!

Beyond Basic Health By Bernard Jensen is available from FACT for \$11.95. See Book List on page 15.

Letters

Congratulations are due on the last issue of *Cancer Forum*. It was the best yet. Basic information and education is by far the most useful to everyone. Thanks and good wishes, *C.B.*

We read with great interest your *Cancer Forum* journal. The subjects covered in it are of high value and interest in what we all believe for alternative cancer therapies.

One subject which we have the feeling should be covered in *Cancer Forum* is laugh therapy. We hope that you will be able to review this important field. Sincerely yours, *Prof. A.M. (Israel)*

Dear Mrs. Sackman:

I was very grateful to have the opportunity to talk to you. I have enclosed a check for \$20.00. Please use the balance to further support your work.

Thank you very much for all your help and the knowledge that you will be available for consultation. Sincerely, *J.B.*

Dear Ruth,

Thank you for all your encouragement and for being there to talk to. Your inspiration has made me positive in my healing. Love, *I.M.*

Dear Ruth,

Deb continues to inch ahead. We pray for a return of her memory. She knows nothing of her first 19 years. We greatly appreciate all your help. Sincerely, *B.E.*

Dear Mrs. Sackman,

When I count my blessings you are at the top of the list. How fortunate I am to have met you!

When Social Security announced that they were going to review my case for disability, I panicked and my heart went haywire. The notice came at a time when I was already facing many other problems. Your words "fight it" gave me renewed hope and strength.

Thanks to you I'm feeling better. The hawthorne tea, the book and the tape helped me considerably but mostly it was your kindness and reassurance. You are truly an altruist.

Many, many thanks for all you have done for me throughout the years. Fondly, *B.C.*

Dear Mrs. Sackman:

May I say how much I enjoyed my visit to New York last weekend. Meeting you and the other board members of FACT has been an enriching experience. For me it was all new and very interesting and stimulating. I very much appreciate your kindness in allowing me to share the experience with all of you. Yours sincerely, *D.G.E.*

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