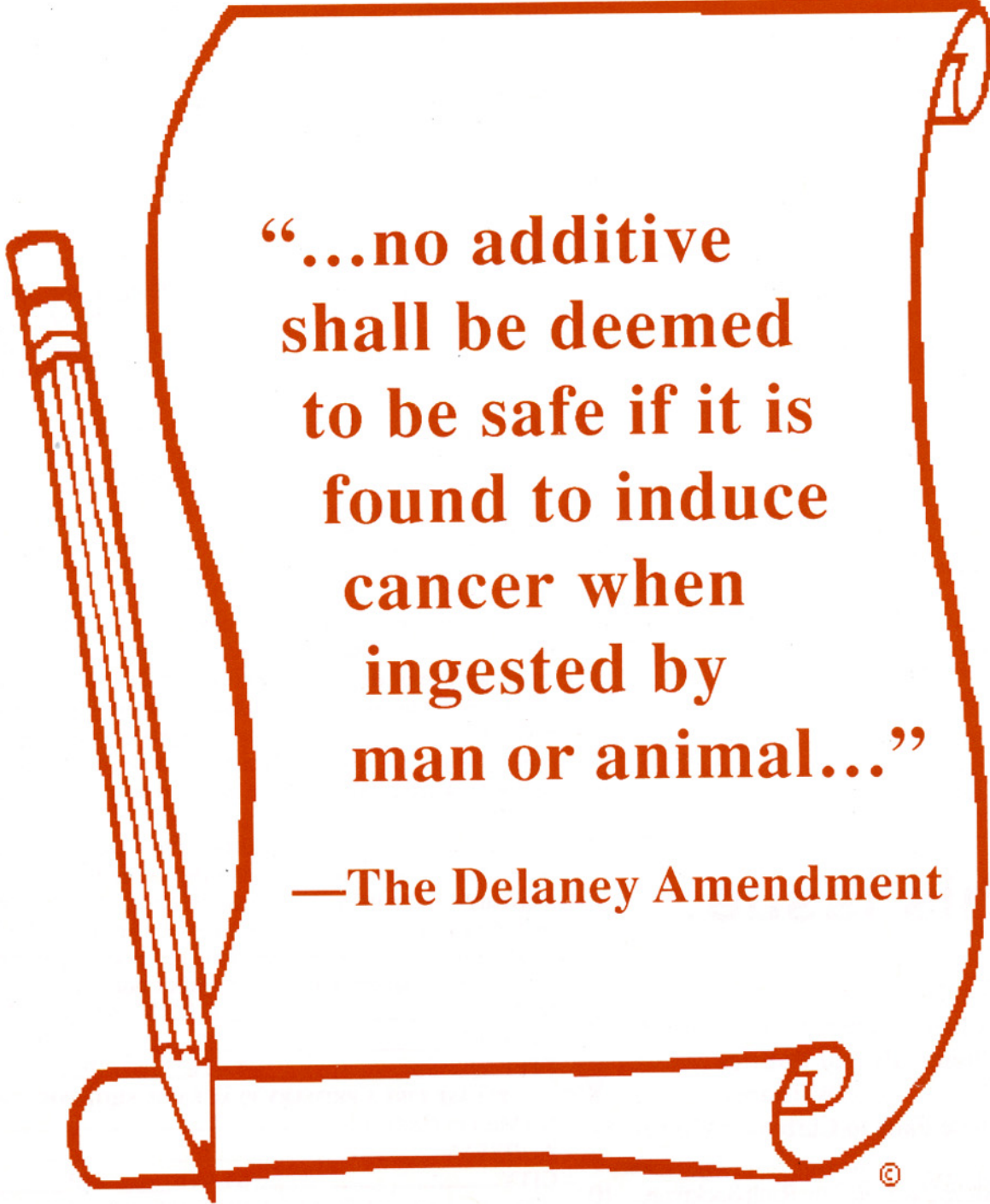


CANCER FORUM

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



**“...no additive
shall be deemed
to be safe if it is
found to induce
cancer when
ingested by
man or animal...”**

—The Delaney Amendment

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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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“Negligible Risk?”

“Negligible risk” is an unethical government policy, lobbied for by food companies, that allows an “acceptable” number of people to contract cancer from exposure to pesticides in food. According to this policy, the risk from the use of a pesticide is considered “negligible” and therefore “acceptable” if it doesn't cause cancer in any more than one in every million people from each crop use of each pesticide. The risk assessment process does not take into account the increased vulnerability of children and the elderly; it ignores the dangers of “inactive” toxic ingredients in pesticides; and it assesses risk as if we're exposed to only one pesticide during our lifetime. This means that each year tens of thousands of people contract cancer from pesticides as a result of this policy. Every day 1,400 people die from cancer. Enough is enough.

The food industry and the government are protecting corporations and their chemicals, not people. Sign this Declaration to voice your objection to the mortally bankrupt notion that thousands of cancer deaths by pesticides are “negligible” or “acceptable.”

Declaration of Opposition to “Negligible Risk”

I, _____, oppose the government's “negligible risk” policy which allows the deaths of an “acceptable” number of American children by condoning the presence of pesticide residues in our nation's food supply.

I oppose allowing the sale of fresh vegetables, fruits, herbs, spices, grains or foods of any origin which contain pesticide residues of any type for any reason whatsoever.

I hereby exercise my right to be informed if I am being required to consume foods containing pesticide residues of any kind, in any quantity, because of the government's “negligible risk” policy.

I exercise my right to be advised if I'm being forced to purchase foods containing pesticide residues, either by the bag, box, package or item, without my knowledge and/or consent.

I exercise my right to be warned of any side effects or dangers, regardless of how minimal those dangers may be perceived by others, of any and all ingredients containing pesticide residues in pre-packaged foods prior to my purchase and consumption of those foods.

I hereby hold the local, state and federal governments, food industry, grocery stores and their executives personally, individually and collectively responsible for any disease or affliction, including cancer, birth defects, allergies or other which might result, now or in the future, from being forced to consume pesticide residues without my knowledge and/or consent.

NAME _____ PHONE: _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PLEASE LIST A PRIMARY PLACE YOU SHOP FOR FOOD
 NAME OF GROCER _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____

This Declaration Is Part Of A National Citizens' Campaign To Stop Pesticides. Mail to:

**Safe Food and Water, Inc., Depot Hill Road, RR 1,
 Box 114, Marshfield, VT 05658-9702,
 1-800-EAT-SAFE**

The Gender Benders

Are environmental
"hormones" emasculating wildlife?

By JANET RALOFF

First in a two-part series

Mother Nature. The term conjures up images of a warm, nurturing, bountiful environment. But this sobriquet is proving increasingly apt for another reason — one that should offer anything but comfort.

New studies suggest that through pollution and other environmental factors, Mother Nature is exerting a feminizing hormonal influence on the animal kingdom.

Over the past 15 years, research has unmasked a number of "environmental hormones" — chemicals and pollutants that disrupt biological processes, often by mimicking the effects of naturally produced hormones such as the female hormone estrogen. On the ever-growing list of these agents are several restricted or banned pesticides — including DDT (and its even more toxic metabolite, DDE), kepone, heptachlor, dieldrin, mirex, and toxophene. Some polychlorinated biphenyls (PCBs) exhibit these disruptive properties, as do certain combustion pollutants, ingredients in plastics, and breakdown products of common detergents (SN: 7/3/93, p.10).

The hormonal activity of these chemicals usually bears little relationship to their intended function. Indeed, there is no way of predicting — based on structure or function — which compounds will exhibit a hormonal alter ego.

That fact troubles a number of scientists because such environmental hormones may be contributing to an increased risk of reproductive-system cancers in females. Moreover, prenatal exposure to hormone-like pollutants can derail the developmental processes that establish gender or ensure reproductive success.

While the health community has recently begun a host of studies to explore a possible link between estrogenic pollutants and cancers in women, few researchers have focused on the related reproductive risks such environmental hormones may pose for both sexes. That's unfortunate, says Theo Colborn, a zoologist with the World Wildlife Fund in Washington, D.C., because reproductive effects are likely to be "much more widespread."

Indeed, she notes, animal data are beginning to suggest that far smaller exposures are needed to trigger reproductive effects than to induce cancers.

And because some of these reproductive changes may be subtle, they could evade detection for decades — even a lifetime — unless hunted for explicitly.

Colborn has convened a number of symposia in the past few years for researchers who study reproductively impaired wildlife populations or laboratory animals exposed to environmental hormones. Most of these scientists, she says, describe the links they're finding between impaired reproduction and "hormonal" pollutants as sobering — if not downright scary.

Indeed, she and many other environmental scientists worry that if hormone-like contaminants can feminize male animals, these ubiquitous pollutants may also underlie troubling reproductive-system trends being witnessed in men.

Some of the earliest data on unexpected reproductive risks posed by commercial chemicals came in the early 1950s. DDT, a potent and persistent organochlorine pesticide, was shown to cause the eggshells of many birds to thin. In fact, long after the compound was banned in 1972, DDT-thinned eggshells continued to put many embryonic birds — including bald eagles — at risk of being crushed to death.

DDT even wreaked havoc among birds resistant to eggshell thinning, such as sea gulls. Recognition of the extent of these problems, however, didn't emerge until decades after the initial reports of eggshell thinning.

Though heavily contaminated gull embryos managed to hatch, reproduction in gull colonies exposed to large amounts of DDT began to decline precipitously in the late 1960s. Biologists observed not only that many female gulls in these communities were sharing nests with other females — the so-called lesbian gulls — but also that the young within these communities bore grossly feminized reproductive tracts. Female gulls, which should have developed mature reproductive organs only on the left side, also carried



Michigan State Univ.

Juvenile bald eagle collected in Michigan last year. Its life-threatening bill deformity may have been caused by exposure to estrogenic chemicals.

"We've been seeing many more deformities in recent years," reports David Best, a bald-eagle specialist with the U.S. Fish and Wildlife Service in East Lansing, Mich. "We've also seen some suggestion of deformities in the embryos [of eggs that didn't hatch]," he notes. Hatching rates within this population also fall below those seen in less polluted areas, such as inland Alaska. Reproduction in these birds starts to fall when PCBs in their bodies exceed 4 to 6 parts per million (ppm) or DDE exceeds 1 ppm. "We're finding very much higher levels than that around the Great Lakes," Best notes — such as eggs with PCB concentrations as high as 120 ppm.

vestigial oviducts on the right side. Many males also bore feminine characteristics, such as oviducts, recalls avian toxicologist D. Michael Fry of the University of California, Davis. Moreover, he notes, the males' left gonad "had tissues that were both ovarian and testicular — so it was an intersex, or hybrid, gonad."

To connect these effects with estrogenic pollutants, Fry and his colleagues conducted a number of experiments during the 1980s. In one, they injected eggs of contaminant-free gulls with estradiol or with an estrogenic pesticide such as DDT. When the hatchlings emerged, they exhibited the same array of feminized sex organs as DDT-contaminated Western gulls on Santa Barbara Island, off the coast of California.

In effect, DDT "chemically castrated" the males, Fry says. He suspects the males' likely lack of interest in mating explains not only why female gulls dominated Santa Barbara Island's breeding colony in the late 1960s and early 1970s, but also why the females cohabited.

More recently, Fry has turned his attention to the effects of other estrogenic pesticides and PCBs. This summer he began studying common terns, a relative of the gull. Fry studied male embryos from nests along New Bedford Harbor, Mass., located near a toxic waste site contaminated with PCBs. Only four of the 15 males that he analyzed appeared normal. The rest exhibited varying degrees of feminized sex organs.

W never set out to do any toxicology," maintains Louis J. Guillette Jr., a reproductive endocrinologist at the University of Florida in Gainesville. But the team he heads has recently distinguished itself as one of the foremost in environmental-hormone toxicology. It all began six years ago, when the state of Florida asked him to find out what makes a good alligator egg.

Alligator ranching has become a multi-million-dollar industry in Florida, and ranchers wanted to know how many eggs they could harvest from the wild without jeopardizing the survival of this once-endangered species. So Guillette's team began surveying the hatching rate of eggs on various lakes: in all, more than 1,200 nests accounting for more than 50,000 alligator eggs.

It didn't take long, Guillette says, "before we realized there was something fundamentally different about one lake." It was Apopka, Florida's fourth largest freshwater body.

Whereas 70 to 80 percent of the eggs in most alligator nests hatched, between 80 and 95 percent of those from Apopka failed to hatch. Moreover, of the alligators that did hatch at Apopka, roughly half died within two weeks — a mortality rate at least 10 times that expected for such neonates.



Dunbar/FG&FWFC

Florida panthers: Researchers are investigating whether environmental hormones might help explain their testicular problems, puzzling sex-hormone concentrations, and falling fertility.

As one measure of the health of these animals, Guillette's team began two years ago to examine the fluid that leaks out of eggs at the time of hatching and to analyze it for estrogen and testosterone. In females, estrogen should predominate, whereas males should have more testosterone. Eggs from Lake Woodruff — with normal hatching rates — displayed those classic patterns.

Apopka eggs didn't. One group showed what at first appeared to be the normal female pattern. Another group appeared to be "superfemales," with ratios of estrogen to testosterone twice as high as normal. "We didn't have any group that looked like males," Guillette recalls.

It turns out that there were indeed males — the gators emerging from eggs exhibiting the standard female ratio of hormones. But the concentrations of the hormones contributing to that ratio were not normal. "These animals were making almost no testosterone and almost no estrogen," Guillette explains.

Six months later, the researchers returned to Lakes Woodruff and Apopka to measure hormones in the young. "We found exactly the same condition that we had seen in the eggs," he says — "females with about twice the estrogen typical of a female and almost no testosterone in the males."

Apopka's animals also possessed feminized internal reproductive organs. The males bore what looked like ovaries, for example, while follicles in the females possessed not only abnormal eggs, but also far too many eggs.

Last summer, Guillette's team collected more than 100 juvenile alligators — animals 2 to 8 years old — from each of five

lakes. Apopka's gators again distinguished themselves. The phallus on males was one-half to one-third the normal size, and the females' ovaries "looked burned out," Guillette says. Moreover, estrogen and testosterone production in all Apopka gators was minimal — as if, Guillette says, the ovaries and testes were indeed burned out.

What accounts for Apopka's feminized alligators? The culprit is estrogenic pesticides, Guillette testified at an Oct. 21 hearing before the House Subcommittee on Health and the Environment. Tower Chemical Co. for years made the pesticide dicofol — a molecule that he says looks like DDT with an extra oxygen atom. Production methods at the plant, situated on the shore of Lake Apopka, weren't always ideal, Guillette says. Spills occurred and much of the dicofol was laced with up to 15 percent DDT or DDE. Tower's defunct plant is now a toxic waste site.

While high concentrations of DDT have been measured in Apopka gators, Guillette cautions that this doesn't prove DDT is responsible for the observed feminization. To test that link, his team this summer painted gator eggs from Lake Woodruff with concentrations of DDE and dicofol to produce tissue contamination typical of hatchlings from Lake Apopka.

Though not all their tests have been completed yet, Guillette told SCIENCE NEWS that "we're finding hormone levels in these hatchlings that are almost identical to those in Apopka hatchlings." He adds, "That's about the closest thing to proof science is ever likely to give."

In the meantime, Apopka's gators continue to suffer. Since a catastrophic

dicotyl spill in 1980, there has been a 90-percent reduction in the number of juvenile alligators at the lake. And in a population of animals that can live to be 60 years old, that's not healthy, he says.

Another reluctant toxicologist, Brent Palmer of Ohio University in Athens, has begun studying a substance in the blood of egg-laying vertebrates that he suspects will one day prove a sensitive biomarker of exposure to estrogenic pollutants, at least in males. It's vitellogenin, the egg-yolk protein.

When stimulated by estrogen, the liver produces this protein, then dumps it into the blood. From there it circulates to the ovaries, where it is deposited in an egg. Though males can produce vitellogenin, usually only females possess sufficient estrogen to do so.

That's good, Guillette points out, because "if you have enough estrogen in a male to turn on vitellogenin, then you probably have enough to shut off the normal functioning of the testes."

Working with the red-eared slider, America's most common turtle, Palmer has demonstrated that DDT can turn on vitellogenin production in males. But DDT doesn't elicit the same broad suite of changes that estrogen does. For instance, it fails to trigger the liver's production of two other proteins and it turns on the production of some other substances that estrogen doesn't. "So even though DDT is mimicking estrogen in some ways," Palmer points out, "it's not *exactly* the same."

"Certainly, if we can find vitellogenin in

males in the wild, that's a sign they've been exposed to an environmental estrogen," he says. However, Palmer is not yet sure whether the converse also holds: that the lack of vitellogenin proves no estrogen was encountered. He says his new data "make me wonder if there might not still be an environmental estrogen present, just one that's having some other effect." Indeed, he says, interpreting the lack of vitellogenin "could prove a very sticky problem."

It's not a problem John Sumpter has had to cope with. The rainbow trout and carp that he and his colleagues have studied throughout the waterways of England and Wales have displayed plenty of vitellogenin — even the males.

Sumpter and Charles R. Tyler, biologists at Brunel University in Uxbridge, England, collaborated with scientists from Britain's Ministry of Agriculture,



Kent Keenlyne, FWS

Pallid sturgeon, an endangered fish native to the Missouri and Mississippi Rivers. Though most U.S. sturgeons aren't faring well, "there hasn't been any record of reproduction in the pallid sturgeon for 10 years," notes Richard Ruelle of the U.S. Fish and Wildlife Service in Pierre, S.D. Indeed, he says, any pallid sturgeon seen these days are usually 30 to 40 years old.

Altering the river — chiefly, damming and straightening its path — has reduced the fish's habitat. But the high concentrations of PCBs and DDT that have been found in some pallid sturgeon have led Ruelle to suspect that environmental estrogens might also be jeopardizing its reproductive health. Indeed, he notes, for 15 years researchers have reported that sturgeon gonads "aren't distinctly male or female anymore." Currently, Ruelle is awaiting lab results on vitellogenin in the gonadal tissues saved from sturgeon that were confiscated from anglers who caught the fish illegally.

Fisheries, and Food to measure vitellogenin concentrations in fish that were caged and suspended for three weeks in the river outfalls of 30 different sewage treatment plants.

In the January CHEMISTRY AND ECOLOGY, these researchers describe finding widely varied production of vitellogenin by the fish. However, "in all cases," they say, "exposure of trout to effluent resulted in a very pronounced increase (500- to 100,000-fold, depending on the site) in the [blood] plasma vitellogenin concentration." In some cases, male trout exhibited vitellogenin concentrations in their bloodstreams typical of mature females during egg production. Carp showed similar, though far smaller, increases.

Attempts to isolate the agent responsible for these increases proved fruitless. However, at least one of the researchers strongly suspected that ethynylestradiol (EE) — the main estrogenic compound in birth-control pills — was responsible for much of the vitellogenin effect they observed. He reasoned that women on the pill excreted the EE in their urine and that some share of this chemical may have passed through the water-treatment plants.

To test the theory, the researchers incubated fish in aquariums containing dilute concentrations of either estradiol — the animal kingdom's primary estrogen — or EE. Concentrations of EE as low as 0.1 nanogram per liter of water caused a significant spike in the animals' production of vitellogenin — proving EE "very

EMFs — another environmental feminizer?

If electromagnetic fields (EMFs) can affect the amount of estrogen in animals — and their susceptibility to breast cancer (SN: 7/3/93, p.10) — might they also alter the fetal development of a male? Two studies investigating the topic suggest the answer may be a qualified yes.

Robert F. McGivern of Harbor-UCLA Medical Center in Torrance, Calif., and his co-workers exposed pregnant rats to low-level, pulsed magnetic fields twice daily for six days during the period when the fetal brain is undergoing sexual differentiation. In the January 1990 TERATOLOGY, the team reported finding that these low-frequency (15 hertz) prenatal exposures demasculinized the scent-marking behavior of mature males.

The study was notable for another reason, asserts McGivern, now at San Diego State University. Prenatal exposures led to "really huge" testes and prostate glands in the adult animal. The researchers have no explanation for the unexpected effect.

In 1972, researchers at the University of Manitoba in Winnipeg conducted a similar experiment. "We exposed male rats chronically to magnetic fields — either pre- or postnatally," notes study leader Klaus-Peter Ossenkopp, now at the University of Western Ontario in London. His team found that "if the rats were prenatally exposed, they developed heavier testicles. If you exposed them as adults, testicle size actually decreased."

"The reproductive system of the rat is built like a Sherman tank," McGivern says. As a result, he maintains, "any disruption in the rat becomes interesting because the human is usually much more susceptible to the same things."

And because EMFs appear capable of altering susceptibility to estrogen-mediated tumors in female laboratory animals, Ossenkopp asserts, these findings may represent EMFs' male reproductive corollary.

Neither group has followed up on the work nor knows of others investigating the reproductive effects of EMFs.

much more potent" than estradiol, Sumpter's team says. Indeed, they conclude, EE represents one of "the most potent of biologically active molecules."

If present in potable waters, however, EE must occur in concentrations below the limits of detection, the British team found. In fact, Sumpter notes, it was only after their research was completed that his team learned of another possible candidate: nonylphenols (SN: 7/3/93, p.12).

These are breakdown products of alkylphenol polyethoxylates (APEs), a class of surfactants first marketed in the 1940s. Today, APEs are used in detergents (including many U.S. dishwashing liquids), pesticides, herbicides, toiletries, and products that need to wet surfaces. Though the parent APEs are not estrogenic, Sumpter describes the nonylphenols as "directly estrogenic" — which means that they can bind to and activate the body's estrogen receptor.

Though nonylphenols occur in concentrations of more than 1 milligram per liter of water in poor-quality English rivers — especially downstream of textile mills — concentrations of 1 to 50 micrograms per liter ($\mu\text{g}/\text{l}$) are more typical of waters in England and Europe, Sumpter says. U.S. concentrations, by contrast, tend to fall below 1 $\mu\text{g}/\text{l}$.

"Because of their ubiquitous presence in the aquatic environment and the 'high' concentrations," Sumpter told SCIENCE NEWS, "we consider them a good candidate to account for the estrogenic effects [found in the study with trout and carp]." Though only perhaps 1/10,000 as potent as EE, nonylphenols "are pretty resistant to degradation and [they] bioaccumulate, which will increase the likelihood of them producing physiological effects," he argues.

But nonylphenols are not the only products formed by the breakdown of APEs. And because many of those others are not monitored, Sumpter says, "the total concentration of all the closely related degradation products remains unknown."

Environmental estrogens are also suspected of playing a role in reproductive problems plaguing the Florida panther, a species whose surviving members total only 30 to 50 animals.

Between 1985 and 1990, 67 percent of male Florida panthers were born with one or more undescended testes, a condition known as cryptorchidism. Just 10 years earlier, only 14 percent of males were cryptorchid, observes Charles Facemire, an ecological geneticist with the U.S. Fish and Wildlife Service in Atlanta. In addition, he notes, at least one non-cryptorchid male is sterile, and even some of the apparently normal males produce abnormal or deformed sperm.

Initially, these problems were assumed

to trace to a loss of genetic diversity in the heavily inbred species' (SN: 9/25/93, p.200), Facemire says. But a few months ago, he and Mike Dunbar, a veterinarian with the Florida Game and Fresh Water Fish Commission in Gainesville, decided to investigate whether estrogenic contaminants might also be contributing to these reproductive problems.

Their initial blood sampling program turned up males with unusual steroid hormone ratios. For instance, one male had nearly twice as much estrogen as testosterone. (This animal should have had two to three times as much testosterone as estrogen.) At least two other males had similarly skewed ratios; both of them were also cryptorchid. Equally perplexing, at least one female had more testosterone than estrogen.

"We don't know enough about the species to know if these hormone levels might be normal under certain circumstances. But we don't think they are," Facemire says. Though genetic problems cannot be ruled out, he acknowledges, "I suspect we're going to find that the problems are due more to estrogenic chemicals in the environment."

Working under that assumption, Facemire's office has just issued a prohibition on the use of estrogenic chemicals — principally pesticides — in the 100 or so federally managed wildlife refuges in the southeastern United States. At the same time, Facemire's office has initiated four other investigations into possible effects of environmental hormones on wildlife — including one involving the prothonotary warbler in Alabama and another involving sea turtles in Georgia.

Nor are these the only animal studies linking reproductive changes with exposures to hormone-mimicking contaminants. Laboratory studies on fish at the University of Guelph in Ontario, for instance, have shown that white suckers exposed to papermill effluent — often rich in dioxins and related compounds — took longer to mature, developed smaller gonads, experienced reduced fertility, and had lower than normal concentrations of steroid hormones in their blood. Moreover, Glen Van Der Kraak and his co-workers reported at an international meeting on the topic in September 1990, male fish exposed to papermill wastes developed reduced secondary sex characteristics.

Other researchers have begun linking reproductive problems in salmon to relatively high concentrations of hormone-like contaminants. And at a conference sponsored by the U.S. and Canadian governments three years ago, PCBs in such fish were linked to dramatic declines in the reproduction of minks and otters around the Great Lakes.

Finally, University of Wisconsin scientists demonstrated two years ago that low prenatal exposures to dioxin feminized the behavior of male rats during

adulthood — and sharply reduced their production of sperm. Indeed, the researchers concluded, the developing male reproductive system appears to be more sensitive to the effects of this hormone-like toxicant than any other organ or organ-system studied (SN: 5/30/92, p.359).

"Because we're only just getting to the basics in this field," Palmer says, even simple questions about the reproductive effects of environmental hormones for most species must go unanswered. But he suspects that biologists are going to have to move fast in finding those answers if some contaminated populations are to survive.

Toxic-pollutant concentrations in the environment have dropped to where they can seldom kill most adult animals outright, he says. However, in some species, he fears, "We may have gotten to a point where the adults look healthy but are so reproductively impaired that that population may already be extinct — and we're just waiting for the last remaining adults to die [of old age]." □

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* * * *

Blessed are You,
O Nature,
Eternal Mother,
Who feeds the whole world
With Your goodness,
With grace, with loving
kindness,
And with tender mercy.
You give food to all flesh,
For Your loving kindness
endures forever.
Through Your great goodness,
Food has never failed us.
O may it not fail us forever,
For Your name's sake,
since You
Nourish and sustain all
living things,
And do good to all,
And provide food for all Your
creatures
Whom You have created.
Blessed are You, O Nature,
Who gives food to all.
—adapted from a Hebrew blessing

A CALL FOR CHANGE!

The following letter (printed in its entirety) was written by Betty Fowler, recovered cancer patient and metabolic technician for the Health Excel Program. Hopefully, the concerns raised here will become part of the great health care debate currently raging in this country—a debate which has been more focused on health care delivery than real quality health care.

October 14, 1993

Washington Health Services Commission
P.O. Box 41185
Olympia, WA 98504

To Whom It May Concern:

Our present health care system is geared to high-tech, high-cost treatment. Our present system includes prescription drugs that often have harmful side effects. Examples:

1. Tardive dyskinesia is a new disease, known to be caused exclusively by prescription drugs.
2. Halcion. This drug has been known to cause depression, murders, suicides. Britain has banned sales of Halcion and former President Bush has stopped taking it.
3. Aldactone. It is used as a diuretic by millions. It has been found to cause breast cancer.
4. The chemo agent, 5 FU. 5 FU is an invented cell poison that stops ALL growth, including the cells of our immune system.
5. Tamoxifen. It is being touted for women with breast cancer and for women without cancer even though women taking tamoxifen run the risk of uterine and/or liver cancer.

Ms. Magazine reported there is evidence that radiation doses from mammography machines are cumulative; that no minimum dose has been proven safe. A Canadian trial has found a slight increase of cancer in women under 50 who have had regular mammograms.

Twenty-two years ago—in 1971—President Nixon and Congress declared a “War Against Cancer.” But has the more than two-decade long

war against cancer brought any real progress against the dread disease of cancer? According to *Scientific American*, Nov. 1985 and the *New England Journal of Medicine*, May 8, 1986, we are losing the war on cancer. The American Cancer Society's *Cancer Journal for Clinicians*, March/April 1989 states that overall cancer mortality is actually rising.

The questions to be asked and answered include:

1. Will more of the same medical care and medicine make our citizens healthier?
2. Is everyone overlooking something fundamental about health?

There is a system of overcoming health conditions that will reduce health care costs. It is called by many names including unconventional, holistic, alternative and host resistance. Host resistance includes the following principles:

1. Meeting the body's needs for nourishment with foods that are not processed; eating foods free of high amounts of fat, sugars and salt; eating foods that are nutrient-rich; eating foods free of chemicals; eating foods in harmony with one's functional metabolic type.
2. Attending to waste elimination, skeletal integrity, cellular rejuvenation.
3. Since the body is comprised of approximately 87% water, water is a vital nutrient. Drinking and cooking only with pure water can help individuals obtain a higher degree of vibrant health.

I was diagnosed as having cancer in 1971. After two operations I was advised to undergo chemotherapy and surgery in January 1972. Instead of more traditional medical treatment I went on a nontoxic program. Two years later I was declared cancer free by an M.D.

If what is called holistic, alternative, unconventional or host resistance is not included with any state health care plan, we're in for larger doses of sick citizens and an increase in health care costs that could bankrupt Washington state.

Respectfully submitted testimony for Health Services Commission hearing October 21, 1993, Seattle, WA,



Betty Fowler

CANCER, CHEMICALS AND POLITICS

by Rose Marie Williams

On Thursday, February 17, several members of the New York State Assembly held a public hearing at the University Hospital in Stonybrook, Long Island. The purpose of the conference was to hear testimony on possible causes of breast cancer, of which Nassau and Suffolk Counties have an unusually high incidence. Besides breast cancer, prostate cancer, brain cancer, and numerous other maladies were implicated as the result of pervasive usage of toxic chemicals in our communities. Added to the list were diseases of the nervous system like multiple sclerosis. Among those offering testimony on the possible causes of breast cancer and other cancers were Barbara Balaban of the New York State Breast Cancer Hotline, 800-877-8077; Roger Grimson of Prevention Medicine at SUNY Stonybrook; Dr. Eli Seifert of the Albert Einstein College of Medicine; Epidemiologist Dr. Lee Caplan; Tracy Frisch, Director of New York Alternatives to Pesticides (NYCAP); and Dr. Carlot Sonnenschein of Tufts University School of Medicine.

A member of a Long Island cancer coalition spoke of the widespread use in her community of lawn chemicals containing cadmium and how it leached into the ground water supply and how it entered the inlets and bays as run-off. Cadmium is implicated as a carcinogen for breast and prostate cancers. More and more women in their 40's, 30's and 20's were being diagnosed with breast cancer. Ethnic origin, family history, child-bearing age, alcohol, smoking and other lifestyle habits did not appear to play a significant role, as to whom was diagnosed with breast cancer and who was spared. A much stronger indication seemed to be environmental factors.

These environmental factors implicate organochlorine compounds which are a major ingredient in chemical pesticides and herbicides. Organochlorines are used in a large class of chemicals among a few of which are the most toxic and

carcinogenic chemicals used anywhere. They include PCBs, CFCs, and dioxins. Organochlorines contain estrogenic properties. They concentrate in fatty tissue and accumulate over time. Research indicates a strong connection between breast cancer and increased levels of the hormone estrogen

In Israel in the 50's and 60's great quantities of synthetic agri-chemicals were used. There was also a high rate of breast cancer. Israel phased out its use of these pesticides and herbicides and the rate of breast cancer eventually dropped. In addition to breast, scientific studies implicate organochlorines in several other cancers. Besides cancer, the high toxicity of organochlorines are believed to cause a wide range of other health risks, including genetic mutations, birth defects, hormonal disruption, immune suppression, impaired childhood development and infertility. Organochlorines pose additional threats to human health by interacting with each other and interacting with other chemicals to raise the risk of breast cancer and other disease. There are no industrial organochlorines which are known to be non-toxic.

The media has done little to inform the public about these dangers, even though the scientific community has been aware of this connection for decades. A research scientist at Tufts University discussed research he has been working on for over 25 years linking estrogens to breast cancer. He discussed the book, *Silent Spring* by Rachel Carson, written 30 years ago, which did much to bring about the ban of DDT in our country. However, we continue to use other chemicals which are equally harmful to the environment and to our health.

Atrazine is now the best selling pesticide in the U.S. even though the EPA determined ten years ago that it was a breast cancer carcinogen. Atrazine has also been implicated in ovarian, prostate, and endometrial cancers. Currently 107 different active ingredients in pesticides are known to cause cancer in animals or humans. These ingredients are contained in thousands of commercial products that are used on food crops, in and around our homes and schools. They have contaminated numerous lakes, rivers and underground water supplies. Pollution to the Great Lakes region

has caused reproductive difficulty and birth defects among the wildlife and become a threat to human health as well. The U.S. and Canada have reached an agreement to phase out use of organochlorines in that area.

Organochlorines are so pervasive in our environment that indoor pollution is often ten times higher than outdoor pollution, even in homes where toxic chemicals are seldom used. In addition to hearing many statistics about cancer rates and toxic chemical usage, attending members of the New York Assembly were asked to implement legislation that would seriously limit, or phase out, use of these carcinogenic chemicals from our environment. They were informed that the rate of breast cancer has not only increased over the years, but it afflicts women at a younger and younger age, and this may be merely the tip of the iceberg.

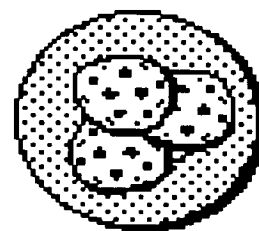
There are no scientific or ethical reasons to presume a chemical is harmless until proven otherwise. This approach allows action only after irreversible harm to health and the environment has taken place. Historically, the cardinal principle of public health practice has been disease prevention. To require that a cause and effect relationship be proven before taking action violates this cardinal rule of disease prevention. ❀

BETA CAROTENE FAILS TO CURB SKIN CANCER

A study published in the New England Journal of Medicine found that beta carotene does not appear to be a key ingredient in preventing cancer, at least not skin cancer. The researchers do suggest, however, that mom's advice still holds: "Eat your vegetables."

Because experts have noted that people who eat plenty of fruits and vegetables (good sources of beta carotene) are less likely to get cancer, it was assumed that an intake of beta carotene (supplementary form of the nutrient) might be a cancer preventative. Could it be that you can't fool Mother Nature? Use the real thing — carrots.

RECIPE



TO BETTER HEALTH
by Mollie M. Hyman, M.S.
LET US NOT WASTE

Carrot Oatmeal Raisin Cookies

1 cup shredded carrots (leftover from making carrot juice)
2 cups oatmeal (ground whole oats)
1 cup raisins

Soak raisins for three days in enough water (distilled) to cover the raisins.

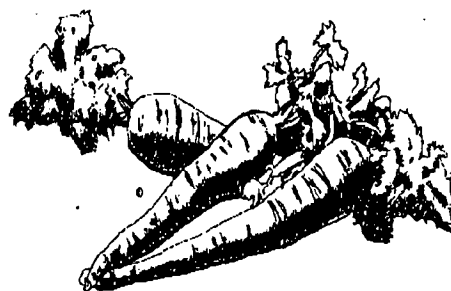
After the third day raisins are ready to be added to the carrots and oatmeal.

Preheat oven to 300° F. Mix the carrots and oatmeal thoroughly, then add the raisins and water. If a sweeter cookie is desired, stir about 1 tablespoon of raw honey into the water. If there is not enough liquid, add some unsweetened apple juice. Mixture should be soft, but not wet. If too wet, add more oatmeal. Mold into cookie patties. Makes about two dozen cookies.

OPTIONAL: If you wish, you can add: 1/4 cup sunflower seeds or sesame seeds or a little cinnamon.

Grease cookie sheet with a dab of vegetable oil. Put cookies in oven and check after 20 minutes. When golden brown, turn over and bake another 5 minutes or so.

NO OIL OF ANY KIND IS ADDED TO THIS RECIPE.



WHO'S MINDING THE STORE?

by Ruth Sackman

There are four government units assigned the task of looking after the health of the American people. These are the Food and Drug Administration (FDA), the Environmental Protection Agency (EPA), the Center for Disease Control (CDC) and the Department of Agriculture (USDA). They were established originally to function as consumer protection agencies because it was assumed that industry was capable of representing itself, whereas the consumer needed advocacy. We can assume from their performance that these so-called "watchdog" agencies have evolved into something alarmingly different: buffers for industry.

During the many years these agencies have been in existence, we have been suffering from a steady rise in health problems including a rise in the incidence of cancer. AIDS (autoimmune deficiency syndrome), Lyme's disease and CFS (chronic fatigue syndrome), all newly developed diseases, have become common problems. Is this all a quirk of nature or is it related to the proliferation of toxic chemical pollutants—which have been approved by these very consumer protection agencies which are responsible for the introduction of thousands of new toxic substances into the environment? Never in the history of mankind has the environment been so inundated with so many new substances whose cumulative effects are unknown and untested. There have been many instances in which approved chemicals have had to be withdrawn because consumer groups, **not our federal protection agencies**, have done independent investigations proving harm, thus, forcing the government organizations to take appropriate action.

Let's take a look at some of the decisions of these consumer protection agencies.

ENVIRONMENTAL PROTECTION AGENCY

- EPA raised the legal level of fluoride that

can be added to our precious drinking water in spite of the hard scientific evidence that fluoride is a toxic chemical that inhibits enzyme activity which is essential for food metabolism, leaches lead into drinking water, causes bone and liver cancer according to the National Toxicology Program (NTP), a government sponsored report, while not reducing cavities as claimed. (Fluoridated and unfluoridated communities have the same rate of dental cavities.)

- Dr. William Marcus, senior toxicologist at EPA, was fired because as a scientist he felt obligated to inform the public that EPA was covering up the carcinogenicity of fluoride by labeling the NTP report on fluoride "equivocal," a word which, while not conveying rejection of the carcinogenicity findings, leaves the agency a loophole to weasel out of any repercussions that may result. EPA's position disregarded the testimony by reputable scientists about the report's accuracy.

EPA was sued by Dr. Marcus and ordered reinstated by the court. He was also awarded compensation of \$50,000. The case was reviewed as is customary by Robert Reich, Secretary of Labor, who stated, "The true reason for the discharge was retaliation." Although reinstatement has been ordered by Robert Reich and the court, EPA has yet to comply.

- EPA had to be sued by the Environmental Defense Fund for violating the Delaney Amendment which declares it illegal to use any substance that can cause cancer when ingested by man or animal. Instead of abiding by the decision, EPA's response has been to petition Congress to repeal the Delaney Amendment.

FOOD AND DRUG ADMINISTRATION

- FDA approved genetic engineering to alter tomatoes as though nature has made an error which man can improve upon. When consumer groups

question the potential dangers and the lack of long-term studies, agency officials blithely insist on the safety of these man-manipulated foods.

- FDA approved irradiation of food, which studies show alters the natural components of food. No studies have been done to determine the long-term effects. Consumers have become guinea pigs and the laboratory is anywhere in the world where people live and work.

- FDA has attacked the health food industry with an aggressiveness not demonstrated against the pharmaceutical or chemical industry. FDA agents have entered health related establishments with guns drawn and confiscated costly supplies and equipment.

- FDA has approved the use of a bovine growth hormone (BGH) to increase milk production in spite of the fact that it causes infections of the udder for which antibiotics are used.

I met a young man who had been given a growth hormone when he was 15 years old. At the age of 25, married with 2 children, he was unable to work because of extreme fatigue and the family had to be maintained on welfare. His body was devoid of hair—head, underarm, pubic and all body hair. It was my impression that he had aged prematurely. Has FDA determined the long-term effect of added growth hormone in milk starting at birth?

- DES, a substance used to get beef to market early, was removed only after pressure from private groups outside of the agency who proved that DES caused endometrial cancer and other gy-

necological problems.

- Red Dye was withdrawn only after pressure from private groups outside of the agency who proved it was carcinogenic.

- Alar was withdrawn only after a report by Ed Bradley on the TV program "60 Minutes" revealed how hazardous it was.

CENTER FOR DISEASE CONTROL

- CDC pushed the panic button when one soldier at Fort Dix died of what CDC called "swine flu" (whoever heard of swine flu?) CDC urged the vaccination of the entire American population. Many people trusting this government agency took the injections which caused more harm than the flu. Some people died; some were incapacitated with Epstein-Barr Syndrome; others struggled for a long time to overcome the disastrous effects.

UNITED STATES DEPARTMENT OF AGRICULTURE

- USDA allows tons of toxic chemicals to be sprayed on plants to control pests and to be added to the soil to promote growth because the soil is depleted due to poor farming techniques. (And the vicious cycle feeds on itself.)

Do you feel, as I do, that it is time to petition your government to revamp these institutions? If so, let your elected representatives know your views. People have more power to effect change than they realize, but your elected officials need to know what you want in order to serve you. Let them hear from you! ❀



Letters

Dear Ruth,

Think of you often and the unique service you so freely give to others.

Just wanted to send a small contribution. Hope to be in touch with you shortly to say hello and perhaps ask you for some advice about a duodenal ulcer; although this isn't exactly in your field. But because of your varied contacts you may just possibly know something that might be helpful. I have just had major surgery to patch up a punctured duodenal ulcer and have been told I will probably have to be re-operated (they're recommending a by-pass operation, directly connecting the small intestines with the stomach bypassing the duodenum). The reason is that when he operated, he noted the ulcer was very scarred and weak and would most likely puncture again and this time prove fatal.

I don't exactly buy all that; still it may be something to consider.

Hope you have a banner year in every area of your life and I'll speak to you soon.

Fondly, J.H.

Dear Ruth,

Living only 20 miles from D.C., how fortunate I was to be able to call in directly to the offices of my senators and congressmen.

I spoke to their staffs urging the passage of the "Health Freedom Act of 1992" - S. 2835 and its corresponding version in the House. The staff was receptive. Let's hope the Congressional members are as well!

Healthy New Year to you all—

Sincerely, S.P.

Dear Ruth Sackman,

For years we have told our members about FACT when we have used your great articles and hoped that you have received some new subscribers.

We are late in mailing our renewal subscriptions as the membership has been declining and cost to put on lectures has also increased. Wondering what we will need to do to keep going, now

especially with the new Health Care Plan. Nevertheless, included is our \$25.00 to catchup for your wonderful publication.

Sincerely, Marge Chizmar, Council Coordinator, Council for Better Nutrition, 149 East Midlothian Blvd., Youngstown, OH 44507.

Dear Mrs. Sackman,

It is always so good and reassuring to speak to you on the telephone. Without your kind advice I would not have found my way out from the medical establishment's labyrinth of greed and ignorance.

Please accept the enclosed contribution to FACT as a small token of my deep thanks. The amount is, alas, very much out of proportion to my appreciation for you and your vital work.

With best wishes for you, J.F.H.

Dear Ms. Sackman:

I wanted to compliment you on your publication *Cancer Forum*. As a holistic nutritionist here in Asheville, I always find one or two articles which I enjoy and find informative. Thank you!

On page 4 of the enclosed issue of our publication, *Your Health*, is an article titled "Master Chemist of the Body" which is about the liver. Because the liver is such a key organ in so many processes in the body, especially detoxification, I believe it might be of interest to your readers. You may reprint it providing you give full credit to the publication from which it came.

If you have questions, please feel free to call. Thanks.

Sincerely, Elizabeth Pavka, MS
Editor, *Your Health*

Dear FACT,

I was very happy to read so much about Ginkgo (Ginkgo Biloba) as I have been taking it for some months for the veins troubling me for some time and it's helping.

Thank you very much, Martin Ravitzky and Mrs. Ruth Sackman, President of FACT.

Very sincerely yours, J.D.

BOOK REVIEW by Corinne Loreto

Bypassing Bypass — The New Technique of Chelation Therapy by Elmer Cranton, M.D. (Hampton Roads Publishing Company, Inc., 1993, \$12.95)

I approached this book with a great deal of interest and curiosity. Dr. Cranton, the author, a graduate of Harvard Medical School, has done a good job of educating me about EDTA Chelation therapy in *Bypassing Bypass*.

In the 1940's chelation therapy was used to treat lead poisoning. It became apparent that patients, also suffering from atherosclerosis in addition to lead poisoning, were able to walk farther, with less chest or leg pain after chelation.

Intrigued by these developments, cardiologists began to investigate and research the possibilities of using chelation as a therapy for circulatory ailments. Clinical research of EDTA chelation came to standstill with the advent of bypass surgery in 1960. Bypass surgery is a boon to surgeons and hospitals, the cost of which can run anywhere from \$25,000 to \$60,000, whereas EDTA chelation therapy is administered in a doctor's office at a cost of about \$3,000. Unfortunately, chelation is not covered by Medicare or medical insurance for the treatment of arterial occlusion because it has not yet been approved by the FDA. Dr. Cranton reports that research is in progress and it is expected the FDA will approve EDTA chelation for treatment of atherosclerosis (hardening of the arteries).

What is chelation therapy? "Chelation therapy is a medical treatment that improves metabolic and circulatory functions by removing toxic metals (such as lead and cadmium) and abnormally located nutritional ions (such as copper and iron) from the body. This is accomplished by administering a synthetic amino acid, ethylene-diamine-tetraacetic acid (EDTA), by an intravenous infusion." The treatment lasts from three to four hours during which time the patient can read, watch TV or nap. A complete course of chelation usually comprises 30 or more visits. In severe cases, 50 to 100 treatments are given.

Dr. Cranton tells us in his book that research has proven that chelation improves blood flow throughout the body and has been reported to improve liver function, improve blood cholesterol ratios,

lower blood fats, reduce leg cramps, improve vision, relieve angina pains, relieve symptoms of senility, heal ulcers caused by poor circulation, forestall heart attacks and strokes, relieve symptoms of arthritis, relieve symptoms of Parkinson's disease and multiple sclerosis, improve memory and reduce the incidence of cancer.

Dr. Cranton says the surgical approach pretends vascular disease is a localized ailment; chelation therapy recognizes that the disease affects not only individual arteries, such as the coronaries around the heart, but also the arteries to every organ of the body and the tiniest arterioles and capillaries in toes and fingers. Sixty thousand people a year lose legs from gangrene caused by arterial blockages. Many more than that have strokes. Bypass surgeries to arteries in the legs, neck and even inside the skull are quite common.

We are warned to beware of chelation "mills" which are run for the financial gain of the operators—not for the benefit of patients. Also, as in any other treatment, there are some patients who will not be helped by chelation.

I feel it is tragic that this treatment has been so disparaged by cardiologists for treating coronary artery disease in favor of bypass surgery. Hopefully, with the approval of the FDA, chelation therapy will gain the recognition it deserves.

Dr. Cranton gave some case histories of his patients. One that made an impression on me was that of a woman, 70 years old, with a wide range of medical problems. She was not able to care for herself. After ten weeks and 20 chelation treatments later, she not only functioned, but was able to cook Thanksgiving dinner for many guests!

The back cover of Dr. Cranton's book states: "*Heart bypass surgery is a radical operation for which 350,000 Americans spend ten billion dollars every year!* But there is a non-surgical method for treating clogged arteries that clears out all the arteries—and is a lot less expensive.

It is called chelation therapy."

Dr. Cranton's book is very well written in an easy to understand style. It is **MUST** reading for anyone wishing to make an informed, intelligent decision regarding bypass surgery versus chelation therapy.

(*Bypassing Bypass* is available on the FACT Book List, p.15.)

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