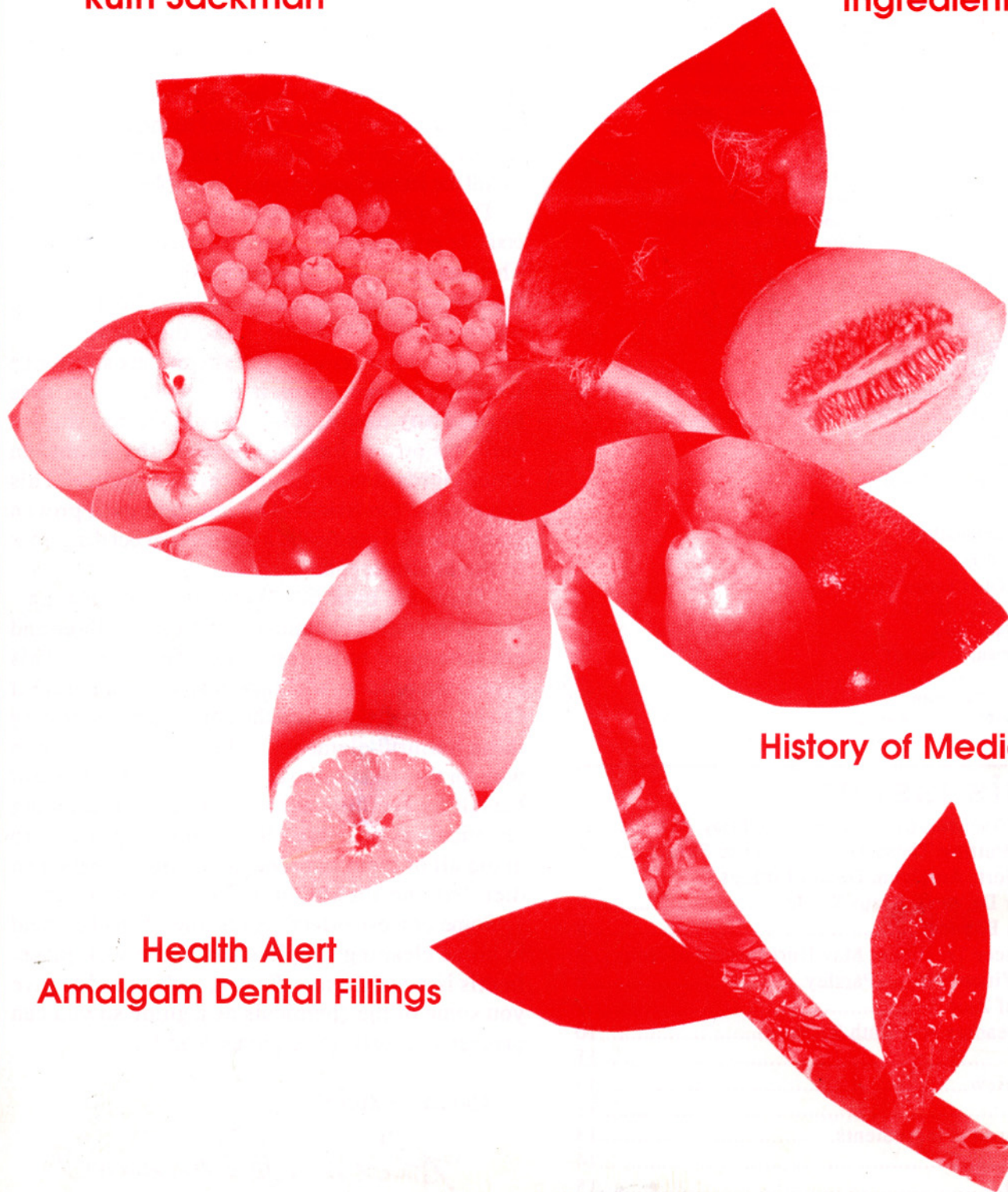


CANCER FORUM

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

**Q & A Readers Ask
Ruth Sackman**

**Top Hazardous
Ingredients**



History of Medicine

**Health Alert
Amalgam Dental Fillings**

Foundation for Advancement in Cancer Therapy

Foundation for Advancement in Cancer Therapy, Ltd. is a non-profit, tax-deductible organization. It supports and encourages biological cancer research, nutritional science investigations; disseminates information about non-toxic treatment for cancer to cancer victims; provides financial assistance; and fights to eliminate carcinogenic substances from the environment.

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Dear Reader,

It is finally official that the Environmental Protection Agency (EPA), at the request of Congress under pressure from consumer groups, is going to study the chemicals that environmentalists claim (with good cause) are mimicking estrogen and creating havoc in the animal population and causing low sperm count in males. There is also a suspicion that these endocrine disrupters (pesticides) are responsible for the rise in breast, other gynecological cancers and male cancers related to the reproductive organs. We can only hope this isn't window dressing to still the learned voices until the problem is forgotten.

There was a time when our government agencies could be relied upon to protect the American consumer. That has changed. The agencies show great concern for the financial interests of the chemical and pharmaceutical industries and their stock holders. Instead of removing a suspicious substance from the market until it is proven to be **safe beyond any doubt**, it is left in place and studied until it is proven **harmful beyond any doubt**. In other words, innocent until proven guilty! This is a reverse yardstick! The innocent until proven guilty is a valid position in a murder trial but dangerous in the health arena.

There are over 62,00 chemicals on the market. A veritable chemical feast! Fifteen thousand are scheduled to be tested as a first step. This screening process will take many years before it can be completed while the consumer is ingesting these harmful elements. In the meantime it is wise for the consumer to take steps to protect himself/herself by avoiding as many products containing chemicals as possible. It may not be possible to avoid all of them in order to maintain a balanced diet, but one should do the best one can.

Some of these offending chemicals can be found in home cleaning supplies and in the workplace. In this issue of *Cancer Forum*, we've tried to give you some of the chemicals as a guide so you can protect yourself. (See pages 6 and 13.)

Caveat emptor!

History of Medicine

by William Howard Hay, M.D.

The following is excerpted from the book How to Always Be Well by William Howard Hay, M.D. The book was originally published in the 1920's, but then became out of print for many years until FACT published an edition because it was felt that Dr. Hay's work was too important and should be available to the cancer patient or, indeed, anyone interested in achieving optimum health. The book was, in fact, a veritable "bible" to Hy Radin, a recovered cancer patient who enjoyed over 25 years of health after a diagnosis of cancer of the spine which had left him unable to sit or stand up. He progressed from a wheel chair to crutches, to a cane and finally to complete recovery.

Dr. Hay received his medical degree from New York University and for almost two decades practiced medicine and its correlated

art of surgery in what he termed "the orthodox way."

It was only when his health started to deteriorate—Bright's disease, high blood pressure, and a dilated heart—and was given "just a few more months to live!"

that Dr. Hay began to investigate possible causes for his condition. He came to understand that disease was not a big mystery which pounced suddenly without reason. Rather he realized that the way one lives is the key: when we violate the fundamental laws of nature—balanced diet, good elimination, adequate rest, good water, etc.—eventually our bodies break down. He discovered that making changes in our lifestyle can give the body, endowed with amazing built-in healing capability, the opportunity to heal!

How to Always Be Well is available on the FACT Book List, p. 15.

From the beginning of recorded time man has looked to physicians of some sort for the healing of his many afflictions; and always he has remained to a greater or less degree in ignorance of his own part, his own responsibilities, in the matter of health or disease.

It seems strange, yet it is true, that everyone seems to feel qualified to prescribe for the illnesses of his friends and acquaintances, yet remains very much in the dark about his own afflictions.

Let your friends know that you have a common cold, and they are prolific with directions for its proper treatment, even though they themselves may be suffering from the same affliction at the very same time.

Lay prescribing is not only common, it is well-nigh universal.

Medicine did not originate with Hippocrates, the so-called father of medicine, by any means, though he is generally credited with the first attempt to set out in an orderly way what seemed to be a scientific observation of disease in its various phases, and a system of treatment that seemed the best course then extant.

Medicine was always practiced in some form, as each sufferer was led to apply for help to someone else, someone whom he believed to know more about what to do than he himself did.

This tendency gradually led to the setting aside of a class whose business it was to attend to the ills of the tribe or community—physicians, in other words.

Superstition and fear have always ruled the consideration of disease from the standpoint of the sufferer himself. Fear has been the means of exploitation, always.

As wisdom has increased, so has sorrow, just as Solomon said; for while we have learned to understand much that was formerly unknown to us, yet at the same time the increased knowledge is too often used to add fright to our internal troubles.

Charms, incantations, exorcisms of supposedly unfriendly and harmful spirits—all these were the form of treatment followed before man became wise enough to understand that spirits had nothing to do with our maladies. But I am wondering if these ancient misunderstandings are not closely related to our present fear of germs.

As the anatomy of the body became better understood, the way was opened for the surgeon, who sought to rearrange the internal works to his satisfaction, and with the hope that this would in some way improve conditions.

Barbers and priests reigned during the dark ages, the barber being the surgeon because he knew how to cut;

It seems strange, yet it is true, that everyone seems to feel qualified to prescribe for the illnesses of his friends and acquaintances, yet remains very much in the dark about his own afflictions.

presumably, the priest was the one who corresponded to the present day internist, his intercessions being supposed to placate those spirits that could be reached in this way, or to exorcise those too unfriendly to listen to his intercession.

And man, the goat, always paid for these ministrations, for they could not be performed for nothing.

This tendency of man in illness to look to someone else who was supposed to know some means of vicarious relief from the ills from which he suffers, has always been the motive for service along the lines of treatment for disease, and still continues to be the prime motive for this whole system of treatment, not more so in the dark ages than today.

This tendency has come from man's misunderstanding of his own body and its processes, a misunderstanding that has furnished opportunity for exploitation in all times. Even as in the so-called dark ages, today the case is no different, and man himself creates this seeming need for expert guidance in matters of health and disease.

It has been discovered that thousands of years ago in Egypt surgery had reached a certain degree of efficiency that permitted internal operations, trephining of the skull, sectioning of the abdomen, and much that we today practice that we thought originated with the present civilization. Also, the administration of drug remedies had been practiced long before our present civilization was in existence, showing that even so long ago there was some sort of medical training and some form of recognized treatment for disease.

Galen brought us a fair understanding of anatomy, and his work, combined with that of Hippocrates, was the foundation of our present system of medical and surgical treatment.

This is built upon the supposition that all disease is the result of extraneous causes—a theory that appears less plausible as we progress in the understanding of the body processes, and in the knowledge of the relative value of nutrition with regard to body states. Disease is the expression of some condition below the standard set for health, and in the opinion of the writer, is often created by the body itself, though manufacture of the

acid end-products of digestion and metabolism, ashes of the body itself and the oxidative processes by which it maintains its activities.

When these ashes or end-products are manufactured in an amount greater than can be fully eliminated, we suffer from retention of these, and a state develops that is variously called auto-intoxication, acid-autotoxicosis, toxæmia, self-poisoning. Whatever you wish to call it, this manufacture and retention of these irritating acid end-products is what sets the disease process in motion.

The science of medicine takes no cognizance of this accumulation unless disease—that is, definite pathology—has developed, and then the condition is submitted to the most intimate study. This is merely locking the stable door after the horse has been stolen, a rather feeble gesture, not in any sense constructive treatment. How much better to prevent disease, when possible, through hygienic measures and correct diet!

Medicine has grown into a major science chiefly

When these ashes or end-products are manufactured in an amount greater than can be fully eliminated, we suffer from retention of these, and a state develops that is variously called auto-intoxication...

because humanity, due to the absence of practical knowledge, has continued to buildup an increasing toxic state that furnishes continually much clinical material.

Medicine is really a creation of a class set aside for treatment of human ills for the purpose of patching the

machine that has been ruined by the mistreatment of the average human, either from misunderstanding of body needs or from a carelessness as to the results.

We need not blame medicine for this condition, as the cause is individual, chargeable to the victim himself.

Thus medicine has flourished in all times from the ignorance and inattention of the individual in matters of his own health and efficiency; and the continued need for repairing damage we do to our bodies will persist till we learn to accept our individual responsibilities in the matter of keeping ourselves as well as we should and as well as we can be, if we understand better the self-created causes of many of our ills.

As the medical fraternity has increased in numbers, so also has their training become more and more involved and diversified, till now to be a doctor of medicine requires eight years of preparation, after leaving the high school. This means two years of pre-

medical work, four years of direct medical study, and two years of resident work as interne in a recognized hospital.

Medicine has ever been considered an honorable calling, and the profession is an honorable one, surely; but physicians and surgeons are merely humans especially trained to do certain things, and being human, are subject to all of the errors of judgement of any human being. When we add to this the fact that they are dealing largely with imponderable quantities, it is not difficult to see that errors may creep into their considerations of disease.

When humanity becomes wise enough to understand the origin of its own illnesses and sane enough to correct these causes, then the physician will gradually become the teacher and watch-dog of health, not the adjuster of the end-results of the many mistakes now committed daily against health by the average man or woman in every walk of life in every civilized country on the globe.

That such a time will come there is not doubt, but that it will be within the life of the present generation is extremely doubtful.

It is human nature to shrink from too close self-examination when habit is under consideration; and it is not human nature to assume any disagreeable responsibility, when a convenient belief persists that no matter how we behave personally, there always can be some vicarious substitute for self-government with its painful necessity for thought.

The word "doctor" means teacher, and a teacher he should be, if he would fulfil his obligations to those who look to him for help.

The writer seems to have grown up with the thought of medicine as a calling, for he is unable to remember when he considered any other vocation. He went to New York with the deep conviction that if one were smart enough, he could devise means for the control of all disease; but he graduated in medicine feeling that even the wisest physician still had much to learn.

It is an honorable thing, a splendid thing, to relieve the sufferings and illnesses of one's fellows, but it is a far better thing to prevent these same sufferings, and this can be done with greatest effectiveness by instructing the individual in the essentials of an adequate

dietary and in hygienic care, which principles he must apply to himself.

Throughout the entire history of medicine you will find that all energy and all teaching is directed against disease after it is developed; and only in the past few years has any great amount of attention been directed toward the beginnings of disease.

It is an evidence of progress when we have a national board that we call Public Health; and the Public Health Service (P.H.S.) is becoming a real factor nationally, though still confining too much of its attention to serum treatment, under the guise of prevention, for this is only one of the several means now generally recognized as useful in prevention of disease.

If the P.H.S. will devote itself to perfecting drainage, sewerage, the safeguarding of foods sold to the public, the guarding of all foods and drinks against contamination, adulteration, and harmful preservatives, they will abundantly fulfil the mission their founders had in mind.

To live right, so as to cost us nothing in dissipated vitality, is easier than to live wrong, if we understand the thing thoroughly; and there is infinitely more fun in it.

How we love to do what we want to do when we want to do it and how we love to delude ourselves into thinking that, however we have lived, there is always someone who can get

us out of payment for the effects of our foolishness!

To live right, so as to cost us nothing in dissipated vitality, is easier than to live wrong, if we understand the thing thoroughly; and there is infinitely more fun in it.

Instruction in the art of living to keep one hundred percent well at all times should begin in the early life of the school child. The principles can be easily grasped by the beginner in school, and often more easily than by older ones who have already formed rather fixed habits.

The taking of nourishment and the exercise of the sex function are both fundamental to perpetuation of the race, and both functions should be thoroughly understood early enough in life to avoid the awful consequences of an ignorance that has shortened the life of so many, has defeated every early ambition, brought misery, illness, unhappiness, and too often terminated in suicide, all because no one either cared or realized the necessity for special instruction in these two fundamental necessities of living. *

Are You Putting These Toxins on Your Skin?*

Chemical Toxins	How They Harm Your Body	Where You Will Find It
DETERGENTS: sodium lauryl sulfate sodium laureth sulfate cocamide DEA and MEA	Strip the skin's precious oil mantle leaving it unprotected and exposed to hundreds of chemicals, bacteria, viruses, dirt, contaminants & pollutants. DEA is a proven cancer causing ingredient, specifically kidney and liver cancer. Detergents also scramble hormones and are contributing to plummeting sperm counts.	Many bar soaps, most facial cleansers, hand and bath soaps, bubble bath, shampoos, liquid dish washing soaps, toothpastes, detergents (virtually any product that suds has at least one detergent, even many 'natural' health products).
PLASTICS: Mineral Oils Petroleum Jelly PEGs propylene glycol butylene glycol acrylic polymers	Coats the skin with a "plastic" layer, inhibiting its ability to breathe and eliminate waste products. Common symptoms are blackheads, malnutrition and premature aging of the skin. Restricts normal cell development, skin will appear sallow, dull and lifeless.	Many foundations and moisturizers, lip balms, nighttime skin treatment products, eye moisturizing products, nail polishes, and nail care products and hand lotions.
SOLVENTS: Isopropyl alcohol, ie. SD40 propylene glycol, butane propane & butylene glycol	Some of these are strong enough to take barnacles off the bottom of boats. These solvents penetrate the skin's protective barrier and break down the inter-cellular mortar, causing the skin to be exposed to toxins, and to lose its elasticity.	Astringents, facial scrubs, toners, after shaves, some cleansers, especially those marketed for "oily" skin, mouthwashes, permanent wave solutions, moisturizers and dish and clothes detergents.
SYNTHETIC FRAGRANCES Fragrance perfume cologne	Alcohol, a typical ingredient in synthetic fragrance, can irritate the skin and strip away its natural protection. It dries out the skin, stimulating oil glands to produce excess oil and wax to repair the damage.	Watch for synthetic fragrances in all cosmetics and skin care products. They are commonly used in body talc, perfumed hand lotions, body sprays and deodorants.
FORMALDEHYDE-DONNING PRESERVATIVES DMD hydantoin propane-1, 2-bromo-2-nitro, 3-diol imidazolidinyl urea phenoxyethanol amyl acetate (neurotoxins) alkylphenol ethoxylates (APEs) diazolidinyl urea	Preservatives can release trace amounts of formaldehyde into the skin. Skin reactions after exposure are very common; formaldehyde can be irritating and allergy causing. Formaldehyde is used in embalming process.	Every cosmetic and skin care product has preservatives. Be careful to check for the existence of toxic preservatives. Natural preservatives are: grapefruit seed extract, potassium sorbate, sorbic acid, tocopherol (Vitamin E), retinyl (Vitamin A), and ascorbic acid (Vitamin C).
COLOR PIGMENTS FD&C plus pigment color numbers	Synthetic pigments contain heavy metal salts and deposits toxins onto the skin, and eventually into the bloodstream.	Hair dyes, eye shadows and other make-up products, most skin and hair products.
RANCID OILS	Most vegetable oils turn rancid very quickly, especially if they are not extracted with a cold process. When you take rancid oils, your skin purges them. As the skin releases these oils, the sun activates them. This also causes your own skin's oils to oxidate, producing lots of free radicals and creating the environment for skin cancer & melanoma.	Any product that is packaged in a semi-transparent, or non-opaque container.
OTHER N-Nitrosamines	In the 1970's, nitrosamine contamination of cooked bacon and other nitrate-treated meats became a public health issue. The food industry, which is more strictly regulated than the cosmetics industry significantly lowered the amount of nitrosamines in these processed meats (hot dogs, bacon, etc.). Nitrosamine levels in cosmetics are now at drastically higher levels than once found in processed meat. Nitrosamines devitalize the skin, making it prone to acne, wrinkles, brown spots, moles, warts, skin tags and other skin conditions.	Toothpaste, shampoo, sunscreen, body lotion, body talc, makeup, and hair dyes.

*Source Unknown

HEALTH ALERT:

Amalgam Dental Fillings

by Dr. med. Klaus Wilde

In 1826 the Parisian taveau developed a dental filling made of a mercury-amalgamate. This amalgam was outlawed as too toxic in the United States in 1840. Yet no later than 1855 America reintroduced amalgam. One of the reasons: a profitable way to utilize industrial metal wastes.

Amalgams are made of equal parts of mercury and a carrier powder which contains at least 40% silver, and at most 32% tin, 30% copper, 3% mercury, 2% zinc and lesser amounts of nickel and cadmium. These percentages can vary considerably.

Obviously the physical quantity in each filling is small, yet a danger to the life processes of the organs exists if enough of the metals are dissolved in saliva and carried into the intermediate and intracellular metabolism.

The greatest barrier to recognizing amalgam poisoning is our belief that substances in rarefied form (trace elements) don't have a physiological effect. Of course, the term 'trace element' does not really apply, since we don't yet know how to measure metal content in the body. By all that is known we estimate that the metals contained in amalgam add up to about 10/-12 to 10/-22. This is equivalent to a homeopathic potency of 12-22X.

We might argue that such minute quantities cannot harm the healthy organism. However, anyone who has ever experienced what effect a dose of *Stannum praep 20X* has on a morphine addicted patient (it induces forceful and copious fluid excretion, and similar bowel activity) will understand the pronounced and forceful effect of metals in homeopathic doses on the body. While science is familiar with the effects of substances in measurable form, it understands next to nothing about metals in intangible, homeopathic form. However, there is an energetic, dynamic, and functional effect.

The rule for metals in the human organism is: the more rarefied in substance, the greater their functional dynamics and energy.

The second great barrier to understanding amalgam poisoning is the complexity: the four main met-

als contained in amalgam have a compounded effect with such an intimidating array of symptoms that most doctors simply cannot deal with it.

This problem becomes easier to understand if the disease symptoms are separated out according to each metal. We then begin to recognize which metal has caused which ailment. Only after this has been done can the more refined question of interactions be dealt with. One example is the 'battery-effect,' or electro-magnetic currents caused by dentures containing a variety of metals when they are submerged in the acidic medium of the saliva. This electro-magnetically charged circumstance is the cause of a variety of complaints.

In the course of treating patients I have found the problem of amalgam poisoning to be extremely far-reaching, and 50% of my time is spent in treating chronic ailments caused by it. Curiously, I have found silver poisoning to be at least as problematic as mercury poisoning. In my personal experience an amalgam detoxification is only possible with the use of homeopathic silver in various forms (*argantum.*) Following are tables showing which metals can cause which symptoms:

Symptoms of Silver Poisoning

Silver Process, Physiological:

Flatulence, stomach cramps, painful stomach cramps, cold legs, chronic or acute prostatitis, impotence, rhythmic disturbances, infertility, chronic urethritis, spastic bronchitis, sleep disturbances, sterility, disturbed regulation of blood warmth, decreased resistance, increased saliva flow, lack of ability to run a fever.

Silver Process, psychological:

Lack of creative thinking, weak fantasy, unable to impress, cannot hold back, cannot relinquish, repetitiveness, unclear religiosity to clear atheism, depression (especially in older age), lack of imagination and memory, addictiveness, clumsiness because of weakened bridge to the experiences of former lives.

Symptoms of Mercury Poisoning

Mercury Process, physiological:

Mercury arrests flow and causes stagnation. Poor

absorption, chronic enterocolitis, allergies especially for solid foods, nausea, stomach pains, feeling of not being able to digest, weakness of limbs so that one hardly can manage a task, eczema, colitis ulcerosa, travel sickness, infections, headache, dizziness, tiredness, dulling of senses, gingivitis.

Mercury Process, psychological:

Fear, weakness of combinative thought, depression (caused by liver), irrational behavior.

Symptoms of Copper Poisoning

Copper Process, physiological:

Gout pains, inflammation of lower thumb and big toe joints, diarrhea, watery stools, intestinal carcinoma, premature birth, motor restlessness, accelerated or slow metabolism, pasty cold edema, kidney blockage, hyper or hypothyroidism, sinusitis frontalis, lack of hearing, eye, tongue or limb spasms.

Copper Process, psychological:

Feverish attention, lovelessness, egocentric behavior, insensitivity or hypersensitivity, jealousy and envy, unable to forget, uncreative or frenetic behavior, cannot listen.

Symptoms of Tin Poisoning

Tin Process, physiological:

Rheumatic joints, pains in limbs, pains in index finger and second toe, sensitive outer calves, liver and spleen weakness, disturbance of kidneys, metabolic disturbances, especially fat metabolism, lack of vitality, rhythmic disturbances, dry tongue, dry mouth when speaking, dry bronchi, weak nerves, dry nerves, inflammation of sinuses, pain in lower jaw, ulceration in lower jaw, fatigue in temples, thickened back of head.

Tin Process, psychological:

Violence, unreasonableness, lack of boundaries, unthinking behavior, weakened consciousness, inappropriate or splenic behavior.

Concluding Note:

The reason why a metal may sometimes cause polaric symptoms (i.e., copper poisoning may cause hyper as well as hypothyroidism) as because there is a difference whether, at a certain time, the metal af-

fects the upbuilding processes (metabolism) or the processes of breaking down (catabolism). More research should be done in the future to clarify these seeming contradictions. *

Ed. Note: Rather than addressing specific symptoms delineated above by Dr. Wilde, who is a practicing dentist and noted lecturer in Germany, it would be wise to find a dentist experienced in the removal of amalgam fillings, thereby eliminating the cause of any current or potential problems.



Amalgam Banned

Swedish dentists can no longer use silver/mercury amalgam fillings.

The Swedish ban, which is a precedent for other countries to follow, should confirm the fears of many dentists.

Although the United States and Australian Dental Associations maintain that the threat is negligible to patients, mounting evidence has shown some volatilization and ingestion of mercury from dental amalgam.

This is one reason why Europeans have tended to shy away from amalgam and why Sweden is stopping its use altogether.

Symptoms of mercury poisoning include tremor, mood swings, excitability, fatigue, insomnia, inability to concentrate, blurred vision, gastrointestinal disturbances, pain in joints, renal disturbances, susceptibility to infections, headache, weakness, numbness in the extremities, dermatitis and an increased risk of brain tumors. Mercury is passed on to the fetus, through the placenta wall.

Source: ACRES USA, March 1994.



"Through our evolution with natural compounds, your body has learned to exclude the bad and grab the good. When you give it a 'silver bullet,' you don't give it a menu of things. When you give it a whole herb, you're giving it thousands of compounds, which it already knows and has mechanisms for utilizing or excluding."

—Dr. Jim Duke, botanist and author of *The Green Pharmacy* (Rodale Press) and *Dr. Duke's Phytochemical and Ethnobotanical Databases* for the U.S. Agricultural Research Service.

Lung Cancer Treatment May Hurt Instead of Help

The common practice of exposing lung cancer patients to radiation therapy after surgery may do more harm than good and should not be used routinely, a study has found.

Many lung cancer patients undergo radiation therapy after surgery to treat any remaining cancer cells. But the results of previous studies examining the effectiveness of the treatment have been contradictory or inconclusive.

In the largest study of its kind, an international team of researchers combined information gathered over the past 30 years in nine studies involving 2,128 lung cancer patients worldwide.

Patients who had been treated with radiation therapy after surgery were 21 percent more likely to die than those who only had surgery, according to the study published today in *The Lancet*, a British medical journal. Researchers are unsure why.

About 900,000 people worldwide are diagnosed with lung cancer every year, according to the World Health Organization.

Dr. Gordon McVie, director general at the Cancer Research Campaign in London and a lung cancer specialist who was not part of the study, said the research was authoritative and important.

"It should be compulsory reading for chief executives of hospitals. In many parts, this is routine treatment. It has been assumed that it was a good idea," he said. "I was unsurprised that radiotherapy didn't prolong survival, but what I'm really concerned about is that it could actually do harm. There is a very clear message here."

The patients in the study had non-small-cell lung cancer, which accounts for 80 percent of lung cancer cases. A total of 1,056 had surgery and radiotherapy while 1,072 had surgery alone.

The detrimental effect was worst in patients in the early stages of the disease, the study said.

In those with more advanced but still operable lung cancer, the study said radiation therapy did not seem to cause harm although it also did not appear to help.

Researchers concluded that radiation therapy should not be given routinely to patients in the early stage of non-small-cell lung cancer and that its role in

the treatment of more advanced stages of the disease "is not clear and may warrant further research."

*The Associated Press, reprinted from
Newsday, July 24, 1998*

Nature's Vitamin Pill — Parsley

If you push aside the parsley that garnishes your dinner plate, you're giving up one of the most nutritious parts of the meal, say food experts.

Not only that—the fragrant green herb is also recommended as an excellent breath freshener, skin cleanser, hair groomer and eyewash!

"Parsley contains a lot of protein, iron and Vitamins A and C, as well as calcium, phosphorus, potassium, niacin, and Vitamins B-1 and B-2," said food chemist F.M. Bordeaux of Gainseville, FL.

And Gertrude B. Foster, one of today's foremost experts on herbs, claims that, weight for weight, parsley contains three times as much Vitamin C as oranges do.

Another herb expert, Dian Dincin Buchman, says parsley can erase the smell of onions from the breath and can be rubbed under the armpits to reduce perspiration odor.

Chopped in the blender or steeped in boiling water, the herb, applied as a facial, cuts down on skin oiliness, say the experts. So it will also add sheen to dark hair when used as a rinse, and applied to the eyes in a compress, it helps to ease eyestrain.

—from *National Enquirer*

Sources of Zinc

mg per 100gm (approx. 3 oz.)

Raw Oysters.....	91.0
Sesame Seeds.....	10.2
Pumpkin Seeds.....	7.3
Calves Liver.....	6.2
Pecan Nuts.....	5.5
Brazil Nuts.....	5.1
Cashew Nuts.....	4.4
Gouda Cheese.....	4.0
Édam Cheese.....	3.8
Cheddar Cheese.....	3.1
Sardines.....	3.0
Hazel Nuts.....	3.0
Almonds.....	2.9
Walnuts.....	2.3

Q & A

Readers Ask Ruth Sackman

Q. Would it help the cancer patient to take megadoses of vitamins and minerals to improve host resistance? Health publications have been so contradictory that the more I read, the more confused I get.

A. The aim of a good metabolic program designed to enhance host resistance is to rebalance body chemistry. The indiscriminate use of megadoses of vitamins and minerals will do just the opposite. Supplements should only be used when a deficiency is first determined and in amounts that the system is capable of metabolizing. The body can discard the excess, but this puts an undue strain on the eliminatory system which has a lot of important work to do to maintain homeostasis. It is also important to use only good quality supplements from food sources without coloring, preservatives, or synthetics. There are junk vitamins in the health food stores, just as there is junk food in the supermarket. Consumer beware!

Q. Since many issues of *Cancer Forum* contained articles critical of the use of soy products, is it possible to get the genestein, which is claimed to be a deterrent to breast cancer, in a form other than soy?

A. Yes, genestein is found in nearly all of the beans and grains. Such sources would eliminate the troublesome aspect of soy—the inhibition of enzymatic function. Enzymatic function is so absolutely essential for competent metabolism of all food. Without enzyme competence, food cannot be broken down to its microscopic components and available for cell production.

Q. A doctor suggested that I take a bone scan. Is this considered non-invasive?

A. In the medical community, it is not considered invasive, but you are looking for an answer from an organization with a different standard. I consider anything invasive if X-rays are used or if radioactive dye is part of the process. These are cumulative and can ultimately be harmful. Even the FDA suggests one keep a record of the rads used in order not to exceed the allowable limit for the year or for a lifetime.

Q. Could you explain why taking calcium in supple-

ment form is so bad for people who have had cancer? I got breast cancer and am menopausal. Every doctor—and in fact every health book and article I have come across—recommends eating calcium-rich foods, but also says that one cannot get enough from food, therefore, women in my position should take a calcium supplement.

I always remember that at the FACT convention, one of the speakers said categorically that cancer survivors should not take calcium in supplement form. I have kept to this, but my bones are deteriorating badly. This, in spite of very careful eating of calcium-rich foods and daily exercise.

Obviously, vitamin and minerals from food are the most accessible to the body and therefore preferable. What is so dangerous about taking a calcium supplement in addition to eating well? I got the impression that if I took calcium tablets I would be risking a recurrence of cancer, but I don't really understand why.

A. Calcium from food or a food source is balanced with other essential elements. Inorganic calcium which is missing these elements can drain the body of the missing material in order for the body to be able to metabolize the calcium. Because the calcium is not synergistically sound, in time, it can create a calcium deficiency. I have had more than one person come up to me after a lecture to say that they developed a calcium deficiency after taking calcium supplements even though they had no osteoporosis problem.

Max Gerson, M.D., who ran a natural cancer clinic in Nanuet, N.Y., was opposed to calcium supplements. His conclusion came from clinic experience.

From my experience with many cancer patients, I do not think that the problem is insufficient calcium intake because there is a lot of calcium in the food supply. Indeed, calcium is one of the most plentiful of all the minerals. More likely, the problem is the inability to metabolize calcium because of limited thyroid function. If the problem is incompetent calcium metabolism, taking exaggerated amounts of calcium will not correct calcium absorption. Dr. Gerson used Armour's thyroid (not thyroxin or synthroid) in his protocol and a Dr. Elkin in Philadelphia also felt that breast cancer patients needed thyroid support. A simple test can determine thyroid competence. If that is the problem, it's easy to boost thyroid function.

Send your questions of general interest about cancer, nutrition to: FACT, PO Box 1242 Old Chelsea Station, NY, NY 10113

Letters

Dear Mrs. Sackman:

Enclosed is a check for \$500.00. I would appreciate a receipt. Also, this is my last brochure and would like some more. Several new cancer patients are calling me and I am referring them to FACT because I believe your information is essential for people to make important life health decisions.

We had a long talk not long ago. You told me about New Life Health Center near Boston and gave the phone number. I called that number and operators said it "was not a working number." Do you have another number?

I was diagnosed with ovarian stage 3C cancer three years ago and went through surgery and lots of chemo, then wised up and turned to alternative treatments. I'm doing very well and hike several miles a week in the mountains. People around me are very impressed and referring cancer patients to me to advise. Thus, I need FACT!

Gratefully yours, M.J.H.

P.S. I love the *Cancer Forum*.

Dear Ruth,

Enclosed please find my check bringing my hopes and prayers for good health to you all.

It's difficult for me to stand by and observe the physical and mental downfall of my aging friends. They will not be receptive to any advice that I or your literature has to offer. But they are more than eager to take more and more medicine produced by the huge drug companies. I hope someday they will come around.

Very Sincerely, S.P.

Dear Ruth Sackman:

It is with regret that I must ask you to cancel my subscription to *Cancer Forum* and my feeble attempts to continue my support of your campaign for the relief of others. I cannot thank you enough for your kindness to me and my husband with the printed word, when he died peacefully and painlessly in 1977, 6 years longer than the doctors gave him, because we refused the poisons of chemo.

However, there have been no pay checks coming

in and our meager savings have gone and I've had to cut all expenses to the bone. Fortunately, no one in my family is in ill health, and my physical problem at 81 is my badly damaged heart from 2 heart attacks, balloon angioplasty, plus four other arteries reamed out and holding stents. Last August I went into cardiac arrest and now have a pacemaker, which only beats for my heart, but I'm not in any discomfort except for poor circulation of blood and oxygen.

So happy to have been a part of your organization, however small. God Bless you and keep you.

Sincerely, H.F.

We have continued her subscription to Cancer Forum.

Dear Ruth,

Sorry to read about the loss of Leon. Am enclosing \$50 check donation in his memory. Also \$50 for 1998.

I remember the inception of FACT; can't recall the exact year, but the first two meetings were conducted by your very close friend, I think her name was Ray. You took charge of the third meeting and after that session was over, Irene and I congratulated you, how interesting that meeting was; we knew right then that success was guaranteed.

Best wishes for the New Year, J.F.

Dear Ms. Sackman:

Thank you for your continued efforts to allow cancer patients to make informed decisions about their treatment. I have read the *Cancer Forum* with great interest and recommended it to others.

We learned of your organization when my husband, James, first learned he had metastatic prostate cancer. Like so many other cases I've heard of recently, my husband never had a symptom or any reason to believe he was ill. He was 52 at the time of his diagnosis. Thanks to publications like yours, we began an aggressive course of naturopathic treatment along with the allopathic treatments. He did quite well, but required increasingly frequent courses of radiation, which was all that gave him relief from the pain of the tumor growth.

Unfortunately, he succumbed to an aggressive bacterial infection which took hold just when his blood was in the worst condition. He died on August 30,

1996 at the age of 54. His doctors credited his high quality of life during all but the last 6 weeks of his life to our relentless efforts to maintain his diet and exercise program as well as his mental outlook.

I must say that, although I wouldn't expect you to remember, my husband spoke to you once or twice and was quite impressed with your depth of knowledge and your generosity of spirit in sharing so willingly. I'm sure he's watching out for you as I know he does for me.

Please continue your much needed efforts. I look forward to receiving *Cancer Forum*.

Sincerely, J.A. C.

Dear Mrs. Sackman,

I was truly sorry to read of your husband's death.

This is a great loss. He was your partner in your daily personal life and also your joint dedication to FACT.

You perform a wonderful service for humanity. Those who know you personally or from *Cancer Forum* are most grateful for your gracious, sincere knowledge and constant help.

You must have beautiful memories of your life with Leon. Hope this helps to ease your pain.

Take care and enjoy good health.

Sincerely, H.S.

Dear Ruth,

It's amazing that I am just past the sixth anniversary of the breast cancer diagnosis. I'll always be grateful to you for your continued patience during the early days, months and even years.

I hope you're well. With love, N.B.

Dear Mrs. Sackman:

I enclose check for \$20.00. I always look forward to your issues, and especially this last one, a large part by Bernard Jensen, that wonder man.

Your comments on cancer treatment and memory loss struck a chord. While for the most part I am using natural diet and periodically detoxification, as well as vitamins/minerals for breast cancer, I also use tamoxifen. My memory is not as sharp and does not respond immediately when I need it.

Thank you for the fine work you are doing.

Sincerely, E.C.

There are many adverse effects associated with Tamoxifen, in addition to memory loss, including increased risk of endometrial cancer. Though it is popular today to speak of complementary medicine, i.e., combining alternative therapies and conventional, in our experience, it is difficult to effect a repair if something is creating an imbalance simultaneously.

Dear Mrs. Sackman,

Sorry this is so late in coming. Thank you a million times, for not taking me off your mailing list.

I am progressing well—regenerating new bone in my hip—from osteoporosis. Following Dr. John Lee's program under care of a naturopathic physician. She is amazed and so is the physician who does the DEXA test. Will keep you informed.

Thank you for always being there. Super health, my love and prayers, M.A.B. *The letter refers to John Lee, M.D. who started something of a revolution with his research into natural progesterone to correct conditions caused by hormonal imbalance His excellent book, Natural Progesterone, is available on our Book List, p. 15.*

Ruth Sackman,

Thanks to your information—ten years ago—I'm still "around," and feeling pretty good! R.P.

Dear Ruth,

I have enclosed my check for \$25.00 to continue my subscription to the *Cancer Forum*.

I very much enjoyed our telephone conversation. One of the items I had asked about was macular degeneration. I have found a dentist and made the appointment for my friend. I am so anxious for her to get her sight back. I believe all things are possible if you find the right direction. Thank you for showing us that direction. I will let you know the results.

Thank you again for your help and your continuous work in helping people achieve wellness.

Sincerely, F.L.

BOOK REVIEW

Cleanse Your Arteries & Save Your Life by Dr. Edwin Flatto (Plymouth Books, Miami Beach, FL, 1988, 45 pps.), \$6.00.

If you regularly have chest pain, ringing ears or even leg pain...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves—the natural way—without drugs or surgery.

It's called *Cleanse Your Arteries & Save Your Life*. And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

Your own doctor will tell you that partially blocked arteries can produce many of the following symptoms. And he'll also agree that many of these symptoms may be improved once circulation is enhanced and the cleansing process begins. *Cleanse Your Arteries & Save Your Life* is based on documented scientific principles.

RECIPE

Quick and Creamy Carrot Soup

1. Chop 5 or 6 organic carrots into chunks.
2. Place in a pot and cover with water.
3. Bring to a boil and simmer about 10 minutes until tender.
4. Put cooked carrots in blender. Add a dollop of tahini or raw almond butter along with some peeled fresh chopped ginger. Blend mixture with enough cooking water for desired texture.

Variations:

Add a beet to the cooking for exotic color. Instead of ginger add garlic, cayenne, dill or other dried or fresh herbs.

Instead of carrots use vegetables such as kale, collards, parsnips, winter squash or rutabaga.

Enjoy! Soothingly sweet and creamy. Great comfort food!

Top 10 Hazardous Ingredients

Nicholas Smeh, M.S., in his book, *Creating Your Own Cosmetics*, lists nearly 350 cosmetic ingredients that can cause adverse reactions. Following are the 10 most commonly found in the cosmetics available in department, grocery, and drug stores:

1. Imidazolidinyl urea can cause contact dermatitis.
2. Methyl, propyl, butyl, and ethyl paraben are highly toxic, and can cause rashes and other allergic reactions.
3. Petrolatum, or mineral oil jelly, produces photosensitivity. It also strips off the natural oils of the skin, causing dryness and chapping.
4. PVP/VA copolymer is a petroleum-based ingredient used in hair sprays. It may cause lung damage if lodged in lung tissue.
5. Propylene glycol, if synthetic, can cause allergic and toxic reactions.
6. Sodium lauryl sulfate can cause eye irritations, skin rashes, hair loss, flaking, and allergic reactions.
7. Synthetic colors—generally labeled as FD&C or D&C followed by a number—are carcinogenic.
8. Synthetic fragrances, often just called "fragrance," can cause headaches, dizziness, rashes, hyperpigmentation, violent coughing, vomiting, skin irritation, and more.
9. Triethanolamine, or TEA, can cause allergic reactions such as eye problems and dry hair and skin. It can also be toxic if absorbed into the body over a long period time.
10. Stearalkonium chloride, often toxic, can cause allergic reactions.

(from *Nature's Impact* Aug/Sept 98)

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\$ 5.00 each. 12 tapes for \$50.00
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- Stanley Bass, D.C.**
(173) Testing Nutrition Theories with Mice
(187) Discovery of the Ultimate Diet
- Edward Berk, Herbalist**
(55) Rebuilding the Immune System
- Peter H. Duesberg, Ph.D.**
(133) The Role of Drugs in AIDS
- Edwin Flatto, M.D.**
(151) Exercise—A Vital Tool for Restoring & Maintaining Health
- Fowler, Betty**
(124) Health Excell Program
- Jorge Estrella, M.D.**
(79) Improving Host Resistance With Cellular Therapy
(164) Jorge Estrella, M.D.: Immune System, Cancer and Cell Therapy
(174) Jorge Estrella, M.D.: Boosting the Body's Healing Ability
- Charlotte Gerson, Director of Gerson Clinic**
(167) Charlotte Gerson: The Gerson Therapy
- Jane Goldberg, Ph.D., Psychoanalyst**
(24) How Stress Alters Normal Body Function
(62) Psychological Immune System
(92) Using Your Emotions for Better or Worse
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(148) How Weakening the Immune System Causes Cancer
(162) Prevention of Cancer Starts in Childhood
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(77) Helping Host Resistance Naturally
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(186) Alzium Update
- Donald D. Kelley, D.D.S.**
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(117) Fluoridation /Cancer Link
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(169) Duncan McCollester, M.D.: Autologous Immune Therapy for a Variety of Cancers—Developmental Studies
- Shary Oden**
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- William H. Philpott, M.D.**
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- Ribner, Richard, M.D.**
(145) Healing the Mind/Healing the Body
- Leo Roy, M.D., N.D.**
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(42) Enzymes: Life's Miracle Workers
- (68) Immunity & Host Resistance
(94) Individualized Metabolic Programs to Improve Host Resistance
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(138) Pro Life - Yours!
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- Ruth Sackman, President of FACT**
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(60) Deciphering the Proliferation of Cancer Therapies
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(190) Greg Hagerty (Hodkins), Barbara McClary (Ovarian Breast) and Michal Ginash (Breast Cancer)

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