

# CANCER FORUM

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



# Foundation for Advancement in Cancer Therapy

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

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Dear Reader,

**This is very important information!!**

I want to bring your attention to an organization, **Organic Consumers Association (OCA)**, that is fighting for positive changes in the health movement. It is an action group that will help organize campaigns to deter members of Congress from voting on bills that are inimical to the interests of those of us who want to avoid the hazards of our food, water and air being polluted without a way to protect ourselves. We have needed a resource of this kind for a long time. We can no longer be complacent.

The most recent assault on our health values was the move by the United States Department of Agriculture (USDA) that destroyed the term "organic" by allowing food processors to call their products organic although the items contain 5% synthetics, which can include carcinogenic chemicals. This means that many items which we avoided on super market shelves can now qualify as "organic."

There was no complaint from the health movement for the USDA to take this action by fixing something that wasn't broken. The move was probably prompted by the conventional food processors so they could take advantage of the fact that the health movement had grown to a \$22,000,000,000 a year industry.

You can reach OCA on the Internet (**www.organicconsumers.org**). Subscribe to their newsletter and it will keep you up-to-date about what is happening of special interest to people who care about pesticide-free food, environmental problems and unpolluted water. They will also notify you if a bill is to be introduced in Congress that needs to be defeated and to whom and how to send an e-mail to let your Congressional representative know of your opposition. There is no charge for this much-needed service.

To your health,

*Ruth Sackman*  
Ruth Sackman

# Ruth Sackman's Notebook



## The Liver — the Body's Real Workhorse

The heart is considered by medical standards the most important organ of the body because if it stops beating, we die. But the liver is the real workhorse. It has about 300 tasks to take care of and when it is working properly it does them most efficiently. Nearly every human ailment relates directly or indirectly to the health of the liver.

Three of its most important and essential tasks are cleansing the bloodstream, providing a host of digestive secretions to metabolize our food and, last but not least, it is the primary healing organ. "The first thing a patient should do is find out all about how the body heals and what tool it uses to do the healing and what can be done to get this great tool back into peak condition," writes Dr. Leo Roy in his book, *Your Liver, Laboratory of Living*.

Dr. Max Gerson also considered the liver the most crucial organ of the body and the breakdown of liver function as the cause of all cancers, as well as other degenerative diseases. Therefore, the emphasis of his program was to relieve the liver of the burden of metabolizing fats and simultaneously emphasizing using liver support techniques to restore normal liver function.

Nature in its effort to reach its goal of restoring and maintaining health, which is its natural function, has been generous in providing herbs and foods to maintain and repair the liver and Nature in its typical wisdom made it an organ that repairs itself. If surgery is done on the liver, Nature's tendency is to restore the damaged liver back to normal.

Thomas E. Durst, a nutritionist, claims that some of the symptoms of poor liver function may be restless sleep, nausea, painful joints, edema, headaches, itching, chills, heartburn, poor digestion, dark spots on the face, diabetes, anemia, etc. I don't think there is anything he doesn't attribute to poor liver function. He may be right but we should not assume that if we have one of the above symp-

toms, it is a definite indicator of a liver problem. The symptoms can be attributed to many other health problems as well. This can be checked easily with a liver function test.

If I provide information about the complications that arise in our health due to a breakdown, then it is incumbent upon me to also present methods for alleviating the problems. Here are a few of the tools that can be used to strengthen and maintain good liver function:

Carrot juice is one of those wonderful foods that tends to cleanse, nourish, restore and maintain good liver function. No doubt that is why all bio-repair programs include carrot juice. It contains a wide range of essential nutrients.

The juice often causes yellowing of skin, not because of the yellow color of the carrot, but because it causes bile flow in the cleansing process.

Dandelion is considered a nuisance, a lowly weed, and discarded when it would be more beneficial if it were added to salads to help maintain good liver function.

Barberry, an herbal, is especially complimentary to liver function. It stimulates blood cleansing and bile flow. Bile flow helps to relieve a congested and sluggish liver of toxins that accumulate from the blood cleansing process.

Dr. Max Gerson used coffee enemas around the clock for his patients, for the express purpose of stimulating bile flow. The caffeine in the coffee was the stimulant. Brewing the coffee and instilling it into the colon is a tedious and time consuming job. Barberry will accomplish the same service in a much easier and more comfortable way.

Barberry must be considered a medicinal herb and used accordingly. It should not become a part of our daily routine, but used periodically when there is a need for cleansing.

## The Wisdom of the Body

By far, the most important requirement to enable someone to restore one's health and maintain it is to understand physiology (body function). Lack of this understanding makes the individual vulnerable to all sorts of foolish and serious mistakes. But, with understanding, we are capable of knowing what to do, when to do and how to do.

From my experience it seems obvious that the medical establishment and most of the people doing health research have not had adequate training in physiology. Consequently, too many evaluations of research projects or physical reactions are skewed. Just to provide a simple example: when we develop a cough, runny nose, phlegm, diarrhea or similar symptoms indicating a toxic elimination is taking place, the usual medical treatment is to prescribe an antibiotic or other medicine to depress the symptoms. If it was understood that the body has a need to eliminate unnecessary material that builds up in our systems periodically — that this is the wisdom of the body functioning normally — the usual procedure would be to cooperate with the body's effort to clean out accumulated waste, thus maintaining a cleaner and healthier internal environment.

The medical community, instead of this logical reaction, does the opposite of what the body requires. In time this suppression — and it is a suppression — weakens the body and it gives up the constant effort to eliminate and starts storing waste which can lead to the development of degenerative disease or other health problems.

The body, in its wisdom, constantly fights for survival! It tolerates our mistakes and carelessness because of this built-in natural characteristic to maintain health, but ultimately it is exhausted and gives up the effort.

### **You Are Your Best Protection Against Cancer**

Dr. Irving Selikoff, late director of the environmental health unit at Mt. Sinai Hospital in New York City, who discovered the link between asbestos and cancer, was concerned about hundreds of cancer "time bombs," man-made, and introduced into the environment.

"At least 85% of all cancer is caused by man-made products," Dr. Selikoff said. "The cancers we are now seeing, and trying to treat, stem from cancer-causing products introduced into the victim's environment 20, 30 or even 40 years ago. And what we are doing right now will affect unborn children..."

"The list of known cancer-causing chemicals is

growing year by year. Most of them are the chemicals we need to support our high standard of living. Yet they are seriously affecting the earth's soil, water, air, all of which contain varying amounts of such things as cancer-causing plastics, asbestos, aerosol spray chemicals, smoke, talcum powder and dozens of others."

Dr. Herman Graybill, another expert on environmental cancer at NCI (National Cancer Institute), Bethesda, MD, agrees. "We are virtually surrounded by cancer-causing agents. The big problem is discovering these carcinogens as they often take up to 40 years to show up, and in the meantime we keep finding more every year.

"Asbestos even shows up in playroom material, and we sprinkle talc, a highly suspected carcinogen, generously over our children and ourselves. And in 1975," he wrote, "every day 200 Americans will die of just some form of environmental cancer." Sadly, not much has changed since.

Still another expert, Dr. Langer, warned against food colorings and said that it is known that they have caused cancer in laboratory animals. "And food additives may yet be another cause," he said. "In Japan they have been brainwashed to like their rice white, and highly polished. This is accomplished through the use of talc. It should be considered significant that Japan also has the highest incidence of gastro-intestinal cancer."

With men of outstanding credentials voicing their concern about the dangers of the chemical overload, we should be outraged that our government agencies do nothing or very little to curb this hazardous process. Actually, instead of our consumer protective agencies exercising more control, more chemicals are constantly being approved, especially directed at our food supply. The only way to stop this hazardous process is to let your Representative in Congress know that you are concerned.



*I find that the great thing in the world is not so much where you stand than in which direction we are moving; to reach the port of heaven we must sail sometimes with the wind, and sometimes against it — but we must sail, and not drift, nor lie at anchor.*

—Oliver Wendell Holmes

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## **Disease Is Beneficial**

by Lee Bauer

New ideas often seem odd, even ridiculous, simply because we are not used to them. They are resisted merely because they are new. But, more often because they threaten existing interests...the status quo. It seems that no matter how beneficial and wholesome a new idea may be, it rarely, if ever, receives public approval when it is first presented. It must make its way against superstition, misunderstanding, and especially those people whose income or position is threatened by the idea.

### **RIGHT ACTION**

A study of this subject of disease, in proper perspective, reveals that disease is not a thing. It is not an entity. It is not something to be feared. On the contrary, it is beneficial. It is action! Right action! Action in harmony with the laws of life — and necessary for self preservation.

### **DISEASE PURIFIES**

Disease is also one of nature's means of improving us, since it throws off a load of toxins that have been accumulating inside us for quite a time, and it calls a halt to our wrong living. This process of purification and repair is not unwholesome. If there is anything unwholesome about it, it is the cause which makes the disease necessary.

### **ENERVATION AND TOXEMIA**

Let's look at the "common" cold. What is true of this condition is mostly true of all disease. The cold is not something we "catch" — but just a process of getting rid of something that we have slowly accumulated. Back of every cold is a toxic state, often referred to as toxemia. This is produced by anything and everything that enervates the body. Enervation, which is the result of any action, food or habit that saps the energy, always tends to check elimination. This permits waste to accumulate...which in turn causes more energy to be dissipated, which causes more waste to pile up. And so, a vicious cycle is started. This cycle, which begins with enervating habits that in turn reduce elimination is the basic cause, of not only

the "common" cold, but all diseases. From this point on a variety of familiar symptoms associated with the cold begin to display themselves, such as coughing, sneezing, discharge of mucus, etc. These actions on the part of the body are meant to eliminate the toxins, which must be swept out, before harmony can be brought about.

### **PURIFICATION AND REPAIR**

Since the cold, and all disease, is an effort to right a wrong, a process of purification and repair is necessary. When it has reduced the toxic state to a toleration point, symptoms subside, and things go back to normal. However, if the cause or causes have not been removed, the person will go through the enervation-toxemia cycle again...and soon another crisis will develop. Then, if the contributing causes are not found and stopped, this cycle could go on and on, into ulcers, diabetes, heart disease, cancer, eventually ending with death.

### **SELF HEALING POWER**

The body has within it the intelligence and power to heal itself. If left alone, it will progress towards recovery and healing. We can assist it by resting; resting from all activity, including eating. This will result in the speediest return to health that is possible. Whenever toxins of any kind are forced upon the body, it always tries to relieve itself. If possible, they are discharged by coughing, sneezing, vomiting or diarrhea. Sometimes a fever is produced. Whatever the means taken by the body, along with the part or organ affected, usually determines the name of the disease. But, regardless of the name, the ACTION on the part of the body is correct, right and of definite benefit.

### **THE BODY'S INTELLIGENCE**

This action of disease is referred to as being sick. If we are sick, then it is no doubt best for us to be that way, as strange as that may sound.

Sickness is the only possible way, in most instances, to correct the situation. It is good that this happens. If it didn't we would rapidly degenerate and die...drowning in our own poisons without so much as a struggle. This would be a sad situation indeed. Fortunately though, if we learn to trust the intelligence of our body, to do the right thing, under all circumstances — with a little cooperation

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on our part, we soon learn that there is nothing to fear.

### **GERMS ARE HELPFUL**

Germs do not cause disease, as is generally thought. We are living all the time in a sea of germs (bacteria). They come in abundance only after we set up the environment they like. All germs are beneficial. They help rid the body of waste products which have developed within. They do not "attack" or turn maliciously on any bodily organ. Actually, they are friendly micro-organisms. Without them life would be impossible.

### **WASTES ARE REMOVED**

Under normal conditions the wastes are carried away and disposed of by the body. We might say there is in operation at all times a very efficient garbage removal system. As long as it continues without interference, all is well. But, if it bogs down, then all functions are slowed. This causes the waste materials to accumulate. If the situation is not corrected, then, beyond a certain point of toleration the body says "enough." A clean-up or elimination is then called for. This process is referred to as a disease. It may be violent vomiting, fever, coughing, diarrhea, or a simple skin rash. Whatever form it takes we can feel safe that it is right action and totally beneficial.

### **HABITS DETERMINE HEALTH**

Nature has given us a marvelously made body. It is complicated, but it is also highly efficient, and fully capable of running itself. All we have to do is cooperate a little by supplying its few needs, such as proper food, adequate rest, sunshine, fresh air, exercise, pure water, etc. Should our habits just happen to lead us into that state where the beneficial action of disease becomes necessary, we have nothing to become alarmed about... If we stop and rest, it will allow the body to heal itself. Applying these simple steps will enable nearly anyone to enjoy a longer and healthier life.

Of course, the joyful feeling of vigorous health, lacking any trace of pain, is normal for man. There is much evidence to indicate that we can and should live in this normal state of health all the time... everyday, for a lifetime, not just on occasion.

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### **AWARENESS AND UNDERSTANDING**

It is not difficult to reach a basic understanding of the laws of right living. There is considerable information on the subject, available to anyone who is willing to investigate further. No one really wants to live unhappily, in illness or discomfort. Perhaps we do so because we do not know better. We do not know how to live, to bring about a change. Or because we are so preoccupied with other things we are not really *aware* of what we are doing to ourselves.

Whatever the reason, if we keenly desire to eliminate the need for recurring disease, we can do so, simply and effectively, by learning the right living habits, removing causes, and then practicing these habits until they generate the level of health with which we are satisfied.

*Reprinted from information published by the Sovereign Order of SAINT JOHN OF JERUSALEM, KNIGHTS OF MALTA, Shickshinny, Pa. 18655*

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### **LIFE'S PURPOSE**

*Tell me not, in mournful numbers,  
Life is but an empty dream!—  
For the soul is dead that slumbers,  
And things are not what they seem.*

*Life is real! Life is earnest!  
And the grave is not its goal;  
Dust thou are, to dust thou returnest,  
Was not spoken of the soul.*

*Not enjoyment, and not sorrow,  
Is our destined end or way;  
But to act, that each tomorrow  
Find us farther than today.*

*Lives of great men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time;*

*Let us then be up and doing  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labor and to wait.*

—Henry Wadsworth Longfellow

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## Once Again, Yogurt Stops the Growth of Unhealthy Cells

Now, at last the word has gotten to the National Cancer Institute and they have published it in their journal. The word is that something in yogurt inhibits the growth of cancer cells. One kind of cancer at any rate. Three scientists at the University of Nebraska used laboratory mice for their investigation. They gave two groups of mice regular laboratory chow to eat. One group got plain drinking water. The other was given a bit of yogurt in their drinking water. Then both groups were infected with cancer cells.

After eight days, an average of 28 percent inhibition of cell proliferation was evident in the mice given yogurt. That is, 28 percent of the tumor cells did not grow, while in the mice, which did not get the yogurt, the tumor cells continued to grow as expected.

Say the scientists, "The above findings suggest that cultures synthesize components which have an anti-tumor effect." They do not know what these components are and they plan further experiments to find out, if possible. Under no circumstances, of course, would they just recommend to the general public that they eat yogurt daily, since it may contain substances valuable in the prevention of cancer. Such a suggestion would be classified as "faddist" by these people, we are sure, and by the National Cancer Institute as well.

So, instead, they will proceed, with ever more costly and lengthy experiments trying to isolate the substance in yogurt which possesses this marvelous ability. Then they will probably try to cure cancer in mice with this isolated substance. And many years from now, perhaps some poor cancer victim may or may not benefit from this experiment.

*Author unknown*

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*A man may esteem himself happy when that  
which is his food is also his medicine.*

— Henry David Thoreau

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## Wax: What You Can't See Can Hurt You

Ever wonder what's in that wax often found on supermarket fruits and vegetables? According to Citizen Petition, waxed fruits and vegetables have been treated with fungicides that can cause numerous diseases including cancer, immune system deficiencies, mental disorders, sterility, heart disease, as well as birth defects.

Citizen Petition was a grass roots organization started by Mary Roy after she became ill for several months from pesticide residues on oranges. She found out, from the EPA, that —"virtually all U.S. oranges are sprayed with fungicide 'orthophenylphenol' and are waxed." This fungicide causes cancer, mutations, birth defects and damage to the immune system. Roy learned from the FDA about a federal law requiring warning signs in stores on waxed produce — a law that was not being enforced anywhere. How could this be? Citizen Petition explains that in 1960, the industry pressured Congress to list postharvest pesticides on shipping containers only, rather than requiring stores to post signs. Congress agreed to this, but still required signs in stores listing the ingredients in wax. The states were supposed to enforce this posting, while the FDA continued to inspect shipping cartons for compliance. The kicker is this: 90% of the time packers apply fungicides before waxing, so they aren't specifically in the wax. Therefore they are not required to be listed in waxed produce signs.

Citizen Petition was committed to changing this. So far only New Hampshire even requires signs to list wax ingredients, which can be petroleum, beeswax, lac resin based wax or resin. New Hampshire signs that do list all postharvest spraying have indicated the presence of the fungicides benomyl, benzaflor, botran, carbendazim, diphenyl, imazilil, orthophenylamine, orthophenylphenate, orthophenylphenol, sodium orthophenylphenate and thiabendazole.

*Reprinted from Safe Food News*

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# Natural Wisdom of the Body

Dr. Alice Behr

We know and accept the laws of nature, but what would we do if some bizarre interference affected this natural process? For example, what would we do in the spring if the birds did not return from the south, the whales did not migrate north, the trees to grow new leaves, or the temperature never changed?

Would we ignore this unnatural peculiar happening and continue on with our lives? No! We would be alarmed knowing something was very wrong. We would search diligently to find out what was blocking the natural cycle of nature. Once we found the interference, we would remove it and restore physical order to the world

**Yesterday's meals are magically transformed into eye, muscle, heart, bone, skin and other cells; damaged tissues are being repaired; blood vessel linings are fixed; germs and tumors are eliminated; fluids and pressures are monitored and balanced.**

The natural rhythm of body health works in much the same way. Every moment miracles take place in our body to enable us to adapt it to its constant challenges.

Inside the body thousands of different chemicals are balanced every second. Hundreds of millions of cells are dying as new cells are created. Billions of nerves fire messages every second. Yesterday's meals are magically transformed into eye, muscle, heart, bone, skin and other cells; damaged tissues are being repaired; blood vessel linings are fixed; germs and tumors are eliminated; fluids and pressures are monitored and balanced.

As these corrections take place, it is not unusual to feel changes in the body. These changes are often reflected in symptoms such as fevers,

stomachaches and chills, vomiting, fatigue, runny nose, coughing, pain, swelling, itching, anxiety, etc. They are players of the natural laws that exist within the body to regain and maintain health.

Symptoms may reflect actions through which the body rids itself of bacteria, viruses and waste products, they also can be indicators that the body is sick and needs attention.

Too often we quickly interrupt this cycle of healing by eliminating the symptom with drugs. The assumption that if a symptom makes us feel bad we should get rid of it in order to feel good, leads us to actions that inhibit the laws of nature. The magnificent intelligence that orchestrates these checks and balances via the nervous system is infinitely wiser than our man-made technologies.

Now is the time when we witness nature's wisdom in full bloom. This provides an excellent opportunity for us to reflect upon and respect the wisdom of the body.

## Danger of Hypothyroidism

The thyroid gland has far reaching effects on every cell, nerve, gland and organ of the body. It is responsible for overall metabolism, regulation of weight, the production of energy, the storage, burning of fat, thermo regulation to heat and cold, regeneration of cells, immune functions, heart, cardiovascular and circulatory function, ability to think, focus, remember, concentrate, emotional stability and much more.

Hypothyroidism is also associated with menstrual disorders, infertility, high cholesterol, high blood pressure, blood clotting, chronic fatigue, osteoporosis, immune disease, cancer and heart disease. —Robert H Sorge, N.D.Ph.D.

### THYROID TEST

Paint tincture of iodine on the inside of your arm about the size of a half dollar and time it. If iodine spot disappears in less than 24 hours, there is a good chance you are deficient in iodine and other minerals too. —Robert H. Sorge, N.D., Ph.D.

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## CAN GARLIC REALLY LOWER THE BLOOD PRESSURE?

By Richard Talbot

Sifting rumors from facts, I will lay the case before you and you decide.

The doctors tell us that high blood pressure can be the result of numerous causes. We will only talk about one — the one that can be traced to conditions in the colon — the sewer of the body. The human colon can be a frightful place, swarming with hosts of putrefactive germs. We are told that with every bowel movement we eject 33 trillion filthy microbes. It makes one shudder just to think of it. How can such foulness even begin to reside on the inside of an edifice of fragrant flesh always kept so scrupulously and hygienically groomed and cleaned? But so it is.

When we eat protein foods, the body — as everyone knows — digests them down with enzymes until they become what the scientists have named “amino acids.” Some amino acids, because of their structure, are identified as “hydrocarbons,” others are called “sulfur” amino acids because they contain sulfur in their molecules; still others are called “basic” or “hydroxyl,” or “acid” amino acids. And then there is a group called “aromatic” amino acids. These are phenylalanine, tyrosine, and tryptophane.

So important are these three that the body as a rule absorbs them from the small intestine and puts them to very important use. Phenylalanine becomes among other things — epinephrine which we know as adrenalin — the crisis chemical of the body. Without adrenalin a human being isn't up to facing problems. He crumbles before every crisis. Tyrosine combines with iodine in the thyroid gland and becomes thyroxine, the important thyroid hormone. Tryptophane joins with B6 and turns to niacin. And so forth.

However, because human beings are too often very misguided about their foods and beverages, the small intestine becomes so badly undermined and corroded that the glands of absorption fail to snag these three important amino acids and pass them into the bloodstream. They are in consequence lost to the body and enter the colon — the human cesspit. Here the countless germs pounce

upon them with relish and degrade them by stealing from the carbon dioxide (CO<sub>2</sub>). This is referred to as “decarboxylation.” What is left of them, after this microbial attack, can be so toxic that the blood vessels go into spasm.

The poor body is dealing now with poisonous “amines.” Phenylalanine has turned into phenylethylamine; tyrosine has turned into tyramine; and tryptophane has turned into tryptamine. Phenylethylamine, tyramine, and tryptamine are exceedingly powerful “vasopressors.” That is, they constrict the blood vessels very sharply which causes the blood pressure to go up.

Now, if this is the reason a person shows a higher than usual pressure, then garlic may step in and help. Garlic contains diallyl sulfide, a very potent germicide. It can, and probably does, destroy numbers of putrefactive bacteria, leaving behind bacteria that will “deaminate” not “decarboxylate” these three amino acids. In this way they don't become toxic amines that clap down on the blood vessels and shoot the pressure up. They turn instead into harmless substances. So, if you are among many millions with a blood pressure problem, go to your doctor by all means. Let him help you. However, if you are so unfortunate that you belong to the 10% who do not respond to regular medical practice (90% do, and this is an enviable record for that profession), then, being thoroughly on your own, try garlic.

You don't have to eat fresh garlic to make yourself shunned and socially unacceptable. Go to your nearest health food store, purchase odorless and tasteless garlic capsules. Take three to six or more per day, then see what happens. Of course, be sure to tell your doctor you want to take garlic capsules, and get his approval. He will usually give it to you. If he doesn't, he has a good reason and you must follow his advice. Having obtained his permission, proceed to take garlic, then go to your doctor to have your pressure checked regularly.

Garlic has a long, honorable reputation, and if your pressure goes down you know why.

*Edit. note: FYI—To deodorize garlic an essential element is removed.*

# LETTERS

Dear Ruth,

Thank you so very much for your advice over the phone the other day.

Your font of knowledge is so vast and unending. You have sources backing up everything you advise, making it all so credible. Once again my gratitude and my very best wishes to you and your entire staff.

Very sincerely, S.P.

Dear Mrs. Sackman,

Thank you for your valuable advice. Enclosed find a check for \$5.00 for the Information Packet.

I will look for your newsletter, as well. I am hoping it will be filled with encouragement on this new path in health care.

Sincerely, L.R.

Dear Ruth,

I can't thank you enough for all of the help you have given us over the past 20 years. From the cancer that Greg is struggling with to my little swollen cheek. (The hot salt water rinse seems to be helping!)

You are a very special person, and I am deeply grateful. Please know how much we appreciate you.

B.L.T.

Dear FACT,

Yesterday I received safely the tape #139 (Lou Dina and Hy Radin). I thank you. Last year my brother died with cancer, another brother and one first cousin were again ill with cancer.

Unfortunately, they don't eat organic food as I. Happy New Year with organic food.

Sincerely, M.R., Nantes, France

Ruth,

Thank you so much for your past support which has been deep and strong. Perhaps next year I can speak at your conference.

I look forward to hearing your thoughts on this new edition\* which I believe is even more userfriendly.

I intend to recommend your group to cancer patients.

Many Blessings, Barbara Hoberman Levine  
*\* Ed. Note: Your Body Believes Every Word You Say: The Language of the BodyMind Connection, has been on the FACT Booklist since it's initial publication.*

Dear Mrs. Sackman,

I appreciated our recent telephone conversation. Enclosed please find a \$36.00 U.S. money order for membership fees. I am also enclosing a \$20.00 U.S. money order to cover the cost of the book *Rethinking Cancer*. Again, many thanks, Mrs. Sackman. God Bless you for all your help.

Yours truly, M.E.

Dearest Ruth,

Hope you are doing well. I'm feeling all right, still juicing and using the "board" [coleman board] daily. For me this is a way of life, and I thank you with all my heart.

I would like to order a few tapes and an Information Packet for a friend. I have spoken to her sister and made it clear that if she needs or wants to speak to you, she has to make the call herself. As I have seen over the last few years, the person diagnosed with the cancer must take an active interest in the many changes needed to try to help heal their disease.

I've been listening to some of your tapes, and they are inspiring. Enclosed is a list of tapes I want to order along with the Information Packet.

Thanks to everyone at FACT, P.C.

Dear Ruth,

Thank you so much for sending me some information from your Information Packet. Since I've moved, I haven't been able to locate my packet — but it will turn up.

The information on yogurt, diet, etc. is just what I needed as a reminder.

Thank you, B.L.N.

P.S. Your book is wonderful — will purchase

a copy for each of my children. Enclosed is a check for my subscription.

Dear Mrs. Sackman,

Just a note to let you know of our change of address.

We are enjoying your book very much. Thank you so much for writing it.

Hope you are well. Best regards to your staff.  
F. & H.M.

Dear Mrs. Sackman,

Many thanks for graciously speaking to me on the telephone some weeks ago. I've been to Dr. Goldman twice. He has prescribed natural nutritional supplements and modification of my diet — no dairy and processed sugar-laden food, lots of fruits, vegetables and organic meat.

I enclose a \$25.00 check donation for your work. I pray that you and your work be continually blessed. You bring hope and goodness to our world.

Thank you once again.

Gratefully, D.M.

Dear Mrs. Sackman,

Just bought your book — thank you so much for sharing all your knowledge in this way!

In 1976 after breast cancer surgery, I went to the Gerson clinic in South Bend, Indiana for a week and learned how to do the therapy, which I then followed for 1 1/2 years. Since then, I have taken a coffee enema every month or so. After reading your section on the coffee enemas, I am now going to buy barberry and use that in place of coffee.

I called a health food store and they have a liquid form of the barberry in 1 oz bottles, I was told, and that the recommended dosage is 10-30 drops 3 times a day taken orally. My question is: is this the way to use it for an enema? How many drops would you say for a quart of water? And should it be retained for 15 minutes as with the coffee?

If I don't hear from you (I know how busy

you are), I will call you in a few weeks. I am enclosing my check for \$60.00 and my subscription renewal form. Also, would you please send 2 additional *Rethinking Cancer* books so that I may share them with others.

Thank you for all your past and present help. I look forward to each issue of *Cancer Forum*. May God continue to bless you and your work.

Sincerely, M.S.

*Edit. Note: The barberry is taken orally in capsule form, not in an enema! A company called Atrium produces barberry in capsule form. It can be ordered from the company by your health food store or TAD Corporation, tel.: 1-800-326-0256.*

Dear Mrs. Sackman,

You're a terrific lady — God bless you and keep you strong. Always reaching out to those needing compassionate help.

You spoke to my husband. He had prostate cancer and then was told he was fine. Next thing we knew, all h--l broke loose. He had bone cancer.

Calvary Hospital took him (didn't even know what that was). They were kind and helpful.

Your *Cancer Forum* is wonderful. I've been looking forward to it's arrival for the last 32 years since moving to NY. Thank you.

Sincerely, H.S.

Dear Ruth,

Thank you so much for being so kind. I called Betty Fowler immediately!

I look forward to our growing friendship.

Sincerely, L.B.

Dear Ruth,

I wish I could send you a million dollars. Your work and dedication is definitely appreciated.

Please send your book to: ... Please sign it.

Love, R.Z.

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# RECIPES



## Cucumber Mint Soup

1 medium cucumber, peeled  
1 tsp. raw organic tahini (sesame seed butter)  
juice of 1/2 lemon  
2 leaves fresh mint  
either cubed mango or chopped red bell pepper

Pureé cucumber, tahini, lemon and mint in a blender. Garnish either with pieces of mango or red bell pepper. 1-2 servings.

## Raw Cream of Cauliflower Soup

2 cups cauliflower  
2-3 cups distilled water  
1/2 cup raw cashews or pine nuts  
2 tbsp. lemon juice  
Sea salt to taste (opt.)

Put everything in a blender and pureé to a thick, smooth consistency. Chill or serve at room temp. Serves 2-4.

## Italian Soup (No Cooking Required!)

“meat” of 1 avocado  
4 fresh tomatoes  
a handful of fresh basil  
2-3 tbsp. cold-pressed olive oil

Blend all ingredients until smooth. If the soup is too thick, add another fresh tomato or so and re-blend. Makes 2 servings.

## Lemon Veggies

1/2 small head cauliflower, cut into florets  
1 cup broccoli, cut into florets  
2 tablespoons fresh lemon juice  
1 tablespoon cold-pressed olive oil

1/2 - 1 clove garlic, minced  
2 teaspoons fresh parsley, chopped

1. Steam broccoli and cauliflower until just tender (about 8-10 minutes)
2. In a small bowl, whisk together lemon juice, olive oil and garlic.
3. Place the steamed veggies in a serving dish and pour the lemon dressing over. Garnish with parsley. Makes 3-4 servings.

## Sweet Green Spread

“meat” of 1 avocado  
1 banana, peeled  
1 clove garlic

Blend all ingredients in a food processor. Place atop romaine lettuce leaves or fill celery or mushroom caps with the spread. Great for hors d'oeuvres.

## Hazel Nut Milk

1 cup raw almonds, soaked overnight  
1 cup raw hazel nuts, soaked overnight  
4 cups distilled water  
raw honey to taste  
1/2 vanilla bean (seeds only)

Blend everything until smooth. Cheers! Serves 2-4.

## Fruit Pudding

2 bananas  
1 mango, skinned, stoned and sliced  
10 fresh strawberries  
2 pitted dates, (optional, depending on your sweet tooth)  
few dashes nutmeg (opt.)

Cut up dates. Put everything in a food processor and blend until it looks like a pudding! If you like, serve with a dash of nutmeg atop each serving. Makes about 4 servings.

## Food Toxins Threaten Arctic

Increased mercury and other toxins in the food chain are threatening humans and wildlife in the northern hemisphere, causing high blood pressure in newborn babies and also causing polar bears to lose their cubs at birth, according to a report.

The Arctic Pollution 2002 report states that man-made toxins follow air and water currents from as far away as Asia to the Arctic, which although it is still one of the cleanest regions in the world, is seeing its indigenous peoples put seriously at risk. This particularly applies to the Eskimos of Greenland and Canada who survive on whale blubber and seal meat, both of which have been found to have high concentrations of toxins.

The study also found that babies in the Faroe Islands, living on a similar diet, have increased blood pressure for the first six years of their life.

*From The Ecologist Dec 2002/Jan 2003  
To read the report: [www.panda.org](http://www.panda.org)*

## Healing Solutions for Burns and Sunburns

### Amazing Aloe Cure

Aloe vera has the unique ability to help skin renew itself by stimulating cellular metabolism, thereby promoting oxygen exchange and increasing the absorption of nutrients. Aloe contains anti-oxidant vitamins A and C, the mineral copper, selenium, and magnesium, and zinc, a powerful virus fighter. This method is best used for more localized sunburns:

- Rather than cutting from the tip or half way down the stalk, cut it at its base.
- Slit the stalk horizontally, exposing the gelatinous interior.
- Using the thickest, juiciest section for the burn, cut a piece large enough to completely cover the burn and its surrounding tissue.
- Place the entire piece on the area — gel and peel, gel side toward the burn.
- Cover the aloe with roller gauze and surgical tape to keep firmly in place.

- Leave on overnight or, if burn occurred early in the day, cut a fresh piece of aloe to make a new dressing and leave on overnight.
- The remaining stalk of aloe may be wrapped in plastic wrap and refrigerated overnight.
- Repeat applications twice a day until area is healed.

### Lavender Oil

The essential oil of lavender is one of the only essential oils that can safely be applied to the skin without diluting it in a carrier oil. Applying lavender oil will take the sting out of the burn, and heal it quickly. Its calming aromatherapy properties will help to ease the emotional upset of a painful burn.

—By Andrea Candee, M.H., M.S.C., author of *Gentle Healing for Baby & Child* (Simon & Schuster). Awarded The National Parenting Center's Seal of Approval. [www.AndreaCandee.com](http://www.AndreaCandee.com).

Reprinted from *LILIPOH*, Summer 2005

## The Enemy is Us

One of the great promises of the war on cancer is that, to a great extent, as the comic strip character Pogo put it, the enemy is us. People are unwilling or unable to stop doing things they know can kill them.

As long ago as the Civil War, soldiers referred to their smokes as "coffin nails," Laszlo said, but even now, more than 3,000 teenagers a day become hooked on cigarettes. More than a million new cases of skin cancer a year show that Americans care more about a healthy looking tan than the peril of ultraviolet radiation.

"We probably know enough already to prevent more than half of all cancers, if only we put our knowledge into effect," said Dr. Anthony B. Miller of Toronto, an expert in preventive medicine.

## Truth Itself

There are no incurable diseases, and this plain statement is truth itself.

There are however some incurable people... that is, those who do not, or will not work with Mother Nature.

— Dr. John R. Christopher, N.D., M.H.

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