Dear Reader,

There is an article on page 7 that I hope you will find useful. It is about Dr. Edward Howell, a man who pioneered the value of enzymes and did extensive enzyme research. Dr. Howell is the author of the book, *Enzyme Nutrition*. The book was on the FACT book list years ago until it was out of print. It, fortunately, has now being published by Penguin Books and so we are listing it again. It is the only book I am aware of that deals specifically with enzymes, an essential element, but not as highly regarded as it ought to be.

Without enzymes none of the wonderful food that we are eating would be digested and, therefore, would be unavailable to provide the body with its much-needed nourishment. Many people take supplements of vitamins and minerals without taking enzymes. It is quite possible that the supplements travel through the system without being metabolized, depriving the body of valuable nourishment.

It may also be possible that many people do not need supplementary vitamins or minerals but simply need enzymes for the food to be broken down into its microcomponents and delivered through the bloodstream for energy, brain function, cell repair and nourishment. It is also quite possible that one of the causes of obesity is that the food eaten is not metabolized competently because of enzymatic dysfunction, depriving the cells of their much needed nourishment. Therefore, the cells are always hungry.

Many of you, who have been members of FACT for a long time, know that we have always stressed the value of enzymes, but it is helpful to know why. The article by Ron Rendleman should make that clear. For new members. I hope you will feel that you have gained vital information about enzymes that will add to your health knowledge.

To your good health,

Ruth Sackman
Whole Grains on the Rise

Latest Dietary Guidelines Recommends "Make half your grains whole."

The following article is reprinted from Food Insight Newsletter, published by the International Food Information Council (IFIC) which is supported by the food, beverage and agricultural industries. We find it encouraging that an industry that produces so many processed, denatured products is acknowledging the value of whole grains as an important part of the diet.

In the aftermath of the low-carb diet trend, grains are making a comeback. In fact, whole grains are finally receiving some well-deserved recognition. Research has clearly shown that eating a diet rich in whole grains is associated with significant health benefits, including reduced risk of heart disease, certain types of cancer, and type 2 diabetes, and may also help in weight management.

The evidence of the benefits of whole-grain foods was so convincing that the 2005 Dietary Guidelines for Americans went beyond the previous 2000 guidelines and now urges consumers to consume at least three servings of whole grains per day on the basis of research that links the greatest health benefits to three servings of whole-grain foods. For younger children the recommendation is to gradually increase whole grains in their diets as they grow. Regardless of age, everyone should strive to get most of their grains as whole grains. Most Americans currently consume less than a single serving of whole grains daily.

"With the decline of low-carbohydrate diets, grains are slowly coming back to the plate," says Julie Jones, a professor of nutrition at the College of St. Catherine in St. Paul, Minn. "This is a great opportunity to educate the public about choosing whole grains for at least half of their servings of grain foods."

More than Just Fiber

Consumers typically associate whole grains with fiber and may mistakenly believe they can leave out whole grains if they get their fiber from other foods. "Whole grains are much more than a vehicle for fiber," says Joanne Slavin, a professor of nutrition specializing in whole-grain foods at the University of Minnesota. "Actually, a whole-grain food, such as bread or cereal, is not always a significant source of fiber."

Research demonstrates that the health-promoting benefits of whole grains are attributed to more than just fiber. Slavin explains that these health advantages are largely associated with the "package" of nutrients in whole grains. In addition to providing fiber, whole-grain foods provide vitamins, minerals, literally hundreds of phytonutrients, including phytoestrogens, antioxidants and polyphenols. Phytonutrients are substances in plant-based foods with physiologically active components that have functional health benefits.

"The individual components of whole grains have an additive and synergistic effect. It's the combination and interactions between components that we believe provide the protection against disease. Whole grains are an example of how the whole (grain) is often greater than the sum of its parts," says Slavin.

Yet, nearly all consumers and even many health professionals are not aware that whole grains deliver as many, if not more, phytochemicals and antioxidants as do fruits and vegetables, says Jones. "In addition, some of the phytonutrients in whole grains are unique to grains and cannot be obtained by eating only fruits and vegetables."

Whole Grain Basics

Whole grains are the entire seed of plants and
are more than just fiber. This seed, also known as the kernel, is made up of three key parts: the bran, the germ, and the endosperm. (See diagram on opposite page.)

Whole grains may be eaten whole, cracked, split, flaked, or ground. Most often, they are milled into flour and used to make breads, cereals, pasta, crackers, and other grain-based foods. Regardless of how they are handled, whole grains or foods made from whole grains contain the essential parts and naturally occurring nutrients of the entire grain seed. A whole-grain product must deliver approximately the same proportions of bran, germ, and endosperm — and the same balance of nutrients — found in the original grain seed.

A whole grain can be a single food, such as oats, brown rice, barley, or popcorn, or an ingredient in another food such as bread or cereal. Whole grains include whole wheat, whole oats, whole-grain corn, popcorn, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, bulgur (cracked wheat), and millet.

**Whole vs. Refined Grains**

When a grain is refined, most of the bran and some of the germ is removed, resulting in losses of fiber, B vitamins, vitamin E, trace minerals, unsaturated fat, and about 75 percent of the phytonutrients. To help compensate for these losses, many refined grains are enriched with vitamins and minerals at the levels found naturally in the whole grain. Compared to refined grains, most whole-grain foods provide more protein, fiber and other traditional nutrients, including calcium, magnesium, and potassium, in addition to many plant phytonutrients.

Current intake of whole grains is much less than recommended. Unlike other dietary recommendations that often require major changes in food choices, eating more whole grains involves only a simple switch. With awareness and education, along with increased availability of easy-to-identify whole-grain products, consumers can easily reach their whole-grain goal.

**Whole Grains Linked to Better Health**

- **Heart disease**
  Evidence clearly points to any association between consuming whole grains as part of a low-fat diet and lower risk of heart disease. Low-fat diets rich in whole-grains tend to decrease LDL cholesterol and triglycerides.

- **Diabetes**
  Increased intake of whole grains and fiber in combination with a low-fat diet has been associated with managing risk factors accompanying diabetes. Whole grains appear to improve glucose responses and decrease insulin sensitivity.

- **Cancer**
  Whole-grains may reduce the risk of cancer by a variety of mechanisms. Fiber and certain starches found in whole grains ferment in the colon to help improve gastrointestinal health. Whole grains also contain antioxidants that may help protect against oxidative damage. Some scientists believe that other substances in whole grains may affect overall hormone levels and possibly lower the risk of hormone-related cancers like breast cancer. [Editor's emphasis]

- **Weight Management**
  Studies show that people who eat whole grains in place of fattier foods tend to weigh less and typically gain less weight over time than those who do not. In addition, whole grains may help to satisfy hunger for longer periods, resulting in people eating less.

**Some scientists believe that other substances in whole grains may affect overall hormone levels and possibly lower the risk of hormone-related cancers like breast cancer.**

**In addition, some of the phytonutrients in whole grains are unique to grains and cannot be obtained by eating only fruits and vegetables.**
Bran: The multi-layered outer skin of the kernel that helps to protect the other two parts of the kernel from sunlight, pests, water, and disease. It contains important antioxidants, iron, zinc, copper, magnesium, B vitamins, fiber, and phytonutrients.

Germ: The embryo, which, if fertilized by pollen, will sprout into a new plant. It contains B vitamins, vitamin E, antioxidants, phytonutrients, and unsaturated fats.

Endosperm: The germ's food supply, which, if the grain were allowed to grow would provide essential energy to the young plant. As the largest portion of the kernel, the endosperm contains starchy carbohydrates, proteins, and small amounts of vitamins and minerals.

Long time readers of Cancer Forum will know about Thermos-Cooked Cereal, the most nutritious and easy way to eat grains. Eating grains in this way on a regular basis, not only provides vital vitamins and minerals, but will help promote hormonal balance. This method was adapted by Dr. Bernard Jensen from a method used by the Waerland Clinics in Europe. We reprint it here for those who may be not be familiar with this key component of a balanced diet.

The most wholesome way to prepare foods is to preserve all of the natural elements to the degree possible. Using a thermos to prepare cereal saves these precious elements. All that is necessary is a wide-mouthed thermos and whole grains, such as, rye, barley, wheatberries, corn, millet, buckwheat, brown rice, oats, etc. Rye, barley and oats do not need to be ground before the thermos-cooking process, but the others will not soften adequately if not slightly ground beforehand. The grains can be used singly or combined for different tastes. It is interesting to experiment to achieve various flavors.

To prepare the cereal, put 3 tablespoons of the grain in the thermos and add one cup of hot distilled water for the average portion. If more or less food is desired, use a ratio of 1/3 cup of water to 1 tablespoon of cereal. Let stand overnight or for about 8 hours. The result will be equivalent to a prepared cereal without the loss of its nutritional value. Some people prefer to use the cereal in its whole form as it comes from the thermos. Others prefer to put it in a blender for a consistency closer to what they have become accustomed to. If the cereal needs to be rewarmed, put it in a bowl and warm it over hot water. (This is similar to using a double boiler except that a pot and a bowl are used.) Do not overheat.

Since salt is to be avoided by the cancer patient, other seasonings can be used. Try flavoring with raw honey, soaked dates, raisins, or other dried fruits. Fresh fruits, nuts or yogurt can also be added.
A Humbling Thought

"...I suppose it is rather a new, and almost a humbling thought, and certainly one born of this atomic age, that man could be working against himself. In spite of our rather boastful talk about progress, and our pride in the gadgets of civilization, there is, I think, a growing suspicion — indeed, perhaps an uneasy certainty — that we have been sometimes a little too ingenious for our own good. In spite of the truly marvelous inventiveness of the human brain, we are beginning to wonder whether our power to change the face of nature should not have been tempered with wisdom for our own good, and with a greater sense of responsibility for the welfare of generations to come."

—Rachel Carson, early in 1963 in one of her last lectures before her death from cancer.

Seeds for Thought

- Chocolate is rich in oxalic acid which makes calcium unavailable. Carob, St. John's bread, is a close second in flavor and appearance to chocolate, without the side effects. Carob contains 72% carbohydrates. It contains calcium, phosphorus, magnesium, potassium, silicon, iron and many trace minerals. It has a goodly amount of the B vitamins, thiamine, riboflavin and niacin and 7% protein. It is rich in pectin.

- Strangely enough, all of the knowledge of the anti-diabetic effect of brewer's yeast that has accumulated due to research by biologists, pharmacists and medical researchers seems to have gotten lost in this chemical age. Yet, the sum total indicates that brewer's yeast cell (unheated) forms a natural substitute for those substances that make it possible for the under active pancreas to reactivate hormone production.

—Betty Morales and Johnny Clark

Natural Healing Pledge

I am experiencing the healing power of my life.
In my life, I am constantly working to create true physical, mental and spiritual balance.
I consciously live in a way that supports this.
I am learning to use all illness and unbalance as a way of transforming my life and discovering my own healing abilities.
I know true health is my natural state of being.
I have faith in my ability to heal myself.
Although I accept outside help whenever it is beneficial, I know that my life power is the greatest medicine available. It eternally flows from the divine source within me.
Beginning now I am cultivating an awareness of my own healing energy.

Getaway

Every now and then go away. Have a little relaxation, for when you come back to your work your judgement will be surer; since to remain constantly at work will cause you to lose power of judgment.
Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen. —Leonardo Da Vinci (1452-1519)

On the Other Hand

An elderly man in Heaven enjoying the rewards of a virtuous life suddenly is confronted with his wife of many years who is now joining him in Heaven. She expected to be warmly greeted by her husband. Instead, he admonished her in anger saying, "Just think, if you hadn't fed me all that healthy food all these years, I could have come up here a lot sooner."
Dr. Edward Howell:  
A Man With  
an Urgent Message

By Ron Rendleman

"When we eat cooked, enzyme-free food, the body is forced to produce enzymes needed for digestion.... This 'stealing' of enzymes from other parts of the body sets up a competition for enzymes among the various organ systems and tissues of the body. The resulting metabolic dislocations may be the direct cause of cancer, coronary heart disease, diabetes, and many other chronic incurable diseases."

— Dr. Edward Howell

A slight man, supremely dedicated, peers through a microscope. He studies, with intense concentration, the movements of a tiny cousin to the water flea — the Daphnia Magna. Occasionally, he adds food to the Daphnia's water to observe the digestive process through its transparent skin. Over the years he has studied the birth and death of hundreds of six-week generations of Daphnia, comparing the effects of raw and cooked food. The man is Dr. Edward Howell, outstanding biochemist and pioneer in the food enzyme field.

Dr. Howell was dedicated to proving, irrefutably, that many degenerative diseases Americans suffer and die from, are caused mainly by eating cooked food whose enzymes have been destroyed, instead of a balanced diet with plenty of enzyme-rich raw foods!

Dr. Howell was born in Chicago in 1898. He held a limited Illinois medical license (the same as a medical doctor with the exception of surgery, obstetrics and materia medica). In 1930, he founded a private sanitarium for treating long-lasting diseases with physical and nutritional procedures. His research into food enzymes represented the first study that recognized their significance to human nutrition.

The way Dr. Howell liked to put it: "When we eat cooked, enzyme-free food, the body is forced to produce enzymes needed for digestion. This depletes the body's limited enzyme capacity. This 'stealing' of enzymes from other parts of the body sets up a competition for enzymes among the various organ systems and tissues of the body. The resulting metabolic dislocations may be the direct cause of cancer, coronary heart disease, diabetes, and many other chronic incurable diseases."

One might conclude from these words that enzymes are life itself. In fact, they cannot be synthesized as vitamins can, but they are all around us working silently. They cause fruit to ripen and spoil, beer to ferment, eyes to see. Without them we would die. Cancer specialists are discovering certain enzymes are completely lacking in the blood and urine of cancer victims.

But Dr. Howell insisted enzymes are not catalysts as has been stated often. Catalysts are inert substances. They possess none of the life energy we find in enzymes. For instance, enzymes give off a kind of radiation when they work. This is not true of catalysts. The proteins in enzymes serve only as carriers of the activity factor.

From the dawn of history, man has known and made use of enzymes in various fermentation processes. However, it was not until 1783 that Lazzar Spallanzani noted that meat could be liquefied by the gastric juice of hawks. It wasn't long before Philip Synag Physick of Philadelphia used this knowledge when he treated malignant ulcers in humans with gastric juice.

In more recent years, Armour and Company began using the enzyme papain on meat, eliminating the expensive process of fattening cattle on corn. Though those steaks may be delicious, their long-range effects on the body are suspect, at least from Dr. Howell's viewpoint.

As for cooked food in general, Dr. Howell confirmed the findings of Professor Schaefer of the Mayo Foundation who made a study of Filipinos and Malays whose diet relies on rice three times daily. Their pancreas, which is forced to work hard to produce digestive enzymes, is both relatively and absolutely heavier (from 25 to 50 percent) than that of occidentals. This extra activity seems to have a
wearing-out effect for in many case studies, their pancreas has been found to be in a state of atrophy.

Also, according to Dr. Howell, there is incriminating evidence that cooked food contributes to a pathological over enlargement of the pituitary gland, which regulates the other glands. One hundred percent of people over 50, who died from accidental causes, were found to have defective pituitary glands.

Enzymes in raw food normally allow for self-digestion. But it seems that cooked food, with its fibers broken down and enzymes destroyed passes through the digestive system more slowly than raw food. It tends to ferment, throw poisons back into the body, cause gas, heartburn, headaches and colon problems. In America, colon cancer has become the second ranking cancer killer.

Colon therapists estimate the middle-aged American meat eater may be carrying around from eight to fifty pounds of collected fecal matter on the walls of his intestines. Colonic irrigations and intestinal cleansers invariably reveal cordlike mucous and black, hard debris.

Many studies on remote tribes confirm large, soft stools passed soon after each meal and unimpacted intestines. Their diets: raw nuts, fruit, vegetables, grains, goat's milk and small portions of meat.

Is it wise to eat a totally raw diet? No, according to many researchers. ...some vitamins and minerals, as in potatoes, are more easily assimilated when vegetables are cooked. In Dr. Howell's words, "...some raw foods cannot supply nourishment because their calories are enclosed by tough fibrous cell walls, requiring considerable time for the digestive fluids to break through." Dr. Howell found evidence which showed a substantial difference between cooked and raw calories. Eating mostly cooked food can be linked to obesity.

That people need to take in enzymes either by eating raw food, or supplementing, is evidenced by the many tests Dr. Howell made. In one laboratory, rats fed totally cooked foods lived two years, while rats fed a partial diet of raw food lived three years, or 30 percent longer. Though there isn't hard evidence to support it, humans might conceivably increase their life spans just by maintaining proper enzyme levels.

While many people feel fasting is beneficial, few understand why. Dr. Howell explained: "When a person fasts, there is an immediate halt to the production of digestive enzymes. The body's enzymes are free to work on repairing and removing diseased tissues. Civilized people eat such large quantities of cooked foods, the body lacks the enzymes needed to maintain good health. Most people who fast go through a healing crisis. Nausea, vomiting, dizziness may result, caused by enzymes attacking pathological tissue discarded through elimination.

When Dr. Howell first became aware of the importance of raw food in the diet, he was troubled, knowing most Americans would be unwilling to change their eating habits. An alternative was an enzyme supplement that could be taken with each meal. Since he knew digestion actually began in the stomach, logic dictates an enzyme that would be effective there.

After much experimenting Howell discovered plant or fungal enzymes were effective. His final choice was certain strains of the Aspergillus plant containing enzymes man uses in digestion — protease for protein, amylase for carbohydrates, lipase for fats.

Experiments confirmed that better digestion in humans resulted. Reports began to come in of improvements in ailments like arthritis and psoriasis. One woman, whose husband was arthritic, wrote: "...after spending many thousands of dollars on doctor bills with no results, my husband took enzymes for several months. At the end of that time, he got rid of his crutches, and now is able to work every day and feels just wonderful."

Dr. Howell's contribution to our understanding of enzymes and their relation to disease is incalculable. He was a man with a message for a generation dying, at an alarming rate, from degenerative diseases.

Reprinted from Bestways, May 1979


* * * * *

Man is not nourished by what he swallows but what he digests and uses. —Hippocrates
LOOK AFTER YOUR LIVER
By John Tobe

If you are having a problem that concerns the liver, I have a bit of good news for you.

You know the lowly, ordinary beet? Yeah, yeah, I mean the kind that you grow in the garden, which nobody but nobody eats raw — except Tobe.

Well, listen. I've got some important news for you about this lowly vegetable. Beets are a wonderful food. They are probably one of the best detoxicants known, especially for the liver and glands. And remember, the liver is the most important organ in your body.

You can get along on a heart that has leaks and many other problems, but you won't get by very long on a liver that isn't working right.

One of the best ways and means of detoxifying your liver is to use beets. I didn't say beet juice, although beet juice is all right. I say beets. I can't say that beets are delicious, or delectable, but they are quite edible and I eat a few slices raw fairly regularly. When they are young and tender, they can be sliced and added to a salad. When they get old, they are rather tough, and can be shredded for a salad.

If you try drinking beet juice, stay close to your “can” because it'll go through you like greased lightning. However, in a couple of days, you'll get used to it. But don't take too much at a time.

If you want to use the juice, use the amount from one small beet with your carrot and/or other juice. Of course, you can mix other juices with your beet juice to make it more palatable.

However, it's preferable to use beets in salad rather than beet juice. This will help keep your liver toned up.

If at the same time you avoided all meat or fish, the clean up job would be faster and better.

Edit. Note: Avoid meat and fish only if you are on a specific cleansing program for a specific period of time.

THE SEA AND US

You are a lot like the sea, but you probably don't realize it. About sixty percent of your body is liquid — almost eleven gallons of it! But it is no ordinary liquid. It may surprise you to learn that it is similar in many ways to sea water. Sea water contains all the minerals you find in the bloodstream — and in the same form.

JUST HOW HEALTHY ARE SUNFLOWER SEEDS?

Sunflower seeds, used for food by the Indians long before white men reached America, is one of the richest in nutritional value. The seeds are 25 percent protein — putting them on the same protein level as meat. They contain liberal amounts of vitamins, especially A, B-complex and the sparse vitamin E found in their unsaturated oils. The mineral content includes much more calcium than in linseed oil. Potassium in sunflowers is comparable to raisins, nuts and wheat germ, while they have the highest rating for magnesium, and more iron than any other food except egg yolk and livers. Sunflower seed meal is highly digestible, has over 50 percent protein. The top-quality sunflower oil is rich in lecithin and unsaturated fatty acids, contains 30 percent protein as well as its share of vitamins and minerals.
HAVE SNACK, WILL TRAVEL
by Consuelo Reyes

In early times — as in really early, like Prehistoric (before plastic bags or instant anything) — if people got hungry going about their daily drill, they could usually find something chemical or additive free to munch along the way, like berries, nuts or roots. Of course, there was the occasional poison mushroom, but in general, a quick pick-me-up was not so hard to find.

Today, life is much more complicated. We have Seven-Elevens and super duper superstores, but these institutions, I’ve observed, contain mostly items with very long shelf lives and very little actual life. Where is that simple, healthful (preferably organic) snack when you need it? (Of course, if you’re on the road and famished, it’s better to eat something than nothing, but how much better it would be to have a truly life supporting choice at your fingertips.)

The simple solution: bring your own (B.Y.O.)! A good 21st century healthy snack should be easy to prepare, portable (that is, light and non-spoilable or meltalbe if unrefrigerated for several hours), non-messy to consume, and, of course, nutritious and delicious. Here are a few of my favorites:

- Fresh fruits: apples, pears, plums — whatever’s in season. Fruits like melon, pineapple, grapes, etc., can be cut up and put in small plastic containers. Keep plastic spoons and forks on hand. Bananas, happily, come in their own packaging!
- Raw veggies & cheese: My personal favorite — carrot rounds with bits of raw, unpasteurized cheese. Also nice with cheese: mushrooms, celery, cabbage, daikon radish, etc.
- Raw nuts: shelled nuts and seeds, like almonds, walnuts, pinolas, pumpkin seeds - just a few pack a powerful punch. (Chew well - very calming.)
- Fruit yogurt: fresh fruit pieces in whole, plain yogurt. Variation: before going out, blend yogurt with fruit, like banana, peach, berries plus dash nutmeg and put in plastic container.
- Leftover salad or cooked veggies: keep in fridge in plastic container so ready to go.
- Sesame/carob nuggets: When you have a little spare time, blend or process in a food processor 1/2 - 1 cup or so sesame seeds until smooth. Remove to a bowl and blend in well a teaspoon or so carob powder (to taste), then mix in a few dashes of raw honey. Add just enough distilled water to make a “dough” moldable into edible balls. Store in plastic container in fridge — ready to grab on your way out the door.
- Thermos-Cooked Grains: See page 5 of this issue. Just bring a spoon — a truly high quality snack, really a meal for the road.

These are just a few ideas. No doubt some of our ingenious, on-the-go readers have devised other wholesome snacks. Let us hear from you!

SAGE ADVICE

Try to guess who offers this simple wisdom on life:

- Delight in the simple joy of a long walk.
- When loved ones come home, always run to greet them.
- When it's in your best interest, practice obedience.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp and play daily.
- Eat with gusto and enthusiasm.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, sit close, be silent and nuzzle them gently.
- Thrive on attention and let people touch you.
- Avoid biting when a growl will do.
- On hot days drink lots of water and lie under a shady tree.
- When you're happy, dance around and move your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout, run right back and make friends.
- Never pass up the opportunity to go for a joy ride and allow the experience of fresh air and the wind in your face to be pure ecstasy.

The answer: “man's best friend” — a dog.
Recipes by Consuelo Reyes

Stuffed Tomatoes

3 medium tomatoes
1/4 small cucumber, peeled and finely chopped
1 stick celery, finely chopped
1 scallion, finely chopped
1/4 cup fresh parsley, finely chopped
1/2 tablespoon fresh mint, finely chopped
1/2 clove garlic, minced or pressed
1/4 cup raw pine nuts
1/2 tablespoon fresh lemon juice
1/2 tablespoon cold-pressed olive oil

1. Cut a slice around the top of tomatoes and scoop out pulp. Place pulp in a bowl with all finely chopped ingredients. Mix well, then fold in the pine nuts.
2. Whisk together lemon juice and olive oil in a small bowl, then combine with tomato “stuffing.”
3. Stuff tomato with mixture and refrigerate or just serve. Great appetizer or side dish!

Zucchini Slaw

1 1/2 cups shredded zucchini squash
1 apple, cut in small slices
1/2 avocado, cut in small slices
few dashes ground nutmeg (dillweed, thyme or other culinary herb can also be used)
lemon juice to taste

Mix all ingredients together and serve on a lettuce leaf. Makes 2-3 servings.

Creamy Salad Dressing or Dip

2 tablespoons raw tahini (sesame seed butter) or almond butter
2 tablespoons extra virgin olive oil (cold pressed recommended)
2 tablespoons distilled water
1/2-1 clove garlic, minced or pressed (to taste)
1/2 - 1 tablespoon fresh lemon juice (to taste)
dash cayenne pepper

Place tahini or almond butter, olive oil, water, garlic, lemon juice and cayenne in a food processor or blender. Process until creamy. Keeps in refrigerator for 2-3 days. Delicious with salad, steamed veggies or whatever!

Amounts are approximate — feel free to experiment with different proportions and herbs (e.g. minced ginger, dill, thyme, etc.)

Potato/Broccoli Vinaigrette

about 1/2 pound small potatoes
1/2 pound broccoli, trimmed of tough stems, heads cut into florets
1/2 clove garlic, minced or pressed
1 scallion, thinly sliced
2 tablespoons cold-pressed olive oil
2 tablespoons lemon juice
1/4 teaspoon dry mustard
1/4 teaspoon paprika

1. Scrub potatoes, but do not peel if organic. Cook in a covered pot with just enough distilled water to cover until tender (about 20 minutes). Drain off the cooking liquid and save for broth. Cut the potatoes into quarters.
2. Steam the broccoli until just tender, about 5-6 minutes.
3. While potatoes and broccoli are cooking, whisk garlic, scallion, olive oil, lemon juice, mustard and paprika in a bowl large enough to hold all the vegetables.
4. Add potatoes and broccoli and mix well with vinaigrette. Serve warm or cold.

Almond Milk Shake

1/4 cup raw almonds, soaked overnight in 1 cup distilled water
1/4 banana
1/4 cup fresh fruit, in chunks
raw honey or maple syrup to taste

1. Put soaked almonds and water in a blender and blend until smooth.
2. Add banana, fruit, sweetener and blend. Add more banana for a thicker shake. Chill and enjoy!
Letters

Dearest Ruth,

Hope you are doing well. I'm feeling all right, still juicing and using the "board" [colema 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.

Dearest Ruth,

Thank you for all the wonderful advice you have given me, plus your patience and time.

Sincerely, B.K.

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,

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 Ruth,

Thanks so much for all your knowledge and understanding through the past years. I truly believe I would not be here if not for your program. Keep up the great work that you and your staff are doing.

Love, P.C.

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!
Book Review by Corinne Loreto


Hippocrates, the father of medicine, said let your food be your medicine, and your medicine be your food. No one makes that clearer than Dr. Fuhrman in his book, _Eat to Live_, which is so well written that it is an extremely easy and pleasant read.

Wish I had been treated by a doctor who shared Dr. Fuhrman's belief in good nutrition to restore health. Years ago in my innocence and absolute trust that my doctors knew what they were doing, they nearly brought an end to my life. Fortunately, I was introduced to a natural healer who restored me to complete health.

I was fascinated reading case histories of patients who were cured of arthritis, high cholesterol, heart disease and diabetes when they ate foods he recommended. The diet he recommends is strong on big salads, preferably made with romaine lettuce, beans, green vegetables and other high fiber, low carbohydrate vegetables which give you a feeling of fullness so that you will not overeat and become obese. Patients on his food regimen had increased energy, normalized their weight and maintained their sense of well being.

Dr. Fuhrman feels that animal protein is to be eaten in small amounts and only once or twice a week. [Edit. note: FACT agrees that animal protein should be eaten in small amounts, but, generally, we have found that it is required on practically a daily basis to maintain balance.]

A section of Dr. Fuhrman's book has recipes. Some contain soy products. FACT takes exception to the use of soy as it is an enzyme inhibitor.

Dr. Fuhrman claims that chelation will not dissolve atherosclerosis as claimed, but FACT disagrees: it does clear the arteries. FACT does agree with Dr. Fuhrman in stating the arteries will become clogged again if the diet is not changed to properly correct the cause. To permanently correct a health condition, the improved diet must be maintained.

With the news recently of the deadly side effects caused by taking certain pharmaceuticals, it's time we wake up and follow the advice in Dr. Fuhrman's book and eat a sensible diet.

It's gratifying to know that doctors like Dr. Fuhrman exist who truly care about restoring the health of their patient.

_Health is Your Birthright_ by Are Waerland

If you think you can regain good health by taking a pill, then don't bother reading this book. Dr. Waerland makes it quite clear that in order to regain health, one must eat foods that not only cleanse toxins from our systems, but also nourish.

His dietary suggestions are rather unique and may be difficult to follow, but if one is serious about achieving good health then it will be well worth the effort of adhering to his dietary regimen, fasting and colon cleansings.

Dr. Waerland states that breakfast is the most misunderstood meal of the day. It's the period of elimination. The bloodstream is heavily charged with waste products which would have a poisonous effect if allowed to remain in the body. Heavy meat eaters are usually sluggish and listless in the morning. A large breakfast interrupts elimination. It is, therefore, essential to choose a breakfast which requires a minimum of digestive effort and may even assist in the elimination of toxins. Sour milk or yogurt fulfill this requirement because they are easily digested. Adding fruit — apples, pears, oranges and grapes would make an excellent breakfast.

He also has suggestions for lunch and dinner.

Dr. Waerland says: “1) We do not have to deal with disease but with mistakes in our way of living. Eliminate the mistakes and the diseases will disappear of their own accord. 2) We never cure a disease, only a sick body. 3) A sick body can only be cured by restoring the original biological rhythm of working and living.”

He goes on to say that academically trained physicians rarely know the right way of living, or how health is built up naturally and disease eliminated by an individual's way of life. Hence, he says we rely upon vaccination and serum injections in an attempt to protect civilized man from infections. We do this without regard to the factors in his/her life which are breaking down his natural resistance to infections.

Dr. Waerland says that medicines treat symptoms of disease but not the cause, which is a body full of toxins caused by incorrect eating habits — coffee, alcohol, tobacco, lack of exercise, constipation. His remedy for all disease is detoxification and good nutrition. This will be a handy little book to have on hand to start the healing process. Read it and learn how to achieve good health.

Published by Humata in Berne, Switzerland. Copies are available on the FACT Book List, p.15.
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