

OPTIONS

Revolutionary Ideas in the War on Cancer



THE NEWSLETTER OF PEOPLE AGAINST CANCER

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NIH To Test Alternatives For Toxicity

Editorial

The National Institutes of Health (NIH) announced on July 28, 1999 that it will test aloe vera, ginseng, kava kava, and milk thistle for toxicity, without also considering efficacy and cost effectiveness.

Give me a break!

There are literally tens of thousands of toxic industrial chemicals which endanger our food, water and environment. Yet, the NIH is not testing them.

The FDA found 60-80 toxic pesticides in the American food supply. Absent sound science, the FDA argued an "acceptable risk."

The Delaney Clause of the Food, Drug and Cosmetic Act, originally designed to protect us, is now a joke as the profitable chemical and pharmaceutical industries lobby side by side with the government agencies for the "acceptable risk" of known carcinogens.

The proposed NIH testing for toxicity of historically safe natural substances, is an outrage. The NIH, NCI, FDA and the pharmaceutical industry are now partners in the medical monopoly. What do monopolies do? They eliminate competition to gain market share.

Nominations for NIH toxicity testing can be made by any business, even those which may have a competitive interest. And incredibly, NIH requires "no data indicating a known problem."

This is a witch hunt.

And the government and the pharmaceutical industry are the "hunters."

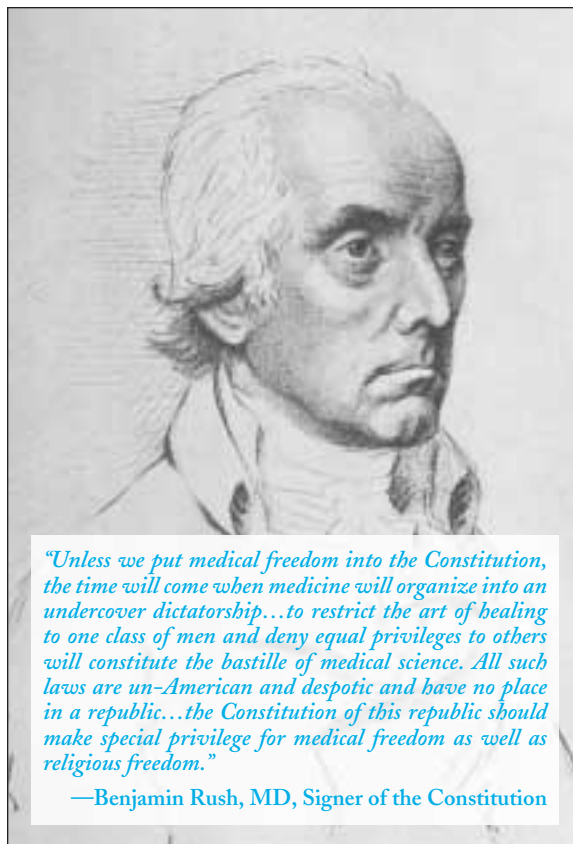
Selenium reduces cancer death by 52%. Vitamin E cuts the death rate in prostate cancer by 41%. Vitamin C significantly extends human life. Marijuana helps sick people. Yet no alternative therapy has ever been approved for the treatment of cancer through the current system.

We must dismantle the entire system and start over! We must demand that the new system fairly test *all* therapies for safety, efficacy and cost effectiveness together.

As a people, we deserve no less. ☺

OPTIONS

Options: Revolutionary Ideas in the War on Cancer is published quarterly as the Newsletter of People Against Cancer. We hope you find it both provocative and informative.



"Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship...to restrict the art of healing to one class of men and deny equal privileges to others will constitute the bastille of medical science. All such laws are un-American and despotic and have no place in a republic...the Constitution of this republic should make special privilege for medical freedom as well as religious freedom."

—Benjamin Rush, MD, Signer of the Constitution

Reefer Madness: The People vs Washington The Saga Continues

The Institute of Medicine, an affiliate of the prestigious National Academy of Sciences, said Wednesday that marijuana's active ingredients can ease the pain, nausea and vomiting caused by cancer and AIDS.

The new analysis, which bolsters similar conclusions by the National Institutes of Health, urged scientific trials and the development of a standard way to safely use the drug.

Ballot measures approving marijuana for medicinal use have passed in Alaska, Arizona, California, Nevada, Oregon and Washington. Still, the drug remains banned by federal law and doctors are wary of prescribing it, even in those states.

The report said that because the chemicals in marijuana ease anxiety, stimulate the appetite, ease pain and reduce nausea and vomiting, they can be helpful for people undergoing chemotherapy and people with AIDS.

It also said there is no evidence that use of marijuana leads to other drug use. The panel did warn that smoking marijuana can cause respiratory disease.

Proponents of medical marijuana cheered the study's results and said opponents will need to change.

"This report all but ends the debate on Medical Marijuana," states the sponsor of Washington's Initiative 692 in reaction to the release of the long-awaited study on Medical Marijuana by the Institutes of Medicine. "The Federal Government can no longer make the claim that marijuana has no medical value."

"This report vindicates what we have known for years—that marijuana has medical value for certain patients. The only issue that remains is for our political leaders to find a way to provide this safe and effective medicine to our patients who need it," states Dr. Rob Killian.

Despite these remarkable findings, White House drug czar McCaffrey said federal law would be unaffected by the study. The Institute of Medicine study

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PEOPLE
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Medical Marijuana (cont. from page 1)

was commissioned in response to the recent legalization of medical marijuana in several state initiatives.

The report, commissioned by Drug Czar Barry McCaffrey, actually refutes much of what he and other opponents of medical marijuana have been saying for years. It clearly states that it is a useful medicine, specifically for reduction of nausea and pain, and increase of appetite—all important uses for cancer patients and people with AIDS. Moreover, the authors state, “basic biology indicates a role for cannabinoids in pain and control of movement,” and “some of the ‘side-effects’ [of marijuana], such as anxiety reduction and sedation, might be desirable for certain patients.”

“This is a tremendous victory,” says patient advocate Frank Wiewel. Wiewel is the founder of People Against Cancer, an international non-profit public interest group with offices around the world. “Official science has now validated what we have all suspected—that the use of medical marijuana is warranted for people with cancer, AIDS, and other medical indications.”

Further, the study states that marijuana could be allowed for medical use, without increasing non-medical use. The report tackles the suggestion by opponents of medical use that approving marijuana as a medicine “sends the wrong message.” The authors say there is “no convincing data to support this concern,” and they note that “this question is beyond the issues normally considered for medical uses of drugs.”

“This report shows that until now, the federal government’s position has been too extreme—officials claimed there was ‘no’ medical use for marijuana; they’ve called it a ‘joke’ and a ‘hoax’—that kind of denial is going to be impossible now,” says Killian. “I am proud that Washington voters were able to see through the rhetoric and illogic of our government’s treatment of seriously ill patients.”

Federal law still says there is “no” medical use for marijuana, which is the only reason it remains classed with heroin and LSD, instead of prescribable drugs like morphine and valium. “We are calling for the immediate reclassification of medical marijuana which will allow patients access to safe and legal forms of marijuana. It is time for politics to get out of the way of medicine and good science,” says Killian.

Recently, a group of California mayors

asked President Bill Clinton to block a federal suit against the state’s marijuana clubs, sharply escalating the political and legal battle over medical marijuana use.

“At stake is the well-being of 11,000 California residents,” the mayors of San Francisco, Oakland, Santa Cruz and West Hollywood said in letters to Clinton. They also asked him to suspend enforcement of federal



drug laws that interfere with the clubs’ daily operations.

“If the centers are shut down, many of these individuals will be compelled to search back alleys and street corners for their medicine,” the mayors wrote. “This will not only endanger their lives, but place an unnecessary burden on our local police departments.”

The mayors’ plea comes ahead of a hearing in San Francisco on a Justice Department bid to shut down six California marijuana distribution clubs on the grounds they violate federal drug laws.

The suit, one of two filed in federal courts in San Francisco and San Jose, marks a major legal skirmish over California’s Proposition 215, the state law voters approved in 1996 which legalized marijuana use for people suffering from AIDS, cancer and other serious ailments.

California politicians are squaring off over the clubs, which have been the major

source of marijuana for people who say it helps relieve a variety of symptoms ranging from pain and nausea to “nerves.”

California’s Attorney General Dan Lungren has personally vowed to see the clubs shut down, while local leaders such as San Francisco Mayor Willie Brown and city District Attorney Terence Hallinan have promised to keep them open.

Lungren’s legal efforts were boosted last month when the state supreme court sided with a lower court ruling which said the clubs were illegal because they were not “primary care givers” for the patients they supply—which is a condition set by the California measure.

Although the supreme court ruling set the legal groundwork for closure of the clubs, most are still operating and their leaders say they can fight the semantics in court.

Medical marijuana advocates are casting the battle as an issue of states’ rights versus the federal government, saying federal officials should not be allowed to override a compassionate law approved by popular vote in California. Federal officials say, however, they are not targeting “medical use” of marijuana—simply the persistent violation of federal laws making it illegal to cultivate, possess or distribute.

The mayors’ letter urged Clinton to side with the clubs and said the federal government should allow local authorities to “formalize dispensary systems that live up to the spirit of the law, and most importantly, make marijuana available, safe and accessible to suffering patients.”

“We ask that the federal government respect local government’s experience and expertise in potentially developing legal community-based solutions that benefit the public health of our residents,” the mayors wrote.

San Francisco’s Hallinan Monday indicated he was willing to defend the city’s right to set its own policies.

In court papers, Hallinan said that if the current distribution system were disrupted by federal interference, San Francisco may ask its police to step in “to distribute marijuana to seriously ill people.”

For more information on the scientific background of medical marijuana, see “The Science of Medical Marijuana” on the website of Citizens for Medical Rights at: <http://www.medmjscience.org> ☐

Selenium called the “wonder mineral that can cut cancer deaths by 52%”

LONDON July 29, 1999

Cancer deaths could be cut by half by adding the mineral selenium to the diet, scientists believe.

Deaths from cancer fell by 52 per cent among those taking 200 micrograms of the mineral a day, compared with those who did not.

Research has shown that daily doses of selenium found in supplements, and naturally found in brazil nuts, kidneys and grain, could reduce the risk of developing cancer by an average 37 per cent among people with a history of the disease.

Now scientists want to see if the trace element found in soil will help everyone fight the disease, which claims one in four lives in Britain. A GBP 18 million (\$27 million in US dollars) international study involving 40,000 people in five countries including Britain is being launched, backed by the Cancer Research Campaign.

Dr Margaret Rayman, of the University of Surrey, who is leading the five-year study, said, “The trial aims to show not only whether selenium has a protective effect against cancer, but also how much selenium is needed and which people will benefit most.”

Experts believe the mineral fights cancer by protecting damaged DNA, stopping rapid cell division, and in high doses actually kills the cancer cells.

Researchers in the UK suggest selenium levels have been falling in the British diet over the last 20 years, “probably because we no longer import selenium-rich wheat from North America for our bread.”

In 1974, the average intake was 60 micrograms a day but by 1995 it had dropped to 34 micrograms. This is half the Government recommended level of 75 micrograms a day for men and 60 for women (1,000mcg = 1 milligram).

The trial carried out by scientists in America on 1,312 cancer victims showed that lung cancer cases fell by 46 per cent, colorectal cancer 58 per cent and prostate cancer 63 per cent among people taking 200 micrograms a day of selenium.

It suggested that people with low levels of selenium are most likely to

benefit from supplements.

However, daily doses of over 800 micrograms a day could be toxic. Dr Rayman said it would take three to six months of taking the normal amounts found in most food supplements to obtain a higher level of selenium.

All the volunteers in the British trial will be healthy 60 to 74-year-olds and will receive either 100, 200 or 300 micrograms of selenium in a supplement daily, or a placebo. If the results are positive, new measures such as fortifying food to boost selenium levels could be introduced in Britain.

“Nutrition is where it’s at...I am convinced that if we got a multivitamin-mineral pill into the poor, we’d have an enormous increase in health.”

—Bruce Ames, PhD

And many researchers from around the world now agree about diet, nutrition, selenium and other important nutrients.

“The all-American junk food diet could be causing more than an epidemic of obesity, heart disease and diabetes. It could be giving millions of people cancer, too. Overfed Americans may be fat but they are not getting the proper nutrition—and they may pay for their bad eating habits with cancer. Poor diet could damage cells in much the same way radiation does,” said Bruce Ames of the University of California at Berkeley.

Other experts agreed with Ames that eating better, and eating less, could be the key not only to avoiding cancer but to living longer.

Dr. Ron Hart of the U.S. FDA admitted, “dozens of animal tests have shown that staying a little hungry is also an important key to long life. The lower the calories, the longer the life span,” Hart told the conference.

“Our studies have clearly shown that

the greater the body weight, the higher the incidence of spontaneous tumor occurrence, the greater the susceptibility to chemical carcinogens and the shorter the life span.”

And the poor have the most unhealthy diets. “The trouble is the food that puts on a layer of blubber is not the food the body needs to prevent cancer,” Ames said. “And the fattest people, with the worst diets, are the poorest.”

“Deficiency of vitamins folic acid, B12, B6, C, or E, zinc, and selenium mimics radiation in damaging DNA,” Ames told a conference of the Society of Toxicology in Reston, Virginia, near Washington.

“The percentage of the U.S. population that is deficient in these micronutrients ranges from 5 percent to 20 percent for each. We’re talking about a sizable percentage of the population,” he added. Ames said 15 percent of the population is estimated to be deficient in vitamin C and 20 percent in vitamin E, despite recent government findings that 55 percent of the adult population is overweight.

“Micronutrient deficiency may explain why the quarter of the population that eats the fewest fruits and vegetables—five portions a day is advised—has about double the cancer rate of the quarter that eats the most fruits and vegetables,” Ames said.

Such nutrients, known as antioxidants, work to cancel out the effects of so-called free radicals, which damage cell DNA. Free radicals are charged ions generated by chemicals, radiation such as sunlight and even the oxygen we breathe. To explain their effects on the body, scientists often point to rust, which is the damage cause to iron by oxidation.

Ames said, “The body, if given the right tools, can very effectively fight off such damage. Fears about pollution are a distraction, because poor diet is a much bigger cause of cancer.”

“Nutrition is where it’s at,” he said, “I am convinced that if we got a multivitamin-mineral pill into the poor, we’d have an enormous increase in health.” ☺

Biological Age, Breast Cancer

By Lee Hitchcox D.C.

To be healthy is to race successfully against death. Biological age alone determines how long you'll live and how soon you'll face your medical destiny. To slow the biological aging process—to extend the periods of youth and middle age, rather than old age—is to live the oldest of dreams. The ruthless and predatory laws of nature can be your closest ally or your bitterest foe.

The American Academy of Anti-Aging Medicine predicts that 50% of the baby boom generation will live beyond age 100 free of disease and many will achieve their maximum biological potential of 120-150 years.

Demographers recently reported that America should expect their 100 plus population to swell to two million by the year 2020. Will you be among the lucky ones to maintain independence and health while thumbing your nose at nursing homes?

Many years ago, I learned that you cannot prevent degenerative disease without also slowing the aging process. Simultaneously you cannot raise your risk of degenerative disease without accelerating the aging process. Unfortunately we live in a society where most people substitute one killer disease for another without knowing it and thus accelerate their biological aging.

The U.S. holds the dubious distinction of having more overweight people (half the population) and more diets on public record (30,000) than any other country. Many of these diets conflict. Our nation has become a war zone between the vegetarians and carnivores. Who do you believe? The current scientific weight of evidence is overwhelming. Hundreds of careful studies now reveal the links between what we eat, how we die and how soon. Consider this—The American death rate for breast cancer is 5 times higher than in China. The American death rate for heart disease is 17 times higher than in China.

You don't need to be a rocket scientist to look around the world and see the cause of cancer, heart disease, diabetes, arthritis, osteoporosis and obesity. The people in rural Asia, South America, Africa and the Middle East avoid these "diseases of civilization" by eating a

plant-centered diet of whole grains and vegetables. But as soon as they migrate to large cities and switch to eating meat, these diseases skyrocket. In China, the cancer rate varies by several hundred-fold between different regions. Those eating the fewest animal products have the fewest cancers (regardless of blood type).

Some people thrive on vegetarian diets while others develop obesity, diabetes, or cancer. There are good vegetarian diets and bad vegetarian diets.

"We are all biochemically individual," points out cancer researcher Frank Wiewel. "Our extensive research into diet and cancer clearly shows that some people who consume a vegetarian diet or a macrobiotic diet do remarkable well while others do remarkably poorly."

"The Metabolic Assessment Program (MAP) of Dr Jack Taylor addresses this very issue and may represent the real frontier of science and health in the prevention and treatment of disease. His program is individualized to the body chemistry using a high tech computer algorithm and standard blood analysis. It produces a diet and supplement regimen which is unique for each individual."

Linda McCartney died of breast cancer at age 56 despite being a vegetarian for 20 years. My wife (author Lee Hitchcox's wife) also died of breast cancer despite her vegetarian diet. I was interviewed by Hard Copy TV on this issue. They wanted to know what killed Linda McCartney.

Linda's diet included dairy products and eggs (lacto/ovo vegetarian) as well as refined white flour, vegetable oil and sugar. Several studies link these foods to cancer and other degenerative diseases.

A recent study in the British Medical Journal (313:775, 1996) found that breast cancer mortality for vegetarians was significantly greater (1.65) than for health-conscious nonvegetarians. An important contributor to breast cancer is exogenous female hormones. Meat is high in female hormones, but milk is far higher. Most lacto/ovo vegetarians consume more milk, cheese and dairy products than the general population. Therefore you could expect a higher breast cancer rate among lacto/ovo vegetarians than the general population, and

a lower rate among vegan vegetarians (no animal products). In India, a largely lacto/ovo vegetarian population, the cancer rate is relatively high.

Premenopausal women with even small increases in blood levels of insulin growth factor 1 (IGF-1) have up to seven times the breast cancer risk of women with lower levels (Lancet, 351:1393, 1998). IGF-1 stimulates cancer cell growth. This hormone is found in American dairy products and is especially concentrated in cows treated with bovine growth hormones. IGF-1 has also been linked to prostate cancer.

Pesticides and antibiotics are commonly found in American milk and cheese. Up to 85 different drugs are used on dairy cows but the FDA only tests for four. In addition, milk may contain dioxins, PCBs and new strains of antibiotic-resistant bacteria. Ice cream may contain over 1600 different chemical additives without disclosure.

Many vegetarians consume refined flour products without realizing that such foods are detrimental to health. Flour products have virtually no bran or fiber. The finer the flour is ground, the more quickly carbohydrates are absorbed and converted into blood glucose. The human small intestine is lined with tiny gateways through which nutrients are absorbed into the bloodstream. Sugar and flour products quickly pass through these gateways, rapidly elevating blood sugar and insulin levels.

Insulin is a powerful hormone that causes the body to store fat and resists the breakdown of fat. Elevated insulin directly contributes to obesity, arteriosclerosis, diabetes, hypertension and cancer. Elevated insulin has been shown to be an independent risk factor for breast cancer (Int J Cancer, 52:511, 1992). Insulin accelerates breast cancer cell growth 12-fold and increases the



Linda M
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Cancer and Linda McCartney

bioavailability of estrogen and testosterone (J Steroid Biochem, 37:777, 1990). In America, insulin rises with age and the consumption of flour products (including whole wheat) accelerates this process.

"We need a major restructuring in our war on cancer," says Wiewel. "We must clean up the poisons in the food, air water and environment." At the International Cancer Conference in London on March 6, 1999, Wiewel told the BBC, that the FDA had recently found 60-80 pesticides in the average

American food basket and did nothing to warn the public. Further, Wiewel told the BBC that food supplies in Europe and America are now teeming with antibiotics, growth hormones and xenoestrogens (substances which mimic estrogen in the human body).

Studies show that vegetable oils promote tumor growth and suppress the immune system (killer T-cells) more than animal fats (Ann Int Med, 120:692, 1994). Vegetable oils are 100% fat and have no fiber. When fiber is removed to produce vegetable oil, the essential fatty acids (linoleic and linolenic)

become bioavailable in the bloodstream where they suppress killer T-cells. Most Americans lose 75% of their immune function by age 80 and the consumption of certain vegetable oils can accelerate this process.

Many people believe that vegetable oils are healthy. The therapeutic value of vegetable oil has been well established in the medical literature for people with rheumatoid arthritis and lupus. These are auto-immune disorders whereby the immune system is overactive. Vegetable oils reduce inflammation by suppressing immune function (Am J Clin Nutrition, 53:40, 1991; Lancet, 346:46, 1995). Having the immune system suppressed by vegetable oil actually helps these dis-

eases. However for the average person, immune suppression is a contributing factor to cancer.

Vegetable oils are also known to be good for the heart as they lower cholesterol. But the cholesterol ends up in the colon where it contributes to colon cancer. (New Engl J Med, 228:379, 1973). For all these reasons, vegetable oils are heart-healthy, but cancer-unhealthy. A great way to substitute one killer disease for another.

In America, cancer will pass heart disease as the leading cause of death by the year 2000. Over the past 30 years, the heart disease rate has dropped while cancer has increased. This is largely due to our increased consumption of vegetable oils and our decreased use of butter and lard. In addition, many oils contain pesticides and plasticizers, which are both carcinogenic. Cottonseed oil (popular in some Chinese restaurants) is very heavily sprayed. Oils stored in plastic containers will leach the plasticizers into the oil.

So what about essential fatty acids? How can you get them without using vegetable oil? The human body absolutely requires essential fatty acids. The best sources of fatty acids are those found in whole foods including nuts, seeds, avocados and soy beans. This maximizes fiber and avoids immune suppression. Whole foods preserve the vitamins and enzymes that are lost during the high-temperature processing of vegetable oil.

"I would agree that the best source of nutrients is from whole foods," says Frank Wiewel, director of People Against Cancer. "However, when you are treating cancer, it is nearly impossible to get therapeutic levels of nutrients from food alone. Our research indicates that the best source of therapeutic levels of essential fatty acids (EFAs) Omega 3 and Gamma Linoleic are from flax and borage seed oils. The source must be organic, high lignan, cold pressed and correctly processed and packaged," says Wiewel, "The best product we have researched is one of the components of the Stockholm Protocol. This is a therapeutic combination of vitamins and minerals and a unique combination of Co-Enzyme Q10, Vit E oil with flax

and borage seed oils. The CoQ10 is highly bioavailable because it is emulsified into vitamin E oil and cold pressed high lignan flax and borage oils. The Stockholm Protocol has produced remissions and regressions and complete eliminations of cancer when used with a very specific whole food diet.

Our research with Dr Budwig in Germany clearly demonstrates the tremendous healing potential of the flax seed oil and protein diet. Dr Johanna Budwig, a seven time Nobel Prize Nominee, is considered by many to be the foremost authority on bad fats and oils in disease and good fats and oils in health and healing," Wiewel says.

Bottom line: In our society, the early detection of breast, prostate and colon cancer is considered preventative medicine, but in other cultures around the world, such tests are avoided because cancer rates are low. Other cultures practice prevention over early detection. We practice the opposite. Other cultures do not live in fear of cancer because they're not at the mercy of cancer. Freedom from fear is your God-given birthright.

You can reclaim your birthright and avoid diseases by eating the same foods as people with a track record for doing exactly that. The Long Life Now diet is not based on theory. It is based on cultures noted for extreme longevity over several hundred years. Long Life Now is dedicated to those who seek information and act before their time is up.

—Excerpted from *Long Life Now: Strategies For Staying Alive* by Lee Hitchcox, D.C.

Lee Hitchcox is a chiropractor with 10 years of clinical practice. Dr. Hitchcox is an editorial board member of The Holistic Health Journal, and a member of the Physicians Committee for Responsible Medicine and the Healing Arts and Sciences. He is well known for his lectures on cancer, pesticides, biological age and extreme longevity cultures.

Readers interested in *Long Life Now* by Dr Lee Hitchcox, *The Stockholm Protocol*, *Flax Oil*, or *The Oil and Protein Diet* by Johanna Budwig are urged to join *People Against Cancer*, Phone 515-972-4444, fax 515-972-4415, or email: Info@PeopleAgainstCancer.com ☐



Linda McCartney
- 1998

Beware of Bottled Water



Bottled water may be all the rage with health-conscious consumers, but a new U.S. study released Tuesday indicates it is not necessarily any healthier than most water taken directly from the tap.

The study, by the Natural Resources Defense Council (NRDC), looked at 103 brands of domestic and imported

bottled water available in the United States. It found that in at least one sample, 33 percent of the tested brands exceeded bacterial-purity guidelines used by the industry, state-purity standards, or in some cases both.

"Just because water comes from a bottle doesn't mean it's any cleaner or safer than what comes from the tap," Erik Olson, NRDC's senior attorney and the report's lead author, said in a statement.

The NRDC said sales of bottled water have tripled in the last 10 years in the United States, in part due to advertising that hinted, sometimes misleadingly, that the water comes from pure sources such as springs.

"In fact, the study shows that between 25 and 40 percent of bottled waters are repackaged municipal tap water which may or may not have been subjected to additional treatment," the report said.

"This is classic," says long time environmental activist Frank Wiewel, "first the government mandates that we 'treat' our municipal water supplies with dangerous substances like fluoride and chlorine, which suppress the immune system and cause cancer. Then when we seek an alternative source, they fail to test and properly regulate it to assure the public safety. The public has a right to pure uncontaminated water."

"People can drink what they want, but

if they are going to spend up to 10,000 times more per gallon for bottled water as opposed to what comes from the tap, they have a right to know what's in the water, where it's from, and that it's absolutely pure," Olson said.

The International Bottled Water Association (IBWA), representing an industry that sells Americans an estimated 3.4 billion gallons (12.8 billion liters) of bottled water each year, dismissed the NRDC report as an attempt to "scare consumers."

"For the past 37 years...there have been no confirmed reports in the U.S. of illness or disease linked to bottled water," the IBWA said in a statement, noting that a raft of both internal and external safeguards exist aimed at guaranteeing product purity.

The NRDC study did find that most of the water tested was relatively free of contaminants and was of high quality, posing no threat to healthy people. But it also found that bacteria in a small amount of bottled water samples could prove a risk to people with weakened immune systems such as AIDS patients, the elderly, or people undergoing chemotherapy treatment.

The four-year study was conducted by three independent laboratories, using tests approved by the U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA).

Using California's health-based limits for contamination, which are the

The study shows that between 25 and 40 percent of bottled waters are repackaged municipal tap water.

—The Natural Resources Defense Council

strictest in the United States, the study found that 22 percent of tested brands violated those limits in at least one sample, most commonly by containing arsenic or synthetic organic compounds.

Some 17 percent of the tested brands contained, in at least one sample, more bacteria than allowed under purity

guidelines used by the industry, while 4 percent of tested brands violated federal contamination standards in at least one sample.

The NRDC, a national organization based in New York, found that safety rules governing bottled water are often less stringent than those in place for public tap water, allowing bottled brands to get by with small amounts of E. coli or fecal coliform contamination, and to be sold to the public untested for parasites such as Cryptosporidium.

"Surprisingly, bottled water is essentially regulated on the honor system in most states," Olson said, noting that there were no testing requirements, no requirements for notification when standards are violated, and no requirement for public disclosure of known contaminants.

The NRDC recommended that the FDA set strict limits for contaminants in bottled water, and that these limits be applied to all bottled water distributed in the United States, both carbonated and noncarbonated.

It also called on the government to place new emphasis on cleaning and guaranteeing the nation's tap-water supply, noting that much of the appeal of bottled water stems from public concern over traditional drinking water supplies.

"The long-term solution to our water woes is to fix our tap water so it is safe for everyone, and tastes and smells good" the report concluded.

But environmentalists suggest that cleaning up our municipal water may take a long time. And doubt that the government will address the issue of fluoride and chlorine any time soon.

People Against Cancer the non-profit public interest group Wiewel founded is currently doing research into alternative treatment sources such as Reverse Osmosis (RO) units. These units clear 99.9% of all toxins from the tap water. They are also doing research into more esoteric forms of water treatment like "ionized water" or "microwater" which create water which has therapeutic properties.

For information on water systems contact People Against Cancer, phone 515-972-4444, fax 515-972-4415, or email: Info@PeopleAgainstCancer.com ☎

Jury Awards \$81M in Tobacco Lawsuit

On March 31, 1999, in Portland Oregon, a jury ordered a cigarette maker to pay a record \$81 million dollars to the family of a man who died of lung cancer after smoking Marlboros for four decades.

It was the biggest verdict ever won by an individual in a smoking liability case.

The court victory by the wife and children of Jesse Williams, who died in 1997, was the second major hit against Philip Morris this year. A San Francisco jury awarded \$51.5 million last month to a Marlboro smoker who has inoperable lung cancer.

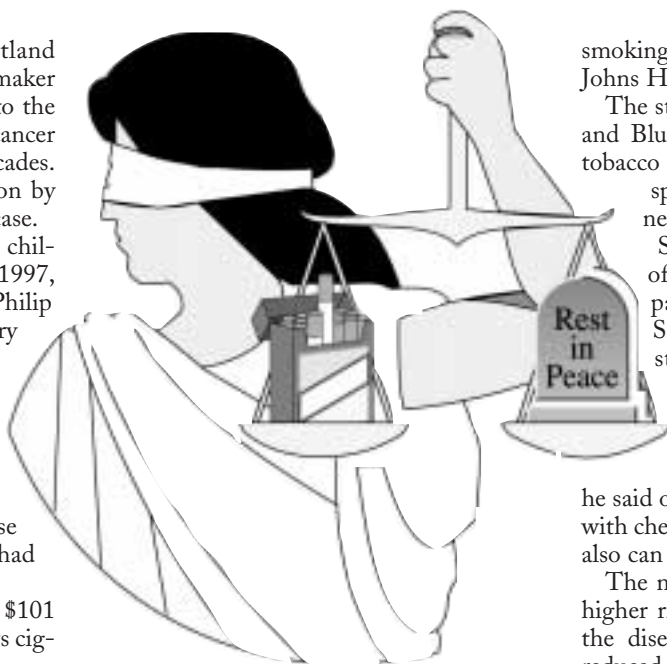
Although no similar verdict against the tobacco industry has survived on appeal, Wall Street analysts were watching the Portland case closely to see if public opinion had turned.

The Williams family, who sought \$101 million, alleged the company knew its cigarettes could cause cancer.

Testimony portrayed Williams, a former janitor with the Portland school system, as a three-pack-day Marlboro smoker, who was heavily addicted to nicotine, who believed the manufacturer wouldn't sell a harmful product.

Williams died just five months after he was diagnosed with small-cell carcinoma of the lungs. He was 67 and left behind a wife, Mayola Williams, and six adult children.

The 12-member Circuit Court jury, which included three smokers and four former smokers, spent a little more than two days reviewing a month of technical and often conflicting testimony from



experts in such areas as cancer diagnosis, radiology and the chemistry of tobacco smoke.

Cancer researcher Frank Wiewel commented that, "These companies made billions on the backs of the dead and dying. They will never be able to repay their debt to society—no matter how big the settlement."

In a Minnesota suit against the tobacco industry last year, witnesses testified to the myriad of diseases that cost millions of dollars to treat. A cancer specialist testified that smokers visit the hospital and use more health care services than non-smokers and people who have quit

smoking, said Dr. Jonathan Samet of Johns Hopkins University.

The state of Minnesota and Blue Cross and Blue Shield of Minnesota sued the tobacco industry to recover \$1.77 billion spent treating smoking-related illnesses plus punitive damages.

Samet said smoking causes cancer of the lung, mouth, esophagus, pancreas, bladder and kidney. Smoking also causes heart disease, stroke, atherosclerosis, aortic aneurysm and lung diseases besides cancer.

"We're talking about thousands and thousands of dollars," he said of the costs of treating lung cancer with chemotherapy and radiation. Surgery also can be very expensive.

The more cigarettes people smoke, the higher risk that they will develop one of the diseases, Samet said. The risks are reduced when a smoker quits.

For patients whose conditions worsen so bad they must spend their final days in a hospice, even further costs are added, Samet told the jury.

Minnesota's was the first of 40 state lawsuits against cigarette makers to reach witness testimony. Texas, Florida and Mississippi settled their cases earlier. Philip Morris Inc., R.J. Reynolds Tobacco Co., Brown & Williamson Tobacco Corp., British-American Tobacco Co. Ltd., Lorillard Tobacco Co. and The Tobacco Institute Inc. as a defendant of Blue Cross only. ☐

MEMBERSHIP FORM

Yes! I would like to support the important work of *People Against Cancer*.

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Vitamin C and E Reduce Prostate Cancer

Medical researchers at the University of Wisconsin have found that a combination of antioxidant Vitamins C and E can reduce the effect of male hormones that stimulate prostate cancer cells.

A team led by Dr. George Wilding of the University of Wisconsin's Department of Medicine reported in the *Journal of the National Cancer Institute*:

"Previous studies have suggested that male hormones (androgens)...are linked to the development of prostate cancer. We hypothesized that androgens contribute to prostate carcinogenesis (cancer) by increasing oxidative stress."

Then, in tests, the five-member team demonstrated that Vitamin C plus Vitamin E blocked cellular activities that can lead to prostate cancer.

Androgens, or male hormones such as testosterone, are necessary for normal growth and development of the prostate, the researchers said, but noted that the same androgens are also suspected of playing a role in prostate cancer.

"Whether they act as initiators...or as promoters is debatable," the team reported. Most investigators agree that male hormones play a role, however, in either the development of prostate cancer or its progression.

Believing that oxidative stress causes

the male hormones to contribute to age-associated increase in prostate cancer, the researchers turned to two antioxidant vitamins known to inhibit oxidative stress, Vitamins C and E.

Noting that previous studies of antioxidants had provided encouraging data on prostate cancer prevention, the University of Wisconsin team tested a combination of the two vitamins to determine if they could influence the adverse effects of androgens, and found androgen activity was "diminished by Vitamins C and E."

The earlier studies included reports that long-term intake of Vitamin E in supplement form reduced prostate cancer incidence by 32 percent and reduced prostate cancer deaths by 41 percent in cigarette smokers.

The new findings, showing that the combined Vitamins C and E reduced the effects of the androgens to stimulate prostate cancer cells, merit further study, the researchers said.

Recently researchers following over 100 men on the The PC-SPES Stockholm Protocol, with vitamins C, E CoQ10 and other nutrients and herbs have documented positive responses and significant benefit in all individuals with prostate cancers. For more information on the PC-SPES Stockholm Protocol join People Against Cancer. ☐



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