# DEATH BY DOCTORING

Vitamins C and B17
(also called laetrile)
have longstanding
success in cancer
prevention and
treatment, yet the
orthodox medical
profession
continues to deny
their benefits.

Part 2 of 2

# by Steven Ransom © 2002

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Extracted from his book Great News on Cancer in the 21st Century (Credence, 2002)

#### REPUTATION IS EVERYTHING

Where is all of this headed? This has been a necessary diversion—firstly, that we might begin to understand some of the frustrations that many reasoned thinkers have with the issues raised; and secondly, that we might begin to consider the impact that such weakened thinking has on genuine natural treatments for disease. For instance, what damage is secondarily being wrought upon the reputation of the genuine treatments in the cabinet, the ones that can actually heal?

Sadly, there is no clear division between the reputation of much of the unregulated alternative health industry and that of the many sensible and proven, non-conventional treatments available today. It has all become a horrible blur and is a point of major concern even to the non-orthodox regulatory bodies overseeing the alternative/complementary health movement. The whole arena is fraught with as many vested interests and misunderstandings as conventional health, but commentaries drawing such conclusions—even from those concerned bodies sympathetic to the natural approach—are viewed as almost heretical and somehow betraying the brotherhood of the alternative hierarchy.

Personally speaking, critical debate should commence as soon as possible with regard to those "helping" therapies that only temporarily distract the seriously ill. In need only of sensible advice and sensible treatment, these people can very quickly end up worse off in body, mind and spirit—and, last but not least, in pocket—leading very quickly to derision and a *carte blanche* dismissal of all the good that genuine natural treatments have to offer.

John Diamond stated that there was as much chance of his going down the alternative treatment route as there was of the Pope getting drunk on the communion wine and getting off with a couple of nuns.<sup>18</sup> Whilst we can perhaps understand some of John Diamond's frustrations, his comparisons don't exactly aid the cause. Because the truth is that the alternativist's cabinet is not all "mumbo jumbo" by any means. Genuine medicine can be found in there.

Perhaps a name change is in order. Are we alternative? Are we complementary? But complementary to what? To chemotherapy, perhaps? But then, what medicine could possibly complement chemotherapy? Shouldn't there just be medicine and non-medicine, full stop? Be that as it may, many people are wrongly assuming that the non-orthodox medical cabinet is barren and not worthy of closer inspection.

The hazy and often crazy information being disseminated on numerous non-conventional treatments, coupled with our innate and naïve trust in the orthodoxy, is the reason why thousands of people like John Diamond are staying with, and relying upon, conventional treatments for serious illnesses including cancer. As a result, thousands of people like John Diamond are dying, and often in a horrible fashion.

## Vitamin B17

In his UK *Observer* article entitled "Quacks on the Rack", John Diamond summarily dismissed what is arguably the most famous of the natural and proven anti-cancer treatments known to man: the natural extract of the apricot kernel, otherwise known as vitamin B17.

"Supporters of laetrile (vitamin B17) and Essiac, in particular, made so much noise about their miracle cures that both have been through the research mill on numerous occasions and found to be useless." <sup>19</sup>

Now we can ask ourselves whether it was perhaps the fault of some kindly but misguided soul who posted John Diamond an essay on the benefits of vitamin B17 mixed with walnut water which caused him to dismiss B17 so emphatically. Or was it that John actually trusted the conventional research reports he had accrued on this vitamin?

Interestingly, Dr Dean Burk, the former head of the Cytochemistry Department of the National Cancer Institute and one of the co-founders of this famous American medical institution, had personally worked on vitamin B17. He described this substance in very different terms:

"When we add laetrile to a cancer culture under the microscope," said Dr Burk, "providing the enzyme glucosidase also is present, we can see the cancer cells dying off like flies."<sup>20</sup>

(Glucosidase is the enzyme heavily present in cancerous cells, which triggers the unique cancer-destroying mechanism found in vitamin B17. An excellent clinical analysis of this mechanism is found in *B17 Metabolic Therapy – In the Prevention and Control of Cancer*, a concise history of the research into this vitamin, including many clinical assessments.<sup>21</sup>)

Dr Burk also stated that evidence for laetrile's efficacy had been noted in at least five independent institutions in three widely separated countries of the world.<sup>22</sup>

So whom do we trust in this matter? Diamond or Burk? By looking at where John Diamond might have got his B17 research "information", the ugly features of conventional cancer research move more sharply into focus.

**Because of the Money** 

Cancer is big business, and knowledge claims on any treatments

that earn money and, conversely, on any treatments that do not earn money for the drug companies are never neutral.

Dr Ralph Moss served as the Assistant Director of Public Affairs at America's most famous cancer research institution, Memorial Sloan-Kettering in Manhattan. He knows the cancer industry inside out. Read what he had to say in an April 1994 interview with Laura Lee, and judge for yourself the quality of the evidence against the effectiveness of vitamin B17:

Dr Moss: "Shortly after I went to work [at the Sloan-Kettering Cancer Institute], I visited the elderly Japanese scientist Kanematsu Sugiura, who astonished me when he told me he was working on laetrile (B17). At the time it was the most controversial thing in cancer, reputed to be a cure for cancer. We in Public Affairs were giving out statements that laetrile was worthless, it was quackery, and that people should not abandon proven therapies. I was astonished that our most distinguished scientist would be bothering with something like this, and I said, 'Why are you doing this if it doesn't work?' He took down his lab books and showed me that, in fact, laetrile was dramatically effective in stopping the spread of cancer."

Laura Lee: "So this is verified, that laetrile can have this positive effect?"

Moss: "We were finding this and yet we in Public Affairs were told to issue statements to the exact opposite of what we were finding scientifically."<sup>23</sup>

Unable to sit on this information, Dr Moss later called a press

conference of his own and, before a battery of reporters and cameramen, charged that Sloan-Kettering officials had engineered a massive cover-up. He provided all the supporting documents and named all the names necessary to validate his case. The following day he was fired for "failing to carry out his most basic job responsibilities".<sup>24</sup>

Similarly, in his book, *World Without Cancer*, cancer industry researcher G. Edward Griffin notes:

"Every laetrile study had been tarnished with the same kind of scientific ineptitude, bias and outright deception... Some of these studies openly admitted evidence of anti-cancer effect, but hastened to attribute this effect to other causes. Some were toxicity studies only, which means that they weren't trying to see if laetrile was effective, but merely to determine how much of it was required to kill the patient."<sup>25</sup>

The "evidence" supporting John Diamond's claim that vitamin B17 is useless and even dangerous is available in abundance in all of the major cancer institutions today. Well, of course it is! We're in the merchant's house, don't forget!

As Pat Rattigan, author of *The Cancer Business*, reports:

"The threat to the cancer business from effective therapies was taken very seriously from the beginning. By the 1940s, the Syndicate had 300,000 names on its 'quack' files. Vitamin B17, being a unique threat due to its simplicity, attracted concentrated attacks than all the other treatments put together: fraudulent test reports; hired, banner-carrying pickets outside clinics; rigged juries; newspaper character assassinations; dismissal of heretic employees; etc. The FDA, orchestrating the onslaught, sent out 10,000 posters and hundreds of thousands of leaflets warning about the dangers of the

toxicity of the non-toxic substance. Earlier, a Congressional Accounting Office had found that 350 FDA employees had shares in, or had refused to declare an interest in, the pharmaceutical industry."<sup>26</sup>

The American Food and Drug Administration issued one such story about the death of an 11-month-old girl, supposedly from cyanide poisoning due to her apparently swallowing her father's vitamin B17 tablets. Cancer specialist and B17 advocate Dr Harold Manner takes up the story:

"I was lecturing in Buffalo, New York and...after I had made some strong statements, a man stood up and said, 'Dr Manner, how in the world can you make statements like that when the FDA is making these other statements?' I reiterated that the FDA statements were lies. He said, 'Look at this little girl in upstate New York; she took her father's laetrile tablets and died of cyanide poisoning.' Just then, a little lady stood up: 'Dr Manner, let me answer that question. I think I am entitled to because I am that little baby's mother. That baby never touched her father's laetrile tablets. The doctor, knowing the father was on laetrile, marked down "possible cyanide poisoning". At the hospital they used a cyanide antidote and it was the antidote that killed the child. And yet that statement will continue to appear, even though they know it is a lie.""<sup>27</sup>

The scare stories always focus on the minute amounts of naturally occurring cyanide found in vitamin B17. But no mention is made in any of these stories of the wondrous

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mechanism governing the release of this cyanide. No harm is done to the person eating this vitamin (if that were the case, we've consumed enough apricots, apples, peaches, cherries, etc. containing B17 to have finished us off long ago). The cyanide is released only when cancerous cells are recognised by their high glucosidase content. B17 cyanide attacks cancer cells specifically. No large amounts of glucosidase detected means no cyanide release. Rest assured, there is no evidence that vitamin B17 can kill—unless, of course, one is accidentally crushed under a pallet of the stuff!

A further embarrassment for the cancer orthodoxy must surely

be the research being carried out at the Imperial College in London, where researchers are looking at ways of using naturally occurring plant cyanide specifically to attack human bowel tumours. The idea came about after studying the pattern of specific cyanide release in the almond and cassava fruit which protects them from insect attack. Another one of those natural wonders, just crying out to be heard, is at last being listened to by the orthodoxy, perhaps?28

Very sadly, in assessing the deservedness of the "shady" reputation bestowed upon vit-

amin B17 metabolic therapy, we realise it is entirely unwarranted and that, instead, there has been a sustained attack by the conventional cancer industry on this treatment—an attack that has been carried on in one form or another for the last 40 years.

As mentioned earlier, with global spending on conventional cancer running into the hundreds of billions annually, a naturally occurring cancer cure of any description is an unwanted intruder.

Here is Dr Moss, again from the April 1994 Laura Lee interview, this

time on the money involved in conventional cancer:

Moss: "About 630,000 people die every year of cancer in the US, and it really is an epidemic disease. We have got a tremendous industry. Every one of those people who is getting cancer and dying of it is going to be treated, and these treatments are extremely expensive. Chemo is [costed at] tens of thousands, sometimes hundreds of thousands of dollars. A bone marrow transplant, which is basically another way of giving chemotherapy, or radiation, can run to about \$150,000 per person, and is almost never effective. It kills about 25 per cent of the patients."

Lee: "Why carry on doing it?"

Moss: "Because of the money, which is tremendous."29

When we understand the amounts of money involved, we can begin to understand the in-house desire to sustain a "fact-creating" process in support of conventional treatment. Conventional cancer treatment and cancer research are a licence to print money. Most definitely, conventional interested parties and institutions have colluded in a shameful anti-vitamin B17 "fact-creating" process, which in turn has surely led to the early and unnecessary deaths of thousands upon thousands of people.

As for John Diamond's dismissal of vitamin B17, he didn't write his comments on B17 as an intentional slur. He wasn't the forked tongue in this chain of events. He desperately wanted to live. His single paragraph read by thousands was just another example of the damaging knock-on effect of merchant-speak. Merchant-speak on vitamin B17 metabolic therapy has exacted a grave injustice upon this treatment, and subsequently upon all who have been persuaded to think likewise.

Let's now look at some testimonies from those who have not been persuaded by the negative propaganda.

# Phillip

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Phillip is 64. In April 2001, he was diagnosed with inoperable lung cancer. The oncologist showed him the X-rays that con-

firmed the dreaded "shadows". He was told to go home, enjoy his life as best he could and put his affairs in order.

A week later, in a chance conversation at work, Phillip was told about vitamin B17. Phillip immediately began taking a combination of vitamin B17 and vitamin C. Four months later, Phillip returned to hospital for a check-up, where a new set of X-rays was taken. The shadows had completely disappeared. Says Phillip:

"I know what I saw, and the doctor couldn't explain it. I'm continuing with my vitamin B17 regime and eating about 10 kernels a day."30

> Phillip now pays great attention to his diet and believes that what we put into our bodies can have a dramatic

effect medicinally.

# The Importance of Nutrition

Here's John Diamond again, this time on some "nutter" with a magical diet:

"I was waiting my turn for zapping [radiation] one day and mentioned the ludicrousness of one diet I'd been reading about. The radiographer agreed and said that when she had started at the hospital there used to be a nutter

who, having refused radiography, would come down and rail against those sitting in the radiotherapy waiting room, telling them they should abandon evil radiation and take up his magical diet. 'Criminal,' I said. 'You kicked him out, of course?' 'Well yes,' she said, 'we kicked him out regularly. The only thing was, he did survive for years and the cancer did disappear.' Which only goes to prove—well, nothing very much at all, really, but I thought I'd pass it on in the name of fair dealing."31

Now if this cancer "nutter" was just an isolated case of recovery through diet, his recovery would not of course constitute proof. But with vitamin B17 metabolic therapy, we are seeing tremendous results time after time. Continuing on in the name of fair dealing...

## William

William was diagnosed with a tumour in the oesophagus. He could not swallow food without it being liquidised. He had read about vitamin B17 12 months previously and had kept the article. William began taking vitamin B17 soon after the diagnosis. After three weeks he was swallowing food a lot easier, and after about seven weeks he was told by his doctor that the only reason for this was because the tumour was shrinking.

Says William: "The operation to remove the tumour was

cancelled and I am still awaiting the results of the latest scan. I feel fit as a fiddle. I pay attention to my diet and I thank God quite literally for vitamin B17. It is time the NHS [National Health Service] recognised this vitamin as an alternative to the conventional treatments. I consider that any money spent on B17 is money well spent."32

# What Are We Eating?

It is interesting to note that there are cultures today who remain almost entirely cancer free. The Abkhasians, the Azerbaijanis, the Hunzas, the Eskimos and the Karakorum all live on foodstuffs rich in nitriloside or vitamin B17. Their food consists variously of buckwheat, peas, broad beans, lucerne, turnips, lettuce, sprouting pulse or grain, apricots with their seeds, and berries of various kinds. Their diet can provide them with as much as 250-3,000

mg of nitriloside a day. The founding father of vitamin B17 research, Ernst T. Krebs, Jr, studied the dietary habits of these tribes. Krebs stated:

"Upon investigating the diet of these people, we found that the seed of the apricot was prized as a delicacy and that every part of the apricot was utilized."33

The average Western diet, with its refined, fibreless foods, offers less than 2 mg of nitriloside a day. It has also been noted that natives from these tribes who move into "civilised" areas and change their diets accordingly are prone to cancers at the regular Western incidence.34

cancer patients in nutritional therapy, who believe Pauling was is indispensable to the body in its fight to regain health from cancer."

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# • Flora

Flora was diagnosed with stage-four bowel cancer in 1999.

"Before the operation they gave me chemotherapy, which was devastating. By the end of the course, I could hardly stand. They then removed the tumour from my bowel. I was told the cancer had spread to the liver. I was offered further chemotherapy, but declined. I attended Middlesex Hospital and had five sessions of laser treatment to try and contain the liver cancer, followed by more chemotherapy. After the fifth time of trying to contain the cancer, they said that it was beginning to grow yet again. So I began an organic diet and attended the Dove Clinic for intensive vitamin C treatment with other supplements. It was there that I was told about vitamin B17. I added that to my regime. Over a period of time, the cancer completely disappeared from my liver. It is now February 2002 and I have been one year clear of cancer.

> I am maintaining my organic diet and eating about 50 apricot kernels a day. I'm 64, I've returned to work and I feel fine. Treatments such as these should at least be made known to patients by the NHS."37

There are literally thousands of people who can attest to the pharmacological, life-saving power of vitamin B17 and its supporting nutritional regime. And the same can also be said of vitamin C.

#### Vitamin C

The all-round benefits of vitamin C to the human physiology

have been known and utilised for centuries. In terms of its benefits in cancer treatment and prevention, we read the following from Phillip Day:

"Dr Linus Pauling, often known as the 'Father of Vitamin C' and twice awarded the Nobel Prize, declared that daily intake of up to 10 grams a day of the vitamin aids anticancer activity within the body.

"Pauling was largely derided for making these declarations but, today, large doses of vitamin C are used by many practitioners for cancer patients in nutritional therapy, who believe Pauling was right and that the popular nutrient is indispensable to the body in its fight to regain health from cancer."38

Vitamin C can protect against breast cancer. After reviewing 90 studies on the relationship between vitamin C and cancer, Gladys Block, PhD, at the University of California at Berkeley, concluded:

"There is overwhelming evidence of the protective effect of vitamin C and other antioxidants against cancer of the breast."39

And Geoffrey R. Howe, of the National Cancer Institute of Canada, reviewed 12 controlled case studies of diet and breast cancer and noted that vitamin C had the most consistent statistically significant relationship to the reduction of breast cancer

On the subject of the importance of mineral and vitamin supplements, a recent New York Times front-page article quoted Dr Geoffrey P. Oakley, Jr, at the Centers for Disease Control and Prevention in Atlanta, as saying:

"We, the physicians, were mistaken not to recommend vitamin supplements to our patients for so long. We need just to admit that, on this one, we were wrong."41

## The Right Materials

In his book, Preface to Cancer: Nature, Cause and Cure, Dr Alexander Berglas has this to say about cancer incidence:

"Civilization is, in terms of cancer, a juggernaut that cannot be stopped... It is the nature and essence of industrial civilization to be toxic in every sense... We are faced with the grim prospect that the advance of cancer and of civilization parallel each other."35

The human body has an amazing capacity to recover, if we look after it properly and if we supply it with the proper materials for repair. Working with non-toxic, physio-friendly treatments can only work in our favour. Just look at the side-effects of vitamin B17 as described by G. Edward Griffin in World Without Cancer:

"B17 side effects include increased appetite, weight gain, lowered blood pressure, increased hemoglobin and red blood cell count, elimination or sharp reduction of pain without narcotics; builds up the body's resistance to other diseases, is a natural substance found in foods and is compatible with human biological experience, destroys cancer cells while nourishing non-cancer cells..."36

Compare the above with the side effects from chemotherapy and radiation: the dizziness, skin discolouration, nausea, diarrhoea, loss of hair, loss of appetite, organ failure, internal bleeding, etcetera, etcetera.

How long will it be before we find ourselves looking back on these treatments in the same way as we now look back on the blood-letting and ammonia infusions exacted upon King Charles II? Notwithstanding the often life-saving surgical removal of cancerous tissue, could there possibly be a more inhumane treatment in the 21st century than conventional cancer therapy?

Let the reader be assured that the recent scare tactics surrounding vitamin C and its supposed links to cancer are just another one of those smear campaigns orchestrated by the merchants.

Quite simply, any good news on vitamin C represents yet another threat to the pharmaceutical industry's considerable income from conventional cancer treatments. The full story on the vested interests supporting the author of the much-publicised vitamin C/cancer story can be found at the website http://www.whatareweswallowing.freeserve.co.uk/vitc.htm.

#### Hazel

Hazel had been given a virtual death sentence by her cancer doctor, who told her that although there was an 86 per cent recovery rate from her type of breast cancer, she was unfortunately in the smaller category.

As previously noted, Hazel's chemotherapy was only making her feel terrible, and she decided that if she were going to die then she would do so without further conventional treatment. Hazel began a regime of intravenously administered vitamin C and supplements, including vitamin B17, and paid great attention to her diet. She soon began to feel a great deal better. She regained her weight, her hair and her appetite.

About nine months following the diagnosis, she was troubled with lower back pain and visited her doctor. He suggested a fur-

ther scan based on Hazel's lower back pain, which the doctor believed was possibly the result of her cancer having spread to the base of her spine. Hazel said there was no way she was going for more chemotherapy or scans, which she believes in themselves can trigger carcinogenic activity.

Instead, Hazel supplemented her vitamin C regime with a course of vitamin B17 kernels, and she also maintained a sensible diet and stayed away from her conventional cancer physician. The blood count taken by

her GP before Christmas read as normal. She feels very healthy and is in the process of writing a book about her experiences. She feels passionately that people need to know that there are alternative cancer treatments available, and she speaks to groups on this subject.<sup>42</sup>

**Need for Data and Education** 

Finally, we hear from Dr Nicola Hembry of the Dove Clinic, which specialises in the non-conventional approach to cancer care and treatment:

"Nutritional treatments such as high-dose vitamin C and B17 [laetrile] have been known about for years, and there are many success stories from patients lucky enough to have received and benefited from them. Research shows that levels of 400 mg/dL vitamin C in the blood can kill cancer cells by a pro-oxidative mechanism, and there is a great deal of data showing that B17 is preferentially toxic to cancer cells.

"The trouble is that there is little in the way of well-designed random control trial data for the use of these substances, and therefore mainstream medicine rejects them out of hand without even considering the evidence available or even asking why these trials haven't been carried out. It has to be said that one of the reasons is a lack of financial incentive because these substances cannot be patented.

"Sadly, it is the cancer sufferers who lose out. To not even have the choice of these safer, more natural treatments, even when a cancer is deemed incurable and only palliative chemotherapy or radiotherapy is offered, is in my view totally unacceptable. I have seen many patients experience an improved duration and quality of life with an integrated approach, and some go on to achieve complete remission of their disease, even when dismissed as incurable by their oncologists."

Treating cancer is not just about getting hold of vitamin B17 as quickly as possible. We need to be educated in a whole range of issues. Phillip Day's book, *Cancer: Why We're Still Dying To* 

Know The Truth, has been written in an easily readable and understandable manner, specifically to inform the general public on all of the key issues pertaining to natural treatment for cancer. It makes for necessary and fascinating reading.

For those readers interested in finding out more on the issues raised in this article, just click on the following titles available from Credence Publications at the website http://www.credence.org:

• Cancer: Why We're Still Dying To Know The Truth – A concise account of the cancer industry and of the good news on vitamin

B17 metabolic therapy.

- Vitamin B17 Metabolic Therapy: A Clinical Guide A clinical account of vitamin B17, detailing the landmark research on this most vital of vitamins in the fight against cancer.
- Food For Thought Delicious recipes designed to promote health. A vital contribution to cancer prevention and recovery.

# **Closing Comments**

Throughout the writing of this article, I have been acutely aware of

three things.

Quite simply, any good

news on vitamin C

represents yet another

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pharmaceutical

industry's considerable

income from

conventional cancer

treatments.

Firstly, I've been aware of my slender mortality and that only by the grace of God have I not had to face a cancer diagnosis of my own. I know that for many, the information contained in "Death by Doctoring" will bring sadness as well as anger. But in its telling, I also believe this story brings great hope.

Secondly, vitamin B17 metabolic therapy and vitamin C form only part of a much wider regime of treatments that have proven successful in the treatment of cancer. These and other sensible treatments are explained in more detail in the above Credence titles

Thirdly, I am conscious of the fact that there are elements of conventional medical practice that are saving and enhancing lives every day, not least in some methods of early cancer diagnosis and in acute and emergency medicine. May the good continue, and may the bad be open to complete reappraisal.

Finally, I do so wish I'd been given the opportunity to meet John Diamond, because I reckon we'd have got on like a house on fire. And who knows what might have happened as a result?

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# Death by Doctoring

# Continued from page 37

## Author's Note:

For a list of practising clinicians or to comment on this report, please telephone Steven Ransom or email stevel@onetel.net.uk. The views of those readers with medical qualifications are especially welcome. Thank you for reading. For re-publication details or further information, telephone +44 (0)1622 832386 or mobile 7947 496488 (UK only).

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# **About the Author:**

Steven Ransom is Research Director of UK-based Credence Publications, which investigates business and governmental health fraud and provides unbiased, lifesaving health information (see website http://www.credence.org). He is the author of Plague, Pestilence and the Pursuit of Power: The Politics of Global Disease (Credence, 2001), and co-author (with Phillip Day) of World Without AIDS (Credence, 2000). His new book, Great News on Cancer in the 21st Century (from which his "Death by Doctoring" article is extracted), is available at http://www. credence.org/greatnews/greatnews.htm. His article, "Population and Food Control: The Corporate Agenda", was published in NEXUS 9/03. Steven can be emailed at steve1@onetel.net.uk. Visit his own website at http://www.whatareweswallowing.

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